



# COMMUNITY connections

## Get Connected to Community Resources for Adults, Children and Families

### What is COMMUNITY connections?

- It's a FREE program providing support to navigate community resources for adults, children, and families.
- Services are provided in person and over the phone.
- Services are delivered by a certified Community Health Worker, supported by a Registered Nurse and/or Social Worker.

### Can I get a referral online?

Click on the link below or scan the QR code. Then, click on the HUB that serves your county and complete the referral form.



[northernmichiganchir.org/community-connections/community-connections-referrals/](http://northernmichiganchir.org/community-connections/community-connections-referrals/)

### How do I contact COMMUNITY connections?

You may be referred by a physician or you can call one of the numbers below:

HUB	COUNTIES	PHONE NUMBER
District Health Department #10	Crawford, Kalkaska, Lake, Manistee, Mason, Mecosta, Missaukee, Newaygo, Oceana, Wexford	1-888-217-3904 (select option #3)
Grand Traverse Regional	Benzie, Grand Traverse, Leelanau	1-833-674-2159
Northwest Michigan	Antrim, Charlevoix, Emmet, Otsego	1-800-432-4121
District Health Department #4	Alpena, Cheboygan, Montmorency, Presque Isle	1-800-221-0294
Central MI District Health Department	Arenac, Clare, Gladwin, Isabella, Osceola, Roscommon	1-989-539-6731
District Health Department #2	Alcona, Iosco, Ogemaw, Oscoda	1-800-504-2650

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## How does COMMUNITY connections help adults, children and families?

Individuals will get help with access to medical care, transportation, food, utilities, education, classes and more! Participants may also get home visits to assist with:

- Finding you a doctor or dentist
- Finding transportation resources
- Enrolling you in and navigating health insurance
- Getting food or a place to live
- Assisting with MiBridges navigation
- Changes that you decide to make to be healthy, such as quitting or cutting down on smoking, alcohol, or drugs
- Connecting you with community services, like GED education classes, employment opportunities, food pantries that give out food for free, the WIC food program, or heat and electricity resources

### What our clients are saying...

"I felt like I finally had an advocate, some support. I talked to a lot of people before and I felt like I had no support."

"She was like a great guidance counselor. She helped me with, probably, some questions she's never heard before. It was like I was talking to a friend."

"She always followed-up, we were talking once or twice a week. She would set up times to call. I think that was hugely beneficial."

"I was able to contact her by phone, text and e-mail. Really easy to get a hold of her in multiple ways, and that was really nice."

"One thing that was special is that she would come to my house and explain things to me and keep me informed on the progress of what we were doing."

