Kalkaska County Resources

**Food**

Food Pantries

* KAIR, 324 Cedar St, Kalkaska, 231-258-0600, Hours: Tues-Fri 10a-4p
* Kalkaska Baby Pantry, 324 Cedar St, Kalkaska, 231-258-0600, Hours: Thurs 10a-1:30p

**Mental Health Services**

* North Country Community Mental Health, 625 Courthouse Dr, Kalkaska, 231-258-5133

**Cancer Support Organizations**

* Kalkaska Cancer Support Group, meets 3rd Monday from 6-8p. For more information contact Bob Holenberg, 231-258-9409

**Financial Assistance**

* **Utilities/Rent/Security Deposit**
	+ Northwest MI Community Action Agency, 3963 Three Mile, Traverse City, 231-947-3780
* Help Link, 231-258-3320

**Meals on Wheels**

* Kalkaska County Council on Aging, 231-258-5030

**Senior Luncheon Centers**

* Commission on Aging, 231-533-8703

**Senior Services**

* Northwest MI Area Agency on Aging, 1609 Park Drive, Traverse City, 231-947-8920, provides information/referral and case management to seniors.
* Aging & Disability Resource Collaborative, 866-642-4582, services are for anyone of any age who may need long-term care supports and services. ADRCNM will help find what services are available in your community such as assistance with dressing, bathing, assistance getting to appointment, Skilled Nursing Facility transitions back into the home, and financial assistance for support and care, filling out disability paperwork, etc.
* Kalkaska Memorial Hospital Adult Day Care, 258-3036, Available Monday, Wednesday and Friday’s from 9-4. Activities, exercises, crafts and outings are planned frequently. Cost is $45 for an eight hour day. Scholarships and grants are available to cover the cost.

**Free Clinic**

Au Sable Free Clinic

1200 North Down River Road

Grayling, MI 49738

989-348-0740

<http://www.mercyhealthgrayling.com/ausable-free-clinic>