

# FLINT KIDS ARE strong.



**FLINT CARES ABOUT KIDS.**

See the back of this card  
for health care, nutrition,  
education resources and more!

#FlintKidsAre

**FLINT**  **CARES**.com

## HEALTH CARE

### **Flint Water Healthcare Coverage – Health Insurance**

1-855-789-5610 or [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges)

### **Mental Health Counselors or Help with Stress**

810-257-3705 or 810-257-3740 for 24-hour Crisis Line

### **Children's Healthcare Access Program (CHAP) – Find a Doctor and Get Connected to Services**

810-953-2427 or [www.gfhc.org/chap](http://www.gfhc.org/chap)

### **Family Supports Coordination Services – In Home Connection to Services (Ages 0-21 or if pregnant)**

810-257-3777

### **Community-wide Healthcare Outreach Events Calendar**

[www.gfhc.org/outreachevents](http://www.gfhc.org/outreachevents)

## FOOD AND NUTRITION

### **WIC (Women, Infants & Children) Program & Breastfeeding Support**

810-237-4537 or 810-237-4550 for Breastfeeding Support

### **Double UP Food Bucks**

1-866-586-2796 or [www.doubleupfoodbucks.org/flint/](http://www.doubleupfoodbucks.org/flint/)

### **MSU Extension Breastfeeding Peer Counselor Support**

517-432-2752

### **Flint Fresh – Mobile Market and Veggie Box Program**

[www.flintfresh.com](http://www.flintfresh.com)

### **Commit to Fit Cooking with Kids Program and Commit to Fit Families Program**

810-232-2228 or Email [commit2fit@flint.org](mailto:commit2fit@flint.org)

### **Nutrition and Cooking Classes**

[www.FlintCares.com/nutrition](http://www.FlintCares.com/nutrition) OR [www.commit2fit.com/events](http://www.commit2fit.com/events)

## EARLY CHILDHOOD EDUCATION

### **Early On Genesee County Don't Wait, Evaluate. (Ages 0-5)**

810-591-KIDS or 810-591-5437

### **Flint Kids Read Imagination Library – Free Books Mailed Monthly**

(Ages 0-5) [www.fpl.info/imagination](http://www.fpl.info/imagination)

### **Free Child Care Program (Ages 0-4)**

810-760-7300 or [www.michigan.gov/childcare](http://www.michigan.gov/childcare)

### **Head Start (Ages 3-5) and Early Head Start (Ages 0-3)**

GCCARD at 810-235-5613, GISD at 810-591-KIDS

### **Free Pre-School (Ages 3-4)**

810-591-KIDS or [www.geneseepreschool.org](http://www.geneseepreschool.org)

## TRANSPORTATION

### **MTA Ride to Groceries Program**

Flint East 810-767-5541 or Flint West 810-233-4751

### **Children's Doctor Appointments**

Genesee CHAP at 810-953-2427 (CHAP)

## SAFE WATER AND HOMES

### **Community Outreach and Resident Education (CORE) – In Home Water Filter Check or Installation**

810-238-6700

### **Lead Safe Home Program – Free Home Inspections and Repairs**

1-866-691-LEAD (5323) or [www.michigan.gov/leadsafe](http://www.michigan.gov/leadsafe)

**FLINT**  **CARES**.com Access services by calling 2-1-1

To receive monthly updates on  
Flint's progress, text "Flint" to 64468