



Flyer revised May 29, 2024

To receive this flyer in your email and be notified about closures, visit [tinyurl.com/HelpHealingMonthly](https://tinyurl.com/HelpHealingMonthly)

## FOOD + BASIC NEEDS

### PANTRY APPOINTMENTS

Includes nonperishable food, as well as produce, dairy, meat, and bread as available. **You must make an appointment in advance** - eligible once a month

734-484-2989

Tues 12:30-2:30p

Wed 4-6p

Fri 9:30-11:30a

Sat 10-11:30a

### FARM STAND PRODUCE

454 HARRIET ST.

Open Mon/Wed/Fri 4:00p – 6:00p

**You must sign up in advance** - eligible once a week

734-484-2989

### WALK-UP GROCERIES

AT THE FARM STAND 454 HARRIET ST.

Nonperishable, staple items only. **No appointment needed.**

Mon 9:30a - 12p

Thur 12:30-3p

Sat 11am-12:30p

### GROCERY DELIVERY

No transportation?

Please call 734.484.2989

to arrange a delivery

### HOT MEALS

Mon/Tues/Thurs/Fri/Sat./Sun.

5:00p – 6:00p

Carry-out meals are available from the Hope Dining Room entrance.

**No appointment needed.**

This institution is an equal opportunity provider.

## DIAPER PANTRY

Need help with diapers, baby wipes, formula or baby food?

**Wednesday 4-6p**

**Thursday 11:30a-1:30p**

No appointment needed.

Eligible once every 4wk.

Please bring your child's birth certificate to first visit. Amounts change based on availability.

## LAUNDRY

Mon thru Fri, 8:30 am, 11:00 am, & 1:00 pm

To schedule a laundry appointment please

**call 734.961.3124**

**at 9a on Fridays.**

## MEDICAL

### YPSILANTI CLINIC

518 HARRIET ST.

Tuesday & Thursday 9a – 4p

Wednesday 12:30 - 4p

2nd Saturdays monthly 9a –12p

Neurology, Sleep Clinics on rotating 3rd Saturdays. Please call for information.

**Become a new Ypsilanti patient by calling: 734-481-0111**

### WAYNE/WESTLAND

33608 PALMER RD.

Tuesday & Friday 9a — 2p

Alternating 1st Saturdays 8:30a – 12p

**Become a new Westland patient by calling: 734-710-6688**

## SIGHT

(Limited Availability) Free vision exams, glaucoma screenings, and low-cost eyeglasses for uninsured patients. Ask your provider for info.

## DENTAL

Appointments are scheduled

Monday–Thursday 9a – 4p

If you are interested in scheduling an appointment, call **734.480.9575**.

**Not Currently Taking New Patients**

## BEHAVIORAL HEALTH + PRAYER

We can help you apply for:

Birth certificates, IDs, Supplemental Nutrition Assistance Program (SNAP), Medicaid, Washtenaw Health Plan (WHP)

We can also help you navigate health insurance options.

Free Behavioral Health Sessions available for the uninsured to help you cope with difficulties and help you reach your whole person health goals.

Appointments are required for all services. Call 734.484.2989.

Appointments Monday-Friday during business hours.

You can also request prayer!

## DONATIONS

Donations can be dropped off in the main lobby M-F 9:00a-4:00p.

**Our preferred drop-off times are:**

**Tues—Thurs, 9:00am-4:00pm**

Plan to fill out a tax receipt at drop-off. This helps Hope maintain our high rating with nonprofit watchdog agencies.

**\*Medical Clinic donations\***

MUST BE approved first.

Call 734 .481.0111, then press 7 to leave a message.