

Family

2018-19

RESOURCE GUIDE

Charlevoix & Emmet Counties

Concrete support in times of need

- Counseling & Crisis Services
- Education & Parenting Services
- Food Assistance
- Health Services
- Housing & Utility Assistance
- Native American Services

& more...

Watch
for a
new, improved
Family Resource
Guide in
January 2020!

Meeting your needs through community support & resources makes your family strong!

www.GreatStartForKids.com

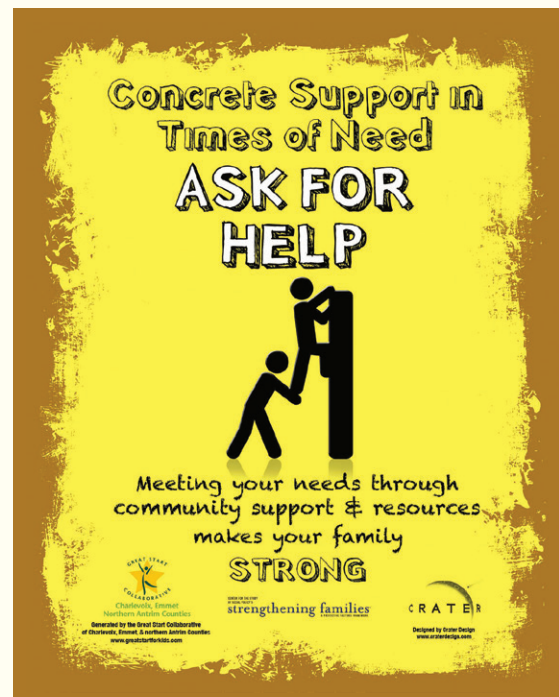
www.WhatMakesYourFamilyStrong.org

This publication is brought to you by the Great Start Collaborative of Charlevoix, Emmet, and Northern Antrim Counties



CONTENTS

- 5 Aging Services
- 8 Counseling & Crisis Services
- 12 Disability Services
- 13 Education & Parenting Services
- 22 Employment Services
- 24 Food Assistance
- 28 Government & Legal Services
- 30 Health Services
- 34 Housing & Utility Assistance
- 35 Native American Services
- 36 Philanthropy & Volunteerism
- 37 Support Groups
- 38 Transportation Services
- 38 Veteran Services



This Family Resource Guide is a collaborative effort of the Great Start Collaborative, Great Start Parent Coalition, Human Service Coordinating Body of Charlevoix and Emmet Counties, and the Charlevoix-Emmet ISD. If your agency would like to be included in future versions of the Family Resource Guide or you have corrections, please e-mail: maureen@greatstartforkids.com.

Vaccination stops the spread of disease.

Without the proper immunizations, children and adults are at risk for:

- Tetanus
- Polio
- Diphtheria
- Whooping Cough (Pertussis)
- Hepatitis B
- Haemophilus Influenza Type B
- Meningitis (ACWY and B)
- Influenza (Flu Virus)
- Measles, Mumps, Rubella
- Chickenpox
- Pneumonia
- Shingles

Medicaid and private insurance accepted. Call the Health Department of Northwest Michigan for more information, and to schedule immunization appointments for yourself and for your children.

*your child has you
— you have us*



- ♥ Pregnant & Breastfeeding women
- ♥ Children Birth to Age 5
- ♥ FREE Food
- ♥ FREE Breastfeeding help with a certified counselor
- ♥ Clinics in Bellaire, Boyne City, Charlevoix, Elk Rapids, Gaylord, Mancelona, Pellston and Petoskey
- ♥ Immunizations and Fluoride also available



1-800-432-4121

nwhealth.org



Providing real solutions for individuals & families.

**CALL US
TODAY
TO GET
STARTED
ON THE
RIGHT PATH.**



**Counseling & Outpatient
Psychiatric Services
231-487-6076**

IN NETWORK PROVIDER FOR:

BlueCross/BlueShield, BCN Priority Health, McLaren
Commercial, Magellan, Tricare & Medicare Patients

SERVICES:

- Individual, Family, Group Therapy, & Marriage Counseling
- Substance Abuse & Mental Health Evaluations
- Medication Management For Adolescents and Adults
- Genetic Testing for Medication Monitoring
- Specializing in Emotional/Development Disorders for Adolescents
- Crisis Intervention
- Partnering with primary care provider to optimize medication therapy
- DBT-CBT

PSYCHIATRISTS

Kevin Batterbee D.O.

Manzar Y. Rajput M.D.

(scheduling for spring 2019)

**MENTAL HEALTH NURSE
PRACTITIONERS**

Anthony DiLoreto PMHNP-BC

Geraldine Dorris PMHNP-BC

Natalie Ducastel PMHNP-BC

THERAPY

Derek Johnson LMSW

Carrie Harrison LLMSW

Sebi Fishta LPC, Phd Cand.

- IVA-2 testing / ADHD testing
- Neuropsych Testing

NURSING

Moriah Schultz RN, Practice Manager

For Referrals:

Call (231) 487-6076

e-mail mschultz@greatlakesttc.com

or visit www.greatlakesttc.com

(Flexible scheduling – offering nights
& weekend appointments)



2206 Mitchell Park Drive, Suite 10
Petoskey, MI 49770

Located Near Intersection of Division and Mitchell Street

INTRODUCTION

*Submitted by Maureen Hollocker, Director
Great Start Collaborative of Charlevoix,
Emmet and Northern Antrim Counties*

Whether it be at the time of a crisis like the loss of a job; or a time of joy like the birth of a child; or everyday life management like an aging parent - everybody needs help at one point or another in life. Even though we know this, it is often difficult for individuals to reach out for help. It is the hope of the Great Start Collaborative that with this Family Resource Guide we can begin to turn the page from viewing help as a weakness to knowing that getting help and meeting your needs through community support and resources makes your family strong.

We are fortunate to live in a community that has caring, hard-working people in the fields of human service, public service, government and non-profits working to provide concrete support in times of need to its citizens. We enjoy beautiful scenery and natural resources here in northern Michigan. However, a thriving community is dependent on the strength of the families that live here and a bright future depends on a community that promotes, fosters and supports the optimal development of our children.

Families may face multiple stressors that affect their daily lives. When these pile up, they can become overwhelming. If we can help families find and access the resources they need to overcome challenges and be successful, we will build protective factors against stress and adversity and, in turn, promote optimal child development.

The next Family Resource Guide will be released in January 2020. If you are a human service, nonprofit or governmental organization and would like to be listed in the next guide, please send your information to: maureen@greatstartforkids.com.

BOYNE DISTRICT LIBRARY

A great place for Kids!

Come explore our hands-on mural and put on a show in our puppet theater!

Books for Birthdays

Kids, come to the library on your birthday and we'll give you a new book!

Free activities:

Story time

Every Tuesday morning at 10 a.m.

For preschoolers and their siblings
Crafts, songs, stories and fun

Toddler Tales and Tunes

Every Monday at 10 a.m.

For ages 0-3 and their caregivers;
fun songs and interactive stories.

For more information, contact the library at



www.boynelibrary.org or
231-582-7861,
and like us on Facebook.

PN-630413-1



**Charlevoix
Eye Center**

**Now Accepting
New Patients!**

1008 Bridge St.
Charlevoix, Mi. 49720
231-547-7800

AGING SERVICES

Aging and Disability Resource Collaborative of Northwest Michigan (ADRCNM)

(866) 642-4582

www.adrcnmi.org

Provides free, unbiased information to find and navigate resources for older adults and disabled individuals of any age. Help individuals identify needs and develop a plan to access programs and services available within the community at no cost.

The Area Agency on Aging of Northwest Michigan

(800) 442-1713 or (231) 947-8920

1609 Park Dr., Traverse City, MI 49686

www.aaanm.org

Information and Assistance, Options Counseling, Medicare/Medicaid Assistance Program, MI Choice Waiver Program, Care Management Program, Healthy Aging Programs such as Personal Action Toward Health classes for diabetes, chronic illness and pain, Fall prevention programs, Caregiver training and support.

Charlevoix County Commission on Aging

(231) 237-0103

218 W. Garfield Ave.,

Charlevoix, MI 49720

www.charlevoixcounty.org

Congregate Meals at Senior Centers in Boyne City, Charlevoix and East Jordan
Dining Out Meal Program on Beaver Island
Home Delivered Meal Programs throughout the County
In-home Respite, Homemaking and Personal Care

Monthly Foot Care Clinics at each

Senior Center and in-home

for homebound seniors

Medicare D Counseling

Information and Referral

Socialization and Activities at

each Senior Center

Seniors Ride Free (Charlevoix County

Transit) 60 + Charlevoix Residents

Friendship Centers of Emmet County Council on Aging

(231) 347-3211 or (888) 347-0369

1322 Anderson Rd., Petoskey, MI 49770

www.emmetcoa.org

Transportation; Congregate meals at senior centers in Brutus, Petoskey, and

Pellston; Meals on Wheels; Retired Senior Volunteer Program; In-home Homemaker, Personal Care and Respite Care; Medicare Medicaid Assistance Program; Hearing tests and blood pressure screening; Eyeglass adjustments; Foot care at senior centers and in-home for homebound seniors; Massage therapy; Fitness programs; Support groups: Low Vision, Alzheimer's, Parkinson's, and Caregivers; Senior Project Fresh; Durable medical equipment loan closet; Senior Essential Needs Fund; Information and Referral; Computer Assistance; Activities and Special Events.

Senior Centers and Meal Site Locations

Beaver Island Community Center

26215 Main St.

Beaver Island, MI 4978

(231) 448-2022

Continued on page 6

A COMMUNITY OF CARING

Harbor Hall provides addiction treatment services and after care support for families and individuals in northern Michigan. Since 1974, recovery begins here.



Harbor Hall.com
Your port in the storm

OUTPATIENT SERVICES & LOCATIONS

Individual | Family | Adults | Teens | Women

PETOSKEY

2236 E. Mitchell Rd. Ste. 5 • 231-347-9880

CHEBOYGAN

520 N. Main St. Ste. #202 • 231-597-9235

CHARLEVOIX

951 Mill St., East Jordan • 231-547-8192

RESIDENTIAL LOCATION & SERVICES:

704 Emmet St. Petoskey • 231-347-5511

28 - 90 Day Adult Male Programs | Withdrawal Management | Transitional Living



Member:



NATIONAL ASSOCIATION
OF
ADDICTION TREATMENT PROVIDERS

1 in 7 people will develop a substance abuse disorder at some point in their lives. Harbor Hall provides continued support for you and your family when you need it the most, fostering positive change and life-long wellness.

Hazelden Betty Ford

Patient Care Network

Member

Harbor Hall Inc. is a collaborating member of the Hazelden Betty Ford Patient Care Network.



@harborhall



@harbor_hall

PH-454250-1

AGING SERVICES

Continued from page 5

Boyne Area Senior Center
411 E. Division St.
Boyne City, MI 49712
(231) 582-6682

Charlevoix Senior Center
06906 Norwood Rd.
Charlevoix, MI 49720
(231) 547-5361

East Jordan
Community Center
951 Mill Street
East Jordan, MI 49727
(231) 536-7831

Huber Senior Center
6436 E. Brutus Rd.
Brutus, MI 49706
(231) 529-8803

Petoskey Senior Center
1322 Anderson Rd.
Petoskey, MI 49770
(231) 347-3211

Pellston Senior Center
6274 W. Edgar
Pellston, MI 49769
(231) 539-8201

McLaren Adult Day Services

(231) 348-0771
One Hiland Dr., Petoskey,
MI 49770
www.vitalcare.org
Caregiver Respite- ability for
caregiver to take a break,
run errands, work, etc.
Alternative to nursing
home placement for the
client- daytime program
Nursing and personal care
Social and physical activities
Transportation to and
from the Center
Nutritional snacks and meals
Scholarships available

Bay Bluffs - Emmet County Medical Care Facility

(231) 526-2161
www.baybluffs.org
Bay Bluffs - Emmet County
Medical Care Facility is
a place close to home
where people of all ages
come together in a caring
environment. We provide
many services from short-
term rehabilitation to
long-term resident care.

Villa at the Bay

(231) 344-6600
www.villaatthebayhc.com
Nursing home and
assisted living facility.

Grandvue Medical Care Facility

(231) 536-2286
www.grandvue.org
Offering person-centered
long-term care, memory
care and short term
rehabilitative care

Boulder Park Terrace

14676 Upright St.
Charlevoix, MI 49720
(231) 547-1005

Hospice Services: Please turn to the Health Services section

Additional Aging Service Resources:

*Department of Health
and Human Services
(see Government,
Legal, Services)
Little Traverse Bay Bands
of Odawa Indians (see
Native American Services)
Disability Network of
Northern Michigan (see
Disability Services)*

Petoskey DISTRICT LIBRARY

The world is only a visit away.

WE ARE OPEN 7 DAYS A WEEK!

**PROGRAMS FOR THE WHOLE
FAMILY OFFERED AT NO CHARGE**

Baby, Toddler & Preschool Storytimes

Kid's STEAM Sessions • Read to a Dog

Teen Maker Tuesdays • Teen Movie Nights

Lifelong Learning • Hobbies in the Lobby

Makerspace Classes & Crafts

Author Events

**FOR CURRENT
OFFERINGS & HOURS:
www.petoskeylibrary.org
231.758.3100**

PN-624852-1



**NORTHERN
LIGHTS
RECREATION**

**Where Adults Meet
Friends and Family
for FUN!!**

Bowling - Laser Tag - Food and Fun!

**Laser Tag
NOW OPEN!**

8865 M-119

Harbor Springs, MI 49740

Phone: 231-347-3100

Just 5 miles from either
Petoskey or Harbor Springs

Planning a Birthday Party?

When you have your birthday party at
Northern Lights Recreation,
WE DO ALL THE WORK AND YOU HAVE ALL THE FUN!

Northern Lights Recreation offers a variety of birthday party
packages for both kids and adults.

Packages can include bowling, shoe rental, laser tag,
pop, pizza and much more.

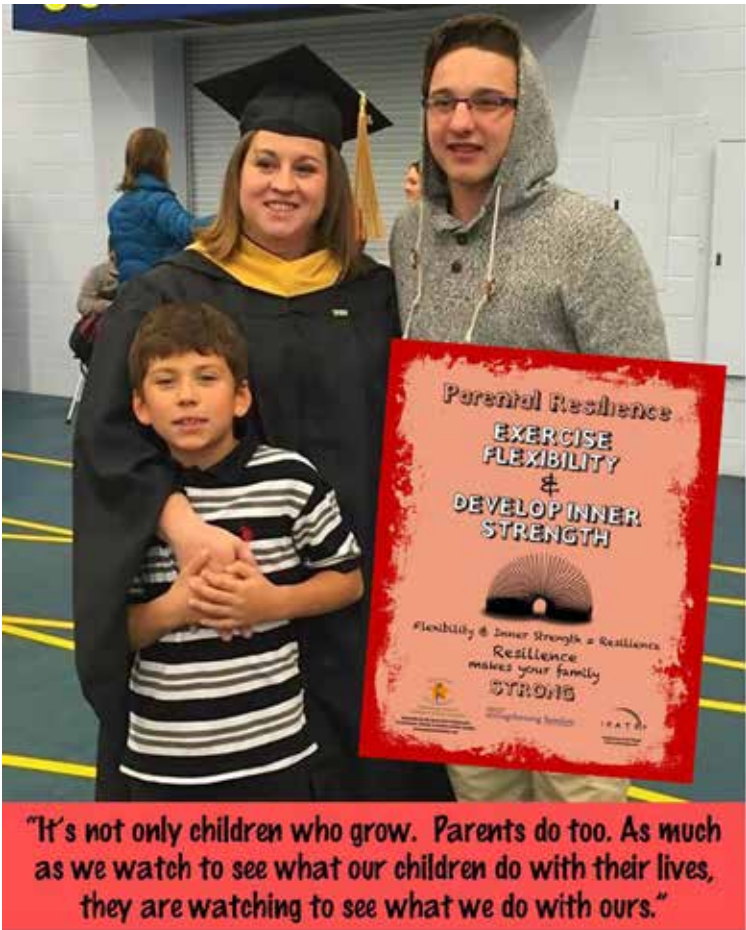


**Northern Lights Recreation
wants to help celebrate
YOUR special day!**
Advanced reservations required

Call us at 231-347-3100
for reservations or visit our
website for full party prices,
details and photos.
www.NorthernLightsRec.com



PN-197263-1



Parental Resilience
EXERCISE FLEXIBILITY & DEVELOP INNER STRENGTH

*Flexibility & Inner Strength = Resilience
Resilience makes your family STRONG*

"It's not only children who grow. Parents do too. As much as we watch to see what our children do with their lives, they are watching to see what we do with ours."

Support the store that builds homes and hope.
Furniture, appliances, building materials and more!




ReStore®

8460 M 119 | Harbor Springs, MI 49740
231-347-8440 | www.northwestmihabitat.org

SHOP. DONATE. VOLUNTEER.

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Educating Children for Over 40 Years


- IC/Nido - 2 months to 3 years
- Primary - Ages 3-6
- Elementary: K-6, a part of the Public Schools of Petoskey

560 E. Mitchell St., Petoskey • 231-348-2190
kim@petoskeymontessori.org

PN-635695-1




Nelson Funeral Home & Cremation Service



Dedicated to helping families honor the lives of those they love, a 54 year tradition.

989-732-1770 • 135 N. Center Ave., Gaylord • nelsonsfuneralhome.com


PN-635973-1



Charlevoix PUBLIC LIBRARY
Where your imagination takes flight

Monday-Thursday, 10am-8pm
Friday & Saturday, 10am-5pm
Sunday, 1pm-5pm

220 W. Clinton Street
Charlevoix • 574-2651
www.charlevoixlibrary.org



PN-635973-1

Boyne Falls Preschool



BOYNE FALLS PRESCHOOL

"Located at Boyne Falls Public School"

Offering High Quality Early Childhood Education to Families of 3-5 year olds.

- Two Classrooms
- Developmentally Appropriate Learning Environment
- Highly Qualified Teachers
- Research-Based Curriculum
- Five-star Quality Rating by Great Start to Quality

(231) 549-2211 ext. 510

 **@boynefallspreschool**

PN-628272-1

COUNSELING & CRISIS SERVICES

American Red Cross

2350 Mitchell Park Dr.,
Petoskey, MI 49770

Blood Services (231) 753-3253
www.redcrossblood.org

Disaster Emergency Services
(231) 947-7286 ext. 7411, 7412, or 7417
www.redcross.org

Health & Safety (CPR, First Aid, etc.)
(231) 947-7286 ext. 7418
or 800-Red Cross/800-733-2767
Option #3 / www.redcross.org

**Military Services Assistance/
Service to Armed Forces**
(877) 272-7337
www.redcross.org

BASES

(231) 547-1144
208 W. Lincoln St.,
Charlevoix, MI 49720
www.basesteencenter.org
Substance abuse services
for teens and adults

Assessments & Outpatient Counseling
Groups for teens, men and women
Medicaid accepted

Child & Family Services of Northwestern Michigan

(231) 347-4463
3434 M119 Suite F,
Harbor Springs, MI 49740
www.cfs.org
Adoption Services
Foster Care Placement
Counseling
License Foster Homes

Harbor Hall, Inc.

(231) 347-5511; Toll-Free (888) 880-5511
704 Emmet St., Petoskey, MI 49770
www.harborhall.com
Short Term and long term residential
treatment for adult males
Sub-Acute detoxification
services for adult males
Transitional living for
graduates adult males
Outpatient Services: Locations
in Petoskey and Cheboygan

Services for adult and adolescents,
male and female
Individual, group and family therapy
Assessments- substance use
and behavioral health
Gaming Addiction Services
Health Professional's Recovery Program
Women's Wellness Programing
Treatment Court Participation

Love INC, Love In the Name of Christ

(231) 331-8700
P.O. Box 927, Petoskey, MI 49770
www.loveinc.org
Love INC provides phone assessments
to help care for neighbors in need
in holistic ways including pointing
them towards collaborating agencies,
churches, and individuals.

Continued on page 10

Emergency

Dial 9-1-1

for ambulance, police, fire

Poison Control
(800) 222-1222

Report Child/Adult
Abuse and Neglect
(855) 444-3911

Women's Resource
Center 24/7 Sexual
Assault/Domestic
Abuse Hotline
(231) 347-0082
or
(800) 275-1995

North Country
Community
Mental Health
Emergency Services
Business Hours:
(800) 834-3393
After Hours:
(800) 442-7315

Suicide Prevention
Crisis Hotline
(800) 273-8255



Northern Community Mediation

Where The Solution Is Up To You

Avoid the **STRESS** of going to court.

Avoid the **EXPENSE** of litigation.

Think NCM:
**NORTHERN COMMUNITY
MEDIATION**

Call 231.487.1771
Email jane@northernmediation.org

Visit the NCM website
www.northernmediation.org

The mission of Northern Community Mediation
is to help people meaningfully resolve conflicts
in Charlevoix and Emmet Counties.

PN-632174-1

NOTE FROM THE GREAT START COLLABORATIVE



Charlevoix, Emmet,
Northern Antrim Counties

Who we are... What we do... Where we are... & Why it matters!

WHO WE ARE:

The Great Start Collaborative of Charlevoix, Emmet, and Northern Antrim Counties is comprised of community leaders and organizations from each county that have a stake in Early Childhood Investment. We are representatives from business, health, education, human services, higher education, non-profit, court systems, philanthropy, and parents who are implementing a plan to address the needs of young children within our Northern Michigan Communities.

WHAT WE DO:

The mission of our collaborative is to engage multi-disciplinary partners and families to identify, plan and implement system change to strengthen families and improve child outcomes. Since 2012, one of our major priorities has been the implementation of the Strengthening Families Framework that promotes 5 Protective Factors to make families strong. Every event, project, or training addresses and builds these 5 Protective Factors in families: Parental Resilience; Social Connections; Knowledge of Parenting & Child Development; Concrete Support in Times of Need; and Social and Emotional Competence of Children. A few of our successes include: a fund development committee that (through grants and individuals) has provided over 350 preschool scholarships to eligible

children ages 3 – 5; a FreeCycle Book Project that has distributed over 65,000 gently used books to local children; popular free events for parents such as a Halloween Costume Exchange, Early Childhood Networking Nights, and a nationally recognized campaign to strengthen families entitled "What Makes Your Family Strong?" www.whatmakesyourfamilystrong.org

WHERE WE ARE:

Charlevoix, Emmet & Northern Antrim Counties. The Great Start Collaborative holds meetings bi-monthly on the third Tuesday in Boyne City from 9-11AM. If you are interested in attending, you can call us at 231.582.8070 or e-mail: greatstartforkids@gmail.com. Our Great Start Parent Coalition is led by a Parent Leadership Council that hosts free events, facilitates our FreeCycle Book Project, and assures that the parent voice is heard in our community. Check out the Parent Coalition facebook page for details: www.facebook.com/greatstart.

WHY IT MATTERS:

Whether you are a parent, caregiver, educator, business owner, community planner, or simply a tax paying citizen, investing in early childhood affects you now and has a huge impact on the future of your community. It is a simple equation for a long term workforce and economic

solution; early childhood investment equals a stronger, better educated workforce, and a socially and economically vibrant community. The State of Michigan has outlined four outcomes by which public investment in Early Childhood will be assessed: children born healthy; children healthy, thriving and developmentally on track from birth to third grade; children developmentally ready to succeed in school at the time of school entry; and children prepared to succeed in fourth grade and beyond by reading proficiently by the end of third grade. Join forces with the Great Start Collaborative of Charlevoix, Emmet, and Northern Antrim Counties, to change the lives of our children and families, and build a bright economic future for Northern Michigan.

Maureen Hollocker is the director of the Great Start Collaborative of Charlevoix, Emmet, and Northern Antrim Counties in Michigan.

CONTACT:

maureen@greatstartforkids.com
231.582.8070.

WEBSITES:

www.greatstartforkids.com
www.whatmakesyourfamilystrong.org



COUNSELING & CRISIS SERVICES



Parent connections allow you to learn from each other, share the joys and frustrations of parenting, and receive concrete supports!

North Country Community Mental Health

1420 Plaza Dr., Petoskey, MI 49770
(231) 347-6701 Emmet
06250 M66 North, Charlevoix, MI 49720
(231) 547-5885 CHX

24-Hour Crisis Help Line: 877-470-4668

Individual and group therapy for adults

Assertive Community Treatment
Community support services including
Case Management, Petoskey Club
(psychosocial), Supported Employment
services & Residential Services
Infant Mental Health Services

Office-based child and family therapy

Home-based therapy for
children and families

Parenting Groups

Community and family support services for
persons with developmental disabilities

Psychiatric services for adults and children

Emergency Services

Safe Families for Children

(231) 215-1645

1727 Anderson Rd., Petoskey, MI 49770
www.safe-families.org

SFFC helps parents experiencing a
temporary crisis by providing a loving
family with whom their children may stay
until the crisis has passed. SFFC also helps

connect the parents in crisis to existing
resources in the community to help them
get back on their feet. Safe Families is a
free service and is non-coercive. Parents
maintain full custody of their children
throughout the duration of the hosting.

Women's Resource Center of Northern Michigan

(231) 347-0067

423 Porter, Petoskey, MI 49770

www.wrcnm.org

24-Hour crisis and information line:

(231) 347-0083, (800) 275-1995

Safe Home emergency shelter for survivors
of domestic abuse and their children

Counseling/advocacy services for current
and past survivors of domestic abuse,
sexual assault, child abuse, child sexual
assault/abuse, stalking and harassment

Quality educational programming

for children ages 2-1/2 to 10:

preschool and before/after school

programming year round

Weekly playgroups for families/
caregivers with children under five

Prevention programming for schools and
community: sexual assault, domestic/
dating abuse and healthy relationships

Great Start Readiness Program

(GSRP) for eligible 4-year-olds

Gold Mine Resale Shops provide
gently used, affordable goods and
vouchers for survivors, fire victims
and special circumstances

Educational and Employment
Services, Working Wardrobe

Support groups: domestic
abuse, sexual assault

Information, referrals and speakers
on a variety of topics related to
services the agency provides

Support groups for survivors of domestic abuse and sexual assault

Call Women's Resource Center of
Northern Michigan for times and
locations in Petoskey, Mancelona
and Gaylord, at (231) 347-0067.

Additional Counseling & Crisis Service Resources:

*Department of Health and
Human Services (see Government
& Legal Services)*

*Hospice of Northwest Michigan
(see Health Services)*

*Little Traverse Bay Bands of Odawa
Indians (see Native American Services)*

*Northwest Community Action
Agency (see Housing & Utility
Assistance Services)*



NORTHERN MICHIGAN ELDER LAW_{PLC}

Visit MichElderLaw.com

CHARLEVOIX

(231) 715-1401
103 W. Belvedere Ave.
Charlevoix, MI 49720

EAST JORDAN

(231) 715-1401
100 Main St.
East Jordan, MI 49727

TRAVERSE CITY

(231) 715-1401
420 E. Front St., Unit B3
Traverse City, MI 49686

MEDICAID

POWERS OF ATTORNEY

WILLS AND TRUSTS

SPECIAL NEEDS TRUSTS

CAREGIVER CONTRACTS

COTTAGE TRUSTS

LONG TERM CARE
OPTIONS

PROBATE AND TRUST
ADMINISTRATION

LADYBIRD DEEDS

DISABILITY SERVICES

Disability Network/Northern Michigan

(866) 869-8600

415 E. Eighth St., Traverse City, MI 49686

www.disabilitynetwork.org

Our mission is to promote personal empowerment and positive social change for people with disabilities. We serve individuals with any type of disability, addressing the needs of the whole person to achieve a more balanced life. We provide assistance with housing, employment, transportation, education/transition, accessibility, long term supports, advocacy, and peer support. We also partner with businesses, governments, and other organizations to address issues with housing, transportation, employment, and accessibility.

Michigan Rehabilitation Services (MRS)

(877) 901-9179 Toll Free or (231)-348-1620

2229 Summit Park Drive Petoskey, MI 49770

<http://www.michigan.gov>

Michigan Rehabilitation Services (MRS) partners with individuals and employers to achieve quality employment outcomes and independence for individuals with disabilities. MRS assists persons with disabilities to prepare for, find, and keep a job.

Michigan Alliance for Families

(800) 552-4821

www.michiganallianceforfamilies.org

Michigan Alliance for Families provides information, support, and education to families of children and young adults with disabilities and special education needs, from birth to age 26. The Alliance also helps parents to become more active in their child's school as a way of improving educational services and outcomes, while helping parents understand the rights of their children and to effectively communicate and advocate for their children's needs. Connect with Michigan Alliance for Families to if you have a question about your child's special education program, want to talk to another parent, or are interested in finding a workshop near you. info@michiganallianceforfamilies.org



Parents have a lot to juggle!
Remember that asking for help and getting the resources
your family needs buffers your child from stress and
allows them to reach their potential.

Bergmann Center, Inc

(231) 547-2979

08855 Martin Rd., Charlevoix, MI 49720

www.bergmanncenter.org

The Mission of Bergmann, Inc. is to provide services that enable individuals with mental and physical challenges the opportunity to become active involved members of the community.

Additional Disability Service Resources:

Aging and Disability Resource Collaborative of Northwest Michigan (see Aging Services)
Department of Health and Human Services (see Government & Legal Services)
Northwest Michigan Habitat for Humanity (see Housing & Utility Assistance Services)
North Country Community Mental Health (see Counseling / Crisis Services Services)
Veterans Affairs (see Veteran's Services)



**PURCHASE A PLAYER CARD
FOR \$100**
and play 33 great golf courses
throughout Northern Michigan
for only \$30 per round!

**100% of the proceeds
benefit The First Tee of
Northern Michigan.**

Visit www.thefirstteenorthernmichigan.org or
call **231-526-3168** for more information.

PNL631929-1



**Providing Marriage and Family
Therapy and Individual Counseling**
Melissa A. Martin, MA, LPC, LLMFT
Counseling Services of Northern Michigan, LLC
www.counselingofnorthernmi.com

318 E. Mitchell Street, Suite 7, Petoskey
Phone: (231) 753-2420
mmartin@counselingofnorthernmi.com

PNL631929-1

EDUCATION & PARENTING SERVICES

Education

Charlevoix-Emmet ISD

(231) 547-9947, www.charemisd.org
08568 Mercer Blvd., Charlevoix, MI 49720
Alternative education programs, including
a teen parent program
Special education services (birth to age 26)
Early Childhood Special Education Services and Programs
Early On Northwest (birth to age 3)
Great Start Readiness Program (4 yr. old tuition free preschool)

Antrim County Area Schools:

Central Lake Public Schools
(231) 544-3141, www.clps.k12.mi.us/
Ellsworth Community School
(231) 588-2544, www.ellsworth.k12.mi.us
Ebenezer Christian School
(231) 588-2111, www.ebenezerchristian.org

Charlevoix County Area Schools:

Beaver Island Community School
(231) 448-2744, www.beaverisland.k12.mi.us
Boyne City Public Schools
(231) 439-8190, www.boyne.K12.mi.us
Boyne Falls Public School
(231) 549-2211, www.boynefalls.org
Charlevoix Montessori
(231) 547-9000, www.cma.edu
Charlevoix Public Schools
(231) 547-3200, www.rayder.net
Concord Academy Boyne
(231) 582-0194, www.concordboyne.com
East Jordan Public Schools
(231) 536-3131, www.ejps.org
St. Mary School
(231) 547-9441, www.stmaryschoolcharlevoix.com

Emmet County Area Schools:

Alanson Public Schools
(231) 548-2261, www.alansonvikings.net
Concord Academy Petoskey
(231) 439-6800, www.concordpetoskey.com
Harbor Light Christian School
(231) 347-7859, www.harborlightchristian.org
Harbor Springs Public Schools
(231) 526-4545, www.harborps.org
Pellston Public Schools
(231) 539-8682, www.pellstonschools.org

Petoskey Seventh Day Adventist
(231) 347-6651, petoskeymi.adventistchurch.org

Public Schools of Petoskey
(231) 348-2100, www.petoskeyschools.org

St. Francis Xavier School
(231) 347-3651, <http://school.petoskeysfx.org/>

St. Michael Academy
(231) 881-9025, www.stmichaelrca.com

North Central Michigan College
(231) 348-6600, www.ncmich.edu

Tuition FREE Preschool

(800) 443-5518, www.greatstartforkids.com/Preschool.html
Tuition Free Preschool Programs are available throughout Charlevoix, Emmet and northern Antrim Counties. These Tuition Free Preschool programs are the Great Start Readiness Programs operated by local school districts and community partners and the Head Start Programs operated by the Northwest Michigan Community Action Agency and the Little Traverse Bay Bands of Odawa Indians. Families with children ages 3 and 4 are encouraged to call 1-800-443-5518 to learn about the programs and to complete an application. Programs do have eligibility and prioritization requirements.

Continued on page 14



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PN-634276-1

EDUCATION & PARENTING SERVICES

Continued from page 13

Great Start to Quality

www.GreatStartToQuality.org

Looking for child care or preschool? Great Start to Quality is Michigan's state-wide searchable database of all licensed early learning programs.

Great Start to Quality Northwest Resource Center

(877) 614-7328

www.GreatStartToQuality.org

Helping support providers and educators improve the quality of their programs and care, the Great Start to Quality Northwest Resource Center serves Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee, and Wexford counties.

Child & Parenting Services

Ages & Stages Questionnaire (ASQ)

www.nwhealth.org/agesandstages

Ages & Stages is a screening toolkit designed for parents and others for children from birth to age five. It is free, confidential, helps parents and caregivers know what to expect, builds new skills, identifies developmental concerns, and can be done online from home!

Big Brothers Big Sisters of Northern Michigan

(231) 313-7323

2350 Mitchell Park Dr., Petoskey, MI 49770

www.bigsupnorth.com

Develop and nurture one-to-one (adult-child) mentoring relationships for kids ages 6-18 with a caring adult mentor. Mentors provide support, guidance and opportunities on a consistent basis to help a child achieve greater self-confidence, develop stronger relationships, and achieve educational success.

Child Abuse Prevention and Education Council

(231) 753-8511

www.UpNorthChildAbuseCouncil.org

childabusecouncil@gmail.com

Our local council distributes literature on child development, parenting, and prevention. Our annual conference is held each April on issues regarding the mental and physical well-being of children. We celebrate Parenting Awareness Michigan in March with the "What Makes Your Family Strong?" essay and drawing contests, and recognize individuals who go above and beyond to positively impact the lives of children in our community. Please contact us for more information.



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care for the whole family.*

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Martin Jankowski, D.O.
Thomas D. Loomis, M.D.
Sara L. Rivette, M.D.
Wendy H. Walker, M.D.
Sarah Woiderski, D.O.
Rita Balistreri, FNP-BC
Kim Clark, FNP-BC
Emilee Kennedy, ANP-BC
Kaitlin LaLonde, PA-C
Kristy Paterson, LMFT

Monday, Tuesday, Wednesday: 8-6, Thursday: 9-6, Friday: 8-5
8881 M-119, Harbor Springs / Petoskey • 231-347-5400 • www.ltpcmi.com



Diaper & Paper Pantries

Antrim Baby Pantry
St. Anthony's Catholic Church
209 Jefferson, Mancelona
231.587.8401
2nd & 4th Thur.
11:30 a.m. – 4 p.m.

BC Diaper Pantry
Christ Lutheran Church
1050 Boyne Ave., Boyne City
231.582.9301
2nd Sat. 10 a.m. – noon

Charlevoix Diaper Pantry
First Congregational Church
101 State Street, Charlevoix
231.547.5752
2nd Mon. & 2nd Thur.
10 a.m. – noon

NM Diaper Pantry
8791 McBride Park
Court, Petoskey
231.347.8852
1st & 3rd Fri. 9:30 – 11 a.m.

Cross of Christ Paper Pantry
1450 E. Mitchell
Street, Petoskey
231.347.5448
2nd Thur. 5 – 7 p.m.
4th Thur. 9-11 a.m.

Mom & Tots Center
9100 Pleasant Hill Rd, Ellsworth
231.588.2200
Tues/Wed/Thurs 10-4.
1st Tues 10-7

Report Child/Adult Abuse and Neglect: (855) 444-3911

Early Head Start

(231) 548-1240 ext.2, <http://www.nmcaa.net>

The NMCAA Early Head Start program is a home visiting program serving expectant mothers and children birth to three years. During weekly home visits, activities are provided to help your child learn and grow. Socialization opportunities are available through playgroup experiences. Please call for more information!

Great Start Collaborative & Great Start Parent Coalition

(877) 866-3714

www.greatstartforkids.com &

www.whatmakesyourfamilystrong.com

The Great Start Collaborative identifies local needs, and implements research based strategies to assure a coordinated system of community resources and support for young children and their families. One of our major priorities has been the implementation of the Strengthening Families Model that promotes 5 Protective Factors to make families strong. Every event, project, or training addresses and builds these 5 Protective Factors in families: Parental Resilience; Social Connections; Knowledge of Parenting & Child Development; Concrete Support in Times of Need; and Social and Emotional Competence of Children.

Great Start Parent Coalition

Great Start Parent Leadership Council

FreeCycle Book Project

FreeCycle Halloween Costume Exchange

Early Childhood Networking Nights
(Parent & Caregiver Education)

Parenting Awareness Month Events

Early Childhood Professional
Development & Collaboration

Strengthening Families Protective Factors Campaign

Continued on page 18

Hospice of Northwest Michigan 2019 Grief Support Calendar

All grief support programs are open to the public at NO CHARGE (unless seeking CEU). Preregistration is appreciated. For information or to register, please call 231.547.7659

Monthly Groups: Begin at 6:30 PM
Charlevoix: 1st Tuesday of the Month
Community Reformed Church

Petoskey: 2nd Tuesday of the Month
Greenwood Cemetery, Community Room

Boyne City: 3rd Tuesday of the Month
City Hall Community Room

Special "Journey Through Grief" Program
5-week Group Sessions • Each Thursday
February 7 – March 7, 2019

6:30 - 8:00 PM

Boyne City Hall (Community Room)

"Living with Grief: Aging America: Coping
with Loss, Dying, and Death in Later Life"

Hospice Foundation of America
National Bereavement Teleconference

CEU's available!

TBD – April, 2019 – call if interested
1:30pm to 3pm at the Health Department of
Northwest Michigan, Charlevoix

Must Call for Reservations – 231.547.7659

Special "Journey Through Grief" Program
4-week Group Sessions • Each Thursday
August 8 – August 29

6:30 - 8:00 PM

Petoskey Greenwood Cemetery Office
(Community Room)

Teen Grief Support (ages 13-17)

Please call the office for more information
231.547.7659 **

** Preregistration and parental consent for
participation are required

Special "Journey Through Grief" Program
5-week Group Sessions • Each Thursday
September 26 – October 24, 2019
6:30 - 8:00 PM
Community Reformed Church, Charlevoix

Annual Memorial Service
Butterfly Release

Open to the public
Sunday, June 23, 2019

4:00 PM
Depot Beach Pavilion, Charlevoix

Handling the Holidays Workshop
Blue Christmas Memorial

Open to the public
Thursday, November 7, 2019

6:30 - 8:00 PM
Charlevoix Public Library, Room A
For more information 231.547.7659

Individual Counseling / Group Debriefing
Available as needed to individuals or
community businesses, police and fire agencies.
Please call 231.547.7659 for additional
information.

These programs are funded in part by grants from
the Charlevoix County Community Foundation;
Petoskey Harbor Springs Area Community
Foundation & Char-Em United Way



PN-630207-1

Welcome Students & New Families to the 2019-2020 School Year!

You have options in TUITION FREE education!

Charter schools are providing a high quality education, increasing student achievement and achieving high standards.



401 E. Dietz, Boyne City • 231.582.0194

Kindergarten - 12th grade

Character Building • Small Class Sizes

Family Atmosphere

Strong Academic Core

featuring classes in:

Drama • Visual Arts • Band • Choir
PE • Dance

Tuesday, April 16, 2019

Kindergarten Roundup

(Call for your appointment)

Open House 5-7 p.m.

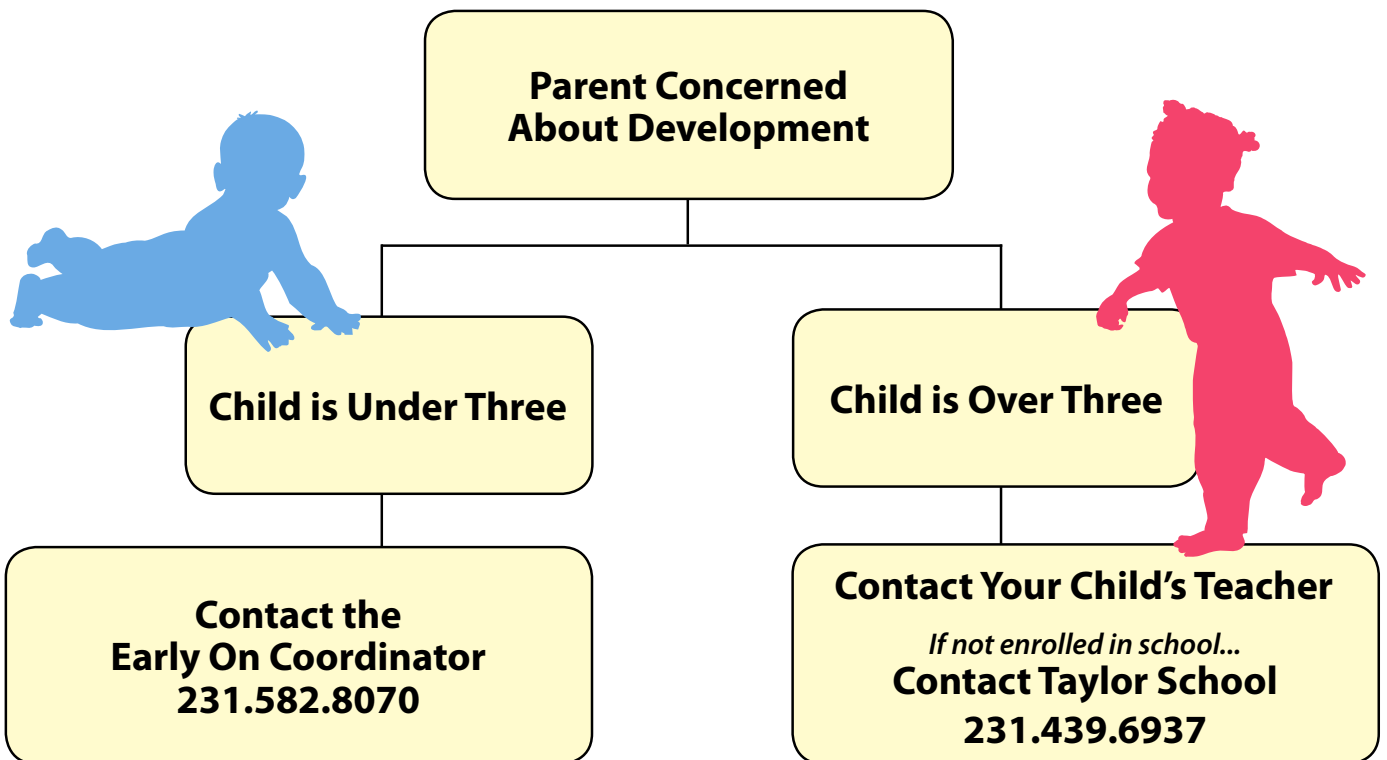


PN-636073-1

www.concordboyne.com

Concerned about your child's development?

Charlevoix-Emmet Intermediate School District
provides services to children birth to age six with
developmental delays or disabilities.



Great Start to Quality

The Great Start to Quality Northwest Resource Center congratulates the early care and learning programs in Charlevoix, Emmet, and northern Antrim counties participating in Great Start to Quality. We thank you for your commitment to ongoing quality!

Great Start to Quality is Michigan's early childhood quality rating and improvement system. Programs participating in Great Start to Quality are working above and beyond state licensing requirements and are supported by early childhood consultants to provide children and families with high standards of care, safety, professionalism, and early learning.

Great Start to Quality programs are rated on a 1-5 star level based on statewide quality standards, with 5 being the highest rating.

For a complete list of all licensed programs and more information on star ratings, visit **GreatStartToQuality.org** or call the Great Start to Quality Northwest Resource Center at **1-877-614-7328**.

**Programs with GSRP next to their name are participating in the state funded Great Start Readiness Program for four year olds and have a rating of 3 stars or higher.*



These programs are committed to high quality early learning!

ALANSON

- Alanson Stretch Kindergarten Extended
- Kimberley Givens
- Michelle Greenacre
- NMCAA Preschool – GSRP

BOYNE CITY

- Boyne City Preschool – GSRP
- Melissa Casper
- Early Learners Program – GSRP
- Leasa Friedrich
- ToddlerVille Daycare
- NMCAA Preschool – GSRP

BOYNE FALLS

- Boyne Falls School – GSRP

CENTRAL LAKE

- Central Lake Public Schools
- NMCAA Preschool – GSRP

CHARLEVOIX

- Bright Beginnings – GSRP
- Michelle Holecheck
- NMCAA Preschool
- Northern Explorers Child Development Center
- Jennifer Pittman
- Kristina Prevo
- Melissa Swanson
- Saint Mary Pre K

EAST JORDAN

- East Jordan Elementary – GSRP
- NMCAA Preschool

ELLSWORTH

- Ellsworth Community School – GSRP

HARBOR SPRINGS

- Ashley Hall
- Blackbird Preschool – GSRP

PELLSTON

- Bear Cub Child Care Center
- Pellston Elementary – GSRP

PETOSKEY

- Children's Learning Center – GSRP
- Lisa's Day Care - Anna Lisa Bechaz
- Elizabeth Jerichow
- NMCAA Preschool
- NMCAA Preschool, Ottawa – GSRP
- Northern MI Community Child Development Center
- Petoskey Children's Nursery

EDUCATION & PARENTING SERVICES

Continued from page 15

Life Roots Family & Birth Collective

contact@liferootscollective.com
www.facebook.com/liferootscollective
314 Howard Street, Suite 4,
Petoskey, MI 49770

www.liferootscollective.com

Provides birth and postpartum doula services, breastfeeding support and workshops, childbirth education, prenatal and fitness yoga classes, maternity, birth, newborn and family photography, support groups, placenta encapsulation, baby showers, community wellness classes, and natural remedies to aid in a healthy pregnancy and family.

Libraries

All area residents should have a library dedicated to serving them. To find out if you are eligible for a free card at a given library, call the one that is closest to you; it may not be your library, but they can refer you to the one that is. Area libraries have many FREE programs for children from birth to 18 and adults as well. Call or check their web sites. Holding a card at a given library usually isn't necessary to attend their public programs.

Alanson Area Public Library
(231) 548-5465, <http://joomla.uproc.lib.mi.us/Alanson/>

Bliss Branch
(231) 537-2927, www.mackinawareapl.michlibrary.org

Beaver Island District
(231) 448-2701, www.beaverisland.michlibrary.org

Boyne District Library
(231) 582-7861, www.boynelibrary.org

Charlevoix Public Library
(231) 547-2651, www.charlevoixlibrary.org

Crooked Tree Boyne Falls
(231) 549-2277, www.crookedtreelibrary.org

Crooked Tree Walloon
(231) 535-2111, www.crookedtreelibrary.org

Harbor Springs
(231) 526-2531, www.harborspringslibrary.org

Jordan Valley District Library
(231) 536-7131, <http://jvdl.info/>

Mackinaw Area Public Library
(231) 436-5451, www.mackinawareapl.michlibrary.org

Pellston Branch
(231) 539-8858, www.mackinawareapl.michlibrary.org

Petoskey District Library
(231) 758-3100, www.petoskeylibrary.org

Mothers Keepers

(231) 622-9640

MothersKeepers.org

Mothers Keepers matches trained volunteers from the community to families with infants (under age 1) in Emmet and Charlevoix Counties. Services provided include light housekeeping, accompaniment to doctors appointments, entertaining older children so mother can rest, connection to local resources of interest, and others. Service is free to families with infants regardless of income.

Moms & Tots Center

(231) 588-2200

9100 Pleasant Hill Rd.,
Ellsworth, MI 49729

www.thegoodsam.org

Tuesdays-Thursdays: 10am-4pm

1st Tuesdays: 10am-7pm

Equipping mothers with the means needed to raise happy, healthy children.

Assists clients by providing a nurturing safe environment to prepare clients for motherhood and parenting.

Baby Resource Closet: Providing mothers with baby necessities on a monthly basis.

Earn While You Learn Program: Education classes where hours spent learning can earn families larger baby equipment like car seats, cribs, etc.

Pregnancy Resource Center: Services include pregnancy tests, pregnancy information, adoption information, abortion alternatives, post abortion support, STI information, abstinence education, maternity clothes, peer counseling, and community referrals and resources.

GED Access Point

MSU Extension

Charlevoix County

(231) 348-1770

3434 Harbor-Petoskey Rd., Harbor
Springs, MI 49740

www.msue.msu.edu/emmet

Community Leadership Development
Conflict Management

Community Decision Making Process

Community Based Entrepreneurship

New Venture and Innovation Counseling
including natural resource, green energy
and food business enterprise education

Youth Development Programs

Citizenship and Community Service and

Life Skill Development Programs

Parent/Caregiver Education

Building Healthy Communities

Chronic Disease Management
and Prevention

Healthy Eating and Physical Activity

Charlevoix County 4-H

(231) 582-6232

319 B North Lake St., Boyne City, MI 49712
[www.msue.anr.msu.edu/](http://www.msue.anr.msu.edu/country/info/charlevoix)

[country/info/charlevoix](http://www.msue.anr.msu.edu/country/info/charlevoix)

Spring/Summer/Fall 4-H Programs:

Recreation Soccer, Swimming,
Sailing, Tennis, Community
Service, Animal Science

Summer 4-H Camps:

Exploration Days: College Prep
Experience, Soccer Camp

Emmet County 4-H

(231) 348-1770

3434 M119, Petoskey, MI 49770

www.msue.msu.edu/emmet

Youth Development, Volunteer

Development and Training, Leadership
Training, Animal Science, Citizen
and Community Service, Exploration
Days: College Prep Experience.

YMCA of Northern Michigan

(231) 348-8393, www.ymcanm.org

434 E. Lake St., Petoskey, MI 49770

The Y is for youth development, healthy living, and social responsibility. Some of our programs include summer day camp, after school childcare, youth sports & enrichment, STEM programs and so much more. At the Y, no family is turned away for an inability to pay. Our Financial Assistance program offers opportunities for all children to learn, grow and thrive.

Additional Education, Child, & Parenting Service Resources:

Department of Health and Human Services

(see Government & Legal Services)

Disability Network of Northern Michigan (see Disability Services)

Health Department of Northwest Michigan (see Health Services)

Little Traverse Bay Bands of Odawa Indians

(see Native American Services)

Northwest Michigan Community Action Agency

(see Housing & Utility Assistance Services)

North Country Community Mental Health (see Health Services)

Safe Families For Children (see Counseling & Crisis Services)

The Salvation Army (see Housing & Utility Assistance Services)

Women's Resource Center of Northern Michigan (see Counseling
& Crisis Services)



PN-621318-1

SORE FEET?

WHEN YOUR FEET HURT,
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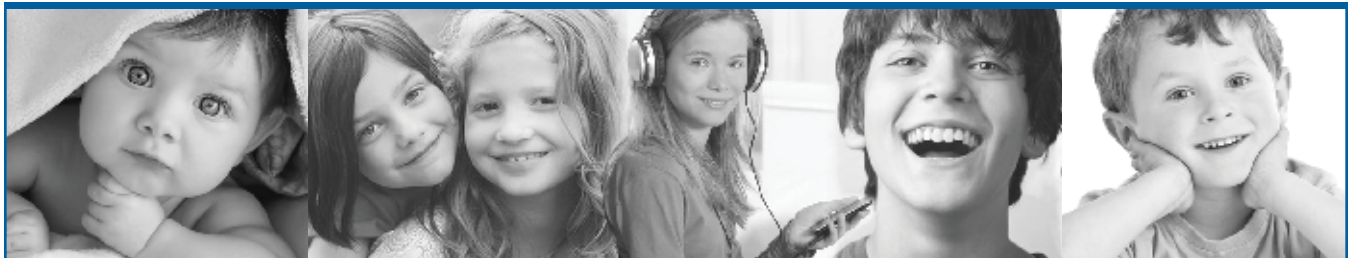
1662 OLD 27 SOUTH • GAYLORD

989.732.6565

Now Participating with Priority Health Insurance



Seek information on how to help your child stay safe
and reach their potential. Charlevoix, Emmet &
Northern Antrim Counties are rich with opportunities
for parents to learn from experts and each other.



Child Abuse Prevention and Education Council Annual Spring Conference

*Held one full day each April
because every child deserves an
equal opportunity for healthy
growth and development.*



PN-630408-1

For more information visit www.UpNorthChildAbuseCouncil.org

Enrolling New Students in Grades DK-12 for 2019-2020

Educating tomorrows problem solvers and
leaders in academics and the arts in a
tuition free family atmosphere



2468 Atkins Road, Petoskey, MI 49770
(231)439-6800 • concordpetoskey.com

**DK - Kindergarten
Open House**
**Tuesday, April 16th
at 6pm**

Please call to schedule an appointment!



Applications can be picked up from our school office during
regular school hours or printed from our website. Students entering kindergarten
should be 5 years of age by September 1, of the year of enrollment. Students
that will be 5 years of age by December 1, of the enrollment year are still
eligible if the school is provided written notification.



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unique and one-of-a-kind?
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650 W. Conway Rd, Harbor Springs • 348-2980

PN-631132-1

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Petoskey
800.741.4082
amerigas.com

PN-636001-1



MUNSON HEALTHCARE
Charlevoix Hospital

We offer a wide range of
health care services and
specialists for your whole
family.

With primary care providers
in Charlevoix, Boyne City and
East Jordan, we are here for
you – close to home.

munsonhealthcare.org/charlevoix
(231) 547-4024

PN-628435-1

EMPLOYMENT SERVICES

Kelly Services

(231) 347-2963
1147 North US 31 Hwy, Petoskey, MI 49770
www.kellyservices.us

Northern Staffing Service

(231) 347-3144
2235 East Mitchell Rd., Petoskey, MI 49770
www.northernstaffingservices.com

Northwest Michigan Works!

(231) 347-5150
2240 Mitchell Park Dr., Suite B, Petoskey, MI 49770
Monday, Tuesday, Thursday 8am-5pm
www.networksnorthwest.org
As the workforce development arm of Networks Northwest, Michigan Works! is a one-stop center for anything pertaining to employment and training. These services include: Job Seeker Services which includes resume assistance, career and training information, interest assessments, job search assistance, and employer services. Michigan Works! also provides Learning Labs for adult individualized instruction, virtual assistance, increasing job skills, and obtaining a GED. Learning Labs Hours: Monday and Thursday 8am-5pm; Tuesday and Wednesday 9am-6pm.

PMP Personnel Services, INC.

(231) 347-9500
1170 Bay View Rd., Petoskey, MI 49770
www.pmppersonnel.com

Additional Employment Service Resources:

Disability Network of Northern Michigan
(see Disability Services)
Little Traverse Bay Bands of Odawa Indians
(see Native American Services)
Michigan Rehabilitation Services (see Disability Services)
Veterans Affairs (see Veterans Services)
Women's Resource Center of Northern Michigan
(see Counseling & Crisis Services)



Raven Hill Discovery Center
Where Science, History and Art Connect

- MUSEUM
- EXOTIC ANIMALS
- OUTDOORS

www.MiRavenHill.org
231.536.3369

Camps, classes and workshops for children and adults

MEMORIAL DAY TO LABOR DAY
Open Weekdays 10am to 4pm,
Saturday noon to 4pm and Sunday 2pm to 4pm

LABOR DAY TO MEMORIAL DAY
Weekends Only, but always by appointment

Providing Essential Services for FAMILIES



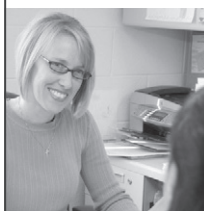
Counseling/Advocacy

- Domestic/Family Violence
- Adult Sexual Assault Services
- Adults Sexually Assaulted/ Abused as Children
- Child Sexual Assault/Abuse
- Child Physical Abuse



Children's Services

- Children's Learning Center
- Project FREE Preschool
- Free Community Playgroups



Educational and Employment Services

Violence Prevention

- Programs for schools, businesses and organizations



Gold Mine Resale Shop

- Store proceeds support WRCNM services
- Two locations in Petoskey:
1878 N. US-31, (231) 348-7908
1002 Emmet St., (231) 347-3970
- Gold Mine North open Fridays until 8pm during the summer!



SERVING NORTHERN MICHIGAN SINCE 1977

WOMEN'S RESOURCE CENTER OF NORTHERN MICHIGAN, INC.

24-Hour Crisis and Information Lines
(231) 347-0082 • (800) 275-1995
info@wrcnm.org • wrcnm.org

Antrim, Charlevoix, Cheboygan, Emmet and Otsego counties

PN4635702-1

FREE PRESCHOOL

NURTURING

QUALITY

SCHOOL READINESS

Apply Now

Currently taking
applications for
3 & 4 year olds

**FREE QUALITY
PRESCHOOL EDUCATION**

*Please share this
opportunity with others
today to impact the life of
a child tomorrow!*

**Schedule your
appointment today!**



For More Information

Phone: 1-800-443-5518



nmcaa



These materials were developed
under a grant awarded by the
Michigan Department of Education.

- All families and children of all abilities are encouraged to apply.
- Transportation options may be available.

FOOD ASSISTANCE



Manna Food Project

(231) 347-8852

8791 McBride Park Ct.,
Harbor Springs, MI 49740
www.mannafoodproject.org
Food distribution Center of Antrim,
Charlevoix, and Emmet counties,
Food Rescue Program & Food
4 Kids Backpack Program

Antrim County Senior Meals Commission on Aging

1622 N M-88, Central Lake
Mon. – Fri. 9 a.m. 2 p.m.
Reservations Required
231.544.6687, Age 60+

Commission on Aging Sacred Heart Church

143 Charles St., Elk Rapids
Tues. – Fri. 9 a.m. 1 p.m.
Reservations Required
231.264.6490, Age 60+

Commission on Aging Community Center

122 E. State St., Mancelona
Mon. – Fri. 9 a.m. 1:30 p.m.
Reservations Required
231.587.9131, Age 60+

Commission on Aging

308 E. Cayuga, Bellaire
Mon. – Fri. 11:15 a.m. 1:30 p.m.
231.533.8703, Age 60+

Mancelona Community United Methodist Church

301 Hinman, Mancelona
Tuesday 5 – 6 p.m.

Charlevoix County Pantries Boyer City Community Pantry

(1st Monday 10am-12pm and
3rd Monday 5-7pm)
(231) 675-5759
401 State St., Boyne City

Boyer Valley Pantry

(Thursday 2-5pm)
(231) 468-4612
3031 Main St., Boyne Falls

Seventh Day Adventist

(Monday 5:30-7pm)
(231) 582-0151
326 North Park, Boyne City

Good Neighbors Food Pantry

(Tuesdays 10am-12pm and 2-5:30pm)
(231) 497-8677
624 State St., Boyne City

Bible Baptist Church

(1st and 3rd Thursday 6-7pm;
call for emergencies)
(231) 547-4300
05855 M-66 North, Charlevoix

Charlevoix Community

(Monday 10-11:45 AM & 5:30-
7:15PM, 1st Thursday of the
month from 10 – 11:45AM)
(231) 237-9490
100 West Hurlbut, Charlevoix

Care & Share

(Tuesday 3-6pm; Thursday 9am-12pm)
(231) 536-7423
205 Water St., East Jordan

Green Sky Hill Indian UMC

08484 Green Sky Hill Road
Sunday 9 – 10 a.m.
231.459.8067

Jordan Rivers

(Every other Friday 2-4pm)
(231) 649-4312
01273 Advance Rd., East Jordan

Lighthouse Lunch United Methodist Church

104 State St., Charlevoix
Mon. & Thur. 11:30 a.m. – 1:30 p.m.
231.547.8040

Safe Haven Breakfast Club Community Reformed Church

Petoskey Ave. and Meech, Charlevoix
Tues. & Fri. 8 – 10 a.m.

Charlevoix County Soup Kitchens Community Reform Church / Safe Haven

(Tuesday & Friday 8-10AM)
US 31 & Meech, Charlevoix

East Jordan Community Center

(Monday-Friday 12-12:30pm)
(231) 536-7831
951 Mill St., East Jordan

Third Day Fellowship

(Monday & Thursday 11:30am –
1:00pm, Take-out 1:00-1:30pm)
(231) 547-8040
United Methodist Church, 104
State St., Charlevoix

Charlevoix County Senior Meals

Boyer Area Senior Center
(Monday- Friday 12-12:30pm)
(231) 582-6682
411 Division St., Boyne City

Charlevoix Senior Center

(Monday – Friday 12-12:30pm)
(231) 547-5391
06906 Norwood Rd., Charlevoix

East Jordan Senior Center

(Monday – Friday 12-12:30pm)
(231) 536-7831
951 Mill St., East Jordan

Emmet County Pantries Nazarene Church

(Wednesday 4-5:30pm)
(231) 548-5462
7489 Mission Rd., Alanson

Church of Christ

(1st and 3rd Sunday 12:30-1:30pm)
(231) 347-0210
1727 Anderson Rd., Petoskey

Jesus is Lord Pantry

(2nd and 4th Tuesday 12-3pm)
(231) 347-3618
06072 US 31 North, Bay Shore

Harbor Springs Community

(Monday 9:30am-12pm)
(231) 526-2017, ext. 43
150 West Main (enter through double
doors on 3rd Street), Harbor Springs

The Manna Pantry

(Tuesday 9am-12pm; call for emergencies)
(231) 347-8852
8791 McBride Park Ct., Harbor Springs

Pellston Community

(Wednesday 5-6:45pm)
(231) 638-3568
161 Highway 31, Pellston

First Christian Church

(Monday 10am-12pm)
(231) 347-6181
320 Monroe, Petoskey

Salvation Army

(Monday - Friday 9-11:00am)
(231) 347-3531
712 Pleasant St., Petoskey

St. Francis/Brother Dan's

(Tuesday 9am-12pm; call
for emergencies)
(231) 347-7423
415 State St., Petoskey

Cross of Christ Church

(2nd Thursday 5-7pm; 4th
Thursday 9-11am)
(231) 347-5448
1450 East Mitchell St., Petoskey
* Paper and Personal
care pantry only

**Emmet County
Soup Kitchens**

First Presbyterian Church
(Thursday and Sunday 12-1pm)
(231) 347-4792
501 East Mitchell St., Petoskey

First Christian Church

Lunch meal Monday
11:30am-12:30pm)
(231) 347-6181
308 Monroe, Petoskey

Nazarene Church

(Wednesday 4-5:30pm)
(231) 548-5462
7489 Mission Rd., Alanson
*Serve soup only

St. Francis/Brother Dan's

(Lunch meal Tuesday 12-1pm)
(231) 347-7423
415 State St., Petoskey

United Methodist Church

(Wednesday 6-6:45pm)
(231) 347-2733
1804 E. Mitchell, Petoskey

Emmet County**Senior Meals****Harbor Springs
Friendship Center**

(Monday – Friday 12pm)
(231) 526-6061
305 W. Main, Harbor Springs

Huber/Brutus**Senior Center**

(Wednesday and Friday 12pm)
(231) 529-8803
6436 E. Brutus Rd., Brutus

Pellston Senior Center

(Monday, Tuesday,
Thursday 12pm)
(231) 539-8201
6274 W. Edgar, Pellston

**Friendship Center
of Emmet County**

(Monday – Friday 12pm)
(231) 347-3211
1322 Anderson Rd., Petoskey

Salvation Army

(Friday 6:00pm)
(231) 347-3531
712 Pleasant St., Petoskey

**For Diaper Pantries, see
Education and Parenting****Additional Food
Assistance Resources:**

*Department of Health
and Human Services
(see Government &
Legal Services)
Little Traverse Bay Bands
of Odawa Indians (see
Native American Services)
Northwest Community
Action Agency (see Housing
& Utility Assistance Services)
Salvation Army (see Housing
& Utility Assistance Services)
Health Department of
Northwest Michigan WIC
(see Health Services)*

EARLY HEAD START

Now recruiting Pregnant Women and Children Birth to Three

**nmcaa**

Heat Start/Early Head Start



Early Head Start is a home visiting program designed to support you as your child's first and most important teacher! Families with children of all abilities are encouraged to apply. Call to hear about how this program can benefit your child and family!

Please call
(231) 548-1240 ext. 1
for more information

PN-631654-1

FREE

Vision and Hearing Screening



Did you know the Health Department provides FREE vision screening for children as young as 3 years of age, and FREE hearing screening for children as young as 6 months?

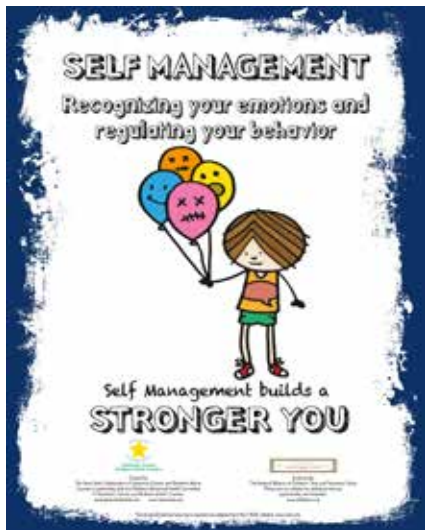
Not only is a vision test required to enter kindergarten, but early detection of a problem can help to prevent permanent hearing or vision loss later on.

**Healthy hearing and vision leads to greater success
in school — and in life!**

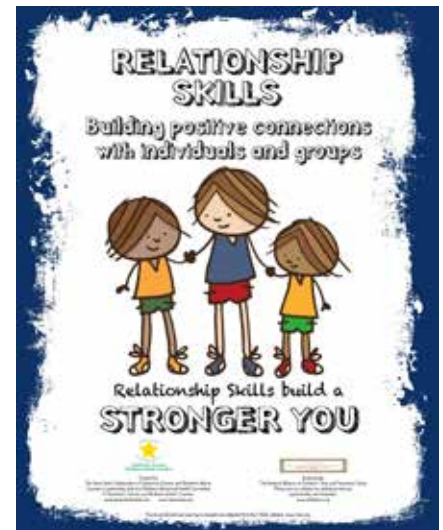
**Call to schedule an appointment for your child in
Antrim, Charlevoix, Emmet or Otsego County.**



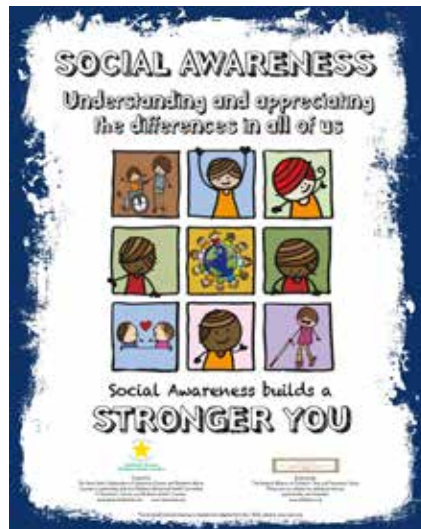
800-432-4121
www.nwhealth.org



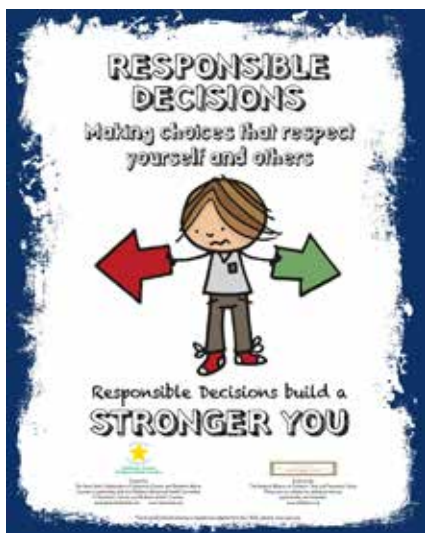
Social and Emotional Health is a child's ability to form strong relationships with others, express and manage emotions, explore the world around them and problem-solve.



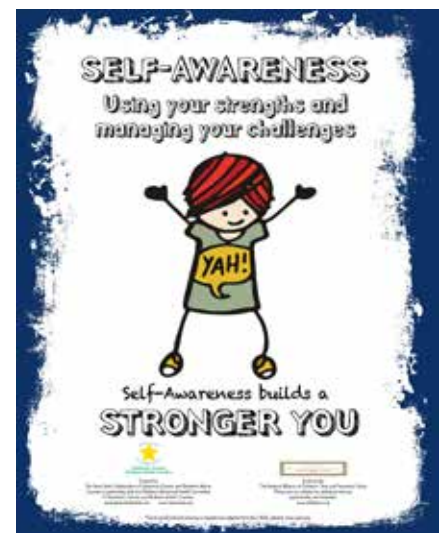
Social and Emotional Skills are as important as ABC's and 1, 2, 3's. Babies need relationships with loving adults to learn these skills. Loving relationships also help babies' brains to grow and develop.



Children need help from adults to learn how to get along with others and manage their feelings. Safe and loving relationships with parents and caregivers are crucial to social and emotional health for all children.



Children that do not have social and emotional skills are less prepared to learn in school and more likely to display troubling behavior and have difficulty making friends.



GOVERNMENT & LEGAL SERVICES

Department of Health and Human Services Antrim, Charlevoix-Emmet

(231) 348-1600
2229 Summit Park Dr.,
Petoskey, MI 49770
www.michigan.gov/mdhhs
Medicaid assistance
Healthy MI Plan
Food assistance program
Adult Protective Services
Child Protective Services
Home heating assistance
Adult in-home help
State Emergency Relief Program
Family Independence Program
State Disability Assistance
Child Development and Care Program

Family Court

Juvenile delinquent cases
Neglect and abuse cases
Foster care placement

Emmet County Family Court

(231) 348-1765
200 Division St., Petoskey,
MI 49770

Charlevoix County Family Court

(231) 547-7215
301 State St., Charlevoix,
MI 49720

Legal Services of Northern Michigan

(888) 645-9993 or
(989) 705-1067
1349 South Otsego Ave.,
Unit 8,
Gaylord, MI 49735
Free legal assistance
and representation to
low income residents
Age 60 and older may
qualify regardless
of income
Civil cases only – no
criminal or traffic
No cases involving
suing for money

Northern Community Mediation

(231) 487-1771
415 State St.,
Petoskey, MI 49770

www.northernmediation.org
Mediation services as an
alternative to litigation
Divorce & domestic relations,
parenting time, custody
& guardianship, breach
of contract, landlord
/ tenant, professional
/ client, consumer /
merchant, employer /
employee, real estate, Civil
rights, neighborhood
issues, public policy,
ordinance & statute,
special education, school
attendance program,
Restorative Practices in
schools, child abuse &
neglect program, victim
offender reconciliation
program, preventative
shoplifting program

Probate Court

Charlevoix County

301 State St. (Second
Floor)
Charlevoix, MI 49720
(231) 547-7214

Emmet County

200 Division St.
Petoskey, MI 49770
(231) 348-1764
Guardianship and
Conservator, Mental
Health proceedings,
Adoption, Mediation,
Wills/Estates.

Social Security

(800) 772-1213
308 State St., Petoskey,
MI 49770
www.socialsecurity.gov
Benefits for age 65+
Assistance for
disabled persons



Home Care
**Serving all of
Northern Michigan**

**Compassionate Care
Exceptional Service
Affordably Priced**

angelhearthomecare.com



**You want
the *Best* for
Yourself
or a Loved One
We can help
you now!**

501 W. Mitchell St., Ste. 3
Petoskey, MI 49770

231-347-4800

**Receive the care you need in the
comfort of Your Own Home!**

PH63408 B-1



The sooner you call the more we can help.

24/7 Support
888-247-5701
hom.org

830 S. Otsego, Gaylord

Our State. Our Town.
Our Hospice.

2018 **HOSPICE HONORS ELITE**

A member of the **northstar** Care Community

PN-619325-1



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FEDERAL CREDIT UNION
Together We Grow

Visit us Today and ask how WE can save YOU money!

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Onaway • Rogers City • Wolverine • Indian River • Gaylord

Awakon Federal Credit Union is dedicated to the promotion of our local communities as well as the advancement of our youth. Together we can build a brighter future for everyone in our communities. Together We Grow.

989.733.8557 • www.awakonfcu.net

 **EQUAL HOUSING LENDER**
Federally insured by NCUA.

PN-631022-1

HEALTH SERVICES

Beaver Island Rural Health Center

(231) 448-2275
37304 King's Hwy., Beaver Island
www.biruralhealth.org
Open Monday – Friday by appt., 24 hr. Urgent Care

Boyne Area Free Clinic

(231) 582-4605
624 State St., Boyne City, MI 49712
Open Fridays 8am – 4pm
Primary and urgent care for the uninsured and the under-insured

Community Health Center of Northern Michigan

(231) 348-9900
3434 M-119, Suite C.,
Harbor Springs, MI 49740
www.alconahealthcenters.org
www.facebook.com/alconahealthcenters
Hours: Monday - Friday 8am - 5pm
Primary Care Services:

Patient-Centered Medical Home offering
healthcare for the entire family

- Health education
- Case Management
- Behavioral health counseling
- Low-cost medications
- Laboratory services
- Dental care by referral

Insurances accepted: Medicaid, Medicare, Northern
Health Plan, Blue Cross/most commercial insurances
Services offered regardless of ability to pay. Special
discounts available based on income
Health Insurance Marketplace enrollment assistance
Medicaid enrollment assistance

Dental Clinics North

(877) 321-7070
Catering to patients with Medicaid, Delta Healthy Kids, Northern
Dental Plan, Low Income/uninsured, all private insurance

East Jordan
601 Bridge St., East Jordan, MI 49727
(866) 878-6551

Mancelona
205 Grove St., Mancelona, MI 49659
(866) 878-3553

Petoskey
3434 M-119, Suite B, Harbor Springs, MI 49740
(866) 878-6556

East Jordan Family Health Center

(231) 536-2206
601 Bridge St., East Jordan, MI 49727
www.ejfhc.org
Hours: Monday – Friday: 8am – 6pm; Saturday 9am – 1pm
East Jordan Family Health Center is a certified Patient Centered
Medical Home offering primary health care services for the
entire family, from newborn through geriatric. We believe
all patients should receive high quality healthcare, regardless
of their income or ability to pay. East Jordan Family Health
Center offers a Sliding Fee Discount Program, based on family
size and income and accepts Medicaid, Medicare, Healthy

Michigan Plan and most
commercial insurances.
Services available onsite:
Primary Care for all ages,
Referral Services, Pharmacy
Services (also with convenient
drive-thru service), X-Ray,
Mammography, Laboratory
Services (Provided by DBML)
Behavioral Health Services, Case
Management, Health Education,
Medicaid Enrollment Assistance, Health Insurance
Marketplace Enrollment Assistance, Prescription Assistance



Health Department of Northwest Michigan

3434 Harbor-Petoskey Rd., Suite A, Harbor Springs, MI 49740
220 W. Garfield, Charlevoix, MI 49720
Program/Appointment Information
(231) 547-0295 or 1 (800) 432-4121
www.nwhealth.org
Women, Infants, and Children Nutrition Program
providing free food and fluoride varnish
WIC Clinics located in Boyne City, Beaver Island,
Charlevoix, Harbor Springs, and Pellston
Immunizations for children and adults free or reduced costs
Maternal and Infant Health Program- Home visits
for pregnant and parenting families
Children's Special Health Care Services- Payment and
Care Coordination for special needs children
Children's Health Access Program (CHAP)
Early Childhood Behavioral Health
Healthy Kids and MIChild Insurance for pregnant
women and children enrollment assistance
Healthy Families Northern MI Home Visiting (ages 0-4)
Family Planning- birth control methods and
services based on ability to pay
Breast and Cervical Cancer screening for women
40-64 free if you meet income guidelines
WISEWOMAN provides cholesterol screening
and healthy lifestyle support
Colorectal Cancer screening
Dental Health Clinics for children and adults; reduced fees
may be available through the Northern Dental Plan
Hearing and vision screening for all children
preschool through age 18
Lead testing for free or reduced cost
HIV counseling and testing
Home Health and Hospice Services
Hornet Health Center at Pellston Middle/High School
provides FREE nursing and mental health
Rambler Wellness Center at Boyne City Elementary and Middle
School provides FREE nursing and mental health services
Prescription assistance
Health Insurance Marketplace enrollment assistance
Medicaid and Healthy Michigan Plan Enrollment Assistance

Hospice

McLaren Home Care's Hospice

Serving northern Michigan & the eastern Upper Peninsula
(800) 342.7711
www.mclaren.org/northern

Hospice of Northwest Michigan

(231) 547-6092

(800) 551-4140

220 W. Garfield Ave., Charlevoix, MI 49720

info@hospicenwm.org

www.hospicenwm.org

"A true nonprofit organization that has been serving our community friends and neighbors with a locally residing staff of friends and neighbors for over 43 years in Antrim, Charlevoix, Emmet and parts of Otsego County."

Hospice of Michigan (800) 247-5181

McLaren Northern Michigan

(800) 248-6777

416 Connable Ave., Petoskey, MI 49770

www.mclaren.org/northern

Services

Acute Rehabilitation
Adult Day Care
Allergy
Anesthesiology
Asthma
Behavioral Health
Diabetes
Cancer / Oncology
Cardiac & Thoracic Surgery
Cardiology
Dermatology
Diabetes / Endocrinology
Ear Nose & Throat
Emergency Medicine
Facial Plastics
Family Practice
Gastroenterology
General Surgery
Gynecology
Hematology
Home Health / Private Duty
Home Medical Equipment
Hospice
Hospitalist
Immunology
Infection Diseases
Infusion Centers

Integrative Medicine
Internal Medicine
Lab Draw
Nephrology
Neurosciences
Obstetrics
Ophthalmology
Oral Surgery
Orthopedics
Pain Management
Pathology
Pediatrics
Physical Medicine
Plastic Surgery
Podiatry
Preventative Medicine
Psychiatry
Psychology
Pulmonary
Radiation Oncology
Radiology
Rehabilitation
Rheumatology
Sleep Medicine
Urology
Vascular/Endovascular
Wellness Programs
Wound Care

McLaren Northern Michigan offers a full range of services representing nearly every medical and surgical specialty. Whether we are providing care in our hospital, a specialty clinic, or through our home care, McLaren Northern Michigan will provide health care as we expect for our own family.

Specialists travel all over northern Michigan to deliver care close to home in: Alpena, Beaver Island, Charlevoix, Cheboygan, Gaylord, Grayling, Hillman, Houghton Lake, Indian River, Newberry, Onaway, Oscoda, Rogers City, St. Ignace, Sault Ste. Marie, and Tawas.

Munson Healthcare Charlevoix Hospital

(231) 547-4024

14700 Lake Shore Dr., Charlevoix, MI 49720

www.munsonhealthcare.org/charlevoix

Munson Healthcare Charlevoix Hospital is a 25-bed acute care community hospital offering a wide array of inpatient and outpatient services to Charlevoix, northern Antrim, and Emmet counties. The hospital with its over 400 employees is part of the large Munson Healthcare system. The expertise of excellent doctors and staff makes it possible to meet many of the primary and specialty care needs of the area residents.

The emergency department is staffed 24 hours a day, 7 days a week and urgent care services are offered from 10am to 8pm everyday (including weekends and holidays). The hospital also has satellite offices in Boyne City and East Jordan. Munson Healthcare Boyne Area Health Center, Munson Healthcare Boyne Rehab Center, and Munson Healthcare Jordan Valley Rehab Center offer local residents non-emergency care and rehabilitation right in their hometown.

Birth Center	Oncology
Cardiovascular Services	Ophthalmology
Chemotherapy and Infusion Services	Orthopaedic Surgery
Diagnostic Services	Pediatric Care
Ear, Nose & Throat	Physical Therapy
Emergency Services	Radiology
General Surgery	Rehabilitation Services
Internal Medicine	Respiratory Care
Lymphedema Services	Sleep Center
Neurosurgical Services	Sports Medicine
Nuclear Medicine Services	Surgical Services
Obstetrics/Gynecology	Swing Bed Services
Occupational health	Urgent Care
	Women's Health

Munson Healthcare Boyne Area Health Center

223 N. Park St.,

Boyne City, MI 49712

(231) 582-5314

Munson Healthcare Boyne Rehab Services

197 State St., Boyne City, MI 49712


(231) 582-6365

Munson Healthcare Jordan Valley Rehab Center

100 Main St. #9, East Jordan, MI 49727

(231) 536-1451

Continued on page 32



NORTH COUNTRY
COMMUNITY
MENTAL HEALTH

Our toll free numbers have changed.

Access to services: 877-470-7130

Customer service: 877-470-3195

Crisis Help Line: 877-470-4668

TTY: Dial 711

norccmh.org

Serving Antrim, Charlevoix, Cheboygan, Emmet, Kalkaska, and Otsego Counties

HEALTH SERVICES

Continued from page 31

Planned Parenthood of West and Northern Michigan

(231) 347-9692

1003 Spring St.,

Petoskey, MI 49770

www.ppmi.org

Annual gynecological exams, including pap, pelvic and breast exams

Birth control consultation

Birth control distribution on

site, including the following

methods: pills, rings, Depo-

Provera injections, emergency

contraceptive, IUD's, diaphragms,

and non-prescription methods

Diagnosis and treatment of sexually transmitted infections for females and males

Diagnosis and treatment of urinary and vaginal infections

HIV testing counseling

Pregnancy testing and

options counseling

Midlife services-evaluation

for hormone therapy

Smoking cessation therapies

HPV vaccinations

Comprehensive sexuality

education classes

Resource center for teens and parents

Can bill most health insurances, if you don't have insurance please call for more information

Pregnancy Care Center of Petoskey

(231) 348-3388

2206 Mitchell Park Dr., Suite

9, Petoskey, MI 49770

Free pregnancy testing &

ultrasound (Tuesdays),

Option Counseling, Material

aid, Parenting classes

Additional Health Service Resources:

Department of Health and Human Services (see Government & Legal Services)

Little Traverse Bay Bands of Odawa Indians (see Native American Services)

North Country Community Mental Health (see Counseling & Crisis Services)

MSU Extension (see Education & Child Services)

Veterans Affairs (see Veteran Services)



PROVIDING COMPREHENSIVE OBSTETRICAL SERVICES

Including:

- On-site Labs
- Breast Health Exams
- Family Planning
- Infertility Treatment
- MonaLisa Touch Laser
- Gyn Evaluations, Cancer Screening & Pelvic Disease/Pain Treatment

Dr. Mary Ivey
Dr. Joe Sypniewski
Dr. Kara Cockfield
Dr. Kendra Johnson
Dr. Emma Rodgers
Dr. Tim Wilcox

560 W Mitchell St #210
Petoskey MI 49770
231.487.2340 • 866.229.3894
bayviewob.com

PN-637565-1

THE CENTER OF OUR COMMUNITY. THE CENTER OF OUR WORK

Dolly Parton's Imagination Library

Providing free, age-appropriate books to children from birth to age five.

Preschool Opportunities

Ensuring children have access to a quality preschool experience

Fund Agency Programs That Support Local Families

Big Brother Big Sister Program, Catholic Human Services – Foster Grandparent Program, Great Start, Health Department of NW Michigan, Manna Food Pantry, Salvation Army and YMCA – After-school Programs.



Char-Em United Way

Driving Change for
Strong Families
charemunitedway.org



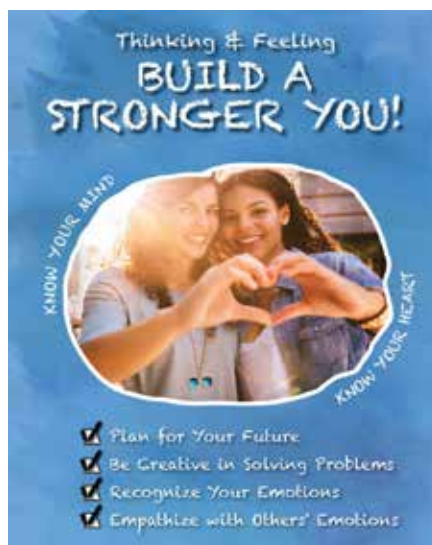
PN-635352-1



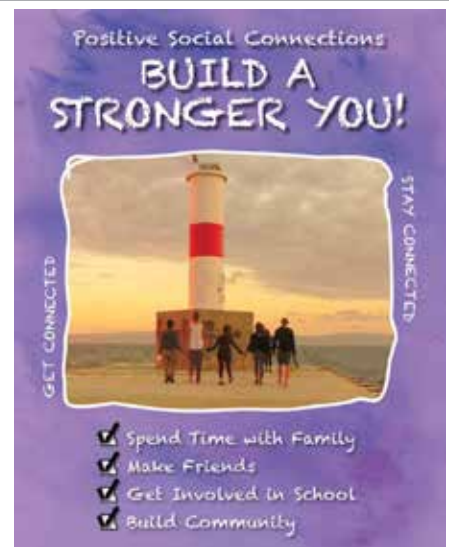
Capacity to manage stress and adversity is critical in dealing with life's challenges and frustrations and overcoming trauma.



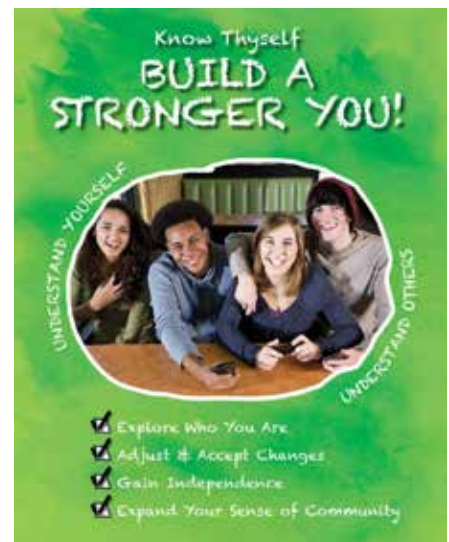
All youth deserve to be supported in ways that advance their healthy development and well-being.



Children need to have a relationship with at least one safe, reliable and wise adult.



The effects of toxic stress can be mitigated by experiences that build a youth's capacity for resilience and managing stress.



HOUSING & UTILITY ASSISTANCE



If you are homeless or experiencing a housing crisis, please call (844) 900-0500 for assistance.

Definition of Homeless according to McKinney-Vento Legislation:

The law says that a child or youth without a fixed, regular and adequate residence is homeless. It does not matter how long the child or youth has been without a home. It also does not matter if the child or youth is living with a parent or is separated from parents. Under the Act, students are homeless if they are:

- Living with a friend, relative or someone else because they lost their home or can't afford a home
- Staying in a hotel or motel
- Living in an emergency or transitional shelter or a domestic violence shelter
- Staying in substandard housing
- Living in a car, park, public place, abandoned building or bus or train station
- Awaiting foster care placement
- Living in a campground or an inadequate trailer home
- Abandoned in a hospital; or living in a runaway or homeless youth shelter

Homeless Liaisons for Char-Em ISD:

Alanson: Dean Paul (231) 548-2261

Beaver Island: Judith Gallagher (231) 448-2744x301

Boyne City: Mary Hickman (231) 439-8256

Boyne Falls: Melissa McGuinness (231) 549-2211

Central Lake: Mary Spyhalski (231) 544-3141

Char-Em ISD: Tory Thrush (231) 582-8070

Charlevoix: Travis Garrett (231) 547-8159

Charlevoix-Montessori: (231) 547-9000

Northwest Michigan Habitat for Humanity

(231) 348-6926, www.northwestmihabitat.org

8460 M119, Harbor Springs, MI 49740

Homeownership Program: Offers opportunity for

homeownership to people whose income is 30%, or at least \$20,000 (whichever is greater), to 60% of the area's median income. An applicant's credit does not need to be perfect, nor have a certain credit score at the beginning. We have Housing Counseling and Education classes available. Individuals and families qualify based on level of need, income, location, and their willingness to partner with Habitat.

Home Repair Program: Offers interior, exterior and landscaping repairs on a 0% interest loan for qualified individuals who own their own home. Applicant income must fall between 30-60% of the area's median income. Eligible repairs can include roofs, structural damage, porch repair, electric, plumbing, HVAC, handicap accessibility, siding, painting, weatherization, and energy efficiency. If you have a repair outside of these items, please call for additional information.

ReStore: Offers reusable household goods and building products at a discount.

Joppa House Women's Transitional Home

(231) 547-8040 or (231) 330-2643

PO Box 174, 801 State St., Charlevoix, MI 49720

<http://joppahouseministries.org>

Joppa House, a sister ministry of Third Day Fellowship & Outreach is a faith-based transitional home for women and children who are homeless or facing homelessness. *Residency is through an application and interview process. Contact the office or visit our website for more information.*

Nehemiah Project

(231) 347-0363 Ex.0

Homeless Shelters – two facilities located in Petoskey. For housing, first call the intake line at (844) 900-0500.

Nehemiah House (For men)

(231) 347-0363 Ex 2

36 Bridge St., Petoskey, MI 49770

Mary Margaret House (For women and children)

(231) 439- 5667 Ex 3

40 Bridge St., Petoskey, MI 49770

Northern Homes Community Development Corporation

(231) 582-6436

P.O. Box 86, 1048 E. Main St., Boyne City, MI 49712

Provide Financial and Homebuyer Education Workshops

Provide foreclosure prevention services

Help families to purchase and rehab a home with down payment and closing cost assistance and loan/grant funds to rehabilitate the home after purchase

Provide affordable rental apartments at Maple

Village Apartments in Petoskey

Income based senior housing at Meredith Manor in East Jordan

Northwest Michigan Community Action Agency

(231) 347-9070

(800) 443-5518

2240 Mitchell Park Dr., Unit A, Petoskey, MI 49770

www.nmcaa.net

Child Development: Early Head Start (0-3 years); Head Start (3-5 years); MI School readiness (4 years old)

Community Education: Financial Fitness Workshops, Energy Conservation Instruction, Information and Referral: Homeownership Counseling and Education: Budget counseling/credit repair

Free tax preparation

Housing: Affordable Housing Development, Home repair and Rehabilitation, weatherization, homeownership programs

Monthly and Quarterly Food Distributions, Staples for Income-Eligible Residents at local distribution sites

HOUSING & UTILITY ASSISTANCE

Asset Building programs: Individual Development
Accounts Section & Family Self-Sufficiency Program
Emergency Services: Advocacy and Case Management
for Homeless, Limited Crisis Payment for Heating and
Utilities Foreclosure and Eviction Prevention Assistance
Community Connections: Fatherhood Initiative, Meals
on Wheels-Keep the Wheels Rolling Fundraiser,
Numerous Community Partnerships

Salvation Army

(231) 347-3531
712 Pleasant St., Petoskey, MI 49770
www.sapetoskey.org
Emergency Financial Assistance: Rent, Utility, Disaster, Holiday;
Children's Programs: After school, Watermelon parties,
Field trips, Summer camp, Adventure Corps
Pantry: Mon-Fri 9-11:00AM
Community Dinners: Fri at 6 PM
Ministry Services: Sunday school 10 AM, Sunday worship 11 AM,
Luncheons, Prayer meetings, Tea parties, Bible study, Adult
and Senior camps, Book club, Youth activity group for teens.
Thrift Store: Mon-Sat 9am - 5pm , 1615
Clarion Avenue (231) 347-8500.

Third Day Fellowship Womens' Emergency Shelter

(231) 547-8040 or (231) 330-2643
PO Box 174, 104 State St., Charlevoix, MI 49720
www.3dfellowship.org
Seasonal emergency shelter for women from November 1st

TrueNorth Community Services

(231) 355-5880
6308 S. Warner Ave., Fremont, MI 49412
www.truenorthservices.org
Heat and energy assistance for income
eligible individuals and families.
May call or go online for an application.

Additional Housing & Utility Assistance Resources:

*Department of Health and Human Services
(see Government & Legal Services)
Little Traverse Bay Bands of Odawa Indians
(see Native American Services)
Women's Resource Center of Northern Michigan
(see Counseling & Crisis Services)*

NATIVE AMERICAN SERVICES

Little Traverse Bay Bands of Odawa Indians

www.ltbodawa-nsn.gov
(231) 242-1400
7500 Odawa Circle, Harbor Springs, MI 49740

Human services:

Protective [Adult and Child] Services	Natural Resource Department and Environmental Protection
Foster Care/Adoption	Health Clinic
Foster Home Licensing	Dental Clinic
Family Preservation	Gijigowi-Bib Skaa Bi Me
Low Income Energy Assistance	Human Resources
Community Service Block Grant	Mental Health and Substance Abuse
Childcare Assistance	Communications
Burial Fund	Housing Department
USDA-Food Distribution Program	Tribal Court
Hearing Aid Assistance	Tribal Law Enforcement
Survivor Outreach Services	Elder's Department
Youth Services	Maternal Child Health – Healthy Start/Family Spirit Program

Department of Civil Rights

(517) 335-3165

Michigan Indian Legal Services

(800) 968-6877



PHILANTHROPY & VOLUNTEERISM

Char-Em United Way

(231) 487-1006

www.charemunitedway.org, info@charemunitedway.org

Char-Em United Way provides support to local programs addressing individual and family needs, in coordination with local non-profit agencies. Char-Em United Way provides funding for preschool scholarships, Imagination Library books, after school programs, Big Brothers/Big Sisters, and foster grandparents, among many other wonderful programs.

United Way does not provide financial assistance to individuals, but works with other agencies to improve the lives of people in Emmet and Charlevoix Counties. We bring people together to work on community problems such as public transportation and affordable housing, and affordable or available childcare.

Visit www.charemunitedway.org/early-learning for information on child development, literacy & reading, helping your child learn through play, meal ideas for young children, encouraging good sleep habits and more.

Volunteer Connections, a project of Char-Em United Way, is a free service that provides resources to non-profit agencies for volunteer recruitment. If you'd like to volunteer but don't know where, look here for volunteer opportunities. www.charemunitedway.org/volunteer

Dolly Parton's Imagination Library, a project of Char-Em United Way, is a service free for families. The Imagination Library mails a book each month to any child in Charlevoix and Emmet Counties under the age of five and registered for the program. Children are registered by parents, daycare providers, and through other community agencies that work with young children. This program encourages early literacy, a determinant of future school and life success.

FamilyWize, is a prescription discount card provided by Char-Em United Way. These cards are saving people in Charlevoix & Emmet counties money every day. People save money on prescriptions, over two hundred fifty thousand dollars in an average year! To get a card or learn more call (231) 487-1006.



Raising socially and emotionally competent children will take time, patience and self reflection.
Take time to listen.
Have patience in times of stress.
Self reflect on your own behavior –
children learn from what you do, not what you say.

Charlevoix County Community Foundation

(231) 536-2440, www.c3f.org

PO Box 718, 301 Water St., East Jordan, MI 49727

Mission Statement: "To enhance the quality of life in Charlevoix County, now and for generations to come, by building permanent charitable endowment from a wide range of donors, addressing needs through grant making, and providing leadership on matters of community concern."

Petoskey-Harbor Springs Area Community Foundation

(231) 348-5820

616 Petoskey St., Suite 203, Petoskey, MI 49770

www.phsacf.org

Mission Statement: "To improve the quality of life to all people of Emmet County, by:
Connecting donors with community needs; Building a permanent source of charitable funds to serve our area; Addressing a broad range of community issues through innovative grant-making; Championing philanthropy and active citizenship."

Additional Philanthropy & Volunteerism Resources:

American Red Cross (see Counseling & Crisis Services)

Hospice of Northwest Michigan (see Health Services)

Northwest Michigan Habitat for Humanity

(see Housing & Utility Services)

Women's Resource Center of Northern Michigan

(see Counseling & Crisis Services)

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Senior Center Meal Sites, Boyne City, East Jordan, Charlevoix and
"Dining Out" on Beaver Island

"Serving Seniors in Charlevoix County"

CHARLEVOIX COUNTY COMMISSION ON AGING
218 W. Garfield Ave. • Charlevoix, MI 49720 • 231-237-0103

SUPPORT GROUPS

Divorce Care

www.divorcecare.org,
Free encouragement e-mails; 13-week group using DVDs & discussion to help those who are separated or divorced. See website for information on local groups.

Financial Peace University

www.daveramsey.com/fpu
9-week course to help people take practical steps towards greater peace with their finances. See website for information on local groups.

Grief Share

www.griefshare.org
Free encouragement e-mails; 13-week group using DVDs & discussion to help those who are grieving the loss of a loved one. See website for information on local groups.

Single & Parenting

www.singleandparenting.org
Help center resources; 13-week group using DVDs & discussion to help single parents and grandparents. See website for information on local groups.

Al-Anon Club of Charlevoix

(231) 675-9184
www.charlevoixalano.org
For meeting schedule please visit website

Disability Beyond Barriers

Third Fridays at 11:00am
820 Arlington Avenue, Petoskey
Contact Info: Faith (231) 347-9325
Disability Network:
(231)-922-0903 or (866) 869-8600

Friendship Centers of Emmet County Council on Aging Alzheimer's Disease/ Dementia Support

Second Wednesdays 2-3:30 pm
Petoskey Library

Caregiver Support

Fourth Thursdays 1:30-3pm
Petoskey Library

Low Vision Support

First and Third Wednesdays
11:30am-1:00pm
Petoskey Library

Parkinson's Support

Fourth Wednesdays 2-3:30pm
Petoskey Library

Hospice of Northwest Michigan

Bereavement, Grief and Loss Support Groups for Adults and Children. Free of Charge. For community members in Antrim, Charlevoix, and Emmet counties. Call (231) 547-7659 to register or for more information.

Adult Grief Support

First Tuesdays 6:30pm
Community Reformed Church, Charlevoix
Second Tuesdays 6:30pm
Greenwood Cemetery Office Bldg.
Community Room, Petoskey

Teen Grief Support (Ages 13-17)

Monthly in Charlevoix
Call office, (231) 547-7659 for information. Parental consent is required for participation.

McLaren Northern Michigan The Compassionate Friends, Safe Harbor Chapter

Third Mondays 7-8:30pm
First Presbyterian Church
501 E. Mitchell, Petoskey
(231) 487-4825

This self-help support group, staffed by those who have suffered similar losses, is especially created for those grieving the death of a child. Parents, grandparents, and siblings can benefit from this non-denominational organization.

Grief and Loss Support Group

Every Thursday 1-2:30pm and
Third Thursdays 5-6:30pm
1 Hiland Drive, Petoskey
(231) 487-5643

Diabetes Support Group

Second Mondays 7-8pm
820 Arlington Avenue, Petoskey
(231) 487-3118

MS Support Group

Third Wednesdays 6:30-8:00pm
(no meetings Jan or Feb)
820 Arlington Ave., Petoskey
(231) 439-0973

Cancer Support Group

Thursdays 6-7:30pm
820 Arlington Ave., Petoskey
(231) 487-4015 or
acherry@northernhealth.org

Cancer Caregivers Support Group

Second and Fourth Thursdays 6-7:30pm
820 Arlington Ave., Petoskey
(800) 248-6777

Stroke and Brain Injury Support Group

Second Tuesdays 6-7:30pm
Contact in advance for location
(231) 549-1388 or gmcclgunn@charter.net
Contact in advance for location. A safe environment for survivors of traumatic brain injury or stroke. Patients and caregivers share challenges and learn in a compassionate setting.

Survivors of Suicide Loss Support Group

Second Tuesdays 6:30-8pm
Even months: 1 Hiland Drive, Petoskey
Odd Months: 411 E. Division St., Boyne City

Just For Us Support Group

First Tuesdays 6:30-8:30pm
820 Arlington Avenue, Petoskey, MI
(231) 347-5136

This support group provides a support network and information to help women through the diagnosis and treatment of breast cancer and a support system for women with all other cancers.

Northern Michigan Autism Association

Family Support Group

Third Wednesdays 5:30-7pm. (Subject to cancellations for holidays etc.)
820 Arlington Ave., Petoskey
(231) 330-5757 or
www.northernmichiganautism.org

Support Groups for Survivors of Domestic Abuse

Support groups are for past or present abuse survivors. Survivors meet with a Women's Resource Center counselor before attending their first group.
Petoskey: Mondays at 6pm (231) 347-0082
Mancelona: Wednesdays at 10am
(231) 587-8891
Gaylord: Wednesdays at 1pm
(989) 731-0918
For more info call the group location directly

West Michigan Alcoholics Anonymous District 13

(231) 348- 5005
Email: info@wmaad13.org
www.wmaad13.org
For meeting schedule please visit website

TRANSPORTATION SERVICES

Charlevoix County Transit

(231) 582-6900

www.charlevoixcounty.org/county_transit

Charlevoix County Transit provides safe, affordable and friendly demand-response public transportation for Charlevoix County residents.

Straits Regional Ride (Emmet County)

(231) 597-9262 or (231) 597-0175

Toll Free (866) 731-1204

Fax # (231) 597- 0178

Monday – Friday 6am-5pm

www.cheboygancounty.net/straits-regional-ride-100/

Straits Regional Ride provides services in Cheboygan, Emmet and Northern Presque Isle Counties. Buses run flexible routes within many communities along the way and will pick up or drop off at your front door. Please call 24 hours in advance to find out times and locations of routes in your community.

Emmet County Transit - EMGO

The EMGO/SRR bus service currently operates five days a week, Monday through Friday. Buses run from Petoskey, Mackinaw City, Harbor Springs to multiple locations in Emmet County with flexible routes within many communities along the way.

FOR INFORMATION, CALL DISPATCH

Monday through Friday, 6 am – 5:30 pm

231-597-9262 or 231-597-0175

Toll Free: 1-866-731-1204

<https://www.emgoride.org>

Additional Transportation Service Resources:

Friendship Centers of Emmet County Council on Aging (see Aging Services)

VETERAN SERVICES

American Legions: www.legion.org

Patriot's Place

(989) 448-2260

www.goodwillnmi.org/homeless-housing/patriot-place

Patriot Place is Northern Michigan's only Veterans Transitional Housing Community for male veterans who are experiencing homelessness. Unlike a temporary emergency shelter, veterans in need will have the opportunity to live independently with support services for up to two years.

Veteran's Affairs

One stop resource for information for veterans on benefits and assistance, health and medical assistance, and education and work resources.

Charlevoix County

Director John Hess

(231) 547-7220, www.charlevoixcounty.org

Emmet County

Director Rick Wiertalla

(231) 348-1780, www.emmetcounty.org

Veterans Justice Outreach

(989) 732-7525 ex. 15235

Healthcare for homeless veterans.

Veterans Crisis Lines

Veterans Crisis Hotline: (800) 273-8255 Press 1

Veterans Crisis Line Text: Text to 838255

Veterans Chat Line:

www.veteranscrisisline.net/ChatTermsOfService.aspx

The Veterans Crisis Line connects veterans in crisis and their families and friends with the Department of Veterans Affairs responders through a confidential toll-free hotline, online chat, or text.

Veterans of Foreign Wars:

www.vfw.org

Boyne City

(231) 582-3447

Tragedy Assistance Program for Survivors (TAPS)

24 Hour Grief Helpline: (800) 959-8277

www.taps.org/survivors

TAPS offers compassionate care to all those grieving the death of a loved one serving in our Armed Forces by providing comfort and hope through a national peer support network and connection to grief resources, all at no cost to surviving families and loved ones.

Additional Veteran Service Resources:

Disability Network of Northern Michigan (see Disability Services)

Northwest Community Action Agency (see Housing & Utility Assistance Services)

American Red Cross (see Counseling & Crisis Services)

Hospice of Northwest Michigan (see Health Services)



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AHC Pellston (231) 844-3051

**Community Health Center of
Northern MI (231) 348-9900**

**Petoskey Child Health
Associates (231) 487-2250**

WWW.ALCONAHEALTHCENTERS.ORG



PN-636049-1

FREE Community Playgroups!

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Moms, dads, grandparents, foster parents, teen parents, caregivers!

Connect with others in a warm and friendly environment focused on building skills to help children learn, grow and succeed!

Ages 0-5 years

TUESDAYS

10:15am-11:45am
Petoskey District Library
500 East Mitchell Street
Petoskey *Free parking at
First Presbyterian Church
off Division Street*

WEDNESDAYS

9:30am-11:00am
United Methodist Church
Corner of North and Chicago
Alanson

THURSDAYS

9:30am-11:00am
Boyne District Library
201 East Main Street
Boyne City

FRIDAYS

9:00am-10:30am
Jordan Valley District Library
Community Room
(includes Story Time)
East Jordan

FRIDAYS

11:30am-1:00pm
Lunch provided!
First Congregational Church
8066 West State Street
Central Lake

Playgroup Facilitators:

- **Kate Essenberg**
*Boyne City, East Jordan
and Central Lake*
- **Andrea Bertels**
Petoskey, Alanson



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Women's Resource Center of Northern Michigan

If you have questions, please call (231) 347-0067

www.wrcnm.org

www.facebook.com/WomensResourceCenterOfNorthernMichigan

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