Central Lake
Family Resource
GUIDE

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

This publication is brought to you by the Great Start Collaborative with funding from the Grand Traverse Regional Community Foundation / Cleo M. Purdy Endowment.

www.greatstartforkids.com
WHO WE ARE: The Great Start Collaborative of Charlevoix, Emmet, and Northern Antrim counties are made up of community leaders and organizations from each county that have a vested interest 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) provided over 100 preschool scholarships to eligible children ages 3 – 5; a FreeCycle Book Project that has distributed over 30,000 gently used books to local children; popular free events for parents such as a Halloween Costume Exchange, Early Childhood Networking Nights, Parenting Awareness Month Event; 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.
Welcome to the Resource Guide!

The Community Foundation is pleased to support the development of this guide that provides information and resources for parents and the community about early childhood and how to build strong and resilient families.

Partnering with the Great Start Collaborative of Charlevoix, Emmet, and Northern Antrim Counties builds on the critical work they have been doing to bring families and resources together in ways that strengthen our families, create better futures for our children, and coordinate programs and services in effective ways.

Use this guide for great information and guidance, to find programs and services that are of value to you, and to build networks of professionals and other families to walk alongside you in the most important job you have – being a parent.

The Community Foundation, through the legacy of Cleo Purdy’s gift to us, is committed to the long-term well-being and benefit of Central Lake’s young children and their families.

Parenting is a tremendous opportunity and often full of challenges and experiences that most of us were never prepared for. We “learn as we go” and we trust that this Resource Guide can link you with those who are here to help and support you and your children.

Warmly,

Philip L. Ellis, Ph.D.
Grand Traverse Regional Community Foundation
Executive Director

address: 250 E. Front Street, Ste. 310 Traverse City, MI 49684
phone: 231.935.4066    fax: 231.941.0021    web: www.4good4ever.org    email: info@gtrcf.org
Emergency Numbers

Ambulance – Fire – Police ................................................................. 911
Antrim County Sheriff/Emergency Dispatch ........................................ (231) 533-8627
Child and Adult Protective Services .................................................. (231) 533-8664
Mental Health Crisis ............................................................... (800) 442-7315
Parent 24 Hour Helpline ............................................................... (800)-942-4357
Poison Control ................................................................. (800) 222-1222
Report Child/Adult Neglect .......................................................... (855) 444-3911
Suicide Prevention ................................................................. (800) 834-3393
Women’s Resource Center ............................................................. (231) 347-0082
24 Hour Crisis & Information ......................................................... (800) 275-1995
## Table of Contents

### Aging Services · 8
Aging and Disability Resource Collaborative of Northwest Michigan
Area Agency on Aging of Northwest Michigan
Antrim County Commission on Aging
Meadow Brook Medical Care Facility
Brookside Adult Foster Care
Forest Hill Adult Foster Care
Grandview Medical Care Facility
Vital Care Adult Day Services
Social Security Administration

### Disability Services · 19
Disability Network/Northern Michigan
Michigan Rehabilitation Services
Bergmann Center
Michigan Alliance for Families

### Educational Services · 22
Central Lake District Library
Central Lake Public Schools
Charlevoix-Emmet ISD
Early Head Start
Great Start to Quality
Northwest Resource Center
Northwest Michigan Works
Tuition FREE Preschool

### Child and Parenting Services · 12
Ages & Stages Questionnaire (ASQ)
Big Brothers Big Sisters of Northwestern Michigan
Antrim County Child Abuse and Neglect Council
Central Lake Community Playgroups
Early Childhood Behavioral Health Parent Support Partner
Great Start Collaborative & Great Start Parent Coalition
Great Start to Quality
MSU Extension and Antrim County 4-H
Moms and Tots Center
YMCA Camp Hayo-Went-Ha
YMCA of Northern Michigan

### Counseling and Crisis Services · 13
American Red Cross
Alcoholics Anonymous
Addiction Treatment Services
BASES
Harbor Hall
Catholic Human Services
Child and Family Services of Northwestern Michigan
Third Level Crisis Intervention Center
Pine Rest Christian Mental Health Services
Nexus Family Services
Lakeview Counseling
The Maple Clinic
Women's Resource Center of Northern Michigan

### Health Services · 27
Central Lake Family Health Center
Boyne Area Free Clinic
East Jordan Family Health Center
Charlevoix Area Hospital
Health Department of Northwest Michigan (Bellaire Office)
Dental Clinics North
Hospice
Ironmen Health Center at Mancelona Family Resource Center
North Country Community Mental Health

### Housing and Utility Assistance · 29
Antrim County Habitat for Humanity
Antrim County Housing Committee
Northern Homes Community Development Corporation
Northwest Michigan Community Action Agency (Petroskey)
Salvation Army
TrueNorth Community Services

### Native American Services · 32
Grand Traverse Band of Ottawa and Chippewa Indians
Department of Civil Rights
Michigan Indian Legal Services

### Philanthropy and Volunteerism · 33
United Way of Northwest Michigan
Grand Traverse Regional Community Foundation

### Transportation Services · 34
Antrim County Transportation

### Veteran Services · 34
Angel Ambassador
American Legions
Patriot's Place
Veteran's Affairs
Veterans of Foreign Wars

whatmakesyourfamilystrong.org
WHAT MAKES YOUR FAMILY STRONG?

THE REALITY IS...
Hard Times, Adversity, Misfortune, Hard Knocks, Bad Breaks, Difficulties, Tough Luck... Whatever you call it - your family is sure to face it at one time or another.

THE GOOD NEWS IS...
The risks that you and your children face DO NOT define your family - Protective factors DO! Research shows that when these 5 Protective Factors are well established, family strength & optimal child development emerge.

Parental Resilience
Exercise Flexibility
& Develop your inner strength

Social Connections
Make a friend

Knowledge of Parenting & Child Development
Learn to be your child's expert

Concrete Support in Times of Need
Ask for help

Social & Emotional Competence of Children
Give your child words to express how they feel

whatmakesyourfamilystrong.org
Strengthening Families and the Five Protective Factors

The Strengthening Families Protective Factors Framework is a national and international initiative that strives to build and strengthen five specific characteristics (called Protective Factors) that create strong parents, reduces child abuse and neglect and promotes optimal development of children. The framework was developed by the Center for the Study of Social Policy (CSSP), with funding from the Doris Duke Charitable Foundation.

Protective Factors are attributes in individuals and families that, when present, alleviate or eliminate risk in families and increase their health and well-being. Protective Factors aid parents in finding community resources, positive support, and coping strategies.

Often government, agencies and communities identify and categorize families in terms of their risk factors. Research shows that risk factors do not dictate positive or negative outcomes – Protective Factors do! For example, a child of a family experiencing divorce may be at risk for depression. However, with Protective Factors in place (such as social and emotional support from a nurturing family member) will negate the risk of depression for that child.

Another example to consider is the stresses that occur from job loss or foreclosure. This stress can be combated by Protective Factors of seeking help from community resources and making social connections that build a positive network of support.

Your protective factors act as you shield to counteract your risk factors. They are built through daily interaction with the people and systems that families encounter. They are not complicated or theoretical. They are distinctive traits of healthy family life – many of which you are already living.

For more information on the Strengthening Families Protective Factors Framework, please visit: www.strengtheningfamilies.net

For more information on Strengthening Families Protective Factors Framework training opportunities: www.ctf alliance.org
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.

Area Agency on Aging of Northwest Michigan (AAANM)
(231) 947-8920
(800) 442-1713
1609 Park Drive
Traverse City, MI 49686
www.aaanm.org
Area Agency on Aging of Northwest Michigan is a private, non-profit corporation, which services 10 Counties, Antrim, Benzie, Charlevoix, Emmet, Grand Traverse, Kalkaska, Leelanau, Manistee, Missaukee and Wexford.
AAANM provides:
Information and Assistance – Connects customers with a wide variety of services and resources
Options Counseling – Offers guidance on the various long term care options that are needed, including developing a plan.
Care Giver Support – Directs resources and supports that are specific to the needs of a Caregiver
**Care Management – Guides adults over age 60 who have long term care needs to resources that help support care in the community**
**MI Choice Waiver – Coordinates a plan that supports adults over age 18 who are eligible to have Medicaid pay for their long term care in a community setting**
Nursing Home Transition – Assists Medicaid eligible adults to develop a plan for returning to community living. Medicaid dollars help fund this program
Senior Title V Employment – Employment assistance and advocacy for eligible, low income adults age 55+
Advocacy – provides advocacy for seniors at the Federal, State, Community and Individual levels
Medicare/Medicaid Assistance Program (MMAP) – Health benefits counseling for people with Medicare and/or Medicaid, including information about prescription drug programs.
Long Term Care Ombudsman – Works with individual residents to resolve problems and promote high quality care in long term care settings.
Educational & Support Programs – PATH, CCC, Matter of Balance
Many Programs are Free of Charge
** Cost for services is also based on specific program guidelines. Contact AAANM to learn details about programs**
Antrim County Commission on Aging  
(231) 533-8703  
308 E. Cayuga Street  
Bellaire, MI 49615  
www.antrimcounty.org/coa.asp  
Home Delivered Meal Programs throughout the County  
In-home Respite and Personal Care  
Foot Care at Senior Centers  
Medicare and Medical Assistance Program (MMAP)  
Counseling  
Information and Referral  
Tax Assistance  
Project Lifesaver  
Socialization and Activities at each Senior Center  
Congregate Meals at Senior Centers in Bellaire, Central Lake, Elk Rapids, and Mancelona  
Project Fresh – Farm market coupons  
Dining out program  
Volunteer Opportunities  
Senior Centers and Meal Site Locations  
Bellaire Senior Center  
308 E. Cayuga  
Bellaire, MI 49615  
(231) 533-8703  
Mancelona Senior Center  
122 E State Street  
Mancelona, MI 49659  
(231) 587-9131  
Central Lake Government Center  
1622 North M-88  
Central Lake, MI 49622  
(231) 544-6483  
Elk Rapids Senior Center  
143 Charles  
Elk Rapids, MI 49629  
(231) 264-6490  
Meadow Brook Medical Care Facility  
(231) 533-8661  
4543 South M-88  
Bellaire, MI 49615  
www.meadowbrookmcf.com  
Meadow Brook Medical Care offers skilled care, a full range of in-patient and out-patient services including physical, occupational and speech therapies, transportation and van services, group and household activities, religious services, pet therapy visits and end of life program.  

Brookside Adult Foster Care  
(231) 544-5321 General Info  
(855) 344-4048 New Residents  
7977 Brooks Street  
Central Lake, MI 49622  
Adult foster home and assisted living  

Forrest Hill Adult Foster Care  
(231) 588-2371  
9632 Circle Drive  
Ellsworth, MI 49729  
www.northernmichiganadultfostercare.com  
Adult foster care  

Grandvue Medical Care Facility – East Jordan  
(231) 536-2286  
1728 South Peninsula Road  
East Jordan, MI 49727  
www.grandvue.org  
Long term care, memory care, rehabilitation therapies, Eden alternative care  

Vital Care Adult Day Services  
(231) 348-0771  
525 West Mitchell Street  
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  
Nutritional snacks and meals  
Scholarships available  

Social Security Administration  
(866) 739-4802  
1329 S. Division Street  
Traverse City, MI 49684  
www.ssa.gov  
Hours: Monday, Tuesday, and Thursday: 9 am - 3 pm  
Wednesday: 9 am – 3 pm  

Additional Aging Service Resources:  
Department of Human Services  
(see Government and Legal Assistance)  
Grand Traverse Band of Ottawa and Chippewa Indians  
(see Native American Services)
Parental Resilience
EXERCISE
FLEXIBILITY
&
DEVELOP INNER STRENGTH

Flexibility & Inner Strength = Resilience
Resilience makes your family STRONG

whatmakesyourfamilystrong.org
Parental Resilience:

Your life is not defined by your experiences, but how you respond and grow. Resilient parents keep a positive attitude, solve problems creatively and take life in stride.

How to build flexibility and inner strength:

- Surround yourself with people that make you feel confident.
- Identify yourself as a survivor.
- Make a “date” with yourself.
- Share your feelings with someone you trust.
- Plan ahead and adapt to change.
- Be healthy and get regular exercise.

Be Resilient!

What do you do to take care of yourself?

“I attended the Strong Families workshop and have been working on it! Whether it’s time spent with friends, joining a recreational activity for yourself, or doing something that is relaxing for you, it’s important. I have tried to organize kid-free get-togethers with friends. I am playing on a women’s volleyball team. Whenever possible on the weekends, I take my dog for a walk through a nature preserve, ‘some quiet time and space for me.’”

—Sara

“Right now I’m working out at a gym and being careful what I eat. But sometimes just being able to take a half hour to read or enjoy a cup of hot tea gives me what I need to recharge and take time for me.”

—Karen

How do you stay strong and flexible for you and your family?

“My job enables me to be flexible for my family. I work in a supportive environment, and it’s nice to be able to meet my family’s needs. I also have the support of my mother, who helps with the kids when I have a conflict. It’s also important to stay organized and write things down!”

—Nicole

“Remembering to take care of me first. If I’m not well and happy, ‘how can I expect others to be?’”

—Jennifer

How do you bounce back when something knocks you down?

“Try to stay positive with my attitude and perspective and seek professional help if needed. Have faith.”

—Lisa

“I try to find one thing that I can take from the experience to grow on and look for other opportunities or different ways to meet the goal, task, etc.”

—Mary

Say one nice thing about yourself:

“I am non-judgmental.” —Laura
“I am smart.” —Lisa
“I am resourceful.” —Heather
“I am a hard worker.” —Dan
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 Northwestern Michigan

(231) 946-2447
900 E. Front Street
Suite 125
Traverse City, MI 49684

www.bigsuppnorth.com

Serve social, emotional, and educational needs of children 6-18 years old
Facilitate professionally supported mentoring relationships
Provide volunteers the opportunity to share their time/talents with children
Community and school based programs available
Youth mentoring

Antrim County Child Abuse and Neglect Council

(231) 587-9161
205 Grove Street
PO Box 240
Mancelona, MI 49659
Director: Kim Musselman
E-mail: musselman@torchlake.com
Child abuse prevention education, children’s advocacy center, public awareness

Central Lake Community Playgroups

www.facebook.com/centrallakeplaygroup

(231) 631-2392
A place to play, connect and learn with your child and other families in the area. Playgroups are held at the 1st Congregational Church in Central Lake from 10:30-12:00 on most Fridays and lunch is provided. This is a free playgroup for children ages 0-5 and other siblings are welcome. Check out our Facebook page for the monthly schedule and updates.

Early Childhood Behavioral Health Parent Support Partner

(800) 432-4121
A free peer navigator program to support parents of children 0-5 with emotional, behavioral, or other mental health challenges. Available in Charlevoix, Emmet, and northern Antrim Counties.

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 their 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;
- Social and Emotional Competence of Children.

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 early learning programs.

MSU Extension and Antrim County 4-H

(231) 533-8818
203 E. Cayuga Street
P.O. Box 427
Bellaire, MI 49615
www.msue.anr.msu.edu/county/info/antrim
Youth development, Health and Nutrition.

Moms and Tots Center

(231) 588-2200
9100 Pleasant Hill Road
Ellsworth, MI 49729
www.thegoodsam.org
E-mail: momsandtotcenter@gmail.com
Sunday-Monday: Closed
Tuesday-Thursday: 10 am – 4 pm
Friday-Saturday: Closed
Equip young mothers with the means needed to raise a happy, healthy baby
Assist our clients by providing a nurturing and safe environment to prepare clients for motherhood and parenting
Baby Resource Closet provides mothers with necessities such as diapers, wipes, baby food and clothes, sheets, blankets, and other baby items on a monthly basis.

Pregnancy Resource Center provides clients with services including pregnancy tests, peer counseling abortion alternatives, accurate pregnancy information, STDs and abstinence information as well as adoption information, maternity clothes, community referrals and resources and post abortion support and counseling.
Moms and Tots Center (continued)

Earn While You Learn Program (EWYL) provides our clients/families with educational opportunities to assist them in their pregnancy and parenting journey. This is done through a video based learning environment done with a mentor. The hours logged in can be used to earn larger baby equipment like, car seats, cribs, strollers, high chairs, etc.

YMCA Camp Hayo-Went-Ha
(231) 544-5915
919 NE Torch Lake Drive
Central Lake, MI 49622

YMCA of Northern Michigan
(231) 348-8393
434 E. Lake Street
Petoskey, MI 49770

American Red Cross of Northern Michigan
(231) 947-7286
735 S. Garfield Avenue, Suite B100
Traverse City, MI 49684

Disaster Action Team
1-877-802-0200
If you are currently displaced and need immediate help, please call our local Disaster Action Team, you can page them by calling 1-877-802-0200. When prompted please enter a return phone number followed by the # sign. You will then be contacted within 10 minutes.

Disaster Emergency Services
(231) 947-7286
If you are seeking sheltering information related to a recent local emergency, such as a widespread power outage or flood, please call the local chapter at 231-947-7286.

Service to Armed Forces/Military Services
(877) 272-7337
If you are seeking Help with a Service to Armed Forces Case or other Military related services, please call 877-272-7337.

Alcoholics Anonymous
(231) 946-8823 24/7 Hotline
124 North Division
Traverse City, MI, 49684

Monday - Friday 10 am- 5pm, Saturday 10am-4pm

www.district11-aa.org
Offering person-to-person service or “sponsorship”, open meetings, closed meetings, speaker meetings, help with alcohol addiction.
Meetings held for Antrim, Benzie, Grand Traverse, Kalkaska and Leelanau Counties can be found online listed on the website.

Addiction Treatment Services
(231)-922-4810
415 Cass Rd. Suite 2A
Traverse City, MI  49684

www.addictiontreatmentservices.org
Gender Specific Short-Term Residential treatment for men at Dakoske Hall
Gender Specific Short-Term Residential treatment for women at Phoenix Hall
Sub-Acute Detoxification services for men and women at The P.I.E.R.
Addiction Treatment Services (continued)

Gender Specific Recovery Home services for men and women
Outpatient Counseling services for men, women, and families.
Driver’s license reinstatement assessments, outreach facility and community center located at The P.O.R.C.H.
On-Site Drug Testing Laboratory located at Lab One Drug Testing.

Dakoske Hall
(Gender Specific Short-Term Men’s Residential Facility)
116 E. Eighth Street
Traverse City, MI 49684
Toll Free: (800) 622-4810
Admissions: (231) 346-5216

The P.L.E.R.
Providing Informed and Engaged Recovery (Sub-Acute Detoxification)
940 E. Eighth Street
Traverse City, MI
Toll Free: (800) 622-4810
Admissions: (231) 346-5216

Phoenix Hall
(Gender Specific Short-Term Women’s Residential Facility)
445 E. State Street
Traverse City, MI
Toll Free: (800) 622-4810
Admissions: (231) 346-5216

Lab One Drug Testing
(On-Site Drug and Alcohol Testing Laboratory)
747 E. Eighth Street
Traverse City, MI
(231) 346-5206

Parenting is part natural & part learned. Children go through many stages of development. Understanding what to expect at each stage helps to make our parenting job easier.
Addiction Treatment Services (continued)

Recovery Homes
(Men’s Recovery Homes)
204 E. Eighth Street, Traverse City
638 E. Eighth Street, Traverse City
640 E. Eighth Street, Traverse City
(Women’s Recovery Home)
611 E. Eighth Street
Traverse City, MI
Toll Free: (800) 622-4810
Admissions: (231) 346-5216

BASES
(231) 547-1144
208 West Lincoln Street
Charlevoix, MI 49720
www.basesteencenter.org
Substance abuse services
Assessments
Counseling
Alcohol safety education class
Zero tolerance class for age 21 and under
Recovery high program for teens

Harbor Hall
(231) 347-5511
Toll-Free (888) 880-5511
704 Emert Street
Petoskey, MI 49727
www.harborhall.com
Long Term residential treatment for adult males (38 beds)
Sub-Active detoxification services for adult males (2 beds)
Transitional living for graduates adult males (12 beds)
Petoskey outpatient services for male and female adolescents,
senior citizens, heath care professionals, gender specification,
gambling counseling, jail services, drug/alcohol testing, driver’s
license reinstatement assessments, sobriety court services,
trauma therapy
Cheboygan outpatient services provide the same services as
Petoskey’s outpatient.

Catholic Human Services
(231) 947-8110
1000 Hastings
Traverse City, MI, 49684
www.catholichumanservices.org
Alcohol and drug services, adoption program, employee assistance
program, prevention services, family services, older adult resources.

Child and Family Services of Northwestern Michigan
(231) 347-4463
3434 M-119
Harbor Springs, MI, 49740
www.cfsnwmri.org
Foster care, adoption, counseling, treatment and support for
child survivors of sexual abuse
Supervised visitation and exchange
Parenting education
Intensive family preservation

Third Level Crisis Intervention Center
(231) 922-4800
(800) 442-7315
1022 E. Front Street
Traverse City, MI 49684
www.thirdlevel.org
24/7 phone, text, and in-person crisis services
Youth outreach, shelter, and support
Suicide prevention
Community education
Information and referral
Free legal clinic

Pine Rest Christian Mental Health Services
(231) 947-2255
1050 Silver Drive
Traverse City, MI 49684
www.pinerest.org/northern-michigan
Concerns addressed: anxiety, stress management, grief and loss, family
marital and relationship issues, ADHD, cognitive functioning, eat-
ing disorders, depression, trauma, spiritual concerns, parent-child
conflict, traumatic brain injury, substance use and addiction.
Offers services for counseling for children, adolescents, adults, sen-
iors, couples and families, suicide and self harming behaviors, in-
fant mental health and early childhood, psychiatric evaluations and
medication management, tobacco independence, autism spectrum
disorders evaluation and treatment, senior services, organizational
and personal coaching.

Nexus Family Services
(231) 933-0500
945 E. Eighth Street, Suite A
Traverse City, MI 49686
www.nexusfamilies.org
Provide counseling and education for individuals, families and
groups related to: depression, anxiety, grief, sexual dysfunction, in-
appropriate behaviors, substance abuse and disorders, anger man-
agement and other impulse control disorders. As well as family
relationships including: couple therapy, parenting, co-parenting
concerns and family violence.
Social Connections

MAKE A FRIEND

Connecting with friends builds a support system and makes your family STRONG.
Social Connections:

Having a social network of emotionally supportive friends and family make it easier to care for your children and yourself.

How to build social connections:

- Join a group with people that have common interests.
- Attend local learning opportunities.
- Stay in touch with family & friends.
- Participate in community events.
- Host a get-together and have guests bring a friend.
- Be a volunteer.

Start to build your Social Network!

The last time you made a new friend, how did you connect?

“Sometimes I think it is so hard to make new friends as you get older, but last year I made a great friend at an unexpected place. I attended one of the luncheon lectures at the college and the person I sat next to started talking to me. We have been great friends ever since.”

—Melissa

“Most of my friends have children the same age as mine because I met them at playgroups and other children’s activities in the area.”

—Brenda

How do you build a network of support that you can depend on?

“I am active in church. I also depend on my extended family.”

—Tami

“Being involved in the community.”

—Heather

What kinds of relationships make you feel stronger?

“Relationships that are based on mutual respect and trust. Relationships that are fun and allow me to play.”

—Holly

“Honest and loyal friendships with people who have the same morals, ethics and work ethics that I do as a mother and a professional.”

—Meg

What do you want to teach your children about friendship?

“Friendship is important and it involves a balance of give and take.”

—Ron

“Be kind to everyone and cherish the few closest to you.”

—April

“We talk about kindness frequently, and my husband and I model how to communicate effectively. I want them to respect others and treat them fairly.”

—Nicole

whatmakesyourfamilystrong.org
Counseling and Crisis Services

Lakeview Counseling
(231) 929-0300
1844 Oak Hollow Drive, Suite B
Traverse City, MI 49684
Offer treatment in adjustment problems in the home, school, workplace or community, life transitions, marital and relationship problems, family issues, attachment disorder, depression and anxiety, recovery from trauma and victimization, eating disorders and behavior disorders.

The Maple Clinic
(231) 946-9575
525 S Union Street
Traverse City, MI 49684
www.mapleclinic.com
Evaluate and treat problems such as: depression, anxiety, stress disorders, grief and loss, school adjustment problems, marital conflict and reconciliation, divorce and blended family issues, child abuse, domestic violence and sexual dysfunction.

Women’s Resource Center of Northern Michigan
(231) 587-8891 (231) 347-0067
205 Grove Street 423 Porter Street
Mancelona, MI 49659 Petoskey, MI 49770
www.wrcnm.org info@wrcnm.org
24 hour crisis line for domestic abuse and sexual assault (800)275-1995

Emergency shelter for victims of domestic abuse and sexual assault
Counseling and advocacy services for victims of violent crime,
counseling and therapy for individuals and families
Child abuse and child sexual assault services
Community Based Childcare- before and after school, year round in Petoskey
Weekly playgroups for families with children under five in East Jordan
Youth services include sexual assault prevention services, domestic abuse/healthy relationships training, parenting teen services
Great Start Readiness Program for eligible 4 year olds in Petoskey
Education and Training @ NCMC, Employment Services,
Working Wardrobe 348-6699
Parenting Groups, Support Groups for domestic abuse and sexual assault
Information and Referral
Speakers on a variety of topics related to the issues the agency deals with

Additional Counseling & Crisis Service Resources:
Department of Human Services
(see Government and Legal Assistance)
North Country Community Mental Health
(see Health Services)
Northwest Michigan Community Action Agency
(see Housing & Utility Assistance)
Disability Network/Northern Michigan  
(231) 922-0903  
415 East Eighth Street  
Traverse City, MI 49684  
www.disabilitynetwork.org  
Serve individuals with any type of disability  
Provides assistance with housing, employment, transportation,  
education/transition, accessibility, long term supports, advocacy  
and peer support  
Team with businesses, governments, and other organizations to  
address issues with housing, transportation, employment and  
accessibility

Michigan Rehabilitation Services  
(231) 922-5260  
(877) 901-9179 Toll Free  
701 S. Elmwood Avenue, Suite #18  
Traverse City, MI 49684  
Assists people with disabilities to obtain or maintain employment  
Provides services to businesses to hire, train and retain workers  
with disabilities

Bergmann Center  
(231) 547-2979  
08855 Martin Road  
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.

Michigan Alliance for Families  
(800) 552-4821  
www.michiganallianceforfamilies.org  
Michigan Alliance for Families is a statewide resource to connect  
families of children with disabilities to resources to help improve  
their children’s education. We help facilitate parent involvement  
as a means of improving educational services and outcomes for  
students with disabilities.

Additional Disability Service Resources:  
Department of Human Services  
(see Government and Legal Assistance)  
Habitat for Humanity (see Housing and Utility Assistance)  
North Country Community Health (see Health Services)  
Aging and Disability Resource Collaborative of Northwest  
Michigan (see Aging Services)
Knowledge of Parenting & Child Development
LEARN TO BE YOUR CHILD’S EXPERT

Being a great parent is part natural & part learned. Parent education makes your family STRONG

Endorsed by The National Alliance of Children’s Trust and Prevention Funds
Please see our website for additional training opportunities and materials
www.ctalliance.org

What Makes Your Family Strong! campaign created by: The Great Start Collaborative of Charlevoix, Emmet, & Northern Antrim Counties
www.whatmakesyourfamilystrong.org

Strengthening Families is a framework developed by the Center for the Study of Social Policy (CSSP) to prevent child abuse and neglect by building five protective factors.

www.whatmakesyourfamilystrong.org
Knowledge of Parenting & Child Development:

Children go through many stages of development. Informed parents are more likely to have realistic expectations, provide appropriate guidance, and build a positive relationship with their child.

**How to increase your knowledge of child development & parenting:**

- Talk to your child’s doctor.
- Discuss your child’s development with their teacher.
- Complete an Ages & Stages questionnaire.
- Visit your local health department.
- Attend parent education events.
- Search online for answers to your concerns.

---

**Become YOUR child’s expert!**

**How do you know what your child needs as he grows and develops?**

- “Have conversations with them, keep open communication with their teachers and other caregivers. Keep up to date on child development.” - Mandy
- “Watch for their cues, talk to other parents.” - Sue

**What comes naturally to you as a parent?**

- “Hugs!” - Lisa
- “Play!” - Sue
- “Patience and a sense of humor.” - Ron
- “Loving my kids and allowing them to think for themselves and learn from their own mistakes.” - Valerie

**If someone mentioned that your child was not developmentally on track how would you respond?**

- “I would consider what they said, I would remind them and myself that all children develop at different rates. If it was something to be concerned about, I would do whatever was needed to help my child.” - Tami
- “Educate myself on the issue, get involved, and make it my first priority.” - Lisa

**How do you distinguish between good and bad parenting advice?**

- “Sifting through facts and opinions.” - Laura
- “I take time to consider the advice and determine if it makes sense, if it is respectful to the child as a human being and if it is appropriate for the age and development for the child.” - Patty
- “I ask people I trust.” - Leanne
· Educational Services ·

Central Lake District Library
7900 Maple Street
Central Lake, MI 49622
(231) 544-2517
www.centrallakelibrary.com

Central Lake Public Schools
8190 W State Street
Central Lake, MI 49622
www.clps.k12.mi.us
Business Office: (231) 544-3141
Elementary Office: (231) 544-5221
Middle/High School Office: (231) 544-3341

Charlevoix-Emmet ISD
(231) 547-9947
08568 Mercer Boulevard
Charlevoix, MI 49720
www.charemisd.org
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)

Early Head Start
(231) 587-0421
www.nmcaa.net
The NMCAA Early Head Start program is a year round home visiting program, with opportunities for families to attend socialization experiences (playgroups).
Families with children ages birth to 3 are enrolled, sometimes even before the baby is born.
Parenting issues, health assessments and developmental milestones are promoted. Both parent and child receive support in their development. As children turn three, they are assisted in transitioning into a 3-5 year old program.
Eligibility requirements are the same as the Head Start Program.

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.

Northwest Michigan Works
(800) 442-1074
www.nwmichworks.org
Northwest Michigan Works! is a non-profit organization that helps people find jobs and helps companies find workers. There are five service centers that serve the 10 counties of Northwest Michigan.
Professional Career Advisors are on staff at each center to assist job seekers with such things as: defining your job target through career planning and assessment; developing resumes; preparing and practicing for interviews; networking; and referring to local employers for jobs.
Business Liaisons are on staff to assist employers with many of their needs, including recruiting, posting job openings, finding the right workers, employee training, and more. A single point of contact for a variety of services.
Each center is also home to an Adult Education Learning Lab which provides individualized, self-paced instruction on GED prep, English as a Second Language (ESL), High School completion, typing tutorials, basic literacy, and a variety of software programs such as Microsoft and Excel.
All services are free of charge!

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, the ISD 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.
Central Lake Preschool includes three classrooms, serving students 3-5 years old that are supported by NMCAA Head Start, Char-EM ISD Great Start Readiness Program (GSRP), Central Lake Public Schools, and the Grand Traverse Regional Community Foundation.
**Food Assistance**

First Congregational Church of Central Lake  
(231) 544-6878  
8066 West State Street  
P.O. Box 326  
Central Lake, MI 49622  
www.fcccentrallake.org  
Office Hours:  
Monday, Wednesday, Friday: 9 am - Noon  
Tuesday, Thursday: Noon - 4 pm  
Food Pantry Hours:  
Open every Tuesday from 5 pm – 7 pm

Good Samaritan Family Services- Ellsworth  
(231) 588-2208  
9746 Main Street  
Ellsworth, MI 49729  
www.thegoodsam.org  
Food Pantry  
Tuesday: 10 am – 6:30 pm  
Wednesday, Thursday, Friday: 10 am – 3:30 pm  
Saturday: 10 am – 1:30 pm  
Resale Shop  
Closed: Sunday & Monday  
Tuesday: 10 am – 7pm  
Wednesday, Thursday, Friday: 10 am – 4 pm  
Saturday: 10 am – 2 pm  
Furniture Store  
6517 Center Street  
Ellsworth, MI 49729  
(231) 676-3339  
Sunday-Monday: Closed  
Tuesday-Friday: 10 am – 4 pm  
Saturday: 10 am – 2 pm

Baby Pantry  
St. Anthony Church  
(231) 587-9840  
205 Grove Street  
Mancelona, MI 49659  
Important resource for low income moms with babies

Mancelona Food Pantry & Resale  
(231) 587-9606  
201 North Maple Street  
Mancelona, MI 49659  
Food Pantry:  
Tuesday-Thursday: 9 am – 3 pm  
Friday-Monday: Closed  
Resale Shop:  
Sunday-Monday: Closed  
Tuesday-Friday: 9 am – 4 pm  
Saturday: 9 am – 2 pm

Community Lighthouse – Mancelona  
(231) 587-9967  
430 W. State Street  
Mancelona, MI 49659  
Open Tuesday & Thursday: 9 am – 4 pm

Bellaire Community Food Pantry  
(231) 533-8600  
205 Board Street  
Bellaire, MI 49615  
Monday: 10 am – 4 pm, Thursday: 10 am – 5 pm,  
Saturday: 10 am - noon

Additional Food Assistance Resources:  
Department of Human Services  
(see Government and Legal Services)  
Grand Traverse Band of Ottawa and Chippewa Indians  
(see Native American Services)  
Northwest Michigan Community Action Agency  
(see Housing and Utility Assistance)  
Salvation Army  
(see Housing and Utility Assistance)  
Health Department of Northwest Michigan WIC  
(see Health Services)
Concrete Support in Times of Need
ASK FOR HELP
Meeting your needs through community support & resources makes your family STRONG

Endorsed by The National Alliance of Children’s Trust and Prevention Funds
Please see our website for additional training opportunities and materials www.ctalliance.org
Concrete Support in Times of Need:

All families, at some point, need help. Whether the challenge is joyous like the birth of a child, transitional like a job loss, or tragic like a serious illness, families need extra support. Families that know where to meet their needs and ask for help can handle life’s challenges and be successful.

Let US Help!

What kinds of help do you ask for?

“My family really went through a hard time a few years back when my husband was laid off from work. We had to ask for kinds of help I didn’t even know were available, like help paying our utility bills and getting food on our table.”

-Kristen

“Help from family to take care of the household chores, help from my mother with faith, help with stress and anxiety from professional health care providers, help facing life challenges from my husband.”

-Lisa

“Help with child care and picking my kids up from school and their activities.”

-Jennifer

How do you find out where to get help when you need it?

“Internet research.”

-Amy

“Talk with other adults that are involved, phone book, online research, talk with my parents and ask what they did.”

-Mandy

How do you stretch a dollar to make it last?

“I get creative. Since having children and struggling with a challenging economy, I have had to be more creative with how I spend my money. I look for deals/discounts, shop consignment, buy last season’s items ahead for the next year. Give outgrown items to others in exchange for other items.”

-Heather

“Lots of home cooking as opposed to going out.”

-Lisa

What are the good things that come out of crisis?

“Knowledge and experience.”

-Jen

“Strength. You never know what you are capable of until you have to pull yourself out of a crisis.”

-Karen
Antrim County Department of Health and Human Services
(231) 533-8664
205 E. Cayuga Street
Bellaire, MI 49615
www.michigan.gov/dhs
Medicaid assistance
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

Legal Services of Northern Michigan
(888) 941-9599
221 Garland Street, Suite H
Traverse City, MI 49684
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.

Antrim County Probate and Family Court
(231) 533-6681
205 E Cayuga
Bellaire, MI 49615
Office Hours:
Monday through Friday: 8:30 am – 12 pm, 12:30 pm – 4:30 pm
Juvenile delinquent cases
Neglect and abuse cases
Foster care placement

Free Legal Aid Clinic (Third Level Crisis Center)
800-442-7315

Social Security
866-739-4802
1329 S Division Street
Traverse City, MI 49684
www.socialsecurity.gov
Benefits for age 65+
Assistance for disabled persons
Monday
9:00 am – 3:00 pm
Tuesday
9:00 am – 3:00 pm
Wednesday
9:00 am – 12:00 pm
Thursday
9:00 am – 3:00 pm
Friday
9:00 am – 3:00 pm
Saturday & Sunday
Closed
Central Lake Family Health Center
(231) 544-3700
7960 Old State Street
Central Lake, MI 49622
Hours: Monday, Wednesday & Friday: 9 am - 5 pm
Tuesday: 9 am - 1 pm
Thursday & Saturday: Closed
Primary health care services available

Boyne Area Free Clinic
(231) 582-4605
624 State Street
Boyne City, MI 49712
Hours: Fridays 8 am - 4 pm
Primary and urgent care for the uninsured and the under-insured

East Jordan Family Health Center
(231) 536-2206
601 Bridge Street
East Jordan, MI 49727
www.ejfhc.org
Digital Mammography and X-ray
Obstetrics
Occupational Medicine
Gynecology
Pharmacy
Laboratory services on site
Immunizations
Men's Health
Adult physicals and Well Child Exams
Flu clinic
Prescription Assistance Services
Sliding fee discount program

Charlevoix Area Hospital
(231) 547-4024
14700 Lake Shore Drive
Charlevoix, MI 49720
www.cah.org
Charlevoix Area Hospital (CAH) is a community hospital offering
a wide array of in-patient and out-patient services to Charlevoix
and northern Antrim counties. The emergency room is staffed
24 hours a day and Urgent Care services are offered from 10am-
8pm everyday (including weekends and holidays).
For advanced care, CAH partners with Munson Medical Center
and other regional hospitals to provide specialized health care.
CAH also has satellite offices in Boyne City and East Jordan,
Boyne Area Medical Center, Boyne Rehab Center, and Jordan
Valley Rehab offer local residents non-emergency care and reha-
bilitation right in their hometowns.

Health Department of Northwest Michigan
(231) 533-8670
209 Portage Drive
Bellaire, MI 49615
www.nwhealth.org
Women, Infants, and Children Nutrition Program providing
free food
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
Early Childhood Behavioral Health
Healthy Kids and MiChild Insurance for pregnant women and
children enrollment assistance
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
HIV counseling and testing
Home Health and Hospice Services
Hornet Health Center located at Pellston Middle/High School
provides FREE physical health and mental health services
Prescription assistance
Health Insurance Marketplace enrollment assistance
Medicaid and Healthy Michigan Plan Enrollment Assistance
Dental Clinics North
(866)878-6551

East Jordan
Toll Free: (866) 878-6551
(231) 536-3000
601 Bridge Street
East Jordan, MI 49727

Petoskey
Toll Free: (866) 878-6556
(231) 348-3970
3434 M-119, Suite B
Harbor Springs, MI 49740

Mancelona
Toll Free (866) 878-6553
(231)-587-5068
205 Grove Street
Mancelona, MI 49659

Catering to patients with Medicaid, Delta Healthy Kids, Northern Dental Plan, Low Income/Uninsured.

North Country Community Mental Health
(231) 533-8619
203 E. Cayuga
P.O. Box 220
Bellaire, MI 49615

www.norcocmh.org
Individual and group therapy for adults
Assertive Community Treatment
Community support services including Care 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

Hospice
Vital Care Hospice of Little Traverse Bay (231) 487-4825
Vital Care Hospice of the Straits (800) 342-7711
Hospice of Northwest Michigan (231) 547-6092
Hospice of Michigan (800) 247-5181

Nursing and aide care for terminally ill
Bereavement services
Residential services
Education services
Family support

Ironmen Health Center at Mancelona Family Resource Center
(231) 587-9840
205 Grove Street
Mancelona, MI 49659

www.mancelonaschools.org/ironmen_health
Health center for anyone in Antrim County from 10 to 21 years old

Additional Health Service Resources:
Department of Human Services
(see Government and Legal Assistance)
Grand Traverse Band of Ottawa and Chippewa Indians
(see Native American Services)
MSU Extension (see Child & Parenting Services)
**Antrim County Habitat for Humanity**

(231) 587-1498  
306 South Williams Street  
Mancelona, MI 49659  
[www.habitatantrim.org](http://www.habitatantrim.org)

Safe, affordable and energy efficient housing with 0% interest mortgage for income qualified individuals seeking to own a home  
“A Brush With Kindness” program offers exterior home painting, siding/gutter repair; landscape repair/replacement; new ramps on a 0% interest loan for income qualified individuals who own their own home  
Habitat for Humanity ReStore with discounted reusable household goods & building products Contact Habitat for Humanity Restore at (231) 587-9965.

**Antrim County Housing Committee**

(231) 533-8727  
P.O. Box 206  
203 E Cayuga Street  
Bellaire, MI 49615  
Through this Housing Committee, low income families are assisted with rehabilitation of their home as well as removing existing health and safety hazards within the home.

**Northern Homes Community Development Corporation**

(231) 582-6244  
P.O. Box 86  
Boyne City, MI 49712  
Provide Financial Education/Credit Education/Home buyer education  
Provide foreclosure prevention services to households  
Help families to purchase home and rehab a home with down payment and closing cost assistance and loan/grant funds to rehabilitate the home at purchase, in target areas  
Provide affordable rental apartments at Maple Village Apartments in Petoskey and Bellaire senior apartments in Bellaire  
Work with local communities to address affordable housing needs

**Northwest Michigan Community Action Agency**

800-443-5518  
2202 Mitchell Park Drive, Suite 4  
Petoskey, MI 49770  
[www.nmcaa.net](http://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  
Affordable Housing Development, Home repair and Rehabilitation, weatherization, homeownership programs.  
Monthly and Quarterly Food Distributions, Staples for Income Eligible Residents at local distribution sites  
Asset Building programs: Individual Development Accounts  
Section 8 Family Self-Sufficiency Program  
Emergency Services: Advocacy and Case Management for Homeless, Crisis Payment for Heating and Utilities Foreclosure and Eviction Prevention Assistance  
Community Connections: Walk for Warmth Fundraiser, Fatherhood Initiative, Meals on Wheels-Keep the Wheels Rolling Fundraiser, Numerous Community Partnerships.

**Salvation Army**

(231) 347-3531  
712 Pleasant Street  
Petoskey, MI 49770  
[www.usc.salvationarmy.org/petoskey](http://www.usc.salvationarmy.org/petoskey)

Food and Toy distribution for Christmas, Emergency home utility assistance, Emergency rent assistance, Emergency food assistance  
Resale shop located at 1615 Clarion Avenue (231) 347-8500.

**TrueNorth Community Services**

(231) 519-1265  
6308 S. Warner Ave  
Fremont, MI 49412  
[www.truenorthservices.org/](http://www.truenorthservices.org/)

Heat and energy assistance for income eligible individuals and families

**Additional Housing & Utility Assistance Resources:**

- Department of Human Services  
  [see Government and Legal Assistance)](#)  
- Grand Traverse Band of Ottawa and Chippewa Indians  
  [see Native American Services]  
- Women’s Resource Center [see Counseling & Crisis Services]
Social & Emotional Competence of Children

GIVE YOUR CHILD WORDS TO EXPRESS HOW THEY FEEL

Teaching your child to effectively communicate & interact builds positive relationships and makes your family STRONG
Social & Emotional Competence of Children:

A child's ability to interact appropriately with others and express their feelings is essential to emotional intelligence. A parent who helps their child communicate and interact, builds an emotionally strong child capable of establishing positive relationships.

How to develop social and emotional skills in children:

- Provide opportunities for your child to socialize.
- Identify and discuss feelings.
- Help your child problem solve.
- Read a book about emotions.
- Empathize with your child.
- Allow your child to express all emotions.

Fostering emotional intelligence

Apart from talking, how do you know what your child is feeling?

"Laughing, smiling, interested in activities or me. In terms of health, sleeping well, eating well. Sometimes if they are uncooperative or whiny it is related to being hungry or sleepy, so I try to keep these things in mind before getting too frustrated." – Sara

"Usually I can tell in her temperament, if she is sad or hurt she tends to act out." – Amy

How do you express your own sadness and anger around your children?

"Own it. I try to show my children everyone is sad or angry sometimes, but how you handle it makes it a valuable lesson for your children, or if handled poorly a lesson in what not to do." – Lynn

"I talk about my frustrations. I try to use examples of my own life to share with them when they are feeling sad or angry." – Julie

How do you foster friendships for your child?

"I allow my child to have friends over to our house. This gives me an opportunity to get to know the other child and introduce myself to their family." – Sheila

"I encourage my children to join in activities at school and the community to make new friends." – Lynn

How do you get your child to like him or herself?

"Love unconditionally, hug them, positive reinforcement." – Ron

"Positive affirmation, no put-downs, and talk about differences and how they make us unique." – Mandy

whatmakesyourfamilystrong.org 31
Native American Services

Grand Traverse Band of Ottawa and Chippewa Indians
(231) 534-7750
2605 W Bay Shore Drive
Suttons Bay, MI 49682
www.gtbindians.org

Education & Human Services:
- Anishinaabek Family Services
- New Path Boys Home
- Shkiniikii Girls Home
- Behavioral Health Services
- Benodjenh Child Center
- Life Long Learning

Administrative Services:
- Communication
- Eyaawing Museum
- Facilities Maintenance
- Automotive Repair Program
- Membership Help
- Public Works

Government Support Services:
- Natural Resources
- Environment Programs
- General Assistance Program
- Clean Water Act
- GTB Green Committee
- Emergency Management
- Fire & Rescue
- Tribal Police
- Tribal Prosecutor

Health Services:
- Health Benefits Coordinator
- Health Clinic
- Dental Clinic
- Elders Program
- Health Transportation
- Medicine Lodge
- Optical Services
- Special Diabetes Program
- Strongheart Center
- Tribal Court

Department of Civil Rights
(517) 335-3165
Michigan Indian Legal Services
(800) 968-6877

Your kids might forget what you said, but they won’t forget how you made them feel.

The best gift and investment you can give your child is your TIME.

whatmakesyourfamilystrong.org
· Philanthropy and Volunteerism ·

United Way of Northwest Michigan
(231) 947-3200
521 South Union Street
Traverse City, MI 49684
www.unitedwaynwmi.org

United Way of Northwest Michigan is committed to connecting and mobilizing the caring power of communities in our region to advance the common good. Health, Education and Poverty Reduction are primary impact areas for support in Antrim, Benzie, Grand Traverse, Kalkaska and Leelanau counties. Our community investment process is a solid three level approach to community impact. Donate, Volunteer and Advocate. United Way donor dollars are invested in programs that have the greatest community impact and return on investment for our donors. Donor dollars are leveraged by matching volunteers and local dollars to stretch the impact of the original investment. United Way’s communications via social media, print, website and PSAs advocate for critical needs facing our most fragile and vulnerable citizens. A volunteer matching opportunity is available on the United Way NWMI website. Organizations are encouraged to submit volunteer opportunities for placement on the website, providing outreach to volunteers and advocacy for their programs. Proposals are vetted in the fall for potential funding of programs in the announced focus areas. A Citizen Action Team of volunteers and donors will review, interview and make recommendations for funding in the annual Community Investment Cycle. The Citizen Action Team are donors, they advocate for our neighbors in need and they are exemplary volunteers! If you are interested in applying for the Citizen Action Team, visit the United Way NWMI website to submit your application.

Grand Traverse Regional Community Foundation
(231) 935-4066
250 E Front Street
Traverse City, MI 49684
www.gtrcf.org

The Community Foundation exists to facilitate, promote, and serve philanthropy and permanent endowments, thereby enhancing the quality of life in its five-county region. The Community Foundation serves as a local giving partner in Central Lake, Antrim County, and the region and is home to several endowments designated to benefit the Central Lake area, including the Cleo M. Purdy Endowment, the Central Lake District Library Endowment, the Central Lake School District Osborn Scholarship Endowment, and the First Congregational Church of Central Lake Endowment.

Additional Philanthropy and Volunteerism Resources:
American Red Cross (see Counseling & Crisis)
Hospice (see Health Services)
Transportation Services

Antrim County Transportation
(231) 533-8644
4700 S M 88 Highway
Bellaire, MI 49615
www.antrimcounty.org/act.asp
E-mail: transportation@antrimcounty.org
Hours of Operation:
Monday – Friday: 6 am – 6 pm
Fares:
General Fares: $3
Students: contact Antrim County Transportation for current rates
Seniors (over 60 yrs): $1.50
Handicapped: $1.50
Bus passes available
Door to door transportation within Antrim County

The Health Ride
Offering transportation to all medical appointments
Provide transportation to Traverse City on Tuesdays and transportation to Kalkaska Hospital Monday, Wednesday and Friday.

Veteran Services

Angel Ambassadors
(231) 881-3565
www.angel-ambassadors.org
Angel Ambassadors is a newly organized non-profit organization formed to bring awareness and contributions to all Veteran needs, because we care.

American Legions:
Boyne City (231) 582-7811
East Jordan (231) 536-9217

Patriot’s Place
(989) 448-2260
www.goodwillmi.org/homeless-housing/patriot-place/
Patriot Place is Northern Michigan’s only Veterans Transitional Housing Community for 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.

Michigan National Guard Family Assistance Center
Provide information and referral, outreach and support services for service members, veterans, retirees and families.

Antrim County point of contact:
Beth Amy
Camp Grayling
Office: (989) 344-6144
Cell Phone: (989) 745-1439

Veteran’s Affairs
Benefits information and assistance
Health and medical assistance
Antrim County (231) 533-8499
www.antrimcounty.org
Email: veteransaffairs@antrimcounty.org

Veterans of Foreign Wars:
Central Lake (231) 544-6544

Additional Veteran Service Resources:
Northwest Michigan Community Action Agency (see Housing and Utility Assistance)
American Red Cross (see Counseling and Crisis Service)
Hospice (see Health Services)
Join parents, grandparents and caregivers who believe that...

Every child should get all he or she needs for a successful start in life!

Join and...

- help build public support and goodwill for early childhood
- host educational and fun family events
- gain leadership through professional development opportunities
- lend your voice
- make a difference for families and children in our community

Open to ALL parents, grandparents, or caregivers with children infant to 12 years of age.

For more information visit: www.greatstartforkids.com
How to remember the 5 PROTECTIVE FACTORS that make your family strong.

1. #1 Teacher
   - Use your Thumb to remember
   - Knowledge of Parenting and Child Development
   - Because you are your child's first teacher.

2. Social Connections
   - Your Middle Finger can help you remember
   - Because it should never stand alone; we all need a positive social network.

3. Parental Advocacy
   - Your Ring Finger stands for
   - Because your first commitment must be to yourself in order to be strong for others.

4. Parental Resilience
   - Your Pinky Finger signifies
   - Because it is the smallest finger and reminds us that we all need help sometimes.

5. Concrete Support in Times of Need
   - Northern Antrim Counties
   - Region 5

www.whatmakesyourfamilystrong.org
strengthening families