Family Resource Guide 2016

Food Assistance
Health Services
Employment & Job Training
Counseling/Crisis Services
Housing & Utility Assistance
Transportation
Parenting & Education
Aging Services

Concrete Support in Times of Need

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

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

www.greatstartforkids.com
www.whatmakesyourfamilystrong.org
The Health Department invites you to find out.

**Ages & Stages** is a screening toolkit designed for parents and others caring for children from birth to age 5.

- It's confidential.
- It helps parents and caregivers know what to expect.
- It helps build new skills.
- It identifies developmental concerns.
- It's online, so you can use it from the comfort of home anytime.
- It's FREE!

Each session takes only a few minutes, but the results can make a lifetime of difference for your child.

Your confidential responses are reviewed carefully. Personalized follow-up is provided at no charge.

Get started today!

Visit [www.nwhealth.org/agesandstages](http://www.nwhealth.org/agesandstages)

**Look what I can do!**

**What are your child’s behaviors telling you?**

**Ages & Stages** is a screening toolkit designed for parents and others caring for children from birth to age 5.

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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, the 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. Thank you to the following for in-kind and financial support for the printing of this guide: Charlevoix-Emmet ISD, Department of Health & Human Services (Employee Jean Day Fund), Friendship Centers of Emmet County Council on Aging, Northwest Community Action Agency - Head Start, Health Department of Northwest Michigan, Manna Food Project, and the News-Review.
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.

Please keep this Family Resource Guide in a place that you can access in a time of need. If you would like additional copies, you can contact the Great Start Collaborative at 231.582.8070.
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
1-800-442-1713 or (231) 946-8920
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/coa.asp
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 Loan Closets at Charlevoix and East Jordan Senior Centers Socialization and Activities at each Senior Center Seniors Ride Free (Charlevoix County Transit) 60 + Charlevoix Residents

Senior Centers and Meal Site Locations
Beaver Island Community Center
26215 Main St.
Beaver Island, MI 49782
231-448-2022

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
116 Main St.
East Jordan, MI 49727
231-536-7831

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; Medication Management, Durable medical equipment loan closet; Senior Essential Needs Fund, Information and Referral, Computer Assistance, Activities and Special Events.

Continued on page 6
Aging Services

Continued from page 5

Senior Centers and Meal Site Locations
Petoskey Senior Center
1322 Anderson Rd., Petoskey, MI 49770
(231) 347-3211

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

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

VitalCare 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) 347-5500
www.villahc.com
Nursing home and assisted living facility.

Grandvue Medical Care Facility – East Jordan
(231) 536-2286
www.grandvue.org

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)
Vaccination stops the spread of disease.

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

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

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.

800-432-4121  www.nwhealth.org

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. Resiliency can be inborn, but also strengthened from experiences and interpersonal relationships.
Counseling / Crisis Services

**American Red Cross**
2350 Mitchell Park Dr., Petoskey, MI 49770
Blood Services
(231) 753-3253
www.redcrossblood.org
Disaster Emergency Services
(989) 343-1353 ext 12
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 M-119 Suit F,
Harbor Springs, MI 49740
www.cfs.org
Adoption Services
Foster Care Placement
Counseling
License Foster Homes
Wraparound
Homes Youth

**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 (38 beds)
Sub-Acute detoxification services for adult males (2 beds)
Transitional living for graduates adult males (12 beds)
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

Continued on page 10

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**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  (231) 347-0082

24-Hour Crisis info (800) 275-1995
Mental Health Crisis Third Level 24/7 (800) 442-7315
North Country Community Mental Health Emergency Services (8am-5pm weekdays) (800) 834-3393
WHO WE ARE:
The Great Start Collaborative of Charlevoix, Emmet, and Northern Antrim Counties is 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) has provided over 160 preschool scholarships to eligible children ages 3 – 5; a FreeCycle Book Project that has distributed over 40,000 gently used books to local children; popular free events for parents such as a Halloween Costume Exchange, Early Childhood Networking Nights, Parenting Awareness Month Family March Madness 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.

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
Continued from page 8

**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
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

**Women's Resource Center of Northern Michigan**
(231) 347-0067
423 Porter, Petoskey, MI 49770
www.wrcnm.org
24 hour crisis line for domestic abuse and sexual assault
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 Base Childcare—before and after school, year round
Weekly playgroups for families with children under five
Youth services include sexual assault prevention services, domestic and dating abuse/healthy relationships training, parenting teen services
Michigan School Readiness program for eligible 4 year olds
Gold Mine Resale Shops selling gently-used goods at affordable prices, and vouchers for fire victims and special circumstances
Educational and Employment Services, Working Wardrobe Parenting Groups, Support Groups for domestic abuse and sexual assault, and children experiencing divorce

Information and Referral
Speakers on a variety of topics related to the issues the agency deals with

**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)
**Petoskey District Library**

**A Family Place!**

**Free Programs for Families**
(Infants, Toddlers, Preschool, Elementary, Teens and Adults)

**A few examples are:**
Babies & Books, Parent/Child LapSit,
Paws (children read to Therapy Dogs),
Chess for Kids, Anime’ Club, Summer Programs,
Book Chats, Film Group, Byte-Size Tech,
Friends at the Carnegie and more!

**NO CARD NEEDED!**

**PLUS:** Books, Audio books, eBooks,
Magazines, Used book sale, Movies,
Reader’s Advisory, Computers and More!

*For current offerings & hours visit www.petoskeylibrary.org Or call 231.758.3100*

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**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

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**We’ve joined a new family. We have a new name.**

But we’re still the folks who have been meeting this community’s health care needs for years... ...and we promise to continue to provide the same compassionate, hometown care you’ve come to expect.

**MUNSON HEALTHCARE**
Charlevoix Hospital

munsonhealthcare.org/charlevoixhospital
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
701 S. Elmwood Ave., Ste. 18,
Traverse City, MI 49684
http://www.michigan.gov/
mdhhs/0,5885,7-339-73971_25392---,00.html
Michigan Rehabilitation Services (MRS) works with eligible customers and employers to achieve quality employment outcomes and independence for individuals with disabilities. We work in partnership with individuals with disabilities to prepare for and obtain competitive employment, including exploring the possibilities of self-employment or owning a small business.

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.

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.

Additional Disability Service Resources:
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)
Aging and Disability Resource Collaborative of Northwest Michigan (see Aging Services)

Avoid the STR€SS of going to court.
Avoid the EXP€NSE 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 from Charlevoix and Emmet Counties resolve conflicts.
Education & Parenting Services

Education

Charlevoix-Emmet ISD
(231) 547-9947
08568 Mercer Blvd., 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 Parents Great Start (Home visiting birth to age 5)
Great Start Parent Coalition (1-877-866-3714)
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 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
Northwest Academy (231) 547-9000 www.nwa.edu
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
Harbor Springs Public Schools (231) 526-4545 www.harborps.org
Pellston Public Schools (231) 539-8682 www.pellstonschools.org
Petoskey Seventh Day Adventist (231) 347-2560
Public Schools of Petoskey (231) 348-2100 www.petoskeyschools.org
St. Francis Xavier School (231) 347-3651
St. Michael Academy (231) 881-9025 www.stmichaelrca.com
North Central Michigan College (231) 348-6600 www.ncmich.edu

Continued on page 14
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, 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.

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  
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 Month 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 our communities children each November. Please contact us to receive a quarterly newsletter or visit our website for more information.

Early Childhood Behavioral Health Parent Support Partner  
(800) 432-4121  
A free peer navigator program to support parents of children from birth through kindergarten 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 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

Kinder Kloset  
Christ Lutheran Church  
1250 Boyne Ave., Boyne City  
(231) 582-9301  
Diaper pantry and baby items  
Charlevoix County residents with a child newborn to age 2  
Second Saturday of every month 10-12 P.M.  
Continued on page 18
Concerned about your child’s development?

Charlevoix-Emmet Intermediate School District provides services to children birth to age 6 with developmental delays or disabilities.

Parent or provider concerned about development

Child is under 3
Contact Early On Coordinator: 1-231-439-8167

Child is over 3
Contact Secretary at Taylor School to provide information to Char-Em Early Childhood Special Education Team 1-231-439-6937
Congratulations to early childhood 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.

For more information about Great Start to Quality and star ratings, visit [www.GreatStartToQuality.org](http://www.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
- NMCAA Preschool, Alanson – GSRP

**BOYNE CITY**
- Boyne City Preschool – GSRP
- Early Learners Program – GSRP
- NMCAA Preschool, Boyne – GSRP

**BOYNE FALLS**
- Boyne Falls School – GSRP

**CENTRAL LAKE**
- Central Lake Public Schools – GSRP
- NMCAA Preschool, Central Lake

**CHARLEVOIX**
- Bright Beginnings – GSRP
- Charlevoix Montessori Academy
- NMCAA Preschool, Charlevoix
- Pittman, Jennifer
- Prevo, Kristina

**EAST JORDAN**
- East Jordan Elementary – GSRP
- NMCAA Preschool, East Jordan Elementary

**ELLSWORTH**
- Ellsworth Community School – GSRP
- McDonough-Grogan, Rachel

**HARBOR SPRINGS**
- Blackbird Preschool – GSRP

**PELLSTON**
- Bear Cub Child Care Center
- Pellston Elementary – GSRP

**PETOSKEY**
- Children’s Learning Center – GSRP
- Munchkin Manor University – GSRP
- NMCAA Preschool, Petoskey
- NMCAA Preschool, Ottawa – GSRP
- Northern MI Community Child Development Center - GSRP
- Petoskey Children’s Nursery
- St Francis Pre K Child Care
- Stepping Stones Child Development Center, Inc. - GSRP
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.crookedsriverlibrary.org

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

-Harbor Springs
(231) 526-2531
www.harbor springslibrary.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

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.
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/county/info/charlevoix
Spring/Summer/Fall 4-H Programs:
Recreation and Travel Soccer, Swimming, Sailing, Tennis, Community Service, Animal Science
Summer 4-H Camps:
Exploration Days: College Prep Experience, Soccer Camps

Emmet County 4-H
(231) 348-1770
3434 M-119, Petoskey, MI 49770
www.msue.msu.edu/emmet
Youth Development, Leadership Training, Citizen and Community Service

YMCA of Northern Michigan
231-348-8393
434 E. Lake St., Petoskey, MI 49770
www.ymcanm.org
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 Counseling & Crisis Services)
Women’s Resource Center of Northern Michigan (see Counseling & Crisis Services)
Your Child’s Early Development is a Journey

Check off the milestones your child has reached and share your child’s progress with the doctor at every visit.

These are just a few of many important milestones to look for. For more complete checklists by age visit www.cdc.gov/ActEarly or call 1-800-CDC-INFO.
Affordable Cremation of Northern Michigan
A service of Gaylord Community Funeral Home
Affordable Service from Experts Who Care

850 North Center Ave., Gaylord | 989-732-2230
www.northernmichigancremation.com

Northern Michigan Community Child Development Center
Making it fun to be a kid...Making it easier to be a parent!
The Northern Michigan Community Child Development Center can put your mind at ease knowing that your child is being cared for in an experienced, safe, healthy, educational, fun and loving environment.
We will help your child grow naturally with daily activities to stimulate emotional, social, mental, physical and creative development. Each classroom is designed to meet children’s individual needs at their own pace.

Our seven classrooms include:
Infant/Toddler programs ages 4 weeks - 2 ½ years
Preschool programs ages 2 ½ - 5 years
Before and after school programs ages 5-10 years
Summer program for all ages

231-588-2111 • ebenezerchristian.org
9541 White Street • Ellsworth, Michigan

Ebenezer Christian SCHOOL
Teaching the truth...Yesterday, Today and Tomorrow.
Preschool & Kindergarten
ROUND UP
April 19, 2016
5 to 7pm
Preschool
3 full days or 3 half days
Kindergarten
5 full days
Accepting Enrollment
Preschool through 6th grade

231-588-2111 • ebenezerchristian.org
9541 White Street • Ellsworth, Michigan

Community Health Center OF NORTHERN MICHIGAN
“A Patient-Centered Medical Home”
Pediatrics, Family Practice, Behavior Health Counseling, assistance with health insurance, etc.
We always accept new patients, call for an appointment today.
231-348-9900
3434 M-119, Suite C • Harbor Springs
(Located between Petoskey and Harbor Springs)
www.alconahealthcenters.org
Like us on Facebook!

Volunteers Needed.
Please visit the ReStore Monday through Friday between 9:30am and 5:30pm
Saturday between 9:30am and 3:30pm
8460 Harbor-Petoskey Rd • HARBOR PLAZA
231.347.8440 • (M-119)
Experience Works, Inc.
1-888-278-9109
www.experienceworks.org
The Experience Works Senior Community Service Employment Program (SCSEP) provides paid community service assignments at local public and non-profit organizations, training, referral to needed services, and job search assistance. With updated skills, participants use their community service training as a springboard to permanent jobs with local employers. Program applicants must be age 55 or older, unemployed, and meet low income guidelines.

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!
2240 Mitchell Park Dr., Suite B, Petoskey, MI 49770
Monday-Thursday 8am-5pm (closed noon-1pm)
www.networksnorthwest.org
As the workforce development arm of Networks Northwest, Michigan Works! provides a wide variety of services to every sector of our economy. These services include: Employer and Works Force Development; Job Seeker Services which includes resume assistance, career and training information, interest assessments, job search assistance and more, to include much virtual assistance; Learning Labs for adult individualized instruction, increasing job skills, and obtaining a GED.

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)
Women’s Resource Center of Northern Michigan (see Counseling & Crisis Services)
The Tuition **FREE Preschools** in this area are taking applications for 3 & 4 year olds.

Call today for an Appointment 1.800.443.5518

Children of all abilities and families of all income levels are encouraged to apply. Adaptations will be provided when necessary for the successful involvement of all children.

This is a joint project of: Women’s Resource Center’s Project Free, Charlevoix-Emmet ISD Great Start Readiness Program and District Partners, Little Traverse Bay Band Head Start, and Northwest Michigan Community Action Agency Head Start.

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

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

Boyne Valley Pantry
(Thursday 2-5pm)
(231) 549-2230
3031 Main St., Boyne Falls

Seventh Day Adventist
(Pantry Monday 5:30-7pm)
(231) 582-0151
326 Park St., 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
Mon-Sat 10am-12pm & 5:30-7:30pm, Thursday 10am-1pm)
(231) 237-9490
100 Hurlbut St., Charlevoix

Charlevoix County
Senior Meals
Boyne 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
(Serve soup only)
(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

**Northern Michigan Diaper Pantry (Christ Child Society of Northern Michigan)**  
(1st and 3rd Fridays of the month 9:30 – 11am)  
8791 McBride Park Ct., Harbor Springs

**Pellston Community**  
(Wednesday 5-6:45pm)  
(231) 539-8570  
161 Highway 31, Pellston

**First Christian Church**  
(Monday 10am-12pm)  
(231) 347-6181  
320 Monroe, Petoskey

**Salvation Army**  
(Monday - Friday 9am-11:30 am)  
(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

**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**  

**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

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

**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)

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**Sore Feet?**  
**When your feet hurt, you hurt all over. The pain stops here!**  
**Charlevoix Foot Clinic**  
**Dr. Thomas D. DeKorte, DPM**  
1404 Bridge Street • Charlevoix  
231.547.4662

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Now Participating with Priority Health Insurance  
25
You Have a Choice!

Address: 220 West Garfield Ave., Charlevoix MI 49720
Phone: 800-551-4140
Website: Hospicenwm.org
Email: Info@hospicenwm.org
You can also find us on facebook and Twitter

You Have a Choice!

In partnership with
Health Department of Northwest Michigan

What makes Hospice of Northwest Michigan unique?
We are Specialized because:
- All of our staff is locally based and are within 30 minutes response of clients needs.
- We are your friends & neighbors taking care of our friends and neighbors.
- We are the 501 c3 non-profit hospice not owned, affiliated with or financially supported by a Hospital, Corporation, or for profit and you keep all of your own Doctor(s) and we work with them.
- We provide free, open to the community Grief, Loss and Bereavement Support to anyone (you do not have to be on Hospice) suffering a loss of any kind (ie: loss of a pet, a job, due to deployment, etc.). Available in a group or individual setting.
- We are a Level 3 partner of the national We Honor Veteran’s Program and our staff & volunteers are trained to meet the unique needs of dying veterans and their families.

Our service area includes Antrim, Charlevoix, Emmet and Otsego Counties.

You Have a Choice!

Literacy Corps
Placing volunteers in youth serving agencies to read to, mentor, and tutor youth.

Dolly Parton Imagination Library
Providing age appropriate books to children from birth to age five.

Preschool opportunities
Ensuring children access to a quality preschool experience.

Boyd 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

Lego Club
First and Third Wednesdays of each month 6-7:30
Legos are provided by the library
Age 8 and up

For more information, contact the library at www.boynellibrary.org or 231-582-7861, and like us on Facebook.

Young children—at the center of our community, at the center of our work
What is Social and Emotional Health?

Social and emotional health is a child’s growing ability to,
- Form strong relationships with others
- Express and manage emotions
- Explore the world around them and problem-solve

Why is Social and Emotional Health so Important?

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. When children have this healthy foundation, they are more likely to:
- make friends
- follow directions
- control emotions
- solve problems
- focus on tasks

Children who do not have these social and emotional skills are less prepared to learn in school. They are more likely to:
- have trouble making friends
- have behavior problems like biting, hitting, using unkind words or bullying
- have difficulty learning
- drop out of school

Early social and emotional problems have been linked to later mental and physical problems like depression, and obesity.

How Can You Support Children’s Social and Emotional Health?

Children need help from adults to learn how to get along with others and manage their feelings. Many of the things adults do with children every day can help a child to gain social and emotional skills, such as,
- cuddling, sharing a laugh and playing with an infant or toddler
- taking time to listen, engage and talk with a preschooler about their day
- showing interest in a school age child’s friends, activities and projects

Safe and loving relationships with parents and caregivers are crucial to social and emotional health for all children birth to age 8.
**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/dhs  
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  
13495 Otsego Ave., Unit 7B, 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, 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
Early Childhood Networking Nights are sponsored by the Great Start Collaborative, Great Start to Quality Northwest Resource Center, the Health Department of Northwest Michigan Behavioral Health Initiative, and Charlevoix-Emmet Intermediate School District. Financial support for these events come from various grants including Char-Em United Way, Consumer’s Energy, and Michigan’s Office of Great Start.

What Participants are Saying...

“There were so many useful ideas!”

“Good information – Great speaker!”

“Having childcare and dinner takes the stress out of the evening. Thank you!”

“I loved it! Thank you for the great resources!”

“I learned things that I will use at home and at work!”

“It was a great topic and presentation. I loved the analogies!”

“This is a great program. All the information is useful!”

All events are held on Wednesday evenings from 6-7:30 pm at Char-Em ISD Taylor School for Exceptional Learners 1515 Cemetery Road | Petoskey

6:00 pm - Dinner & Networking 6:15 pm* - Speaker 7:15 pm - Q&A

* Please note new time for speaker

Child Care Provided

There is no charge for these events.

Space is limited and you must register for each event individually.

For more information

www.greatstartforkids.com 231.582.8070
Health Services

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

**Munson Healthcare Charlevoix Hospital**
(231) 547-4024  
14700 Lake Shore Dr., Charlevoix, MI 49720  
www.munsonhealthcare.org/charlevoixhospital  
Munson Healthcare Charlevoix Hospital is a 25-bed acute care community hospital offering a wide array of inpatient and outpatient services to Charlevoi and northern Antrim counties. The hospital with its nearly 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 such as:  
- Birthing Center  
- Cardiovascular Services  
- Chemotherapy and Infusion Services  
- Diagnostic Services  
- Ear, Nose & Throat  
- Emergency Services  
- General Surgery  
- Internal Medicine  
- Lymphedema Services  
- Neurosurgical Services  
- Nuclear Medicine Services  
- Obstetrics/Gynecology  
- Occupational health  
- Oncology  
- Ophthalmology  
- Orthopaedic Surgery  
- Pediatric Care  
- Physical Therapy  
- Plastic Surgery  
- Radiology  
- Rehabilitation Services  
- Respiratory Care  
- Respite Care  
- Sleep Center  
- Sports Medicine  
- Surgical Services  
- Swing Bed Services  
- Urgent Care  
- Women’s Health  
The emergency department is staffed 24 hours a day, 7 days a week and urgent care services are offered from 8 am to 8 pm 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.

**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  

**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 8:00 am - 5:00 pm  
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
East Jordan
601 Bridge St., East Jordan, MI 49727
(866) 878-6551

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

**VitalCare Hospice of Little Traverse Bay**
(231) 487-4825
1 Hiland Dr., Petoskey, MI
www.vitalcare.org

**VitalCare Hospice of the Straits**
(800) 342-7711
722 South St., Cheboygan, MI
www.vitalcare.org

**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

Continued on page 32
Continued from page 31

**McLaren Northern Michigan**
(800) 248-6777
416 Connable Ave.,
Petoskey, MI 49770
www.northernhealth.org

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 health 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, Boyne City, Charlevoix, Cheboygan, East Jordan, Elk Rapids, Gaylord, Grayling, Indian River, Kincheloe, Mackinac Island, Newberry, Onaway, Oscoda, Rogers City, St. Ignace, Sault Ste. Marie, Tawas.

**SERVICES**
- Acute Rehabilitation
- Allergy
- Behavioral Health
- Cardiac & Thoracic Surgery
- Cardiology
- Dermatology
- Diabetes
- Ear Nose & Throat
- Emergency Medicine
- Family Practice
- Gastroenterology
- General Surgery
- Gynecology & Infertility
- Hematology/Oncology
- Hyperbaric Oxygen Therapy
- Infection Disease
- Infusion Center
- Integrative Medicine
- Internal Medicine
- Lab Draw
- Nephrology
- Neurosciences
- Obstetrics & Gynecology
- Ophthalmology
- Oral Surgery
- Orthopedics
- Pain Management
- Pathology
- Pediatrics
- Physical Medicine
- Plastic Surgery
- Podiatry
- Preventative Medicine
- Psychiatry
- Psychology
- Pulmonary & Sleep Medicine
- Radiation Oncology
- Radiology
- Rehabilitation
- Rheumatology
- Urology
- Vascular/Endovascular
- Wellness Programs
- Wound Care
- VitalCare
- Adult Day Care
- Home Health
- Home Medical Equipment
- Hospice
- Private Duty

**Planned Parenthood of West and Northern Michigan**
(231) 347-9692
1003 Spring St.,
Petoskey, MI 49770
www.ppwnm.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
Colposcopies
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., 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)
- MSU Extension (see Education & Child Services)
Look What I Can Do!

What are your child’s behaviors telling you?

The Health Department invites you to find out.

Have you ever wondered if your young child is having difficulty with speech, emotional development, social skills, physical coordination or problem solving? It can be difficult to know for sure, especially for first-time parents. A developmental screening tool provides an opportunity to spot and address problems before they inhibit a child’s development.

The Health Department in collaboration with Great Start offers an online screening tool to help parents assess their child’s development.

The Ages & Stages questionnaire:

- Is confidential
- It helps parents and caregivers know what to expect
- It helps build new skills
- It identifies developmental concerns
- It is online, so you can use it from the comfort of home anytime
- It is FREE

All responses are reviewed carefully and personalized follow-up is provided at no charge. Each session takes only a few minutes but the results can make a lifetime of difference for your child. Get started today! Visit www.nwhealth.org/agesandstages

Welcome to Kindergarten Registration for the 2016-17 School Year!

School districts throughout Charlevoix, Emmet and northern Antrim counties are excited to welcome new students and their families next year!

We offer:
- Teachers who truly care about every child
- Safe, welcoming environments where parent involvement is encouraged and appreciated
- Curriculum and technology geared toward achieving student success

Please bring proof of residency and your child’s birth certificate, immunization record and custody documentation, if applicable.

Parents should also be aware that for the 2016-2017 school year, a child who resides in a public district providing kindergarten may enroll if the child is at least 5 years of age on September 1, 2016. In children who will be 5 by December 1, 2016, parents may enroll their child through written notification by contacting the school district by June 1.

Questions? Please contact your local school district.
We look forward to seeing you at registration!

In: Alanson, Beaver Island, Boyne City, Boyne Falls, Central Lake, Charlevoix, Connell Academy, Conneaut Lake, Ellsworth, Harbor Springs, Northwest Academy, Pellston, Public Schools of Petoskey, and non-public schools.
Northwest Michigan Habitat for Humanity
(231) 348-6926
8460 M119, Harbor Springs, MI 49740
www.northwestmihabitat.org
Homeownership Program: Safe, decent, affordable and energy efficient house building program with a low to 0% interest mortgage for qualified families. Families qualify based on need, income, location and their willingness to partner with Habitat.
Repair Program: Offers exterior home painting, siding/gutter repair, landscaping repairs or handicap accessibility needs on a 0% interest loan for income qualified individuals who own their own home. 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
PO Box 174, 801 State St., Charlevoix, MI 49720
www.3dfellowship.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
Homeless Shelters – two facilities located in Petoskey, Nehemiah House for men and the Mary Margaret House for women and children.
Nehemiah House
(231) 347-0363
36 Bridge St., Petoskey, MI 49770
Mary Margaret House
(231) 439-5667
40 Bridge St., Petoskey, MI 49770

Northern Homes Community Development Corporation
(231) 535-0195
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
2202 Mitchell Park, Suite #4, 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
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 St., Petoskey, MI 49770
www.sapetoskey.org
Emergency home utility assistance, emergency rent assistance, emergency food assistance. Other emergency assistance, emergency disaster assistance, after school program, youth and character building, Bible study, Sunday education and worship services, food and toy distribution for Christmas, other ministry opportunities.
Thrift Store located at 1615 Clarion Avenue (231) 347-8500

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 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)
Little Traverse Bay Bands of Odawa Indians
(231) 242-1400
7500 Odawa Circle, Harbor Springs, MI 49740
Human Services:
Protective [Adult and Child] Services
Foster Care/Adoption and Home Licensing
Family Preservation
Low Income Energy Assistance
Community Service Block Grant
Childcare Assistance
Burial Fund
USDA-Food Distribution Program
Hearing Aid Assistance
Survivor Outreach Services
Natural Resource Department and Environmental Protection
Health and Dental Clinics
Gijigowi-Bib Skaa Bi Me
Human Resources and Communications
Mental Health and Substance Abuse
Youth Services and Elder’s Department
Housing Department
Tribal Court and Law Enforcement

Department of Civil Rights
(517) 335-3165

Michigan Indian Legal Services
(800) 968-6877

Native American Services

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

Parents are always welcome in our program!
(231) 549-2211 ext. 510

Little Traverse Family Counseling
Joelle L. Drader MD, MA, LPC
413 Waukazoo Ave. • Petoskey, MI 49770
231-622-5156
Little Traverse Family Counseling.com • jdrader@me.com
Compassionate and Confidential Counseling
Char-Em United Way
(231) 487-1006
www.charemunitedway.org
info@charemunitedway.org
Char-Em United Way provides financial support to local programs addressing identified needs in health and human services in cooperation with local non-profit agencies. United Way does not provide financial assistance to individuals, but works in collaboration with other agencies to improve the lives of people in Emmet and Charlevoix Counties and serves as a neutral convener of groups working to address community problems.

Volunteer Connections, a project of Char-Em United Way, is a free service that provides resources to non-profit agencies for volunteer recruitment, recognition, and management. Volunteer Connections promotes volunteerism and assists community members in finding meaningful volunteer opportunities. The website: 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 program agencies working with this age group. This program encourages early literacy, a determinant of future school and life success.

Additional 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)

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
www.phsaacf.org
616 Petoskey St., Suite 203, Petoskey, MI 49770
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.”

North Country Community Mental Health provides services for residents of Antrim, Charlevoix, Cheboygan, Emmet, Kalkaska, and Otsego Counties experiencing a serious mental illness, severe emotional problem or developmental disability, including those with a co-occurring substance use disorder.

To access services, call:
Access Center: 1-800-834-3393
After Hours Crisis Line: 1-800-442-7315
TTY: 711

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
Support Groups

Al-Anon Club of Charlevoix
(231) 675-9184
www.charlevoixalano.org
For meeting schedule please visit website

Disability Beyond Barriers
Third Friday of every month
820 Arlington Avenue, Petoskey
Begin at 11:00
Contact Info: Faith 231-347-9325
Disability Network: 232-922-0903

Friendship Centers of Emmet County Council on Aging
Alzheimer’s Disease/Dementia Support
Second Wednesdays 2-3:30 pm
Caregiver Support
Fourth Thursdays 1:30-3pm
Low Vision Support
Luncheon meeting first and third
Wednesdays 12:00-1:30pm
Parkinson’s Support
Fourth Wednesdays 2-3:30pm

Hospice of Northwest Michigan
Bereavement, Grief and Loss Support Groups for Adults and Children for any type of loss. Free of Charge. For community members in Antrim, Charlevoix, and Emmet counties. Call 231-547-7659 to register or for more information. Parental consent is required for children, youth, and teens.

McLaren Northern Michigan
Grief and Loss Support Group
Third Thursday of each month
1 Hiland Drive, Petoskey, MI
1-2:30 pm and 5-6:30pm
(231) 487-5643
Diabetes Support Group
Second Monday of each month 7-8pm
820 Arlington Avenue, Petoskey, MI
Survivors of Suicide Loss Support Group
Second Tuesday of each month 6-7:30pm
1 Hiland Drive, Petoskey, MI
Obsessive Compulsive Disorder (OCD) Support Group
Second Tuesday of each month 7-9pm
820 Arlington Avenue, Petoskey, MI
(231) 838-9501

Just For Us Support Group
First Tuesday of each month 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 Wednesday of every month 5:30-7pm
1st floor conference room
820 Arlington Avenue, Petoskey
(231) 330-5757 for more information

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 1pm (231) 587-8891
Cheboygan: Thursdays at 1pm (231) 627-2380
Gaylord: Wednesdays at 5pm (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/transit.asp
Charlevoix County Transit provides safe, affordable and friendly demand-response public transportation for Charlevoix County residents.

Straits Regional Ride (Emmet County)
(231) 597-9262
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. We service Cheboygan, Indian River, Afton, Tower, Onaway, Wolverine, Alanson, Mackinaw City, Harbor Springs, Petoskey daily. Levering and Pellston on Tuesday & Thursday and Rogers City on all days School is open.

Additional Transportation Service Resources:
Friendship Centers of Emmet County
Council on Aging (see Aging Services)

Veteran Services

Angel Ambassadors
(231) 881-3565
www.angel-ambassadors.org
Angel Ambassadors is a 501c3 Non-Profit Organization formed to bring a onetime hand up to local Veterans and their family members through donations and fundraisers in our community.

American Legions:
Boyne City (231) 582-7811
East Jordan (231) 536-9217
Harbor Springs (231) 526-2551

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 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.

Veterans of Foreign Wars:
Boyne City (231) 582-3447
Petoskey (231) 347-0001

Veteran’s Affairs
Benefits information and assistance, Health
and medical assistance
Charlevoix County Building
(231) 547-7220
www.charlevoixcounty.org

Emmet County
(231) 348-1780
www.emmetcounty.org

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)
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
5 ways to make your family strong

How to remember the 5 PROTECTIVE FACTORS that make your family strong.

Use your Thumb to remember Social & Emotional Competence of Children because a “thumbs up” is one of the first ways we learn to communicate our emotions.

Your Pinky Finger signifies Concrete Support in Times of Need because it is the smallest finger and reminds us that we all need help sometimes.

Your Ring Finger stands for Parental Resilience because your first commitment must be to yourself in order to be strong for others.

Your Middle Finger can help you remember Social Connections because it should never stand alone! We all need a positive social network.

Your Index Finger represents Knowledge of Parenting and Child Development because you are your child’s 1st teacher!

www.whatmakesyourfamilystrong.org