

The cover features a background of white cherry blossoms in full bloom against a clear blue sky. The text is centered and reads: "HEALTHY HABITS FOR YOUTH" in a bold, black, sans-serif font. Below this, "Resource Guide" is written in a large, elegant, black cursive script. Underneath that, "LIVINGSTON COUNTY" is printed in a bold, black, sans-serif font. In the bottom right corner, there is a small white rectangular box containing the text "12TH EDITION" and "FEBRUARY 2023" in a bold, black, sans-serif font.

HEALTHY HABITS FOR YOUTH

*Resource Guide*

LIVINGSTON COUNTY

12TH EDITION  
FEBRUARY 2023

# Table of Contents

Nutrition Education.....	4
Food Assistance .....	7
Mental Health/Substance Abuse Treatment and Prevention .....	9
Youth Sports.....	24
Youth Activities .....	32
Youth Safety.....	44
Physical & Sexual Health .....	46
Other.....	53

This page intentionally left blank.

# Nutrition Education

---

## Trinity Health IHA Medical Group

### Nutritionists

Nutritionists at Trinity Health IHA Medical Group practices offer one-on-one nutrition counseling with easy to follow healthy eating plans. They focus on prevention and management of chronic disease (diabetes) through dietary and lifestyle changes. Additionally, they will help you and your family with whatever your dietary goals and needs may be.

Website: <http://www.ihacares.com/specialties/nutrition-services>

## Michigan Model for Health™

The Michigan Model for Health™ is a comprehensive and sequential K-12 health education curriculum that aims to give school-aged children (ages 5-19 years) the knowledge and skills needed to practice and maintain healthy behaviors and lifestyles. It provides age-appropriate lessons addressing the most serious health challenges facing school-aged children, including social and emotional health; nutrition and physical activity; alcohol, tobacco, and other drugs; personal health and wellness; safety; and HIV. This Michigan Model for Health™ facilitates learning through a variety of interactive teaching and learning techniques.

It is designed for implementation as a component of the core school curriculum, with each of the lessons lasting 20-45 minutes in length. The lessons may be integrated in various disciplines such as language arts, science, social studies, etc. Furthermore, some lessons include activities to facilitate parental and family involvement beyond the classroom. The curriculum can be implemented in public, private, or alternative schools.

With support from the State of Michigan Healthy Michigan Initiatives Fund, LESA/WISD has been able to offer training and curriculum for schools implementing the Michigan Model for Health™. Ongoing support and technical assistance is available from the Regional School Health Coordinator/Health Education Consultant, Mary Beno, at 517-540-6838 or [marybeno@livingstonesa.org](mailto:marybeno@livingstonesa.org).

## MSU Extension: Nutrition and Physical Activity

To help youth be healthy, Michigan State University Extension delivers relevant evidence based education to serve the needs of youth in the community. Programs for youth in grades prekindergarten to twelfth grade with age-appropriate, literacy-based education in areas of nutrition, food safety, physical activity, body image and media influence on health choices.

For more information, contact Shelley Frazier at 517-546-3950

## PE-Nut

**(Physical Education and Nutrition Education Working Together)**

PE-Nut is a nutrition and physical education program that uses a whole-school approach to motivate students, parents and educators to be physically active and eat healthier. PE-Nut is designed to improve health behaviors in a school environment by presenting simple, consistent nutrition and physical activity messages via multiple approaches. These approaches include classroom instruction, parent engagement activities, school-wide nutrition and physical activity messages, take-home activities, and physical education with nutrition concepts. Academic achievement improves when students receive a healthful diet and when they can be physically active throughout the school day. In PE-Nut, physical educators, classroom teachers and school administrators' work together to improve nutrition and physical activity in K–5 school settings. It fits nicely with the Coordinated School Health

(CSH) approach in schools. Note: schools must be over 50% free or reduced lunch to receive this program. For more information, contact Mary Beno, Regional School Health Coordinator/Health Education Consultant for LESA, at (517) 540-6838 or [marybeno@livingstonesa.org](mailto:marybeno@livingstonesa.org).

## ShapeDown®

Trinity Health offers ShapeDown®, a national weight management program for families. Parents and children (ages 6 to 18) work together as a team with a behavior counselor, registered dietitian, and exercise specialist to learn how healthy eating, an active lifestyle, and effective communication promote weight loss and family unity. The program starts with eight weekly two-hour classes. May be covered in part by certain insurances. Scholarships are available.

Register for Healthy Families online or by calling [734-712-5694](tel:734-712-5694) or emailing [aasjshapedown@trinity-health.org](mailto:aasjshapedown@trinity-health.org).

Visit [www.stjoesannarbor.org/shapedown](http://www.stjoesannarbor.org/shapedown) for more information.

## UMHS Nutrition Counseling Centers

Our Nutrition Counseling Centers are designed for non-hospitalized patients and are staffed by registered dietitians who have expertise in adult, pediatric, prenatal and geriatric nutrition. We address a variety of nutrition-related conditions, including diabetes, blood lipids (cholesterol and triglycerides), hypertension, kidney disease before dialysis, polycystic ovarian syndrome, hypoglycemia, gluten intolerance (celiac disease), irritable bowel syndrome, gastroesophageal reflux disease and obesity. We offer medical nutrition therapy by appointment only, with same-day openings available occasionally. Self-referrals are welcome. For an appointment, call (734) 647-5670 (Brighton Health Center) or (517) 548-1020 (Howell Pediatrics/ Howell Health Center).

# Food Assistance

---

## Emergency Food Assistance Program (TEFAP) and Shared Harvest Pantry

OLHSA, in partnership with Gleaners Community Food Bank provides food assistance and information about other services available through OLHSA and Gleaners, to Livingston County residents in need. Call 517-546-8500 for more information. To make an emergency food assistance appointment to visit Shared Harvest Pantry, please call 517-548-3710.

## Food Assistance Program

Temporary food assistance for eligible low-income families and individuals is available through the Department of Health and Human Services and increases the food purchasing power of the household. Food Assistance benefits decrease as income increases.

Use MI Bridges, [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges), or call 888-642-7434, to apply for assistance, check your eligibility status and manage your account online. More information is available at [http://www.michigan.gov/mdhhs/0,5885,7-339-71547\\_5527---,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71547_5527---,00.html).

## Food Pantries

Find a list of local Food Programs and Pantries here:

<https://www.livgov.com/hscb/Documents/Food%20Programs%20and%20Pantries.pdf>

## Livingston County Hunger Council

The Livingston Hunger Council is a collaborative body made up of a cross-section of the

community dedicated to ending hunger in Livingston County. The Council is made up of government agencies, non-profits, local businesses and private citizens who have committed to making our community a place where everyone has access to the nutritious food they need, when they need it.

Website: <https://www.livingstonhunger.com/>

## Summer Lunch Bunch

The Salvation Army Summer Lunch Bunch is a collaborative community meals program that meets all over Livingston County during the summer recess. Through a diverse offering of one-time, daily and weekly meetings at host sites around the county, families with children are ensured access to plentiful food all summer long. Most of the community residents are within 15 minutes of a Summer Lunch Bunch site. Although the primary purpose of the program is to alleviate summer meal gaps for children, the program is not just about free food!

Unique opportunities for free family fun happen all summer long, and fun activities are paired with the served meals. Programming is sought with a focus on literacy, physical education, nutrition education, science, art and of course--fun. The program even offers free family field trips throughout the summer. All of this is 100% free to families, although donations are accepted.

The program is coordinated by The Salvation Army of Livingston County, with collaboration and support of The Livingston Hunger Council, and is supported through the Livingston County United Way, USDA Summer Food Service Program, and generous community donations. For information, please call (517) 546-4750.

## WIC Program

WIC is a health and nutrition program that has demonstrated a positive effect on pregnancy outcomes, child growth, and development. WIC provides supplemental food, nutritional counseling, and support, as well as connections with beneficial community resources. Call (517) 546-5459 for more information or visit [www.livgov.com/health/ph/Pages/wic.aspx](http://www.livgov.com/health/ph/Pages/wic.aspx).

# Mental Health/Substance Abuse Treatment and Prevention

---

## Assoc. Counseling and Neurofeedback

Susan Carter, LMSW, ACSW

Location: 2250 Genoa Business Park Dr #130, Brighton, MI 48114

Contact Info: 810-220-7974

## Al-Anon and Alateen

Location: 312 Prospect St. Howell MI 48843

Contact Info: 517-546-9350

Website: <https://al-anon.org/al-anon-meetings/>

## Arc Livingston/Agency for Persons with Developmental Disabilities

Location: 2980 Dorr Rd. Brighton MI 48116

Contact Info: 517-546-1228

## **Olga Bachman, PhD**

Location: 325 E. Grand River, Suite 7 Brighton, MI 48116

Contact Info: 810-623-0510

## **Karen Bergbower & Assoc.**

Location: 10299 Grand River, Suite P Brighton, MI 48116

Contact Info: 810-229-9550

## **Brighton Center for Pediatric Neurodevelopment**

Mark Bowers PhD

Location: 2250 Genoa Business Park Dr., Suite 100 Brighton, MI 48116

Contact Info: 810-360-1110

## **Brighton Family Center**

Location: 10315 Grand River Suite 104 Brighton, MI 48116

Contact Info: 810-229-0844

## **William L. Burnes, LMSW**

Providing mental health and substance abuse services to children, adolescents, adults, individuals, couples, and families. No participation fee (cost would be covered by participant's insurance policy).

12<sup>th</sup> Edition, February 2023

Location: 794 W. Grand River Avenue, Brighton

Contact Info: 248-231-3568

## Celebrate Recovery

Location: Brighton Nazarene Church 7669 Brighton Rd. Brighton, MI 48116

Contact Info: 810-227-6600

## Children's Addiction Prevention Program

This is a FREE addiction prevention program at Ascension Brighton Center for Recovery designed to break the multi-generational cycle of addiction. The Children's Program is a day camp lasting three days, followed by on-going support including a book-of-the-month club and an alumni group.

This program is beneficial for children who have a family member with an alcohol or drug problem or who is active in recovery. Children ages 7-12 learn about the disease of addiction in age appropriate ways while meeting other children who are in a similar situation. This prevention program is also beneficial for kids who have not witnessed the effects of addiction in their family.

The Ascension Brighton Children's Addiction Prevention Program helps children build upon their strengths and deepen their resilience so they can face any daily challenges at home or at school in a healthy, positive way. They learn a variety of healthy coping skills, such as, identifying and expressing feelings, problem-solving tools, resistance to peer pressure and self-care strategies.

Classes fill quickly! To register, contact Pat Schafer at 810-220-1807.

Location: 12851 Grand River Road, Brighton MI 48116

Contact Info: 810-227-1211

Website: [www.brightonrecovery.org](http://www.brightonrecovery.org)

# Complete Counseling Center

Bart Norman

Location: 794 W Grand River Ave, Brighton, MI 48116

Contact Info: 517-546-4445

Website: <http://completecounseling.org/>

# Marni Gauci PhD, LP, PLLC

Location: 7960 W. Grand River Ave., Suite 120, Brighton, MI 48116

Contact Info: 810-772-0574

# Gentle Strength Counseling & Holistic Center

Location: 9841 Spencer Road, Brighton, MI 48114

Contact Info: 517-375-8175

# Grandparents Raising Grandchildren (GRG)

Grandparents Raising Grandchildren (GRG), is a support group and program run by OLHSA (Oakland Livingston Human Service Agency), funded in part by the Area Agency on Aging 1-B. The program is for people raising relative children (age 18 and under), where the primary parenting figure of the child(ren) are living in the same household residing in Livingston County (available to Macomb and Oakland residents as well). They provide monthly hybrid

meetings, resources, referrals and intergenerational events for Kinship Care families to enjoy together.

To enroll or for more information, contact 248-209-2721 or [olderadults@olhsa.org](mailto:olderadults@olhsa.org)

Visit: <https://www.olhsa.org/en-us/grandparents-raising-grandchildren>

## Deborah Gottlieb-Porlick, LMSW

Location: 766 W. Grand River-Mill Pond Parke Bldg. Brighton, MI 48116

Contact Info: 810-229-1630

Email: [Deborah.gottliebporlick@yahoo.com](mailto:Deborah.gottliebporlick@yahoo.com)

Website: [www.marriagecounselinginbrightonmi.com](http://www.marriagecounselinginbrightonmi.com)

## Highfields-Multisystemic Theory (MST)

Becky Womboldt LMSW

Location: 204 S. Highlander Way Howell, MI 48843

Contact Info: 517-552-4399

Email: [bwomboldt@ghighfields.org](mailto:bwomboldt@ghighfields.org)

## Key Development Center, Inc.

Key Development Center, Inc. is a 501(c)3 nonprofit, CARF accredited, licensed mental health and substance abuse treatment provider with over 20 years' experience in Livingston County and the surrounding communities. Providing services for children and adults, Key Development Centre (KDC) offers a wide range of mental health and substance abuse services, including education, outpatient treatment, group treatment, screening, substance abuse assessment (SARF, Driver's license), referral and follow-up, addiction medicine and dual enhanced treatment. Please visit our website [www.keycenters.org](http://www.keycenters.org) for more

information. KDC also provides Women's Specialty Services which include weekly individual sessions; weekly group, weekly meeting with case manager and weekly women's support groups. We offer childcare services and transportation for women attending the program.

For further information or to register for this program, contact [aandrews@keycenters.org](mailto:aandrews@keycenters.org) 810-220-8192.

## Debbie Koeltzow, Ed. D. LP

Location: 810 Grand River Suite 101 Brighton, MI 48116

Contact Info: 810-588-4236

## LACASA

LACASA provides individual and group counseling, advocacy, and support to survivors of domestic violence, dating violence, sexual violence, and child abuse at no cost to the survivor.

Contact LACASA: 24/7 Helpline: Call: 866.522.2725 Text: 517.777.8005

[lacasacenter.org](http://lacasacenter.org)

Administrative Offices: 517-548-1350 Fax: 517-548-3034

Location: 2895 W. Grand River Avenue, Howell, MI 48843

## LifeStance Health

At LifeStance Health we help clients lead healthier, more fulfilling lives by providing access to trusted, affordable, and personalized mental healthcare. Our psychiatrists, therapists and psychologists offer in-person and remote appointments.

Locations:

7600 Grand River, Suite 290 Brighton, MI 48114

2200 Genoa Business Park Drive, Suite 100 Brighton, MI 48116

Contact Info: 517-882-3732

## Jacqueline Lisiecki, MSW

## Peter Lisiecki PHD

Location: 7960 W. Grand River Suite 120 Westage Office Center Brighton, MI 48114

Contact Info: 810-227-1999

## Livingston County Area Alano Club

The Alano Club provides a safe and sober facility for those in recovery, their families and the public at large. They provide shelter for 32 recovery based meeting each week and provide, safe, sober, social and personal growth opportunities and events.

Contact Info: 810-229-8110

Website: [www.livcoalano.org](http://www.livcoalano.org)

## Livingston County Catholic Charities

Livingston County Catholic Charities, a local 501(c)3 nonprofit with over 37 years of experience, provides mental health and substance abuse counseling and prevention services for children, youth, adults, and families. The agency is accredited by the Council on Accreditation and is licensed by the State of Michigan. Many insurances are accepted and a sliding-fee-scale is available for the uninsured. Additional information is available at [www.LivingstonCC.org](http://www.LivingstonCC.org) or at 517-545-5944.

# Livingston County Community Alliance

The Livingston County Community Alliance (LCCA) is a county-wide, anti-drug coalition that raises awareness of substance abuse and misuse in Livingston County. The LCCA releases mini-grants throughout the year to fund adolescent planned and implemented drug awareness projects or activities in Livingston County. Other volunteer opportunities are available, regardless of age. For more information call 517-545-5944, extension 123 or visit [www.drugfreelivingston.com](http://www.drugfreelivingston.com).

# Livingston County Community Mental Health Authority

Services and programs for Children, Youth and Families include:

- Parent Support Partner
- Child and Family Case Management
- Parent Infant Program
- Respite
- Child and Family Therapy
- Home Based Services
- Psychiatric Services
- Wraparound

These address a child's ability to control his or her emotions or behaviors or to use information. Examples of problems include depression, bi-polar disorders, post-traumatic stress disorder, anxiety disorders, attention deficit disorders, and conduct disorders. Services support the parent/caregiver with skill building, learning new strategies, and helping build on strengths within the family.

Services for Individuals (including children and youth) with Developmental Disabilities include: Parent Navigator, Case Management, Community Supported Living, Respite, Access to Clinical Services, Personal Emergency Response System. Some examples of developmental disabilities include autism, cognitive impairment and Down Syndrome.

LCCMHA also provides services for adults with mental illness, on-site pharmacy, substance use services, and emergency services. If you are interested in or want to know whether you qualify for services, please call 517-546-4126 and ask for the Intake and Access

Department or visit [www.cmhliv.org](http://www.cmhliv.org). Access and 24-hour crisis number: 517-546-4126 or (toll free) 1-800-615-1245.

### **Consumer Action Panel**

Livingston County Community Mental Health has a consumer Action Panel which meets monthly. This committee has representation from all of our populations served, and also has youth representation. The purpose of the committee is to ensure that all consumer and family voices are heard and to advocate effectively for individuals with mental health needs.

### **Youth Mental Health First Aid**

Livingston County Community Mental Health Authority provides training to individuals who work with youth regarding mental health. This training, called Youth Mental Health First Aid, is intended to assist youth who may be experiencing mental health concerns, helping the youth connect with a therapist or other assistance as appropriate.

### **Mental Health Awareness Committee**

Livingston County Community Mental Health Authority has a Mental Health Awareness Committee which provides workshops to 7<sup>th</sup> grade health classes and to other classes in schools in the community. This committee is responsible for helping teach youth to reach out for help, to reduce stigma, and to increase awareness. The committee welcomes youth membership.

## **Livingston County United Way**

Location: 2890 Dorr Road Brighton, MI 48114

Contact Info: 810-494-3000

Website: [www.lcunitedway.org](http://www.lcunitedway.org)

# Livingston Family Center

**Livingston Family Center** (4736 East M-36 in Pinckney) 810-231-9591

Outpatient counseling services to children, adolescents, and adults. We accept most major insurances and have a sliding fee scale based on household income.

**The Connection Youth Services** (616 W. Grand River Ave in Howell).

24/7 Information and Help Line: 866-440-7233. The Connection Youth Services offers a variety of services to youth ages 11-21 and their families. The Connection provides emergency shelter and transitional living opportunities to homeless and at-risk youth ages 11-21 on a short-term basis while individual, group, and family therapy is put in place to help youth work through challenges they are facing. Staff are present around the clock to supervise youth and maintain the daily schedule. In addition to receiving treatment services, youth continue to attend their school and complete chores daily. Youth ages 16-21 who do not have a safe and stable living option may choose to apply to the Transitional Living Program (TLP). TLP provides housing for up to 18 months while youth participate in services to develop the skills to live independently. Youth ages 11-21 and their families may participate in therapy, case management, groups, or social activities at The Connection even if housing is not needed. Group are offered Monday-Thursday focused on helping youth develop coping skills, learn life skills, improve communication and make healthier choices. All services are free, confidential, and available regardless of health insurance coverage. Therapy services are provided by licensed clinicians.

**The Family Connection Center** (121 S. Barnard St., Suite 8 in Howell) 517-376-6459

Supervised visitation for families affected by domestic violence. Children and adolescents up to 17 years old. Services for families affected by domestic violence are free. Families using our services that are not affected by domestic violence are based on a sliding fee scale.

# LOVE, INC. of the Greater Livingston Area

Location: 820 E. Grand River Ave. Howell, MI 48844

Contact Info: 517-552-3620

Website: [www.livingstonloveinc.org](http://www.livingstonloveinc.org)

Mailing Address: P.O. Box 558 Howell, MI 48843

# NAMI-National Alliance on Mental Illness

Location: 8730 Clubhouse Dr. Brighton, MI 48116

Contact Info: 810-552-3687

# NA- Narcotics Anonymous

P.O. Box 1867 Brighton, MI 48116

[LCASCNA@ymail.com](mailto:LCASCNA@ymail.com)

# Jeremy Novak PhD

Location: 780 W. Grand River Brighton, MI 48116

Contact Info: 810-225-1670

Email: [jeremynovak@metropsychoonline.com](mailto:jeremynovak@metropsychoonline.com)

Website: [www.metropsychoonline.com](http://www.metropsychoonline.com)

# Oakland/Livingston Human Service Agency- OLHSA

OLHSA supports Oakland and Livingston County residents that are looking for assistance in removing the burdens of poverty. We provide individually tailored, wrap-around assistance for all individuals and families in need of help.

Location: 2300 E. Grand River, Suite 107 Howell MI, 48843

Contact Info: 517-546-8500

Website: [www.olhsa.org](http://www.olhsa.org)

## Jenny Parmenter ACSW, LMSW

Location: 1086 Charles H Orndorf Drive Brighton, MI 48116

Contact Info: 810-623-1628

## Jackie Price LMSW

Location: 1086 Orndorf Dr. Brighton, MI 48116

Contact Info: 810-220-0271

Email: [djackipricemsw@gmail.com](mailto:djackipricemsw@gmail.com)

## Project SUCCESS

Project SUCCESS, a SAMHSA model program, is a program that prevents and reduces adolescent substance use and abuse. It works by placing highly trained professionals in the schools to provide a full range of substance abuse prevention and early intervention services. In our community, a Project SUCCESS Counselor is placed for one day in each of

our local public high schools and middle schools. They primarily work with adolescents individually and in small groups, conduct large group prevention/education discussions and programs, train and consult on prevention issues with school staff, coordinate the substance abuse services and policies of the school, and refer and follow up with students and families needing substance abuse treatment or mental health services in the community. Dates and times vary by location, but you may contact Karen Bergbower at [karen@kbamichigan.com](mailto:karen@kbamichigan.com) or 810-225-9550 for specific information.

## Lauren Radtke-Rounds PhD

Location: 800 W Grand River, Suite 802 D, Brighton, MI 481146

Contact Info: 248-962-5064

Website: [www.drLaurenRadtkeRounds.com](http://www.drLaurenRadtkeRounds.com)

## Relationship Center of Michigan

Location: 5841 Whitmore Lake Rd., Brighton, MI 48116

Contact Info: 810-227-6218

Website: [www.relationship-center-mi.com](http://www.relationship-center-mi.com)

## Renewed Relationships

Courtney Klaus, LLPC

Location: 8700 N. Second St, Suite 202 Brighton, MI 48116

Contact Info: 810-552-0785

Website: [www.renewedrelationships.com](http://www.renewedrelationships.com)

# The Salvation Army Livingston County

Location: 503 Lake Street Howell, MI 48844

Contact Info: 517-546-4750

Website: <https://centralusa.salvationarmy.org/livingstoncounty/>

# Trinity Health Behavioral Health

Outpatient Behavioral Services

Location: 2300 Genoa Business Park Drive, Suite 180 Brighton, MI 48114

Contact Info: 734-786-2300

# Michelle Sunny, MS, LLP

Location: 1086 Library Dr. Brighton, MI 48116

Contact Info: 734-377-1124

# UMHS Integrated Mental Health Clinics in Primary Care

Provides brief mental health and substance abuse counseling and referrals for children and adolescents (and their parents), adults, and families. Specializing in anxiety, depression, grief, divorce, trauma, relationship concerns, postpartum support, caregiver support, and coordinating care across clinics/departments of the Health System. Self-referrals are welcome.

Brighton Health Center, mental health and substance abuse counseling to children, adolescents, and adults. Specialties including perinatal mood and anxiety disorders,

depression, anxiety, counseling to families affected by substance abuse, grief and loss, chronic pain. Call for more information; ask for social work 810-227-9510.

Howell Pediatrics/ Howell Health Center, mental health and substance abuse counseling to children, adolescents and families. Specialties including perinatal mood and anxiety disorders, play therapy, stress reduction, depression, anxiety, grief and loss, counseling to families affected by substance abuse. Social worker and child psychologist available. Social worker is also fluent in American Sign Language and is able to see/consult for people who are Deaf or have a hearing loss. Call for more information 517-548-1020.

## UM Child & Adolescent Psychiatry

Contact Info: 734-764-0231

Website: <https://medicine.umich.edu/dept/psychiatry/programs/child-adolescent-psychiatry>

# Youth Sports

---

Livingston County offers a wide range of high quality sports and recreation opportunities. The programs and leagues vary in length of time, level of skill, and price. In an effort to organize the listings in a clear way, we have listed the providers from community based through private companies. This is not to imply knowledge of skill level, cost, and/or quality.

## Archery

Livingston Conservation and Sports Association - 810-227-2917 or <https://lcsa.clubexpress.com/>

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

Sky Archery—810-225-9085

Van's Archery Center—734-449-4306

## Baseball

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Area Youth Athletic Association—[www.hayaasports.com/](http://www.hayaasports.com/)

Howell Area Junior Baseball Association—[www.howellbaseball.org](http://www.howellbaseball.org)

Michigan Sports Academy—517-552-9000 or [www.msa-livingston.com](http://www.msa-livingston.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

The Legacy Center—[www.legacycentermichigan.com](http://www.legacycentermichigan.com)

# Basketball

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Area Youth Athletic Association—[www.hayaasports.com/](http://www.hayaasports.com/)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

TC Elite Basketball—810-429-1274 or [www.tcelitebasketball.com](http://www.tcelitebasketball.com)

# Biking

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

# Cheerleading / Pom

Brighton Bulldogs—[www.bulldogsfootballandcheer.com](http://www.bulldogsfootballandcheer.com)

Byron Youth Football and Cheerleading—[www.byronyouthfootball.com](http://www.byronyouthfootball.com)

Champion Cheerleading—810-632-9717 or [www.championcheerleading.com](http://www.championcheerleading.com)

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Area Youth Athletic Association—[www.hayaasports.com/](http://www.hayaasports.com/)

Hartland Sports Center—810-632-7222 or [www.hartlandsportscenter.com](http://www.hartlandsportscenter.com)

Howell Area Junior Football and Cheer—517-518-2836 or [www.hajfl.com](http://www.hajfl.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

# Dance

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Brighton School of Ballet—810-229-7690 or [www.brightonschoolofballet.com](http://www.brightonschoolofballet.com)

Ginny's Danceworks—810-229-2743 or [www.ginnysdanceworks.com](http://www.ginnysdanceworks.com)

Glenns School of Dance—517-546-9787 or [www.glennsschoolofdance.com](http://www.glennsschoolofdance.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Park and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Maria's School of Dance—517-223-0036 or [www.mariasschoolofdance.com](http://www.mariasschoolofdance.com)

Michelle's Academy of Dance—810-229-5678 or [www.madpacdance.com](http://www.madpacdance.com)

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

# Flag Football

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

# Football

Brighton Bulldogs—[www.bulldogsfootballandcheer.com](http://www.bulldogsfootballandcheer.com)

Byron Youth Football and Cheerleading—[www.byronyouthfootball.com](http://www.byronyouthfootball.com)

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Area Youth Athletic Association—[www.hayaasports.com/](http://www.hayaasports.com/)

Howell Area Junior Football and Cheer—517-518-2836 or [www.hajfl.com](http://www.hajfl.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

The Legacy Center—[www.legacycentermichigan.com](http://www.legacycentermichigan.com)

## Gymnastics

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Hartland Gymnastics Academy—810-626-2170 or [www.hartlandgymnasticsacademy.weebly.com](http://www.hartlandgymnasticsacademy.weebly.com)

Hartland Sports Center—810-632-7222 or [www.hartlandsportscenter.com](http://www.hartlandsportscenter.com)

High Flyers Educational Gymnastics—810-229-7740 or [www.highflyersgym.com](http://www.highflyersgym.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Infinity Gymnastics Academy—810-229-4966 or [www.infinitygymnastics.com](http://www.infinitygymnastics.com)

Livingston County Gymnastics—517-672-6062 or [www.livingstongymnastics.com](http://www.livingstongymnastics.com)

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

## Hockey

Hartland Sports Center Ice House—810-632-7222 or [rcote@kvicehouse.com](mailto:rcote@kvicehouse.com)

Kensington Valley Hockey Association—810-229-6087 or [www.kvhockey.org](http://www.kvhockey.org)

## Horseback Riding

Brighton Riding Stable—810-534-5063 or [www.brightonreridingstable.com](http://www.brightonreridingstable.com)

Hardy Farms—313-363-2243 or [www.hardysfarm.com](http://www.hardysfarm.com)

Mac Meadows—517-404-3823 or [www.macsmeadows.com](http://www.macsmeadows.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

## Jump Rope

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Jumpin' All-Stars—[www.jumpinallstars.org](http://www.jumpinallstars.org)

## Lacrosse

Hartland Area Youth Athletic Association—[www.hayaasports.com/](http://www.hayaasports.com/)

Howell Junior Lacrosse—517-881-9094 or [www.howelljrlacrosse.com](http://www.howelljrlacrosse.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

The Legacy Center—[www.legacycentermichigan.com](http://www.legacycentermichigan.com)

## Martial Arts

Freedom Academy— 810-623-9279 or [www.freedomfma.com](http://www.freedomfma.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Kil's Tae Kwon Do—810-227-1991 or [www.kilsmartialarts.com](http://www.kilsmartialarts.com)

Master Perez Taekwondo— 586-242-4412

Neff Martial Arts—517-672-1444

Ohana Karate—517-545-5557 or [www.ohanakarate.com](http://www.ohanakarate.com)

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

PKSA Karate Brighton—810-227-0064 or [www.pksa.com](http://www.pksa.com)

12<sup>th</sup> Edition, February 2023

Michigan Institute of Athletics— 810-522-6030 or [www.instituteofathletics.com](http://www.instituteofathletics.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

## Roller Hockey

Rollerama Skating Center—810-227-2010 or [metroskating.com](http://metroskating.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

## Skiing

Mt Brighton Ski Area—810-229-9581 or [www.mtbrighton.com](http://www.mtbrighton.com)

## Soccer

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Livingston County Family YMCA—248-685-3020

Michigan Alliance FC—734-260-1907

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

The Legacy Center—[www.legacycentermichigan.com](http://www.legacycentermichigan.com)

Soccer Shots—517-376-1068 or [www.soccershots.org](http://www.soccershots.org)

United Brethren -- 517-223-9490 or [www.fowlervilleub.org](http://www.fowlervilleub.org)

# Softball

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Area Youth Athletic Association—[www.hayaasports.com/](http://www.hayaasports.com/)

Howell Area Junior Baseball Association—[www.howellbaseball.org](http://www.howellbaseball.org)

Michigan Sports Academy—517-552-9000 or [www.msa-livingston.com](http://www.msa-livingston.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

The Legacy Center—[www.legacycentermichigan.com](http://www.legacycentermichigan.com)

# Special Olympics

Area 27 serves 200 athletes in Livingston County. For more information visit <http://www.somi.org/area27/> or email [area27@somi.org](mailto:area27@somi.org).

# Swim

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

# Tennis

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

# Track

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

# Volleyball

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or [www.selcra.com](http://www.selcra.com)

Top Gun Volleyball Club—517-548-0024 or [www.topgunvbc.com](http://www.topgunvbc.com)

# Wrestling

Brighton Wrestling Club—810-231-4942 or [www.brightonwrestlingclub.org](http://www.brightonwrestlingclub.org)

Fowlerville Community Recreation— 517-223-6481 or [www.fowlervilleschools.org](http://www.fowlervilleschools.org)

Hartland Wrestling Club—[coacht93@yahoo.com](mailto:coacht93@yahoo.com)

Howell Hurricanes Youth Wrestling—810-333-1975 or [www.sportsengine.com/org/howell-hurricanes-youth-wrestling](http://www.sportsengine.com/org/howell-hurricanes-youth-wrestling)

Pinckney Wrestling Club—[www.pinckneywrestling.com](http://www.pinckneywrestling.com)

Pinckney Youth Wrestling—[pinckneyyouthwc@gmail.com](mailto:pinckneyyouthwc@gmail.com)

# Youth Activities

---

## Art

Acorn Arts—517-545-3031 or [www.acornartsclasses.org](http://www.acornartsclasses.org)

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

The Ceramic Studio Etc.—517-548-5386 or [www.theceramicstudioetc.com](http://www.theceramicstudioetc.com)

## Bowling

Bowl E Drome—517-546-0820 or [www.bowledrome.com](http://www.bowledrome.com)

Brighton Bowl—810-227-3341 or [www.brightonbowl.com](http://www.brightonbowl.com)

## Brighton District Library

Brighton District Library holds programs for youth of all ages, including story times, at Teen Advisory Board, craft sessions, and book clubs.

Visit [www.brightonlibrary.info](http://www.brightonlibrary.info) for more information.

## Camp Fire

Camp Fire has a large variety of age appropriate programs. All of our programs focus on high quality age appropriate activities which incorporate problem solving and critical thinking. Programs listed below are offered by Camp Fire. Other enhancement activities

such as yoga, theatre improve etc. would be contracted to outside vendors but at this time cannot guarantee availability so they are not included in the list:

- **Wise Kids:** Camp Fire's Wise Kids Outdoors health and wellness programs uses the simple theory of "energy in = energy out" to teach children about eating healthy and living a healthy lifestyle
- **Building Blocks:** Building Blocks provides an exciting approach for youth to learn about science, technology, and mathematics
- **Arts & Crafts:** Age appropriate craft projects designed to spark creativity
- **Music:** Youth will experience different elements of music through song, dance and drumming. Participants will make simple musical instruments and learn about how music is made through hands on experiences
- **Taking Care of Me and I'm Peer Proof:** This program is designed to teach kids basic hygiene and life skills with emphasis on anti-bullying techniques
- **InterACTION:** Communication with peer groups and adults is crucial to thriving and success for youth today. Camp Fire's InterACTION focuses on healthy communication skills and helping youth learn simple conflict resolution approaches.
- **In Defense of Food:** In partnership with Public Television this program explores nutritional aspects of food with cooking lessons and other valuable, age appropriate information.

Clubs also available for youth and families:

- **Classic Clubs:** Youth from preschool to high school move progressively through the Classic Cub program in groups according to their grade levels. The small group program offers a mix of fun activities, projects, events & experiences to help develop planning & decision making skills.
- **Family Clubs:** Families can form their own clubs. Since the Camp Fire program is flexible, the specifics of each individual program can be customized to meet the needs of each family. Families in the community come together monthly to participate in activities and to recognize accomplishments.

For more information contact: [kids@camfiresem.org](mailto:kids@camfiresem.org) or visit [www.camfiresem.org](http://www.camfiresem.org)

Phone: (248) 382-8382    Address: 9750 Milford Rd. Holly, MI 48442

## The Connection Youth Services Youth Leadership Council

Youth Leadership Council members work as part of a team on community service projects, youth event planning, advocacy, and program development. Youth utilize leadership skills, youth voice, youth service, youth action, and youth organizing to effect positive social change in our community and improve conditions for themselves and others.

This group meets weekly at The Connection Youth Services' Drop-In Center located in Howell. Call 1-866-440-7233 for more information. Youth ages 14-20 years old are welcome.

## The Connection Youth Services' Umbrella Initiative

The Umbrella Initiative focuses on providing a safe space for LGBTQ+ youth and their allies (and any other youth interested in learning more about LGBTQ+ topics). The Umbrella Initiative's goal is to support, educate, and advocate for LGBTQ+ youth. This group meets weekly at The Connection Youth Services' Drop-In Center located in Howell. Call 1-866-440-7233 for more information. Youth ages 14-20 years old are welcome.

## Cooking

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

# Cromaine District Library Programs

Cromain District Library holds programs for youth of all ages, including story times, at Teen Advisory Board, craft sessions, and book clubs.

Visit [www.cromaine.org](http://www.cromaine.org) for more information.

## Engineering/Science

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

## Fitness

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Hamburg Fitness Center and Camp—810-231-4169 or [www.hamburgfitness.net](http://www.hamburgfitness.net)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

Pure Heat Yoga and Fitness—517-552-1520

TruFit Fitness—517-300-5003 or [www.trvfitbhp.com](http://www.trvfitbhp.com)

## Gaming

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

# Great Start Parent Coalition

Great Start Livingston supports ALL families in Livingston County who are taking care of children from the prenatal period through age 8.

Our Parent Coalition meets monthly on the third Thursday each month. Join us!

[www.greatstartlivingston.org](http://www.greatstartlivingston.org)

## Hamburg Township Parks and Recreation

Hamburg Township Parks and Recreation invites you to come and play! Come and enjoy the number of local facilities to enjoy:

- **Manly W. Bennett Memorial Park:** approved by the Township Board for specific local non-profit sports groups to offer programming and community events. Park land is located on both the east and west sides of Merrill Road. This 384-acre recreational facility includes baseball/softball/t-ball diamonds, soccer fields, playgrounds, football practice areas that accommodate rugby, a model airplane runway/flying field, picnic areas, hiking, and biking trails, and a newly added Disc Golf Course.
- **The “Gulch” Disc Golf Course:** This course is 18 am holes and 9 pro, and winds through the woods of Manly Bennett Park West. The course includes some hilly terrain, and benches have been placed along the way to provide resting areas while you play.
- **Lakelands Trail:** One of four linear state parks in the Michigan State Park System that have been converted from under the ownership of the DNR. The 6.5 mile Hamburg Township section of the Trail was a former abandoned railroded route that was redeveloped into a 16 foot wide, non-motorized pathway with a 10 foot wide e paved section for walking, bicycling, rollerblading, running, and cross-country skiing, and a 6 foot wide turf lane for equestrians.

For more information, contact: Deby Henneman, Parks & ADA Coordinator Hamburg Township at (810) 222-1124 or [dhenneman@hamburg.mi.us](mailto:dhenneman@hamburg.mi.us).

# Howell Carnegie District Library

Howell Carnegie District Library offers a variety of activities for all ages.

- Family Place Library – programs and materials for parents/caregivers and children birth through age 3, including the Parent Child Workshop, the Family Place Parenting Collection and the play area in the Youth Services Department.
- Early Literacy Classes- programs for children birth through entering kindergarten and their parents/caregivers focusing on establishing the skills needed for entering school and learning to read.
- Build It Room – collection of games, materials, manipulatives, puzzles and toys to inspire discovery and dramatic play.
- Summer Reading Program – a variety of special events and a reading game during the summer months to keep all ages (birth through adult) engaged in reading and learning.
- Special School Year Programs – various special events, some educational and some just fun.
- Teen Volunteer Program - teens (grade 6-12 during the school year and grades 7-12 in the summer) assist the Youth Services staff.
- Materials available – kits, eBooks/eAudios (downloadable and/or streaming), DVDs, audiobooks, online resources and books to meet your educational, informational, and recreational needs.

For more information (517) 546-0720 or [www.howelllibrary.org](http://www.howelllibrary.org)

## LACASA Volunteer Opportunities

**Position: Teen Advisory Council (TAC) Member**

- Description: LACASA's TAC is made up of local high school students representing all of Livingston County's school districts. Teens work with LACASA staff to create an annual awareness campaign hosted in all local high schools. Campaigns address

the issues of dating violence and sexual assault awareness as well as other prevention and education projects for teens.

- Training: Teens receive ongoing training as a part of the TAC Meetings.
- Time Commitment: Meetings are held twice a month after school hours and teens are asked and encouraged to attend at least one meeting a month. There are other opportunities throughout the year for teens, which members are invited to attend.

### **Position: Cinderella's Closet Representative**

- Description: Cinderella's Closet is a semi-annual awareness opportunity hosted by LACASA which works to build self-esteem and empowerment of local teens. Twice per year, near Homecoming and Prom, LACASA hosts a pop-up boutique at LACASA Collection in Howell and offers suits, dresses, gowns, and jumpers for only \$25 each. The boutique carries a wide variety of sizes and styles. Teen guests are given information on healthy relationships, safety, and self-love while doing something good for both LACASA (all proceeds support LACASA's prevention education efforts) and the environment (repurposing formalwear which might otherwise be discarded).
- High school aged volunteers are needed to help promote the boutique on their social media, assist in a photo shoot, and help with an annual formalwear drive competition.
- Training: New representatives are asked to attend an informal meeting to become more familiar with LACASA, our programs, and services, and what is expected from our reps.
- Time Commitment: Approximately 10 hours per boutique at the teen's availability.

### **Position: LACASA Collection Volunteer (16 & older please)**

- Description: Volunteers will be sorting and organizing donations generously given to LACASA for the LACASA Collection (our resale boutique in Howell) which is designed to enable clients to shop with dignity and provide ongoing and sustainable funding for LACASA's critical programs. Volunteers are needed to hold customer service positions (sorting, organizing, merchandizing, tagging, and sales).
- Training: Volunteers will be asked to complete an orientation as well as on-the-job training on location.

- Time Commitment: Flexible; Time Commitment: Flexible; we are currently scheduling volunteers to assist on work crews on a weekly or bi-weekly shift on location, or based on their availability.

Interested in volunteering? Contact: [volunteering@lacasacenter.org](mailto:volunteering@lacasacenter.org)

## Livingston ESA

Livingston ESA offers *FREE*\* high-quality preschool programs to children throughout Livingston County.

Livingston ESA preschool programs utilize a research-based curriculum in a supportive learning environment to assist children with the development of the skills needed to be ready for kindergarten and beyond. The curriculum is focused on helping preschoolers develop the early reading and math skills needed to be successful in school.

Additionally, attention to the whole child includes a focus on social and emotional development. Children learn skills to negotiate, problem solve, and develop empathy, as they interact with their peers and other adults in early childhood settings. Activities to develop gross and fine motors skills are included on a daily basis to make sure all five of the dimensions of readiness are addressed. Parent involvement during the preschool years is encouraged and all programs provide multiple opportunities for parents to participate in their child's experience. Livingston ESA provides high-quality health, oral health, mental health, and nutrition services that will support each child's growth and school readiness.

Decisions for enrollment into Head Start and Great Start Readiness Program classrooms are based on individual family experiences; one or more of these experiences may qualify your child:

- Family Income
- Concerns about your child's development
- Challenging behavior
- English as a second language
- Family school difficulties
- Environmental Risk (Abuse, Addiction, Mental Health)

- Single parent home due to divorce, deployment, incarceration, illness
- Change in guardianship

Great Start Readiness Program (GSRP) and Head Start classrooms are located throughout the county, in each of the local school districts: Brighton, Fowlerville, Hartland, Howell, and Pinckney.

\* *Must meet eligibility requirements.*

## MSU Extension: Livingston County 4-H

Livingston 4-H offers an abundance of educational, fun, and interactive programming for every interest. The program is also FREE to join for ages 5-19 years old. 4-H continues to develop new projects for its members to explore leadership, citizenship, agriculture and animal husbandry, community service, photography, conservation, cooking, public speaking, clothing and textiles, service learning, history, art, robotics, gardening, and much more!

For more information contact Kat VanDouser, 4-H Program Coordinator, at [krollkat@msu.edu](mailto:krollkat@msu.edu) or 517-546-3950.

## MSU Extension: Early Childhood

Michigan State University Extension's Early Childhood Education offers research-based programs, series of educational classes and information for parents, caregivers and child care providers on a variety of early childhood development topics including:

- Literacy development
- Science and math
- Positive discipline
- Dealing with anger
- Social and emotional health
- School readiness
- Nurturing parenting

For more information contact Carrie Shrier at 517-546-3950.

# The Salvation Army

The Salvation Army offers numerous programs for youth of all ages including:

- Teen Night - Fun, Educational and Service Projects
- Character Building programs for elementary students
- Volunteer opportunities for youth
- Summer overnight camps

If you would like information on any of the above, contact 517-546-4750.

## ShapeDown®

Trinity Health offers ShapeDown®, a national weight management program for families. Parents and children (ages 6 to 18) work together as a team with a behavior counselor, registered dietitian, and exercise specialist to learn how healthy eating, an active lifestyle, and effective communication promote weight loss and family unity. The program starts with eight weekly two-hour classes. May be covered in part by certain insurances. Scholarships are available.

Register for Healthy Families online or by calling [734-712-5694](tel:734-712-5694) or emailing [aasjshapedown@trinity-health.org](mailto:aasjshapedown@trinity-health.org).

Visit [www.stjoesannarbor.org/shapedown](http://www.stjoesannarbor.org/shapedown) for more information.

## Teen Center

Hartland Next Door Teen Center — 810-991-0050 or [www.nextdoorhtc.com](http://www.nextdoorhtc.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

## Terrific Tuesdays

Join us for a story time filled with rhythm, rhyme, and movement. Help your little one get  
12<sup>th</sup> Edition, February 2023

ready to read as we share books, music, and more. All Ages with a caregiver. Tuesdays, 10:15-10:45am. Call the Brighton District Library for more information and specific dates at (810) 229-6571 or visit [www.brightonlibrary.info](http://www.brightonlibrary.info)

## Wonderful Wednesdays

Join us for a story time filled with rhythm, rhyme, and movement. Help your little one get ready to read as we share books, music, and more. All Ages with a caregiver. Wednesdays, 10:15-10:45am. Call the Brighton District Library for more information and specific dates at (810) 229-6571 or visit [www.brightonlibrary.info](http://www.brightonlibrary.info)

## YMCA Summer Day Camp

Summer day camp programming with transportation to the Carls Y in Milford. Program hours are 8:30 a.m. to 4 p.m. with before and after care available. Daily program includes multiple opportunities for outdoor physical activity, games, sports skills, nature walks, nutrition, and care character values activities. Call (248) 685-3020 for more information or visit [www.ymcadetroit.org](http://www.ymcadetroit.org)

## Yoga

Bent Yoga—248-491-8565 or [www.bentyogastudio.com](http://www.bentyogastudio.com)

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

Pure Heat Yoga and Fitness—517-552-1520

Yoga Center for Healthy Livings—810-225-1288 or [www.yogacenterbrighton.com](http://www.yogacenterbrighton.com)

# Zumba

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Howell Area Aquatic Center—517-540-8355

Kil's Tae Kwon Do—810-227-1991 or [www.kilsmartialarts.com](http://www.kilsmartialarts.com)

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

TruFit Fitness—517-300-5003 or [www.trvfitbhp.com](http://www.trvfitbhp.com)

Zumba Joanie—[www.zumba.com/en-US/profile/joanie-maciak/111683](http://www.zumba.com/en-US/profile/joanie-maciak/111683)

# Youth Safety

---

## Boater's Safety

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

ONLINE—[www.boat-ed.com/michigan](http://www.boat-ed.com/michigan)

## Hunter's Safety

Livingston Conservation and Sports Association - 810-227-2917 or

[www.lcsa.clubexpress.com](http://www.lcsa.clubexpress.com)

Livingston County Wildlife and Conservation Club—810-231-1811 or [www.lcwcc.org](http://www.lcwcc.org)

ONLINE—[www.hunter-ed.com/michigan](http://www.hunter-ed.com/michigan)

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

## Self-Defense

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Kil's Tae Kwon Do—810-227-1991 or [www.kilsmartialarts.com](http://www.kilsmartialarts.com)

Neff Martial Arts—517-672-1444

Ohana Karate—517-545-5557 or [www.ohanakarate.com](http://www.ohanakarate.com)

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

PKSA Karate Brighton—810-227-0064 or [www.pksa.com](http://www.pksa.com)

# Snow Mobile Safety

Brighton Community Education—810-299-4130 or [www.brightoncommunityed.com](http://www.brightoncommunityed.com)

Hartland Community Education—810-626-2150 or [www.hartlandcommunityed.com](http://www.hartlandcommunityed.com)

Howell Parks and Recreation—517-546-0693 or [www.howellrecreation.org](http://www.howellrecreation.org)

ONLINE—[www.snowmobile-ed.com/michigan](http://www.snowmobile-ed.com/michigan)

Pinckney Community Education—810-225-3950 or [www.pinckney.ce.eleyo.com](http://www.pinckney.ce.eleyo.com)

# Physical & Sexual Health

---

## Affirmations

Affirmations provides a welcoming space where people of all sexual orientations, gender identities & expressions, and cultures can find support and unconditional acceptance, and where they can learn, grow, socialize and have fun.

Location: 290 W. Nine Mile Rd. Ferndale, MI 48220

Contact Info: 248-398-7105

Website: [www.goaffirmations.org](http://www.goaffirmations.org)

## Child Abuse and Neglect

**Central Intake:** To report suspected child abuse and/or neglect, call 855-444-3911. The identity of the reporting person is confidential.

**LACASA Center:** LACASA Center provides comprehensive services for survivors of child abuse, as well as their families. Our specially trained team provides a safe space for children and teens to come for counseling, age-appropriate support groups, and activity programs.

Contact LACASA: 24/7 Helpline Call: 866.522.2725 Text: 517.777.8005

[lacasacenter.org](http://lacasacenter.org)

# The Connection Youth Services' Umbrella Initiative

The Umbrella Initiative focuses on providing a safe space for LGBTQ+ youth and their allies (and any other youth interested in learning more about LGBTQ+ topics). The Umbrella Initiative's goal is to support, educate, and advocate for LGBTQ+ youth. This group meets weekly at The Connection Youth Services' Drop-In Center located in Howell.

Call 1-866-440-7233 for more information. Youth ages 14-20 years old are welcome.

## The Corner Health Center

The Corner Health Center is a LGBTQ+ friendly health care provider offering checkups & shots, STI tests and treatment, Rapid HIV testing, birth control, pregnancy testing & care, free condoms, counseling, hormone therapy & puberty blockers, bullying support, LGBTQ+ support and more.

Location: 47 N. Huron St. Ypsilanti, MI 48197

Contact Info: 734-484-3600

Website: [www.cornerhealth.org](http://www.cornerhealth.org)

## Equality Michigan

Equality Michigan is Michigan's only statewide anti-violence and advocacy organization working primarily for Michigan's lesbian, gay, bisexual, and transgender (LGBT) communities. Our organizations work to create change on a local and state level that advances equality and legal protections for the LGBT communities.

Location: 19641 W. 7 Mile Rd. Detroit, MI 48219

Contact Info: 313-537-7000

Website: [www.equalitymi.org](http://www.equalitymi.org)

12<sup>th</sup> Edition, February 2023

# GLSEN

## (Gay, Lesbian, Straight Education Network)

The Gay, Lesbian & Straight Education Network strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression.

PO Box 764 Royal Oak, MI 48068

Contact Info: 248-716-0106

Email: [glsensemi@gmail.com](mailto:glsensemi@gmail.com)

## Healthy Families Livingston

Healthy Families Livingston helps families who are expecting a baby or have a newborn by offering weekly visits in the family's home. Our home visitors are friendly, caring, and non-judgmental and can offer support throughout the pregnancy, information on your baby's development and how to keep your home safe, fun activities for you and your baby to do together, and access to community resources that help with diapers, food, and other needs.

Contact LACASA: Business Line: 517-548-1350

24/7 Helpline Call: 866.522.2725 Text: 517.777.8005

Email: [healthyfamilies@lacasacenter.org](mailto:healthyfamilies@lacasacenter.org)

## LACASA Sexual Assault Response Center

Our Sexual Assault Response Center provides immediate support and compassionate care if you have experienced sexual harassment, sexual assault, or rape.

All services for sexual assault survivors are private, confidential, and provided at no charge.

LACASA's team of counselors, advocates, and nurses are specially trained to help you make critical decisions following an assault. They provide ongoing support as you begin

your journey of healing physically and emotionally.

**SANE Program:** LACASA's Sexual Assault Nurse Examiner (SANE) program offers assault survivors of all ages and their families a respectful environment to come for help and medical care following a sexual assault. LACASA's SANE program also offers services for those who have experienced strangulation by an intimate partner. LACASA's state-of-the-art facility provides survivors with an alternative to undergoing medical care at a public emergency room. All medical assessments and examinations are conducted by SANE Nurses trained to provide compassionate care.

Contact LACASA: 24/7 Helpline Call: 866.522.2725 Text: 517.777.8005

[lacasacenter.org](http://lacasacenter.org)

## Livingston County Health Department

Offers information or referral for Sexually Transmitted Diseases (STDs) or Sexually Transmitted Infections (STIs). A Public Health Nurse is available to offer information and referrals for sexually transmitted diseases (STD) during business hours Monday through Friday at (517) 552-6882. Confidential or anonymous information based HIV testing is available by appointment. HIV testing appointments can be scheduled by visiting:

[bit.ly/3yW0Jsm](http://bit.ly/3yW0Jsm)

Immunizations & TB Testing are offered by appointment. Appointments can be scheduled by visiting: [bit.ly/3yW0Jsm](http://bit.ly/3yW0Jsm)

The Health Department assists with enrollment into Children's Special Health Care Services, which is a state of Michigan program designed to provide early identification and advocacy for children with eligible medical conditions as well as assistance with medical costs. Staff are also available to assist with enrollment in health insurance plans such as Healthy Michigan Plan, MICHild, Healthy Kids, and MOMS.

Location: 2300 E. Grand River Ave #102 Howell, MI 48843

Contact Info: 517-546-9850

Website: [www.lchd.org](http://www.lchd.org)

# Trinity Health Academic Family Medicine – Brighton

Trinity Health Academic Family Medicine provides up-to-date, evidence-based, comprehensive health care for infants, children, teens and adults, in a caring, compassionate environment. Working closely with each of our patients, we develop personalized care plans with a special emphasis on preventative care so that, in addition to helping you today with health care concerns, we can work with you now to avoid ones that may come up in the future.

Location: 7575 Grand River Ave, Suite 210, Brighton, MI 48114

Contact Info: 810-844-7950

## Medical Assistance

Essential health care coverage, such as Medical Assistance or Medicaid, is available to those who otherwise cannot afford it. Michigan has many health care programs available to children, families and adults who meet eligibility requirements. Each program has income limits and some have an asset limit - limits vary with each program. Apply for coverage on MI Bridges at [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges). More information is available at [http://www.michigan.gov/mdhhs/0,5885,7-339-71547\\_4860---,00.html](http://www.michigan.gov/mdhhs/0,5885,7-339-71547_4860---,00.html) or contact the Livingston County Department of Health and Human Services at 517-548-0200.

## National Diabetes Prevention Program

Trinity Health Diabetes Education

Location: 620 Byron Road, Suite 1100, Howell, MI 48843

Website: <https://www.trinityhealthmichigan.org/find-a-service-or-specialty/diabetes-and-endocrine/diabetes/prevention>

# PFLAG

PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgender persons, their families and friends through: support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and to secure equal civil rights. Parents, Families and Friends of Lesbians and Gays provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

Meetings: 3rd Sunday of Every Month, 2:00 pm - 4:00 pm  
St. Paul's Episcopal Church, 200 W St. Paul St, Brighton, MI 48116

Mailing Address: PFLAG Livingston P. O. Box 314 Howell, Michigan 48844

Contact Info: 517-548-0839 or [LivingstonPFLAG@aol.com](mailto:LivingstonPFLAG@aol.com)

Website: [www.pflaglivingston.org](http://www.pflaglivingston.org)

# Planned Parenthood

Health centers offering abortion services, birth control, HIV testing, LGBT services, men's health care, the morning-after pill (emergency contraception), pregnancy testing and services, STD testing, treatment & vaccines, and women's health care.

3100 Professional Dr. Ann Arbor, MI 48104 – 734-973-0710

2370 W. Stadium Blvd. Ann Arbor, MI 48103 – 734-929-9480

15707 Farmington Road, Livonia, MI 48154 – 734-591-6544

G-3371 Beecher Road, Flint, MI 48532 – 810-238-3631

300 N. Clippert, Ste. 6, Lansing, MI 48912 – 517-351-0550

Website: [www.plannedparenthood.org](http://www.plannedparenthood.org)

# Pregnancy Help Clinic

Pregnancy Help Clinic offers a variety of services dedicated to assisting individuals experiencing an unplanned pregnancy including material support to assist any family struggling to meet the needs of their infant, medical services, education, counseling, and a lending library.

Pregnancy Help Clinic also offers STI testing and treatment services. Services are free, with the exception of a small lab fee that covers the portion of the expenses incurred for laboratory testing.

Location: 7743 W. Grand River Suite 101 Brighton, MI 48114

Contact Info: 810-494-5433

Website: [www.pregnancyhelpclinic.com](http://www.pregnancyhelpclinic.com)

# University of Michigan Student-Run Free Clinic

A student organization dedicated to providing the highest quality of health care free of charge to uninsured community members, while creating opportunities for U of M students and physicians to confront health disparities through direct action.

Open Wednesdays 2:00 pm - 7:00 pm and Saturdays 8:00 am - 12:00 pm

Location: 103 E. Main St Pinckney, MI 48169

Contact Info: 734-936-7804 or [Medical-School-UMSRFC@med.umich.edu](mailto:Medical-School-UMSRFC@med.umich.edu)

Website: [www.umstudentrunfreeclinic.org](http://www.umstudentrunfreeclinic.org)

# Other

---

## 211

If you're looking for assistance with a problem and you don't know where to turn, or you simply want information on a particular human service issue, 2-1-1 is for you. It is available 24 hours a day, seven days a week. Just pick up your phone and dial 2-1-1 or 866-561-2500. Or text your zip code to 898-211.

Search for resources online: [www.centalmichigan211.org](http://www.centalmichigan211.org)

## Department of Health and Human Services

At 2300 E. Grand River, Suite 1, Howell. The Michigan Department of Health and Human Services assists children, families and vulnerable adults to be safe, stable and self-supporting. Contact the agency at 517-548-0200.

You can apply for all assistance programs on the MDHHS website: [www.michigan.gov/mibridges](http://www.michigan.gov/mibridges) or call 888-642-7434.

- **Medicaid** provides necessary medical care for recipients and other low-income individuals who are under 21, pregnant, disabled, and blind.
- **Family Independence Program (FIP)** is a cash assistance program for families with children. A family with other income can be eligible if the family income is less than the family's needs and income minus work disregards.
- The **Child Support Program** assists to establish paternity and obtain child support payments from absent parents. This free service is available to all citizens, whether or not they receive assistance.
- **Children's Protective Services** help prevent further harm from non-accidental physical or mental injury, sexual abuse, exploitation, or neglect by a person responsible for a child's health or welfare. DHHS staff investigate reported abuse and neglect, assist

families in diagnosing and resolving problems, refer families to community resources including family preservation services, if necessary petition the court for removal of the child, provide public information about child abuse and neglect and coordinate community service programs. The identity of the reporting person is confidential. Call 855-444-3911 to report suspected abuse or neglect of children.

- **Youth in Transition Program** assists foster care youths between ages 14 and 23. The overall goal is to reduce the negative long-term effects of out-of-home placement by offering comprehensive, individualized services to eligible youths to prepare them for independent living. Applicants need not have an active DHHS case.

## FindHelp.org

Use [findhelp.org](https://findhelp.org) to search for food, housing, healthcare, programs, support, transportation, education, legal and more. It's free and easy to use. View hours and locations, find free and reduced-cost services, or apply for benefits online. Visit [findhelp.org](https://findhelp.org) and type in your zip code - available in Livingston County and nationwide.

## Livingston Council for Youth

"We empower kids by bringing the community together as one voice to create a culture where every child feels valued, safe, loved, and empowered."

Here in Livingston County, Michigan, parents, youth-serving organizations, educators, the faith-based community, and the community at large share a common goal to help youth succeed. Great things are happening here already, but we know that we can do better by collaboratively working together to develop the community-level strategies that will continue to bring positive change. Are you interested in joining the Livingston Council for Youth? Contact Alyssa Maat, [amaat@lcunitedway.org](mailto:amaat@lcunitedway.org).

# Livingston County Essential Transportation (LETS)

Location: 3950 W. Grand River Howell MI 48855

Contact Info: 517-546-6600

Website: [www.livgov.com/lets](http://www.livgov.com/lets)

# Foster Closet of Michigan – Livingston County Kid’s Closet

Our organization provides clothing, underclothing, toys, shoes, baby equipment, and gear and in some cases furniture to children placed in the foster care system in State of Michigan. These items are new and like new items that have been donated to us. Children are often placed in foster care with no personal items and in many cases they come into care with only the clothes on their back. Our organization provides these kids with stylish new or like new clothes and personal items helping to begin the process of rebuilding their self-esteem and providing them with belongings they can call their own.

Location: 10140 W Grand River Ave., Fowlerville, Michigan, 48836

Contact Info: 810-373-2663

Website: [www.fosterclosetofmichigan.org/livingston-county](http://www.fosterclosetofmichigan.org/livingston-county)

# Ozone House

Since 1969, Ozone House has provided a safe place, shelter and continued support to thousands of runaway, homeless and high-risk youth in our community who don't have a safe place to call home.

We offer a range of housing options - from emergency shelter to permanent supportive

housing - in addition to essential comprehensive services including individual and family therapy, case management, and youth leadership opportunities.

Ozone House's continuum of care is nationally recognized as a model of innovative and effective care. Services are designed to offer youth the resources and skills they need to reach their full potential and contribute their best to the world.

We are the only agency in Washtenaw County that provides free, confidential, and voluntary shelter and support services to run away, homeless and high-risk youth ages 10-20 and their families.

- 1705 Washtenaw Ann Arbor, MI 48104 – 734-662-2265 – [www.ozonehouse.org](http://www.ozonehouse.org) – Monday-Thursday 9 a.m.-8 p.m., Friday 9 a.m.-5 p.m.
- Ozone House Drop-In Center 102 N. Hamilton Ypsilanti, MI 48198 – 734-485-2222 – Monday-Friday 4 p.m.-5:30 p.m.
- Ozone House 24 Hour Crisis Line: 734-662-2222

This guide is now maintained and updated via the Chronic Disease Action Team, which is part of the [Livingston County Community Health Improvement Plan](#).

A special *thank you* to the local businesses, organizations, and agencies that responded to the call for updates and additions to the guide. These resources have improved and enriched this guide in its 11<sup>th</sup> edition.

Should you wish to be included in future editions of this guide or if you are interested in more information, please contact:

Tess Kilian

Health Promotion Specialist

Livingston County Health Department

[tkilian@livgov.com](mailto:tkilian@livgov.com)

517-546-9850