



HEALTHY HABITS
FOR YOUTH

Resource Guide

LIVINGSTON COUNTY

5th Edition

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Nutrition Education

Fit By Choice

Fit By Choice is a nonprofit organization developed to empower families to live healthy. A team of educators, including a physician, registered dietician, exercise specialist, and chef work together to provide comprehensive, interactive, and fun programs, classes, and services that will give families the knowledge and motivation they need to make the change they desire. Open to all Livingston County residents, including adults and seniors. Fees vary by program, class, or service; scholarships are available. Please refer to www.FitByChoice.org for more details.

IHA Nutritionists

IHA nutrition specialists offer nutrition counseling services at many IHA practice locations. Their expertise can provide you with the necessary knowledge to achieve all of your individual and family dietary needs. IHA Nutrition Services offers one-on-one nutrition counseling, easy to follow, customized eating plans, weight management programs, prevention/management of chronic disease through dietary and lifestyle changes, guidance in managing nutrition science to form healthy habits that will help you look and feel better, assistance with all of the misinformation about food and nutrition, and a healing approach to being diagnosed with medical conditions and their associated symptoms. For more information please visit:

<http://www.ihacares.com/additional-healthcare-services/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@livingstonesesa.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

My Nutratak

Online health and wellness website for students and their families to track certain areas of their health such as water intake, food they are eating, physical activity, and sleep. Available through certain school districts. Call (810) 494-0100 or visit www.mynutratak.com for more information.

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@livingstonesesa.org.

Shapedown®

Saint Joseph Mercy Health System offers Shapedown®, a national weight management program for families. Parents and children work together as a team with a social worker, 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 ten weekly two-hour classes. May be covered in part by certain insurances. Scholarships are available. Visit 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: (810) 227-9510 (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.

Food Assistance Program

Temporary food assistance for eligible low-income families and individuals is available. Use MI Bridges, www.michigan.gov/mibridges, 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

Summer Lunch Bunch

The 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 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, is an initiative 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 email liz_welch@usc.salvationarmy.org or call (517) 295-4347.

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.lchd.org

Mental Health/Substance Abuse Prevention

Assoc. Counseling and Neurofeedback

Susan Carter, LMSW, ACSW

409 W. Main Suite 300 Brighton, MI 48116 – 810-220-7974

Advanced Counseling Services

Marta Elody, MD / Patty Yerke / Malini Shenava, MD

7600 Grand River, Suite 290 Brighton, MI 48114 – 810-220-2787

Al-Anon and Alateen

312 Prospect St. Howell MI 48843 - 517-546-9350 - District15Alanon.org

Arc Livingston/Agency for Persons with Developmental Disabilities

2980 Dorr Rd. Brighton MI 48116 – 517-546-1228

Dianne Arman MSW, Marriage, Family

6165 Island Lake Dr. Brighton, MI 48116 – 810-229-9679 or 586-246-3355

Olga Bachman, PhD

325 E. Grand River, Ste 7 Brighton, MI 48116

Karen Bergbower & Assoc.

10291 Grand River Ste. B Brighton, MI 48116 – 810-229-9550

Big Brothers Big Sisters

Deb Kwapisz M.A. 915 N. Michigan Ave Howell, MI 48843 – bbbslc@sbcglobal.net

Brighton Center for Pediatric Neurodevelopment

Mark Bowers PhD

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

Brighton Family Center

10315 Grand River Suite 104 Brighton, MI 48116 – davidarmstrongphd.com – 810-229-0844

Burnes & Burnes Psychotherapy and Counseling Services

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). Located at 794 W. Grand River Avenue, Brighton. Call (248) 231-3568 for more information.

Celebrate Recovery

Brighton Nazarene Church 7669 Brighton Rd. Brighton, MI 48116 – 810-227-6600

Complete Counseling Center

Bart Norman

721 E. Grand River Howell, MI 48843 – 517-546-4445

Diversified Finances & Health Services

Mark Mitchell LMSW & Kelly Shuler LMSW

1225 W. Grand River Brighton, MI 48116 – 517-292-6966

Marni Gauci PhD, LP, PLLC

7960 W. Grand River Ave. Brighton, MI 48116 – 810-772-0574

Gentle Strength Counseling & Holistic Center

8700 N 2nd St. Brighton, MI 38116 – 810-225-0463

Deborah Gottlieb-Porlick, LMSW

766 W. Grand River-Mill Pond Parke Bldg. Brighton, MI 48116 – 810-923-5365 or 810-229-1630 – Deborah.gottliebporlick@yahoo.com

Debbie Koeltzow, Ed. D. LP

810 Grand River Suite 101 Brighton, MI 48116 – 810-588-4236

Highfields-Multisystemic Theory (MST)

Becky Womboldt LMSW 204 S. Highlander Way Howell, MI 48843 – 517-262-0874
bwomboldt@ghighfields.org

Jacqueline Lisiecki, MSW

Peter Lisiecki PHD

7960 W. Grand River Suite 120 Westage Office Center Brighton, MI 48114 – 810-227-1999

Key Development Center, Inc.

Key Development Center, Inc. is a 501(c)3 nonprofit, CARF accredited, licensed substance abuse prevention and treatment provider with over 16 years' experience in the Livingston County area. KDC offers a wide range of substance abuse services, including prevention, education, outpatient treatment, screening, assessment, referral and follow-up, and dual enhanced treatment. Please visit our website www.keycenters.org for more information.

Livingston County Catholic Charities

Livingston County Catholic Charities provides mental health and substance abuse treatment 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.livingstoncatholiccharities.org or at (517) 545-5944.

Livingston County Community Alliance (LCCA)

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, up to \$500, 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 130 or visit www.livingstoncountycommunityalliance.org

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. **Access and 24-hour crisis number: (517) 546-4126 or (toll free) 1-800-615-1245.**

Livingston Family Center

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

Outpatient counseling services to children, adolescents and families. 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 Line: 1-866-5th Edition, February 2017

440-SAFE

Crisis intervention, emergency shelter (11-17 years), transitional living program (16-22 years), individual and group counseling, life skills courses, basic need assistance, case management, and drop-in center. All of the Connection Services are free.

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

Supervised visitation for families affected by domestic violence. Children and adolescents up to 17 years old. Services are free for families with a history of domestic violence.

LOVE, INC. of the Greater Livingston Area

820 E. Grand River Ave. Howell, MI 48844 – 517-552-3620 – www.livingstonloveinc.org

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

Terri Mackenzie, LMSW

Ann Arbor Consultation Services

2060 Grand River Annex Suite 700 Brighton, MI 48114 – 734-996-9111 –

www.a2consultation.com

NAMI-National Alliance on Mental Illness

Tina Cougan (President) 8730 Clubhouse Dr. Brighton, MI 48116 – 810-552-3687

NA- Narcotics Anonymous

P.O. Box 1867 Brighton, MI 48116 – LCASCNA@ygmail.com – 800-230-4085 (press #2, then #3)

Jeremy Novak PhD

780 W. Grand River Brighton, MI 48116 – 810-225-1670 –
jeremynovak@metropsychoonline.com

Oakland/Livingston Human Service Agency- OLSHA

2300 E. Grand River, Suite 107 Howell MI, 48843 – 517-546-8500 – www.olhsa.org

Jenny Parmenter ACSW, LMSW

1086 Charles H Orndorf Drive Brighton, MI 48116 – 810-623-1628

Perspectives Therapy Services LCC

Tianna Rooney, PhD. LMFT Director

120 Flint St. Brighton, MI 48116 – 810-494-7180 –
trooney@perspectivestherapyservices.com

The Pinckney Coalition

The Pinckney Coalition is a community-based initiative focusing on healthy choices to reduce youth substance use. The Pinckney Coalition has a youth component - It Stops With Students - which is a group of concerned middle and high school students who are meeting to promote non-using attitudes and behaviors within our community. The student group meets weekly at lunchtime during the school year and The Pinckney Coalition meets bimonthly. Please check www.ThePinckneyCoalition.com for more information.

Jackie Price LMSW

1086 Orndorf Dr. Brighton, MI 48116 – 810-220-0271 – 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 or (810) 225-9550 for specific information.

Lauren Radtke-Rounds PhD

834 W. Grand River Brighton, MI 48116 – 248-962-5064

Relationship Center of Michigan

324 W. Main St. #4 Brighton, MI 48116 – 810-227-6218

Renewed Relationships

Courtney Klaus LLPC

8700 N. Second St, Suite 202 Brighton, MI 48116 – 810-552-0785 –
www.renewedrelationships.com

Salvation Army

503 Lake Street Howell, MI 48844 – 517-546-4750

Shelter & Youth Counseling

LACASA has been helping vulnerable children and adults as they heal from difficult emotional wounds caused by neglect, abuse, and violence. Individual and group counseling available at no cost. Call (517) 548-1350 or visit www.lacasacenter.org for more information.

The Livingston Family Center's Connection Youth Services Program provides emergency shelter and transitional living opportunities to homeless youth ages 11-21.

The Connection Youth Services operates 24 hours a day, 7 days a week, 365 days a year. Services include crisis intervention, basic needs, individual, group, and family therapy, case management, life skills training, and street outreach and education. Contact Information: 24/7 Line 1-866-440-SAFE. Services are FREE.

St. Joseph Mercy Hospital

Outpatient Behavioral Services

2300 Genoa Business Park Drive, Suite 180 Brighton, MI 48114 – (840) 844-7300

Michelle Sunny, MS, LLP

1086 Charles H. Ordorf Dr. Brighton, MI 48116 – 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

Inpatient: (734) 763-5444

Outpatient: (743) 764-0250

U of M Children's Psychiatric Hospital: (734) 764-0231

United Way of Livingston County

2890 Dorr Road Brighton, MI 48114 – (810) 494-3000 – www.centralmichigan211.org

Dodi Viola LMSW

1086 Charles Orndorf Drive Brighton, MI 48116 – (810) 220-3571

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 www.lcsa.info

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or 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

Hartland Area Youth Athletic Association—www.hayaasports.com/

Howell Area Junior Baseball Association—www.howellbaseball.org

Michigan Sports Academy—517-552-9000 or www.msa-livingston.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

SWAT Elite Sports—517-540-0601 or www.swatsports.com

The Legacy Center—www.legacycentermichigan.com

Basketball

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Area Youth Athletic Association—www.hayaasports.com/

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Tri-County AAU Basketball—810-429-1274 or www.tricountytigersaau.com

Biking

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Cheerleading / Pom

Brighton Bulldogs—www.bulldogsfootballandcheer.com

Byron Youth Football and Cheerleading—www.byronyouthfootball.com

Champion Cheerleading—810-632-9717 or www.championcheerleading.com

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Area Youth Athletic Association—www.hayaasports.com/

Hartland Sports Center—810-632-7222 or www.hartlandsportscenter.com

Howell Area Junior Football and Cheer—517-518-2836 or www.hajfl.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Dance

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Fountain Dance Ministry—810-229-7690 or www.fountainballetacademy.com

Ginny's Danceworks—810-229-2743 or www.ginnysdanceworks.com

Glenns School of Dance—517-546-9787 or www.glennsschoolofdance.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Park and Recreation—517-546-0693 or www.howellrecreation.org

Karen's Dance Academy—517-546-3450 or karensdanceacademy.org

Maria's School of Dance—517-223-0036 or www.mariasschoolofdance.com

Michelle's Academy of Dance—810-229-5678 or www.madpacdance.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Flag Football

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Football

Brighton Bulldogs—www.bulldogsfootballandcheer.com

Byron Youth Football and Cheerleading—www.byronyouthfootball.com

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Area Youth Athletic Association—www.hayaasports.com/

Howell Area Junior Football and Cheer—517-518-2836 or www.hajfl.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

The Legacy Center—www.legacycentermichigan.com

Gymnastics

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Hartland Gymnastics Academy—810-626-2170 or www.hartlandgymnasticsacademy.com

Hartland Sports Center—810-632-7222 or www.hartlandsportscenter.com

High Flyers Educational Gymnastics—810-229-7740 or www.highflyersgym.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Infinity Gymnastics Academy—810-229-4966 or www.infinitygymnastics.com

Livingston County Gymnastics—517-672-6062 or www.livingstongymnastics.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Hockey

Kensington Valley Hockey Association—810-229-6087 or www.kvhockey.org

Livingston County Hockey—517-548-4355 or www.livingstonhockey.com

Horseback Riding

Brighton Riding Stable—810-534-5063 or www.brightonreridingstable.com

Mac Meadows—517-404-3823 or www.macsmeadows.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Jump Rope

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Jumpin' All-Stars—www.jumpinallstars.org

Karate

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Neff Martial Arts—517-672-1444 or www.neffmartialarts.com

Ohana Karate—517-545-5557 or www.ohanakarate.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

PKSA Karate Brighton—810-227-0064 or www.pksa.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Lacrosse

Hartland Area Youth Athletic Association—www.hayaasports.com/

Howell Junior Lacrosse—517-881-9094 or www.howelljrlacrosse.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

The Legacy Center—www.legacycentermichigan.com

Roller Hockey

Rollerama Skating Center—810-227-2010 or metroskating.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Skiing

Mt Brighton Ski Area—810-229-9581 or www.mtbrighton.com

Soccer

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Kicks and Sticks—517-545-7778

Livingston County Family YMCA—248-685-3020

Michigan Alliance—734-260-1907 or www.michiganalliancefc.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

The Legacy Center—www.legacycentermichigan.com

Soccer Shots—517-376-1068 or www.soccershots.org

Softball

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Area Youth Athletic Association—www.hayaasports.com/

Howell Area Junior Baseball Association—www.howellbaseball.org

Michigan Sports Academy—517-552-9000 or www.msa-livingston.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

SWAT Elite Sports—517-540-0601 or www.swatsports.com

The Legacy Center—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.

Swim

Best Livingston Area Swim team—www.howellswimming.org

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Area Aquatic Center—517-540-8355 or www.howellrecreation.org/aquatic-center/

Tennis

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Track

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Volleyball

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Top Gun Volleyball Club—517-548-0024 or www.topgunvbc.com

Wrestling

Brighton Wrestling Club—810-231-4942 or www.brightonwrestlingclub.org

Fowlerville Community Recreation— 517-223-6481 or www.fowlervilleschools.org

Hartland Wrestling Club—www.eteamz.com/hartlandwrestlingclub

Pinckney Wrestling Club—www.pinckneywrestling.com

Pinckney Youth Wrestling—www.pinckneyyouthwrestling.com

Youth Activities

Art

Acorn Arts—517-545-3031 or www.acornarts.org

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Paint and Pour—313-338-8411 or www.thepaintandpour.com

The Ceramic Studio Etc.—517-548-5386 or www.theceramicstudioetc.com

Bowling

Bowl E Drome—517-546-0820 or www.bowledrome.com

Brighton Bowl—810-227-3341 or www.brightonbowl.com

Striking Lanes Bowling—810-632-6920 or www.strikinglanesbowling.com

Cooking

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Cromaine District Library Programs

Chess Club. Second Thursday of the month, 6-8pm. Tweens and Teens

- Chess players with all levels of experience are welcome to participate in our new Chess Club. Come play against other members or learn the rules and strategies from scratch. Grades 5 and up. Visit www.cromaine.org for more information.

Children story times, weekday mornings starting in September.

- Three separate story time programs designed specifically for the cognitive abilities in each age group: birth to 18 months, two year old toddlers and preschoolers 3 years and up. Visit www.cromaine.org for time and registration information.

Prime Time Family Reading Time Fridays in September, 6pm – 7pm. Grades 1-4.

- Prime Time Family Reading Time is a six-week series that provides the participating families a delicious meal followed by storytelling and an opportunity to discuss literature with your elementary-age students. Preschool siblings are offered a separate program with a trained facilitator as well. This Grant-funded event affords families an enjoyable way to learn how to talk with their youngsters about values and choices, helping them share their own guidance. Visit www.cromaine.org for information times and signing up.

Teen Advisory Board @ Hartland's Cromaine Library. Second Thursday of the month, 4pm – 5pm grades 7 and up.

- Join TAB and help plan and carry out library programs, work on projects, select books for the Teen section, talk about books, music, and movies, and meet other teens. For grades 7 through 12. Snacks provided. Visit www.cromaine.org for more information.

Tween Nights at the Library. Second and Fourth Monday of the month, 6:30-7:30pm. Grades 5-6.

- Join other 5th and 6th graders for a programs such as a Zombie Party, Percy Jackson event, Emoji Party, craft wars and more! Visit www.cromaine.org for more information

Engineering/Science

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Fit By Choice

Fit By Choice is a nonprofit organization developed to empower families to live healthy. A team of educators, including a physician, registered dietician, exercise specialist, and chef work together to provide comprehensive, interactive, and fun programs, classes, and services that will give families the knowledge and motivation they need to make the change they desire. Open to all Livingston County residents, including adults and seniors. Fees vary by program, class, or service; scholarships are available. Please refer to www.FitByChoice.org for more details.

Fitness

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Fit Zone—517-552-1530 or fitzonehowell.com

Hamburg Fitness Center and Camp—810-231-4169 or www.hamburgfitness.net

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

My Stronger Self Fitness and Dance—810-844-1650 or www.mystrongerself.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

PFP Crossfit of Howell—989-928-4092 or www.paleoforpower.com/crossfit.html

Pure Heat Yoga and Fitness—517-552-1520 or www.pureheatyoga.com

TITLE Boxing Club of Brighton—810-626-5673 or brighton-grandriver.titleboxingclub.com/

Top Dog Fitness—248-730-5865 or www.topdog-training.org

Total Fitness Center—517-552-4983 or www.totalfitnessmi.com

TruFit Fitness Studio—517-546-7100 or www.trufitfitnessstudio.com

Gaming

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

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

MSU Extension: 4 H

The 4-H program aims to educate youth ages 5-19 in arts and sciences, and to encourage fellowship, service opportunities, and grow future leaders. 4-H continues to develop new projects for its members to study agriculture and animal husbandry, photography, conservation, cooking, public speaking, clothing and textiles, service learning, shooting sports, history, art, robotics, junior master gardener, and other pursuits.

To find out more information contact Emily Hoover or Leah Muega at (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.

5th Edition, February 2017

Music! Movement! Make-&-Take!

Join us for a lively time of stories about music, time for moving to the music, and making your own musical instruments to take home! For ages three to 5. Call (810) 632-5200 to register or visit www.cromaine.org for more details.

Shapedown®

Saint Joseph Mercy Health System offers Shapedown®, a national weight management program for families. Parents and children work together as a team with a social worker, 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 ten weekly two-hour classes. May be covered in part by certain insurances. Scholarships are available. Visit www.stjoesannarbor.org/shapedown for more information.

Roller-skating

Rollerama Skating Center—810-227-2010 or www.metro skating.com

Tae Kwon Do/Tai Chi

ATA Martial Arts—810-623-3312 or www.ataonline.com

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Kil's Tae Kwon Do—810-227-1991 or www.kilsmartialarts.com

Neff Martial Arts—517-672-1444 or www.neffmartialarts.com

Teen Center

Hartland Next Door Teen Center — 810-991-0050 or www.nextdoorhtc.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Toe-Tappin’ Tuesdays

Awaken your child’s imagination and get ready to move and interact with your child through music, movement, and more! For all ages and their caregiver. Call the Brighton District Library for more information and specific dates at (810) 229-6571 or visit www.brightonlibrary.info

Wednesday Wigglers

Stimulate your active toddler with books, music, and movement. This activity is best suited to toddlers who enjoy rolling, creeping, stretching, and moving. Call the Brighton District Library for more information and specific dates at (810) 229-6571 or visit www.brightonlibrary.info

Yoga

Bent Yoga—248-491-8565 or www.bentyogastudio.com

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Fusion Pilates and Yoga—810-588-4461 or www.fusionpilatesandyoga.com

Good Karma Yoga Studio LLC—810-991-1927 or www.goodkarmayogastudio.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Pure Heat Yoga and Fitness—517-552-1520 or www.pureheatyoga.com

Yoga Center for Healthy Livings—810-225-1288 or www.yogacenterbrighton.com

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

Zumba

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Howell Area Aquatic Center—517-540-8355

Kil's Tae Kwon Do—810-227-1991 or www.kilsmartialarts.com

My Stronger Self Fitness and Dance—810-844-1650 or www.mystrongerself.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

TruFit Fitness Studio—517-546-7100 or www.trufitfitnessstudio.com

Zumba Joanie—www.zumbajoanie.com

Youth Safety

Boater's Safety

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com
ONLINE—www.boat-ed.com/michigan

Hunter's Safety

Livingston Conservation and Sports Association - 810-227-2917 or www.lcsa.info
Livingston County Wildlife and Conservation Club—810-231-1811 or www.lcwcc.org
ONLINE—www.hunter-ed.com/michigan
Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Self-Defense

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com
Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com
Kil's Tae Kwon Do—810-227-1991 or www.kilsmartialarts.com
Neff Martial Arts—517-672-1444 or www.neffmartialarts.com
Ohana Karate—517-545-5557 or www.ohanakarate.com
Pinckney Community Education—810-225-3950 or www.pinckneyonline.org
PKSA Karate Brighton—810-227-0064 or www.pksa.com

Snow Mobile Safety

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

ONLINE—www.snowmobile-ed.com/michigan

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

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.

290 W. Nine Mile Rd. Ferndale, MI 48220 – 248-398-7105 - www.goaffirmations.org

Child Abuse and Neglect

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

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.

47 N. Huron St. Ypsilanti, MI 48197 – 734-484-3600 - 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.

19641 W. 7 Mile Rd. Detroit, MI 48219 – 313-537-7000 – www.equalitymi.org

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 – 248-716-0106 – glsensemi@gmail.com

Livingston County Department of Public Health

Offers information or referral for Sexually Transmitted Diseases (STD's) or Sexually Transmitted Infections (STI's). 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. No charge.

Immunizations & TB Testing is offered on a walk-in basis on Wednesday's from 8:30 a.m. – 4:30 p.m. with extended hours until 7:00 p.m. on the 2nd & 4th Wednesday's every month.

The Department of Public Health 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 is also available to assist with enrollment in health insurance plans such as Healthy Michigan Plan, MIChild, Healthy Kids, and MOMS.

2300 E. Grand River Ave #102 Howell, MI 48843 – 517-546-9850 – www.lchd.org

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. More information is available at http://www.michigan.gov/mdhhs/0,5885,7-339-71547_4860---,00.html

New Life Home Health Care MIHP (Maternal Infant Health Program)

New Life Home Health Care's Maternal Infant Health Program (MIHP) is located in Livingston County, and is a home visiting program. We provide care coordination and education for pregnant and infant (through the first year) Medicaid beneficiaries by focusing on the mother-infant dyad. Care coordination services are provided by a Registered Nurse and a Licensed Social Worker, one of whom is designated as the Care Coordinator. The goal of MIHP is to support Medicaid beneficiaries in order to promote healthy pregnancies, positive birth outcomes, and healthy infant growth and development. MIHP services are intended to supplement medical (prenatal and infant) care, and to assist healthcare providers in managing the beneficiary's health and well-being. Visit us at www.newlifehhc.com or call (517) 586-4013.

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 Thursday of Every Month, 7:00 pm - 9:00 pm
First United Methodist Church: 400 E. Grand River Brighton, MI
Enter lower level from back parking lot

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

PFLAG phone: 517-548-0839

Email: LivingstonPFLAG@aol.com

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

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.

7743 W. Grand River Suite 101 Brighton, MI 48114 – 810-494-5433 –

www.pregnancyhelpclinic.com

True Colors

“True Colors” is a free and confidential support group for LGBTQ youth between the ages of 12-20 years old. The group is facilitated by an adult. It is held in Howell on Tuesdays at 5pm. Group members are expected to make a weekly commitment to the group for at least 5 weeks. Anyone interested in attending should contact Angela Niyonsenga, Program Manager of The Connection Youth Services, at (810) 623-5892.

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.

103 E. Main St Pinckney, MI 48169 – 734-680-0804

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. If you are outside the communities listed above or are calling by pay phone or cell phone, you can reach the call center directly by dialing (866) 561-2500.

Foster Closet of Michigan – Livingston County Branch

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.

Our organization helps reduce the financial strain a new placement can place on a foster family by freeing up funds that would otherwise be used to fulfill these immediate needs. These needs are not always met immediately or in full by the State and that is where we step in. Meeting these needs allow foster parents to be able to use the funds saved to help the children adapt to their new home life in other ways. The Foster Closet is not a “One Stop” shop; you may use it as many times as the need arises. Call (800) 554-4966 x209 or visit www.fosterclosetofmichigan.org for more information.

Livingston County Essential Transportation (LETS)

3950 W. Grand River Howell MI 48855 – (517) 546-6600

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 – 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

Volunteer Livingston

A program of Livingston County United Way - provides a searchable online resource for finding local volunteer opportunities. Youth that volunteer benefit by learning to respect others, be helpful and kind, understand people who are different, develop leadership skills, become more patient, and have a better understanding of citizenship. Youth who volunteer just one hour or more a week are 50% less likely to abuse alcohol, cigarettes, become pregnant, or engage in other destructive behavior. To find an opportunity, visit www.volunteerlivingston.org or email volunteerlivingston@gmail.com for more information.

***Healthy Habits for Youth* is a community workgroup under the Human Services Collaborative Body.**

Vision: Livingston County youth choose to eat better, move more, avoid unhealthy substances, and connect with others in healthy ways.

Mission: To create a culture of wellness for our youth and foster sustainable improvements in the health of our communities through education, availability and accessibility of resources, and engagement of all community members in the pursuit of health.

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 5th edition.

Should you wish to be included in future editions of this guide or if you are interested in joining *Healthy Habits for Youth*, please contact:

Chelsea Moxlow

Health Promotion Coordinator, Livingston County Health Department

Chair, Healthy Habits for Youth workgroup

cmoxlow@livgov.com

(517) 546-9850