



HEALTHY HABITS FOR YOUTH
Resource Guide
LIVINGSTON COUNTY

8TH EDITION
AUGUST 2018

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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

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.

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. 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, 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

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 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.

LACASA

LACASA 24/7 toll-free Help Line: (866) 522-2725

Administrative Offices: (517) 548-1350 or TTY: (517) 548-0781 Fax: (517) 548-3034

2895 W. Grand River Avenue Howell, MI 48843

Website: lacasacenter.org

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

Livingston County Catholic Charities

Livingston County Catholic Charities, a local 501(c)3 nonprofit with over 30 years experience, provides mental health and substance abuse treatment 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.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 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. in Howell) (517) 376-6459

Supervised visitation for families affected by domestic violence. Children and adolescents up to 17 years old. Services are based on a sliding fee scale.

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@metrosonline.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@perspectivetherapyservices.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

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: (734) 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.centalmichigan211.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

United Brethren -- 517-223-9490 or www.fowlervilleub.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

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 or visit www.camfiresem.org

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

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

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 railroads 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.

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

LACASA Volunteer Opportunities

- Position: Teen Advisory Council Member
 - Description: LACASA's teen advisory council is made up of students representing any and all of Livingston County school districts. Students work with LACASA staff to create an annual awareness campaign hosted in all local high schools addressing the issues of dating violence and sexual assault as well as other projects involving prevention and education of our youth.
 - Training: Students will receive ongoing training as a part of the Teen Advisory Council meetings.
 - Time Commitment: Two meetings per month throughout the school year and occasional opportunities with other projects involving youth. Meetings are held twice per month after school hours.
- Position: Cinderella's Closet Representative
 - Description: Cinderella's Closet is a project of LACASA that offers high school girls the opportunity to shop with a purpose. Twice per year at Homecoming and Prom, a volunteer committee installs a pop-up boutique at Snedycors in Brighton that offers dresses for \$25. The boutique boasts at least 800-1000 dresses to choose from! Student guests are given information on keeping themselves safe while also doing something good for LACASA (proceeds from dress sales go back to LACASA) and something good for the environment (repurposing a dress that might otherwise be discarded).
 - High School volunteers are needed to help promote the boutiques on their social media and assist with an annual dress drive competition.
 - Training: New representatives are asked to attend an informational meeting to become more familiar with LACASA, our programs and what is expected from our Cinderella Reps

- Time Commitment: Approximately 10 hours per boutique at the students' availability
- Position: LACASA Collection Volunteer (16 & older please)
 - Description: Volunteers will be sorting and organizing donations generously given to LACASA for the LACASA Collection (a resale boutique in Howell-scheduled to open July 2017) designed to enable clients to shop with dignity and provide ongoing, sustainable funding for LACASA's critical programs. Once open, volunteers will be needed to hold customer service positions (sorting and organizing, merchandizing and tagging and sales.
 - Training: Prior to store opening, volunteers will be asked to complete an orientation as well as on-the-job training on location.
 - Time Commitment: Flexible - we are currently scheduling volunteers to assist on work crews on Saturday mornings and a few mornings during the week. Once the boutique opens, volunteers will be needed to fill weekly or bi-weekly shifts on location.
- Position: Survivor Speaker's Bureau
 - Description: Volunteers who have personal experience with child abuse, domestic violence or sexual assault are occasionally needed to share their experiences of abuse and healing with the community. These opportunities often coincide with a training session, awareness activity, media story or fundraising event.
 - Training: Survivors are encouraged to complete LACASA's 32 hour Core Volunteer Training, but it is not required. Volunteers are required to attend a training specifically for speaker's bureau.
 - Time Commitment: Flexible

Minors will need parental permission to participate in any of the above youth volunteer opportunities

Want to know more? Contact Nicole - LACASA's Volunteer Director at:
ncreech@lacasacenter.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 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.

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.

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 Major Prezza Morrison at: 517.546.4750 Ext. 341 or Prezza_Morrison@usc.salvationarmy.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.

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

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

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

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

LACASA SANE

LACASA 24/7 toll-free Help Line: (866) 522-2725

2895 W. Grand River Avenue Howell, MI 48843

Administrative Offices: (517) 548-1350 or TTY: (517) 548-0781

Fax: (517) 548-3034

Website: lacasacenter.org

LACASA provides a private, caring and confidential setting for victims and survivors of sexual assault. Our SANE (Sexual Assault Nurse Examiner) program offers assault victims 12 years old and up and their families a respectful environment to come for help and treatment within 120 hours of a sexual assault. LACASA's state-of-the-art facility provides

victims with an alternative to undergoing treatment at a public emergency room. All medical assessments and examinations are conducted by Sexual Assault Nurse Examiners (SANE). These nurses are specially trained to provide compassionate care.

Livingston County Health Department

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 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 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

Livingston Family Medical Center

7575 Grand River Ave, Suite 210, Brighton, MI 48114. (810) 844-7950

The Livingston Family Medicine Center 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.

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

National Diabetes Prevention Program

St. Joseph Mercy Health System/Diabetes Prevention Center

Genoa Medical Office Bldg. 2305 Genoa Business Park Dr. Brighton, MI 48114

Phone: (800) 482-1455 or Website: www.nkfm.org/dpp

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.

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.

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. 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.

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 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 21. 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.

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.

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 8th edition.

Should you wish to be included in future editions of this guide or if you are interested in joining the *Chronic Disease Action Team*, please contact:

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