

Central Lake / Ellsworth Family Resource GUIDE

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



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

www.greatstartforkids.com
www.centrallakecleo.org





Great Start Director's Note:



Who we are... What we do...
Where we are...
& Why it matters!

WHO WE ARE: The Great Start Collaborative of Charlevoix, Emmet, and northern Antrim Counties is comprised of community leaders and organizations from each county that have a stake in Early Childhood Investment. We are representatives from business, health, education, human services, higher education, nonprofit, court systems, philanthropy, and parents who are implementing a plan to address the needs of young children within our Northern Michigan Communities.

WHAT WE DO: The mission of our collaborative is to engage multi-disciplinary partners and families to identify, plan and implement system change to strengthen families and improve child outcomes. Since 2012, one of our major priorities has been the implementation of the Strengthening Families Framework that promotes 5 Protective Factors to make families strong. Every event, project, or training addresses and builds these 5 Protective Factors in families: Parental Resilience; Social Connections; Knowledge of Parenting & Child Development; Concrete Support in Times of Need; and Social and Emotional Competence of Children. A few of our successes include: a fund development committee that (through grants and individuals) has provided over 350 preschool scholarships to eligible children ages 3 – 5; a FreeCycle Book Project that has distributed over 65,000 gently used books to local children; popular free events for parents such as a Halloween Costume Exchange, Early Childhood Networking Nights and a nationally recognized campaign to strengthen families entitled “What Makes Your Family Strong?” www.whatmakesyourfamilystrong.org.

WHERE WE ARE: Charlevoix, Emmet & Northern Antrim Counties. The Great Start Collaborative holds meetings bi-monthly on the third Tuesday 9-11AM. If you are interested in attending, you can call us at 231.582.8070 or e-mail: greatstartforkids@gmail.com. Our Great Start Parent Coalition hosts free events, facilitates our FreeCycle Book Project, and assures that the parent voice is heard in our community. Check out the Parent Coalition facebook page for details: www.facebook.com/greatstart.

WHY IT MATTERS: Whether you are a parent, caregiver, educator, business owner, community planner, or simply a tax paying citizen, investing in early childhood affects you now and has a huge impact on the future of your community. It is a simple equation for a long term workforce and economic solution; early childhood investment equals a stronger, better educated workforce, and a socially and economically vibrant community. The State of Michigan has outlined four outcomes by which public investment in Early Childhood will be assessed: children born healthy; children healthy, thriving and developmentally on track from birth to third grade; children developmentally ready to succeed in school at the time of school entry; and children prepared to succeed in fourth grade and beyond by reading proficiently by the end of third grade. Join forces with the Great Start Collaborative of Charlevoix, Emmet, and Northern Antrim Counties, to change the lives of our children and families, and build a bright economic future for Northern Michigan.

Maureen Hollocker is the director of the Great Start Collaborative of Charlevoix, Emmet, and Northern Antrim Counties in Michigan.

Contact: maureen@greatstartforkids.com or call 231.582.8070.

Websites: www.greatstartforkids.com & www.whatmakesyourfamilystrong.org



Welcome to the Resource Guide!

The Grand Traverse Regional Community Foundation is pleased to support this guide and to be a partner in supporting young kids and their families in Central Lake.

Cleo M. Purdy was born and raised in Central Lake with her six siblings. As a girl, she loved school and went on to become a teacher herself. Throughout her life, she held a strong belief in the power of providing early education experiences and opportunities to build strong kids, strong families, and strong communities.

In stewarding Cleo's gift, the Community Foundation awards grants and brings together people and partners who share Cleo's vision. In the six year's since Cleo's death, \$1.8 million has been given back to benefit Central Lake's young children and their families. Cleo is sending kids to preschool, she is providing opportunities for toddlers to play, and she's helping families become stronger.

We hope you will use this guide to find programs and services that are most helpful as you are raising your young family and that help make your family strong.

Warmly,

Alison Metiva
Grand Traverse Regional Community Foundation



Emergency/Help Numbers

Ambulance | Fire | Police
Call 911

Antrim County Sheriff/Emergency Dispatch	231.533.8627
Mental Health Crisis (North Country CMH)	877.470.7130
Poison Control	800.222.1222
Report Child Abuse/Neglect (MI CPS Centralized Intake).	855.444.3911
24 Hour LGBTQ+ National Crisis Hotline	866.488.7386
24 Hour Teen Suicide Hotline	800.784.2433
24 Hour National Suicide Hotline and Veterans Crisis Line	800.273.8255
24 Hour Sexual Assault and Domestic Abuse Hotline	800.275.1995
(Women's Resource Center)	231.347.0082
National Domestic Violence Hotline	800.799.7233

My Important Numbers

Primary Care Doctor	
Dentist	
Eye Doctor	
Childcare	
School	
Neighbor	
Pediatrician	
Therapist	

Table of Contents

Meet the Protective Factors

What Makes Your Family Strong?	6
Strengthening Families and the Five Protective Factors	7
Parental Resilience	8
Social Connections	10
Knowledge of Parenting and Child Development	12
Concrete Supports in Times of Need	14
Social and Emotional Competence of Children.	16

What is CLEO?

Central Lake Early Experiences & Opportunities	24
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Resource Directory

Playgrounds, Parks, Trails and Beaches Guide	26
Aging Services.	28
Child and Parenting Services.	29
Counseling and Crisis Services.	31
Disability Services	34
Educational Services	35
Employment Services	36
Food Assistance.	36
Food and Clothing Pantry Calendar	37
Fun Things To Do	38
Government and Legal Services.	39
Health Services	40
Housing and Utility Assistance	42
LGBT+ Support	43
Native American Services	43
Philanthropy and Volunteerism	44
Spiritual Resources	45
Transportation Assistance	46
Veteran Services	46

Index Directory	47
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All reasonable efforts were made to create an exhaustive list of services in the Central Lake/Ellsworth area and information was current at time of publication. If you believe your organization would be a good fit for our guide, or if you have any suggestions or corrections, please email greatstartforkids@gmail.com.

WHAT MAKES YOUR FAMILY STRONG?

THE REALITY IS...

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

THE GOOD NEWS IS...

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

Parental Resilience

Exercise Flexibility

& Develop your inner strength

Social Connections

Make a friend

Knowledge of Parenting & Child Development

Learn to be your child's expert

Concrete Support in Times of Need

Ask for help

Social & Emotional Competence of Children

Give your child words to
express how they feel

CENTER FOR THE STUDY
OF SOCIAL POLICY'S

strengthening families
A PROTECTIVE FACTORS FRAMEWORK

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



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



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Please see our website for additional training opportunities and materials
www.ctfalliance.org

Strengthening Families and the Five Protective Factors

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

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

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

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

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



The Great Start Collaborative of Charlevoix, Emmet, and Northern Antrim counties is moving toward a new normal where families are no longer divided by their risk factors, but brought together to build protective factors. We are fostering parent education and events that allow families to focus on their strengths and not deficits. Our local collaborative has embraced this framework because it is inclusive of ALL families who strive for optimal outcomes for children.

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

For more information on Strengthening Families Protective Factors Framework training opportunities: **www.ctfalliance.org**

For more information on local Strengthening Families efforts, please visit: **www.whatmakesyourfamilystrong.org**

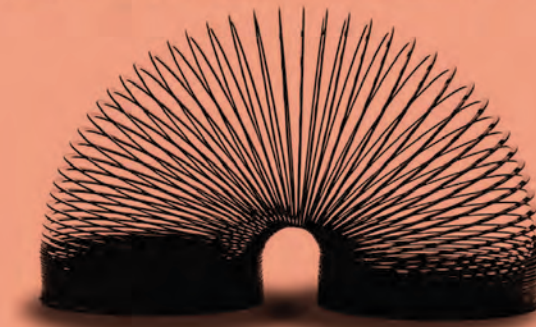


Parental Resilience

EXERCISE FLEXIBILITY



DEVELOP INNER STRENGTH



Flexibility & Inner Strength = Resilience

Resilience
makes your family
STRONG

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A PROTECTIVE FACTORS TRANSLATION

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



**Charlevoix, Emmet,
Northern Antrim Counties**

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Parental Resilience:

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

How to build flexibility and inner strength:



Be Resilient!

What does self care look like for you?

Cutting myself some slack for the times I fall short. Learning to say no. Playing Sudoku! -Jessica

Scheduling some alone time. -Sally

Making sure I feel good about myself. -Leah

How do you maintain balance between family and professional life?

Family IS my professional life! -Amanda

Choosing part-time work instead of full time. -Molly

Very carefully. I try to do what I can after the kids are in bed to free up time during the day for them. -Meghan

How do you keep from getting overwhelmed?

Attend local events with my child where she gets to interact with other children and I can connect with other moms. -Darcy

I'm a big planner and I try to plan ahead with things like meals, childcare arrangements and extracurricular activities. I also lean on friends for emotional support! -Jenny

What traits make YOU a great parent?

Empathy, patience, ability to get information, knowledge about children's literature and development, flexibility. -Sarah

I like to learn new things. -Maria



Social Connections MAKE A FRIEND



Connecting with friends builds
a support system and
makes your family
STRONG

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Social Connections:

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

How to build social connections:



Start to build your Social Network!

What is your best experience with being part of a community?

When someone struggles, the support groups come together to help. The resources available are wonderful. -Sara

Our family has grown! -Leah

I appreciate having a "mom tribe." It helps me realize that everyone is experiencing the same things. -Jessica

Who do you have fun with and how does that make you a better parent?

Family and friends. They offer support and wonderful advice. -Darcy

I have a group of friends that I get together with and we enjoy sharing our parenting joys and struggles. It helps me feel like I am not alone and I'm not the only one with parenting challenges. -Jenny

How is your neighborhood a community and how do you feel part of it?

People seem to know each other and are friendly when they see each other. My son loves playing with the neighborhood kids on a giant pile of snow! -Sarah

All the events that bring us together and have helped me make lovely social connections so I know I am not alone. -Molly

Where are some places you have gone to make new friends?

Playgroups, church, school events, playground in town. -Sally

Networking nights, playgroups, church! -Amanda



Knowledge of Parenting & Child Development **LEARN TO BE YOUR CHILD'S EXPERT**



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

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Knowledge of Parenting & Child Development:

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

How to increase your knowledge of child development & parenting:

Talk to your child's doctor.

Discuss your child's development with their teacher.

Complete an Ages & Stages questionnaire

Visit your local health department.

Attend parent education events

Search online for answers to your concerns.



Become YOUR child's expert!

How has parenting surprised you?

How much support there is. -Amanda

That I have had to address my own personal issues in order to help my child. -Molly

There are so many different ways to parent that I wasn't aware of. -Sara

How has your upbringing affected your parenting style?

I had a wonderful mom who was able to stay home with me and was very loving. I strive to follow in her footsteps.

-Darcy

My parents were always very accepting, trusting and loving. I hope to give my children the same security that I was given.

-Jean

How do you learn what you don't know about parenting?

Talking to other parents, doctors and preschool teachers has been very helpful.

-Meghan

Great Start Networking Nights.

-Amanda

What comes naturally to you as a parent?

Taking care of my kid's needs. -Maria

Comforting. -Leah

Being goofy with my kids. -Clayton

Reading with my son, being present, understanding and observing feelings and ideas. -Sarah

Humor, love, playfulness, silliness, goofiness. -Jessica



Concrete Support in Times of Need **ASK FOR HELP**



Meeting your needs through
community support & resources
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Concrete Support in Times of Need:

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

How to meet your families needs...



Let US Help!

What good advice have you gotten from other parents about raising your children?

It's hard being a baby! And you can't spoil a baby with too much love.

-Sarah

Routines are helpful to make your child feel safe.

-Meghan

What are the basic needs for you and your family?

Food, water, quality time together.

-Amanda

Housing, utilities, groceries, transportation, gas, insurance, medical care and therapy.

-Jessica

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

Communities in schools representative, CLEO events, pastor at church.

-Sara

Ask!

-Neoma

Family resource guides, Google, teachers, friends.

-Jean

How do you keep from feeling small or powerless when you are in need?

Thinking of positive memories and remembering that everyone struggles at times.

-Molly

I make sure to reach out to people that can help me.

-Clayton



Social & Emotional Competence of Children

GIVE YOUR CHILD WORDS TO EXPRESS HOW THEY FEEL



Teaching your child to effectively
communicate & interact builds
positive relationships and
makes your family
STRONG

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Social & Emotional Competence of Children:

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

How to develop social and emotional skills in children:



Fostering emotional intelligence

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

Sometimes I struggle with this. I try to talk to them about how I am feeling.

-Sara

This is hard for me. I try to demonstrate authentic emotions around my children but I also do not want to make them scared or worry. I try to explain what I am feeling and why, and talk with them about how I work through the feelings.

-Jean

What do you do when you don't understand what is going on with your child?

Observe, be patient, ask questions.

-Sarah

I hold them until they calm down then talk about our feelings.

-Meghan

How do you model positive communication with your children?

Empathize with what my daughter is feeling and give her a hug.

-Darcy

I try to speak to my child like a human being who is important and valued. I try to be patient and not talk down to her and speak calmly and clearly.

-Jessica

Where do you and your children have the best communication?

At home.

-Amanda

Bedtime.

-Clayton

On my lap.

-Molly



FREE Community Playgroups!

PLAYGROUP

Moms, dads, grandparents, foster parents, teen parents, caregivers!

Connect with others in a warm and friendly environment focused on building skills to help children learn, grow and succeed!

Ages 0-5 years

TUESDAYS

10:15am-11:45am
Petoskey District Library
500 East Mitchell Street
Petoskey *Free parking at
First Presbyterian Church
off Division Street*

WEDNESDAYS

9:30am-11:00am
United Methodist Church
Corner of North and Chicago
Alanson

THURSDAYS

9:30am-11:00am
Boyne District Library
201 East Main Street
Boyne City

FRIDAYS

9:00am-10:30am
Jordan Valley District Library
Community Room
(includes Story Time)
East Jordan

FRIDAYS

11:30am-1:00pm
Lunch provided!
First Congregational Church
8066 West State Street
Central Lake

Playgroup Facilitators:

- **Kate Essenberg**
*Boyne City, East Jordan
and Central Lake*
- **Andrea Bertels**
Petoskey, Alanson



FREE PLAY • CRAFTS • FRIENDSHIPS • MUSIC & MOVEMENT



Join parents, grandparents and caregivers who believe that...

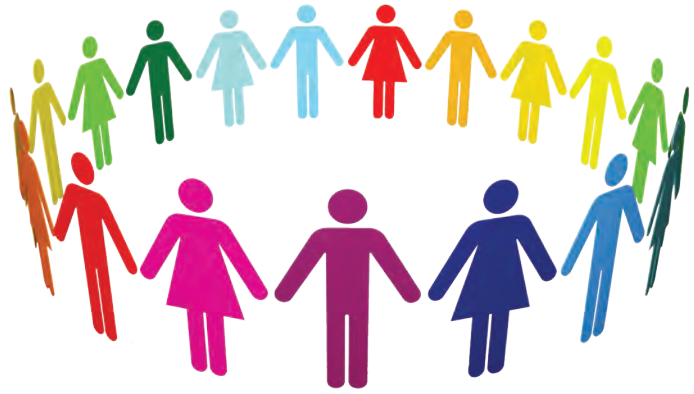
**Every child should get
all he or she needs
for a successful start in life!**

Join and...

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

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

For more information visit: www.greatstartforkids.com



COMMUNITY *connections*

Get Connected to Community Resources for Adults, Children and Families

What is COMMUNITY *connections*?

- It's a FREE program offering connections to community resources for adults, children, and families.
- Services are provided through phone calls, home visits, and office visits
- Services are delivered by a Community Health Worker, a Registered Nurse, and/or a Social Worker

Who is eligible?

- Any Adult, Child or Family living in Antrim, Benzie, Charlevoix, Emmet, Otsego, Cheboygan, Montmorency, Presque Isle, Grand Traverse, Leelanau, Crawford, Kalkaska, Lake, Mason, Mecosta, Newago, Oceana, Missaukee, Manistee, or Wexford Counties.

What are the benefits of participating?

- Participants receive connections to health care, dental care, and other community resources.
- Participants are more in control of their health.

How do I contact COMMUNITY *connections*?

You may be referred by a physician or you can call one of the numbers below:

HUB	COUNTIES	NUMBER
District Health Department #10 HUB	Crawford, Kalkaska, Manistee, Missaukee, Wexford, Lake, Mason, Mecosta, Newago, Oceana	1-888-217-3904 (select option #3)
Grand Traverse Regional HUB	Grand Traverse, Benzie, Leelanau	1-833-674-2159
Northwest Michigan HUB	Antrim, Charlevoix, Emmet, Otsego	1-800-432-4121
	Cheboygan, Presque Isle, Montmorency	1-800-221-0294

COMMUNITYconnections

How does COMMUNITYconnections help adults, children and families?

Individuals will get help with access to medical care, transportation, food, utilities, education, classes and more! Participants may also get home visits from a health care provider (like a Nurse, Social Worker, or Community Health Worker) to assist with:

- Medical, dental care or mental health
- Finding you a doctor or dentist
- Finding transportation
- Enrolling you in health insurance
- Answering questions about wellness or being sick
- Getting food or a place to live
- Buying, fixing, and eating healthy foods
- Changes that you decide to make to be healthy, such as quitting or cutting down on smoking, alcohol, or drugs
- Your concerns about abuse or violence in your life
- Answering questions about family planning (birth control)
- Finding translation services
- Baby shots/immunizations
- Connecting you with community services, like GED education classes, employment opportunities, food pantries that give out food for free, the WIC food program, or heat and electricity resources



Donate Books

Donate gently used children's books ranging from infant board books to chapter books!
Books will then be distributed to children at community locations throughout Charlevoix, Emmet, & Northern Antrim Counties.



FreeCycle Book Donation Locations:

Boyne City

Char-Em ISD Office (1313 Boyne Ave)
Boyne District Library (201 E. Main St)
Crooked Tree Library, Walloon Lake (2203 Walloon St)
Crooked Tree Library, Boyne Falls (3008 Main St)
Boyne City Education Center (321 S. Park St)

Charlevoix

Char-Em ISD Office (08568 Mercer Blvd)
Flap Jack Family Restaurant (102 W. Carpenter Ave)
Health Department of NW Michigan (200 W. Garfield Ave)

Central Lake

Central Lake Family Health Center (7960 Old State St)

East Jordan

East Jordan Elementary School (304 Fourth St)

Harbor Springs

Blackbird Elementary School (421 E. Lake St)
Health Department of NW Michigan (3434 M-119)
Harbor Springs Library (206 Spring St)
Johan's Burger Express (3473 M-119)

Pellston

Northern Dental Group (421 Stimpson St)

Petoskey

Petoskey District Library (500 E. Mitchell St)
Department of Health and Human Services
(2229 Summit Park Drive)



GREAT START
FreeCycle
www.greatstartforkids.com

FREE Books



Pick up a **FREE** gently used children's book at one of the following locations!
Books range from infant board books to chapter books!

FreeCycle Book Bin Locations:

Antrim County

Bellaire/Central Lake/Ellsworth

Bellaire Health Department
Central Lake Community Playgroups
Central Lake Community Food Pantry
Central Lake Family Health Center
Central Lake Fudgees
Central Lake Library
Central Lake Wash Basket
Ellsworth Food Pantry
Ellsworth Mom & Tots

Charlevoix County

Beaver Island

McDonough General Store

Boyne City

Boyne Area Medical Center
Boyne District Library
Boyne WIC Office
Crooked Tree Library (Boyne Falls)
Crooked Tree Library (Walloon)
Good Neighbors Food Pantry

Charlevoix County

Charlevoix

Bradford's Coin Laundry
Community Mental Health
Family Medicine Clinic
Health Department of NW Michigan
Last Tangle
Munson Healthcare Charlevoix Hospital ER
Munson Healthcare Charlevoix Pediatrics
Munson Healthcare Charlevoix Primary Care
Physicians Clinic of Charlevoix
Third Day Outreach

East Jordan

Dental Clinics North
East Jordan Family Health Center
Hall Dental
Jordan Valley District Library
Maple Ridge Dental

Emmet County

Harbor Springs

Alcona Health Center
Health Department of NW Michigan
Harbor Springs Library
Johan's Burger Express
Manna Food Pantry
Northwest Michigan Habitat for Humanity

Pellston

Hornet Health Care Center
Northern Dental

Petoskey

Bayside Family Sports Medicine
Big Apple Bagels
Bradford's Coin Laundry
Community Mental Health
Department of Health & Human Services
Lakeview Academy
LTBB Health Clinic
LTBB Tribal Office
Petoskey Child Health Associates
Petoskey District Library
Petoskey Pediatrics
Petoskey Pediatric Dentistry
Speech & Occupational Therapy at McLaren
Northern MI
The Salvation Army Office
Women's Resource Center
YMCA of Northern Michigan

GREAT START
FreeCycle
www.greatstartforkids.com





cLEo

Central Lake
Early Experiences
and Opportunities

cLEo IS A
COMMON PROMISE
TO STRIVE FOR THE BEST
FOR CENTRAL LAKE'S
YOUNG CHILDREN
AND THEIR FAMILIES.



EVENTS FOR CHILDREN AND FAMILIES.

- * Weekly playgroup
- * Weekly lapsit at the library
- * Monthly diaper days
- * Regular parent learning events
- * Annual community baby shower
- * Annual community picnic

JOIN US.



FOR KIDS.
FOR PARENTS.
FOR EDUCATORS.



CLEO is made up of many local partners.
Learn more about who we are, partners
and events, and supports available.



www.centralLakeCLEO.org



community foundation

As part of its stewardship of the Cleo M. Purdy Endowment, the Community Foundation developed CLEO in collaboration with early childhood experts, partners, families, and the Central Lake community.

Northern Antrim County Playgrounds, Parks,



	Accessible Play Structure	Adaptive Swings	Baby Swings	Baseball Field	Basketball Court	Benches	Bicycle Racks	Bicycle/ Walking Pathway	Changing Tables	Designated As Non- Smoking	Direct Access To Water	Disc Golf Basket/ Catcher	Drinking Fountain	Soccer
ANTRIM CREEK NATURAL AREA 9890 Old Dixie Hwy, Ellsworth, MI 49729								•			•			
BANKS TOWNSHIP PARK 10639 Old Dixie Hwy, Ellsworth, MI 49729						•					•			
BARNES PARK 12298 Barnes Park Road, Eastport MI 49627			•		•		•	•						
BELLAIRE WALKING PATH 4631 M88, Bellaire, MI 49615						•		•			•			
CEDAR RIVER NATURAL AREA TRAIL 4919 Stover Road, Bellaire, MI 49615								•			•			
CENTRAL LAKE ELEMENTARY 8190 W. State St, Central Lake, MI 49622					•		•	•		•				
CRAVEN PARK 3807 S. Derenzy Rd, Bellaire MI, 49622			•	•			•		•		•			
DEADMAN'S HILL OVERLOOK Deadman's Hill Road, Elmira, MI49730							•							
EAST JORDAN CITY TOURIST PARK 218 N. Lake St., East Jordan, MI, 49727		•	•	•	•	•	•			•	•	•		
EASTPORT TORCH LAKE ACCESS 4995 Eastport Landing, CL, MI 49622							•				•			
ECHO TWP PARK 4912 6 Mile Lake Rd, East Jordan, MI 49727							•							
ELLSWORTH COMMUNITY PARK 9238 Lake St, Ellsworth, MI 49729						•		•			•			
ELLSWORTH COMMUNITY SCHOOL 9467 Park St, Ellsworth, MI 49729	•						•			•				
ELLSWORTH RIVER PARK/WOODEN SHOE 6625 Bridge St, Ellsworth, MI 49729											•			
FISHERMAN'S PARADISE 5300 Fisherman's Paradise Road, Bellaire, MI 49615											•			
FOREST HOME TOWNSHIP PARK Bellaire, MI 49615						•		•			•			
GLACIAL HILLS PATHWAY & NATURAL AREA 3417 Eckhardt Rd, Bellaire, MI 49615	•										•			
GRASS RIVER NATURAL AREA 500 Alden Hwy, Bellaire, MI 49615						•		•	•		•			
JOHN R RODGER ELEMENTARY 6335 John R Rodger Rd., Bellaire, MI 49615					•	•	•	•		•				
JORDAN RIVER FISH HATCHERY 6623 Turner Rd, Elmira MI, 49730						•		•						
JORDAN VALLEY PATHWAY Pinney Bridge Rd, Mancelona MI 49659								•						
LAKE BELLAIRE COTTAGE DR. PUBLIC ACCESS Lynn Rd, Bellaire, MI 49615											•			
MOHRMANN NATURAL AREA Mohrmann Park, Central Lake, MI 49622								•			•			
MURPHY PARK Park Rd, Central Lake, MI 49622								•						
NORTH STREET NATURE TRAIL West end of N. Street, Central Lake, MI 49622								•						
RAVEN HILL DISCOVERY CENTER 4737 Fuller Rd, East Jordan, MI 49727	•							•	•	•	•			
RICHARDI PARK E Antrim St, Bellaire, MI 49615			•		•	•	•	•	•		•			
ROTARY SOCCER PARK 210 S Genessee St, Bellaire, MI 49615														
THURSTON PARK 7854 E Bradford St, Central Lake, MI 49622			•			•					•			
TORCH BAY NATURE PRESERVE 12990 Traverse Bay Rd, Kewadin, MI 49648								•			•			
WILLIAM K GOOD DAY PARK 12283 Pub Dock Rd, Kewadin, MI 49648			•			•		•			•			
WILLOW DAY PARK White Birch Lane, Bellaire, MI 49615						•					•			

Trails and Beaches

[illegible]

Aging Services

Alliance for Senior Housing, LLC

7944 Kingsley Rd.
PO Box 753
Kingsley, MI 49649
231.263.4040 | 231.883.5028
www.AllianceforSeniorHousing.com

No fee

Whether you're in a crisis or planning for the future, this service can save you time as you search for assisted living or a retirement community.

- Meet in the comfort of your own home.
- Gain knowledge on the types of housing, cost and amenities.
- Discussion on finances and funding options.
- Explanations of Medicare vs. Medicaid, Aid & Attendance (VA) and MiChoice Waiver
- Information on respite care or day programs also available.

Antrim County Commission on Aging

308 E. Cayuga St
Bellaire, MI 49615
231.533.8703
www.antrimcounty.org/coa.asp

No fee; Fee; Income based; Age based

We operate Senior Centers in Bellaire, Central Lake, Elk Rapids, and Mancelona. Our senior centers provide activities and low cost meals to seniors and their guests Monday through Friday. The Central Lake site is open from 10am-1pm Monday through Thursday. Call for reservations, 544-6687. We also plan trips for seniors and offer low cost snow removal in the winter months.

- Home delivered meals program
- In-home respite
- Medicare and Medical Assistance Program
- Options Counseling
- Medical Transportation Assistance
- Tax Assistance
- Project Lifesaver
- Free medical equipment loans
- Home chore program (installing safety items in homes)

Area Agency on Aging of Northwest Michigan

1609 Park Drive
Traverse City, MI 49686
231.947.8930
www.aaanm.org

No fee, Income based, Age based

The AAANM is the place to turn when assistance is needed to address complex issues facing older adults, individuals with disabilities and caregivers. AAANM connects people to a variety of programs and resources that will help them or the persons they are caring for live as independently as possible in a community setting.

- Nursing Facility Transition Program
- MI Choice Waiver Program
- Care Management Program
- Medicare Medicaid Assistance Program
- Information and Assistance
- Healthy Aging Programs
- Options Counseling
- Caregiver Support
- Long Term Care Ombudsman

Eastport Village Care Home

5988 N M-88
Central Lake, MI 49622
231.631.1836 | 231.599.3833
www.eastportvillage.com

Age based; Accepts Most Insurance; Accepts Medicaid
Eastport Village Care Home provides a 'home like' environment and is licensed by the state of Michigan.

- Safe Living Environment
- Social Activities
- Exercise and Physical Therapy
- Supervised Nutritious Meals
- Housekeeping & Laundry
- Transportation Available
- 24 hour Nurse & Physician Assistant available on call
- Palliative, Hospice Care, Respite, Day Care Services
- Medicaid, VA Program Assist., Private Pay, Long Term Care Insurance

Additional Aging Services

Antrim County Meadow Brook Medical Care Facility p.40
Catholic Human Services p. 31
First Congregational Church p. 45
Good Samaritan Family Services p. 42
Grandvue Medical Care Facility p. 40
Heartland Hospice p. 41
Hospice of Michigan p. 41
Legal Services of Northern Michigan p. 39
McLaren Home Care & Hospice p. 41
Northern Michigan Elder Law p. 39
Polestar LGBT Community Center p. 43
Social Security Administration p. 40
VFW Post #6985 & AMVETS Post #6986 p. 47
Villa at The Bay p. 42

Child and Parenting Services

Antrim County Baby Pantry

209 Jefferson Street
Mancelona, MI 49646
231.587.5643

www.facebook.com

No fee; Age based

Non-profit organization that supports families with children from birth through age 5.

Open the 2nd and 4th Thursday 11:30am-4:00pm.

- Diapers
- Baby food
- Clothing
- Toiletries
- Bedding
- Car seat vouchers
- Winter wear
- Vision screening

Big Brothers Big Sisters of Northwestern Michigan

900 East Front Street Ste 125
Traverse City, MI 49685
231.946.2447

www.bigsupnorth.com/

No fee

Serve social, emotional, and educational needs of children 6-12 years old. Facilitate professionally supported mentoring relationships.

- Provide volunteers the opportunity to share their time/talents with children
- Community and school based programs available
- Youth mentoring

Communities In Schools of Northwest Michigan

205 Grove Street
Mancelona, MI 49659
231.587.5044 | 231.356.4385

www.cisnwmi.org

No fee

We work inside K-12 schools to address immediate student needs. Whether it's fresh clothes, help with school work, or emotional support, we connect students with the resources they need to succeed.

- Basic Needs (Food, clothing, school supplies, hygiene items, etc.)
- Academic Assistance
- Mentoring
- College and Career Exploration
- Health Initiatives
- Connection to Community Resources

Grand Traverse Bay YMCA

3700 Silver Lake Road
Traverse City, MI 49684
231.933.9622

www.gtbayymca.org

Fee; Income based; Age based; Scholarships available

We believe that all people, regardless of age, gender, orientation, race, creed or religion deserve to be happy, healthy and loved. We do so by providing access, bringing people together and engaging youth.

- Child Development Center
- Summer Camp
- 3 pools
- 4 tennis courts
- 6 pickleball courts
- 5 basketball courts

Great Start Collaborative and Parent Coalition

08568 Mercer Blvd
Charlevoix, MI 49720
877.866.3714

www.greatstartforkids.com

www.whatmakesyourfamilystrong.com

No fee

Our mission is to engage multi-disciplinary partners and families to identify, plan and implement system change to strengthen families and improve child outcomes.

- Family Networking Nights (Parent and Caregiver Education)
- FreeCycle Book Project
- Halloween Costume Exchange and Winter Clothing Give Away
- Strengths Based Parenting Presentations and Coaching
- Summer Safety Fair
- Kindergarten Readiness Totes
- Love of Laundry Events
- Protective Factors Campaign "What Makes Your Family Strong"
- Social and Emotional Campaign "Stronger You"
- Youth Thrive Campaign "Stronger You"

Great Start to Quality

877.614.7328

www.GreatStartToQuality.org

No fee

Looking for child care or preschool? Great Start to Quality is Michigan's state-wide searchable database of all licensed early learning and care programs.

- Child Care Referrals
- Child Care Rating System

Child and Parenting Services

La Leche League of Traverse City

222 Cass St

Traverse City, MI 49686

231.642.7564 | 231.878.3988

www.llli.org

www.facebook.com/La-Leche-League-of-Traverse-City

No fee

Mother to mother breastfeeding support and education. We meet the second Tuesday of every month, and our leaders are also available 24/7 by phone or email.

- Caregiver support
- Library of resources
- Pregnancy resources
- Birthing education

Moms & Tots Center

9100 Pleasant Hill Rd PO Box 206

Ellsworth, MI 49729

231.588.2200

www.thegoodsam.org

No fee

We equip mothers of pre-born to 5 year old children with pregnancy support, resources, and education to help support family structures.

Our Baby Resource Room on a monthly basis provides clothing, diapers, baby food, formula and more. We provide learning opportunities to help raise healthy happy babies and children and provide opportunity to earn larger baby items such as; car seats, cribs, strollers, toys and more.

- Life Skills classes
- GED & High School Diploma Access Site
- Family Resources
- Family Support
- Peer mentoring
- Pregnancy Tests

Northern Michigan Community Action Agency

2240 Mitchell Park Dr. Unit A

Petoskey, MI 49770

231.347.9070 | 800.443.5518

www.nmcaa.net

Income based

Sign up for free preschool, commodity foods for low income seniors, budget counseling and foreclosure prevention, financial workshops, weatherization for homes (low income), home repair and rehab (loan), homeless prevention for Char-Em counties

- Community Education-Financial
- Monthly food distribution (low-income seniors)
- Quarterly food distribution (low-income any age)
- Asset building programs
- Family self-sufficiency program
- Early Head Start

Northern Michigan Community Action Agency (continued)

- Preschool/Head Start
- Foreclosure prevention
- Free tax preparation
- Weatherization program (low income)
- Home repair and rehab

Pregnancy Care Center of Petoskey

2206 Mitchell Park Dr Suite #9

Petoskey, MI 49770

231.348.3388

www.petoskeypcc.org

www.supportersofpcc.org

No fee

Education and pregnancy options counseling are available. Clients can earn cribs, car seats, diapers, wipes, formula, etc. We also help clients navigate available services and pregnancy resources in the community.

- Pregnancy Tests
- Ultrasounds
- Prenatal Education
- Parenting Classes
- Fatherhood Classes
- Life Skills Courses

Ursula House Services

8044 West State Rd.

Central Lake, MI 49622

231.499.4222 | 231.544.6878

www.fccentrallake.org

No fee; Fee, scholarships available

We advocate and provide for holistic needs of individuals by coordinating programs and collaborating with other professionals and agencies to ensure access to services.

Counseling services (scholarships available)

- Grief Support group
- Women's empowerment support group
- Narcotics Anonymous
- Classes such as first aid and CPR
- Baby sitter classes
- Program offered by CMH for life skills
- Medical equipment loan closet
- Nurse advocate and resource for medical issues
- Early childhood and family resources
- Infant massage classes
- Hypno birth classes

Additional Child and Parenting Services

Bible Baptist Church p. 45

Central Lake Public Schools p. 35

Charlevoix-Emmet Intermediate School District p. 35

First Congregational Church p. 45

Michigan Department of Education - Special Education p. 34

Polestar LGBT Community Center p. 43

The Salvation Army- Petoskey Corps p. 43

Women's Resource Center of Northern Michigan p. 33

Counseling and Crisis Services

Addiction Treatment Services

1010 S. Garfield Ave
Traverse City, MI 49684
231.622.4810 | 800.622.4810

www.addictiontreatmentservices.org

Fee; Accepts most insurance; Accepts Medicaid

We promote the overall health, wellness, and recovery of individuals impacted by substance use and behavioral health issues.

- Detoxification and Substance Recovery
- Outpatient Services
- Outpatient Counseling
- Outreach Facility
- Community Center
- Short-Term Women's Residential Facility
- Short-Term Men's Residential Facility
- On Site Drug and Alcohol Testing
- Recovery Homes

Alcoholics Anonymous

3291 Racquet Club Drive Suite B
Traverse City, MI 49684
231.946.8823

www.nwmidistrict18aa.com

No fee

Alcoholics Anonymous is an international fellowship of men and women who have had a drinking problem. It is nonprofessional, self-supporting, multiracial, apolitical, and available almost everywhere. There are no age or education requirements.. Weekly meetings in Alden, Bellaire, Central Lake, Elk Rapids, Eastport and Mancelona.

We have a meeting each day of the week.

- 12-step and traditional meetings
- Open meetings
- Closed meetings
- Book study
- Open speaker nights
- Alateen meetings
- Transportation assistance

American Red Cross Northern Michigan

735 S. Garfield Ave. Suite B100
Traverse City, MI 49686
231.947.7286

www.redcross.org

No fee

Our purpose is to meet the immediate disaster-caused needs of individuals, families, and communities. After the emergency phase of a response has been completed, we help people recover and address lingering community needs.

- Disaster Relief Service
- Overnight Shelters Providing Meals & Snacks
- Providing Emergency Financial Assistance
- Distribution of Emergency Supplies
- Health Services
- Mental Health Services
- Reunification

BASES Recovery Center

208 West Lincoln
Charlevoix, MI 49720
231.547.1144

www.basesteencenter.org

www.basesrecoverycenter.org

No fee, Fee, Income based, Age based

BASES is dedicated to providing a drug free environment and substance abuse prevention, education, early intervention and treatment services. We have expertise in working with high risk youth and low-income individuals and families.

- Substance Use Disorder
- Mental Health Counseling
- Assessments
- Alcohol Safety Education Classes
- Drug Testing Services

Catholic Human Services

1000 Hastings St
Traverse City, MI 49684
231.947.8110

www.catholichumanservices.org

No fee; Fee

We provide mental health, substance abuse prevention, pregnancy counseling, open adoption, social services and senior services to over 26,000 people annually.

- Individual Counseling
- Gender Specific Recovery Groups
- Co-occurring Disorders Group
- Adolescent Individual, Group and Family Services
- Court Assessments
- Secretary of State Evaluations
- Anger Management Groups
- Employee Assistance Program
- Senior Volunteer Program
- Family Counseling Services

Child and Family Services of Northwestern Michigan

3785 Veterans Drive
Traverse City, MI 49684
231.946.8975

www.cfsnwmi.org

No fee; Fee; Income based; Accepts Most Insurance; Accepts Medicaid; Sliding Scale Fee

Using a trauma-focused lens, we serve our community through offices in Traverse City, Harbor Springs, and Gaylord.

- Adoption and Foster Care Support
- Behavioral Health Services and Counseling
- Trauma Assessment and Treatment
- Crisis and Planned Respite
- Transitional Living Program
- Free Legal Clinic
- Host Homes for Youth
- Parenting Education and Support
- Suicide Prevention

Counseling and Crisis Services

Grand Traverse Hypnotherapy and Counseling

812 S. Garfield Ave. Ste 812A

Traverse City, MI 49686

231.590.7759

www.grandtraversehypnotherapy.blogspot.com

Fee

Specializing in overcoming anxiety, fear, panic attacks, trauma and PTSD. Regain your self- confidence and control of your emotional reactions to stress. Hypnotherapy is very pleasant, relaxing and comfortable, effectively resolving issues.

- Trauma and PTSD
- Behavior Issues
- Traumatic Brain Injury

Harbor Hall

704 Emmet Street

Petoskey, MI 49770

231.347.5511

www.harborhall.com

Fee, scholarships available, Income based, Age based,

We provide professional treatment and guidance for individuals and families with substance use issues.

- Detoxification program
- Outpatient program
- Residential services treatment
- Transitional living support

Lakeview Counseling

333 Grandview Parkway Ste 403

Traverse City, MI 49684

231.929.0300

www.lakeviewtc.com

Fee, Accepts most insurance plans

Experience working with depression, self-harm, anxiety, grief and loss, as well as adjustment struggles (divorce, moving, relationships).

We also provide individual and family services to those facing work, school problems, or medical concerns.

- LGBTQ+
- Therapists will come and speak on mental health related topics

Learn Self-Compassion

8106 West State Street

Central Lake, MI 49622

231.544.1277 | 616.581.4668

www.learnselfcompassion.com

Fee; Accepts Most Insurance

Dr. Kuiper works primarily with adults struggling with anxiety or depression using Internal Family Systems therapy.

Northern Michigan Regional Entity

1999 Walden Drive

Gaylord, MI 49735

231.487.9144

www.nmre.org

Income based; Accepts Medicaid; Sliding Scale Fee

The NMRE is the Prepaid Inpatient Health Plan (PIHP) for the 21 counties in Northern Lower Michigan. The NMRE does not directly provide services but makes referrals to appropriate services for Medicaid beneficiaries in need of behavioral health and substance abuse disorders.

- Mental Health Counseling
- Developmental Disabilities Services
- Autism/ABA
- Substance Use Treatment
- Opioid Use Treatment
- Veterans Assistance

Northern Reflections Counseling

109 S. Union St Suite 208

Traverse City, MI 49684

231.871.0019

www.northernreflections counseling.com

Fee, Income based, Insurance accepted

We provide a broad scope of services to individuals, couples, families, and groups. We use an eclectic approach to the therapeutic process, emphasizing a person's strengths versus their weaknesses.

- Grief
- Relationship issues
- School related issues
- Anxiety
- Depression

Pine Rest Christian Mental Health Services

1050 Silver Dr.

Traverse City, MI 49684

231.947.2255

www.pinerest.org/locations/northern-michigan

Fee, Income based, Age based, Scholarships available

Our highly trained psychologists and social workers provide professional services for children, teens, adults and seniors as well as couples and families. Our clinicians now offer online teletherapy so you can pursue treatment from the comfort of your home or office.

- Art therapy
- Psychiatric evaluations, consultation and medication management
- Addiction and substance use treatment
- Consultation with physicians, churches, agencies and schools
- Employee Assistance Program
- Senior services

Counseling and Crisis Services

Wilson Wellness Counseling

2810 Charlevoix Ave., Suite 106

Petoskey, MI 49770

989.600.7035

www.wilsonwellnesscounseling.com

Fee

We have a passion to help people heal themselves, improve their relationships, and maximize their individual, family, team and organizational potential.

- Drug and Alcohol counseling
- EMDR therapist
- Employee Assistance Program Provider
- Personality Assessment
- Organization consultation

Women's Resource Center of Northern Michigan, Inc.

423 Porter Street

Petoskey, MI 49770

231.347.0067 | 231.347.0082

www.wrcnm.org

No fee; Fee; Income based; Scholarships available; Sliding Scale Fee; Survivor services no cost

We provide quality, comprehensive, and confidential services at no cost to survivors of domestic abuse and sexual assault in Antrim, Charlevoix, Cheboygan, Emmet, and Otsego counties. We provide counseling services and support groups for current and past survivors of domestic abuse, sexual assault, child abuse, child sexual assault/abuse, stalking, and harassment.

- 24-Hour crisis and information line(231) 347-0082, (800) 275-1995
- Safe Home emergency shelter
- Quality educational preschool and before/after school programming year-round
- Great Start Readiness Program for eligible 4-year-olds
- Weekly playgroups for families/caregivers with children under five
- Prevention programming for schools and community
- Job search/resume development
- Educational and employment services
- Working Wardrobe

Additional Counseling and Crisis Services

Addiction Treatment Services p. 31

Alcoholics Anonymous p. 31

American Red Cross Northern Michigan p. 31

Antrim County Commission on Aging p. 28

Bible Baptist Church p. 45

First Congregational Church p. 45

La Leche League of Traverse City p. 30

North Country Community Mental Health p. 42

Northern Michigan Elder Law p. 39

Ursula House Services p. 30

Disability Services

Bergmann Center Inc

08855 Martin Road
P.O. BOX 236
Charlevoix, MI 49720
231.547.2979

www.bergmanncenter.org

Fee; NCCMH client

Provide services that enable individuals with mental and physical challenges the opportunity to become active, involved members of the community.

- Job Skills Training
- Job Placement
- Job Coaching
- Volunteerism
- Service Club membership
- Recreation & Leisure Activities
- Enrichment Classes
- Education & Training
- Social Activities
- Advocacy groups

Disability Network

415 E Eighth Street
Traverse City, MI, 49686
231.192.2090

disabilitynetwork.org

No fee

We help people with disabilities and their families lead more productive lives in Northern Lower MI. It's our mission to promote personal empowerment and positive social change for people with disabilities.

- Access for Everyone
- Employment Services
- Information & Assistance
- Learning Independence From Experience (LIFE)
- Local Interpreter Services Network (LIS'N)
- Parent Network
- Community Transition Services

Office of Special Education and Rehabilitation Services (OSERS)

US Department of Education
400 Maryland Ave., SW
Washington, DC, 20202
202.245.7468

www2.ed.gov/about/offices/list/osers

No fee

OSERS mission is to confront structures that limit opportunities for individuals with disabilities, and to change policies and practices that put the needs of a system over the needs of the individual.

- IDEA information and support
- Parent Training and Information Centers
- Early Intervention Programs for Infants and Toddlers with Disabilities

Michigan Department of Education - Special Education

608 W. Allegan St.
Lansing, MI 48909
888.320.8384

www.michigan.gov/mde

No fee

The Michigan Department of Education offers support to parents of children with IEPs. The office offers on-line resources, mediation support, and technical support.

- Special Education Eligibility Questions
- Parent Resources
- Legal Information

Michigan Rehabilitation Services (MRS)

320 S. Walnut - Executive Office
Lewis Cass Building - 1N
Lansing, MI 48909
800.605.6722

www.MI.gov/mdhhs

The Mission of MRS is to develop customized workforce solutions for businesses and individuals with disabilities.

- Michigan Career and Technical Institute
- Online Orientation and Application
- Opportunities for Job Seekers
- Talent Acquisition Portal
- Young Adults Looking for Employment
- MRS Farm Rehabilitation
- Pre-Employment Transition Services

Additional Disability Services

Area Agency on Aging of Northwest Michigan p.28
Charlevoix-Emmet Intermediate School District p. 35
Michigan Department of Civil Rights p. 43
North Country Community Mental Health p. 42
Social Security Administration p. 40
VFW Post #6985 & AMVETs Post #6986 p. 47

Educational Services

Central Lake District Library

7900 Maple Street
Central Lake, MI 49622
231.544.2517

www.centrallakelibrary.com

No fee, fee

The Central Lake District Library offers weekly lapsit storytime (0-5 years), summer reading program, and book club for adults. We also have faxing, copying and printing services for a fee. The library is a great source of information and free entertainment for families.

- Free Wi-Fi for patrons
- 8 Computers for public use
- MeLCat Interlibrary Loan System
- Ebook and Audio Books Downloads
- 1000 Book Before Kindergarten Program

Central Lake Public Schools

8169 W. State St. PO Box 128
Central Lake, MI 49622
231.544.3141

www.clps.k12.mi.us

No fee; Fee; Scholarships available

Central Lake Public Schools offers public education for grades Preschool-12th grade. We are a small district with large capacity to support and love our students.

- Free Preschool
- Fee based infant/toddler day care
- Free before school care program for preschool
- After school care for preschool to 5th grade
- Free child care for preschoolers on Fridays
- Summer programming for preschool to 5th grade
- Central Lake dance program

Charlevoix-Emmet Intermediate School District

08568 Mercer Blvd
Charlevoix, MI 49720
231.547.9947 | 231.330.5701

www.charemisd.org

No fee; Age based; Accepts Medicaid; Special Needs

Char-Em ISD is a regional education service agency serving the 11 public school districts of Charlevoix, Emmet and N. Antrim counties.

- Special education services for birth-26
- Early childhood services
- Career and Technical Education
- Employment for people with special needs
- Annual Educational Directory of all area schools
- Transportation of special needs students
- Alternative education high schools

Ellsworth Community School

9467 Park Street
Ellsworth, MI 49729
231.588.2544

www.ellsworth.k12.mi.us

No fee; Age based

Ellsworth Community School is an award winning small, rural PK-12 public school. We offer educational services to students in grades PK-12 in two buildings. Ellsworth Elementary houses students in grades PK-5, while Ellsworth Middle/High School educates students in grades 6-12.

- Quality Education
- Free Preschool
- Club Lancer aftercare for student in grades PK-5
- Transportation
- Academic clubs
- Athletic program

Michigan State University Extension

203 E. Cayuga PO Box 427
Bellaire, MI 49615
231.533.8818

www.msue.msu.edu

No fee, Fee, Age based, Scholarships available

Michigan State University (MSU) Extension helps people improve their lives by bringing the vast knowledge resources of MSU directly to individuals, communities and businesses.

- 4-H
- Nutrition Education
- Parent Education
- Farm management and education for local farmers
- Natural resource education
- Home horticulture support

Raven Hill Discovery Center

4737 Fuller Rd
East Jordan, MI 49727
231.536.3369 | 231.675.6025

www.MiRavenHill.org

Fee; Scholarships available; FREE Second Saturdays

Raven Hill provides a place that enhances lifelong learning for all ages by connecting science, history and art. Main museum includes hands-on light, sound, motion, music and magnets, Visitors can pet or hold snakes and lizards and see turtles and fish in the animal room. Outside, there is a music garden, Jurassic Park walk, one-room school, accessible treehouse and ancient world, enough to keep everyone busy and learning for hours!

- Continuing Education Opportunities / Workshops
- Community Events
- Free Admission on the second Saturday of every month
- Summer Camps / School Visits

Additional Educational Services

Grand Traverse Regional Community Foundation p. 44
Great Start Collaborative and Parent Coalition p. 29
Michigan Department of Education - Special Education p. 34
Northern Michigan Community Action Agency p. 30

Office of Special Education and Rehabilitation Services p. 34
Ursula House Services p. 30
Women's Resource Center of Northern Michigan p. 33
YMCA Hayo-Went-Ha Camps p. 38

Employment Services / Food Assistance

Employment Services

Northwest Michigan Works!

2240 Mitchell Park Dr.

Petoskey, MI 49770

231.347.5150

www.networksnorthwest.org

www.careercafe.org

No fee

Northwest Michigan Works! is a workforce development solutions provider. We are an essential resource connecting job seekers and employers in with career opportunities and training.

- Resume and Job Search Assistance, Interviewing Skills
- Connection to training opportunities
- Youth Career Services, Jobs for Michigan Graduates
- Adult Education - HS Diploma/GED
- Workshops, Career Connections
- Talent Pipeline Development, Apprenticeships
- Veteran Services, Offender Success Program

Additional Employment Services

Bergmann Center, Inc. p. 34

Disability Network p. 34

Michigan Rehabilitation Services p. 34

Women's Resource Center of Northern Michigan p. 33

Food Assistance

Bellaire Food Pantry

205 Broad st.

PO Box 252

Bellaire, MI 49615

231.533.8600 | 231.533.8973

No Fee

We provide free food, personal care items, soap, and toilet paper once a month to anyone that is a resident of Antrim County. Closed in inclement weather. Mon. 10- 4 Thurs 10-4 Sat. 10- 12

- Cooking Classes

Father Fred Foundation

826 Hastings

P.O. Box 2260

Traverse City, MI 49685

231.947.2055

www.fatherfred.org

No fee

We are a grassroots charity that assists our neighbors in need with a wide variety of resources such as food, clothing, furniture, and financial aid. Our services are free of charge and available to residents of Antrim, Benzie, Grand Traverse, Leelanau and Kalkaska counties.

- Food Pantry
- Clothing & Household Goods
- Furniture
- Rental Assistance
- Utility Assistance
- Transportation Assistance
- Burial/Cremation Assistance
- Child Care Assistance
- Home Repair
- Dental/Medical Assistance

Additional Food Assistance

Antrim County Commission on Aging p. 28

ASI Community Center & Park p. 38

Bible Baptist Church p. 45

Department of Health and Human Services p. 39

First Congregational Church p. 45

Good Samaritan Family Services p. 42

Northern Michigan Community Action Agency p. 30

The Salvation Army- Petoskey Corps p. 43

Food and Clothing Pantry Calendar



	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY	SUNDAY
1ST WEEK	●	● ● ● ●	● ● ●	● ● ● ●	● ● ●	● ●	
2ND WEEK	●	● ● ● ●	● ● ●	● ● ● ● ●	● ● ●	● ● ●	
3RD WEEK	● ●	● ● ● ●	● ● ●	● ● ● ●	● ● ● ● ●	● ●	
4TH WEEK	●	● ● ● ●	● ● ●	● ● ● ● ●	● ● ●	● ●	●

PANTRY LOCATION	BABY ITEMS	CLOTHING	FOOD	DAY	TIME
● 1st Congregational Church 1875 Main St., Central Lake 231.544.6878			X X	Tuesday Friday	5pm-7pm 3pm-5pm
● Antrim County Baby Pantry 205 Grove St., Mancelona 231.587.5643	X			2nd and 4th Thursday	11:30am-4pm
● Bellaire Food Pantry 205 Board St, Bellaire 231.533.8600			X X	Monday, Thursday Saturday	10am-4pm 10m-12pm
● Bible Baptist Church Food Pantry 1040 N. M88, Central Lake 231.544.6699			X	4th Sunday	6pm-8pm
● Central Lake Clothing Swap 1875 Main St., Central Lake 757.418.4108	X X	X X		2nd Saturday Monday after 2nd Saturday	10am-12pm 5pm-7pm
● CLEO Diaper Day Ursula House Central Lake 231.631.2392	X			3rd Thursday	8am-4pm
● Father Fred Foundation 826 Hastings, Traverse City 231.947.2055	X	X	X X	T-F Wednesday	10am-2pm 10am-7pm
● Good Samaritan Food Pantry 9746 Main Street, Ellsworth 231.588.2208		low cost low cost low cost	X X X	Tuesday W,Th,F Saturday	10am-6:30pm 10am-3:30pm 10am-1:30pm
● Mancelona Food Pantry 201 N Maple Street, Mancelona 231.587.9606		low cost low cost	X	T, W, Th T-F Saturday	9am-3pm 9am-4pm 10am-2pm

**Times and dates accurate at time of submission.
Always call before arrival.**

Fun Things To Do

See Parks listings on pgs 26-27

Antrim County Fair

4919 Stover Rd
Bellaire, MI 49615
231.533.6265

www.antrimcountyfair.com

No fee, fee

The Antrim County Fair is an annual community-based event focusing on local youth and 4-H groups, local crafts, and businesses. There are many activities including equestrian events, market and showman events with multiple age groups and classes. Also included in the activities are local performers, craftsmen, and educators. There is an exhibition barn that houses many crafts, food, photo, and art exhibits.

- Family Activities
- Education

ASI Community Center & Park

102 South Maple Street
PO Box 146
Bellaire, MI 49615
231.350.8835

www.areaseniorsinc.org

www.facebook.com/areaseniorsinc

No fee; Fee; Income based; Project Fresh WIC & Senior

We accept Project Fresh coupons at the farmer's market and have a weekly HUGE yard sale as our fundraiser supporting our non-profit status. Always looking for additional volunteers to work our yard sale. Serving all of Antrim County!

- Summer Bellaire Farmer's Market
- Pickleball Courts
- Shuffleboard Courts
- Billiards
- Community Center Rentals
- Yoga, Zumba
- Summer music
- Duplicate Bridge Club
- Quilting

Ellsworth/Atwood Pig Roast

6520 Center St PO Box 68
Ellsworth, MI 49729
231.675.3826 | 231.459.8317

No fee

The Ellsworth/Atwood Pig Roast is a FREE family-friendly weekend event held the 3rd weekend in June created to bring the community and friends together for a weekend of fun. On Friday there is a 200-foot long water slide, basketball tournament, music & food. Saturday is nonstop food and fun. Everyone is invited and everything except the meal is FREE.

Ellsworth/Atwood Pig Roast (continued)

- Parade-Hometown Style
- Bouncy Toys & Rock Climbing Wall
- Horse Pull
- Pancake Breakfast
- 5K Run
- Fresh Roasted Pulled Pork Dinner
- Music
- Craft Show
- 3 on 3 Basketball Tournament & Baseball Tournament

Martha Wagbo Farm and Education Center

5745 N M-66
East Jordan, MI 49727
231.536.0333

www.facebook.com/marthawagbofarm

No fee; Fee; Sliding Scale Fee

The Martha Wagbo Farm and Education Center is a non-profit organization situated on a 212-acre historical homestead in the Jordan River Valley. Started in 1992, our mission is to provide an inspirational place for people to connect with each other and the land. All are welcome. Most events are free to low cost.

- Monthly full moon feast potlucks
- Annual maple syrup open house in March
- Friends of the sugar bush volunteering opportunity
- Friends of the orchard volunteering opportunity
- Stitch N Such group
- Hiking Trails
- Farm Open House Events
- Community room for gathering
- Workshops

YMCA Hayo-Went-Ha Camps

919 N. East Torch Lake Dr.
Central Lake, MI 49622
231.544.5915

www.hayowentha.org

Fee, Age based, Scholarships available

We offer a 2 week and 4 week summer camp program for both boys and girls ages 9 and up in a single gender setting. We also host a coed summer Day Camp to campers aged 5-10.

- Summer Residential Camp
- Family Camp
- Outdoor Education
- Halloween Festival
- Winter Carnival
- Thanksgiving Dinner

Additional Fun Things To Do

Antrim County Commission on Aging p. 28
Grand Traverse Bay YMCA p. 29
Michigan State University Extension p. 25
Pleasant Valley Bible Camp p. 46
Polestar LGBT Community Center p. 43
Raven Hill Discovery Center p. 35

Government and Legal Services

Antrim County Probate and Family Court

205 E. Cayuga
Bellaire MI 49615
231.533.6681

www.antrimcounty.org/probate_court.asp

Fee, Income based

The Antrim County Probate and Family Court has jurisdiction over family-related and probate matters, such as divorce, paternity, child support, custody, parenting time, adoption, termination of parental rights, and abuse prevention.

Open Monday through Friday 8:30 am - 12 pm, 12:30 pm - 4:30 pm.

- Juvenile Delinquent Cases
- Neglect and Abuse Cases
- Divorces
- Guardianships
- Conservatorships
- Estates

Department of Health and Human Services

205 E Cayuga
Bellaire MI 49615
231.533.8664 | 231.348.1600

www.michigan.gov/dhhs

No fee; Income based; Age based

MDHHS provides opportunities, services, and programs that promote a healthy, safe, and stable environment for residents to be self-sufficient.

- Medicaid Assistance
- Healthy MI Plan
- Food Assistance Program
- Family Independence Program
- Child Protective Services
- Adult Protective Services
- Adult In-home help
- State Emergency Relief Program
- Home heating assistance
- Child Development and Care Program

Justice For Our Neighbors

222 Cass Street
Traverse City, MI 49684
231.620.1100

www.jfonmi.org

No fee

Justice For Our Neighbors is a faith based ministry that provides free immigration legal services. Potential clients must contact our office to schedule an appointment with our legal team.

- Green Card Renewal
- Citizenship
- Adjustment of Status
- "U" Visas for Victims of Violent Crimes
- Human Trafficking
- Family based Petitions
- Refugee Adjustment of Status
- Removal of Conditions on Status
- Temporary Protected Status
- DACA

Legal Services of Northern Michigan

221 Garland Street, Suite H
Traverse City, MI 49684
231.941.0771

www.lsnm.org

No fee; Income based; Age based

Legal Services of Northern Michigan provides legal services for people who meet federal poverty guidelines or who are 60 years of age or older. These services include basic discussion of client rights; counseling; preparation of letters, documents, deeds, and pleadings; negotiations; administrative hearings; trials; and, in some cases, appeals, and community legal education presentations.

- Tenants rights
- Domestic and/or sexual violence.
- Seniors
- People with disabilities
- Families wrongfully denied benefits

Michigan Indian Legal Services

814 S. Garfield Avenue, Suite A
Traverse City, MI 49686-3430
231.947.0122

www.mils3.org

No fee; Income based

MILS is a non-profit charitable organization that provides civil legal services without charge to American Indian families, tribes and organizations with income levels at or below 125% of the poverty level who live in Michigan. MILS is the only free legal aid provider in Michigan that specializes in Indian law.

- Free legal representation for eligible clients

Northern Michigan Elder Law

103 Belvedere Ave
Charlevoix, MI 49720-1410
231.715.1401

www.michelderlaw.com

Fee

NMEL is a law firm that handles and sometimes litigates trust and will disputes and guardianship or conservatorship. NMEL also has experience with special needs and disability planning, including ABEL accounts, and pooled or 3rd party special needs trusts.

- Powers of Attorney Financial and Healthcare
- Estate Planning
- Ladybird deeds
- Medicaid applications
- Veterans Benefits
- Nursing Home planning

Government and Legal/Health Services

Social Security Administration

1329 S Division St
Traverse City, MI 49648
866.739.4802 | 231.929.4143
www.socialsecurity.gov

No fee; Income based; Age based

The United States Social Security Administration (SSA) is an independent agency of the U.S. federal government that administers Social Security, a social insurance program consisting of retirement, disability, and survivors' benefits.

- Apply for the following benefits: Medicaid, Disability, Financial Assistance for Low Income Families, Retirement, Survivor.
- Name Changes

Additional Government and Legal Services

Department of Health and Human Services p. 39
Michigan Department of Civil Rights p. 43

Health Services

Antrim County Meadow Brook Medical Care Facility

4543 South M-88 Highway
Bellaire, MI 49615
231.533.8661
www.meadowbrookmcf.com

Fee

Meadow Brook Medical Care Facility is dedicated to providing short and long term residents with a high-quality of life and superior medical care.

- Occupational Therapy
- Speech Therapy
- Outpatient Physical Therapy
- Short Term Medical Care
- Long Term Medical Care

Boyne Area Free Clinic

624 State Street
Boyne City, MI 49712
231.582.4605
www.nafclinics.org

No fee

The Boyne Area Free Clinic provides basic medical services to those that have no medical insurance and are ineligible for Medicare and Medicaid coverage. The clinic is open 1 day per week and sees over 40 patients each time. This is a true free clinic. No proof of income required. The Boyne Area Free Clinic operates on the honor system and while there is no charge, donations are accepted and appreciated. Call for hours.

- Primary Care
- Immunizations
- Urgent Care
- Referrals to specialist for advanced treatment

Dental Clinics North

205 Grove St.
Mancelona, MI 49659
877.321.7070
www.dentalclinicsnorth.org

Accepts Most Insurance; Accepts Medicaid; Sliding Scale Fee
Dental Clinics North provides affordable dental services in Northern Michigan for the whole family. Our sliding fee scale allows anyone to walk into our office and receive affordable dental care. Our experienced team makes sure each patient is comfortable while receiving the best dental service possible. Emergency appointments are allowed and are usually taken the same day.

- Oral exam/Cleanings
- Fillings
- Fluoride Treatment/Sealants
- Pediatric Dentistry
- Dentures

East Jordan Family Health Center

601 Bridge Street
East Jordan, MI 49727
231.536.2206
www.ejfhc.org

Fee, Income based, Insurance Accepted

East Jordan and Bellaire Family Health Centers are your local home town primary health care centers. We offer a variety of services for newborns to geriatrics.

- Adult Physicals and Well Child Exams
- Acute Care
- Gynecology and Obstetrics
- Men's Health
- Immunizations
- Behavioral Health/Counseling
- Pharmacy/Prescription Assistance Services
- Sliding Scale Discount Program
- Laboratory Services on Site
- Digital Mammography and X-ray

Grandvue Medical Care Facility

1728 S. Peninsula Road
East Jordan, MI 49727
231.536.2286
www.grandvue.org

Accepts Medicaid

Grandvue, Charlevoix County's medical care facility, is home to 113 residents and has been serving northern Michigan for over 125 years. The facility provides 24-hour skilled nursing care in an environment that honors residents' individuality and personal choices.

- Long-term care community
- Rehabilitative services
- Specialized memory care community
- Restaurant Style Dining and Executive Chef on staff
- 4-season greenhouse
- 5-Star staffing levels
- Certified Eden Alternative home supporting person centered care

Health Services

Health Services (continued)

Health Department of Northwest Michigan

209 Portage Drive
Bellaire, MI, 49615
800.432.4121

www.nwhealth.org

No fee, Fee, Income based

Our mission is to serve our entire community and to achieve health equity by promoting well-being, preventing disease, and protecting the environment through partnerships, innovation, and excellence in public health practice.

- WIC-Women, Infant and Children Program-supplemental free food.
- Immunizations for children and adults free or reduced costs.
- Home visits for pregnant and parenting families.
- Family planning services based on ability to pay.
- Breast and Cervical Cancer screening for women 40-64
- Colorectal Cancer Screening
- Hearing and vision for children
- HIV counseling and testing.
- Home Health and Hospice.
- Assurances with Health Kids, MICHild, Marketplace, Medicaid and Healthy Michigan Plan enrollment assistance.

Heartland Hospice

4020 Copper View Ste 113
Traverse City, MI 49684
231.935.3089

www.heartlandhospice.com/traversecity

Accepts Most Insurance; Accepts Medicaid

Hospice care is a specialized care that focuses on supporting you and your loved ones during an advanced illness. The emphasis is on comfort and quality of life, rather than finding a cure.

- Bereavement Services
- Aging Education
- Spiritual Services
- Caregiver Support

Hospice of Michigan

10850 E Traverse Hwy Ste 1155
Traverse City, MI 49684
888.247.5701

www.hom.org

No fee; Accepts Most Insurance; Accepts Medicaid

As an independent, community-based hospice of over 40 years, local care teams focus on managing pain and symptoms, and providing emotional, spiritual and family bereavement services. Caregivers have the extra support of our 24/7 contact center to ask questions or talk to a nurse. A Level IV partner in the We Honor Veterans program.

- Interdisciplinary team of certified hospice clinicians
- Physician, Nurse, Aide, Social Worker
- Spiritual Care, Bereavement
- Volunteer support

Ironmen Health Center

Child and Adolescent Health Center
205 Grove St
Mancelona, MI 49659
231.587.9840

www.nwhealth.org/mobile/ihc.html

The Child and Adolescent Health Program promotes the health of children, adolescents, and their families by providing important primary, preventative, and early intervention health care services for ages 5 years to 21 years old. Will bill health insurance and can absorb the cost of a visit.

- Preventive Care/Health Education
- Physical exam can be used for sports participation
- Vision and Hearing Screening
- Medication - prescription for illness if needed
- Immunizations
- Treatment of acute illness
- Assistance in managing chronic illness
- Behavioral and/or developmental health
- Mental health care - counseling
- Behavioral risk assessment and education

McLaren Home Care & Hospice

One Hiland Drive
Petoskey, MI 49770
231.487.4825 | 231.627.2031

www.mclaren.org/northern

No fee; Fee; Accepts Medicaid

Hospice care that provides support for patient and family, relief from pain and symptoms, and help for family members and loved ones who want to stay close to their loved one.

- Adult Day Center available half-day or full-day.
- Adult Day Center Services
- Lunch provided
- Daily Activities
- Hospice Care
- Transportation Assistance
- Direct Care
- Child Bereavement

Munson Healthcare Charlevoix Hospital

14700 Lake Shore Dr
Charlevoix, MI 49720
231.547.4024

www.cah.org

Fee

Charlevoix Area Hospital is a community hospital offering a wide array of inpatient and outpatient services. The emergency room is staffed 24 hours a day.

- Urgent Care Services from 10 am-8 pm everyday
- Partners with Munson Medical Center.
- Satellite offices in Boyne City and East Jordan.
- Boyne Area Medical Center 231-582-5314
- Boyne Rehab Center 231-582-6365
- Jordan Valley Rehab 231-536-1451

Health / Housing and Utility Assistance

Health Services (continued)

North Country Community Mental Health

203 E Cayuga St
Bellaire, MI 49615
231.533.8619 | 231.347.7890

www.norccmh.org

No fee; Fee; Income based; Accepts Medicaid; Sliding Scale Fee
North Country Community Mental Health's mission is to provide behavioral health services that inspire hope and promote recovery, resilience, and wellness to eligible residents.

- Community based mental health services
- Community support services for persons with mental illness
- Family and community support for persons with developmental disabilities
- Child and family services - outreach therapy
- Older adult services - meeting mental health needs of the elderly
- Adult therapy/counseling
- Assertive Community Treatment
- Emergency Services

Planned Parenthood of Michigan

1003 Spring St
Petoskey, MI 49770
231.347.9692

www.ppmi.org

Accepts Most Insurance Accepts Medicaid; Sliding Scale Fee
For 100 years, Planned Parenthood has promoted a common-sense approach to women's health and well-being based on respect for each individual's right to make informed, independent decisions about reproductive health and family planning. Planned Parenthood delivers vital health care, sex education and sexual health information to thousands each year.

- birth control/sex education
- cancer screenings
- well-woman visits
- pregnancy testing
- HPV vaccine
- reproductive health

Villa at The Bay

1500 Spring St
Petoskey, MI 49770
231.344.6600

www.villahc.com

Fee; Age based; Accepts Most Insurance; Accepts Medicaid
Villa at The Bay is a Skilled Nursing Facility providing rehabilitation services, long term care and end of life services including hospice.

- Physical Therapy
- Occupational Therapy
- Speech Therapy
- Palliative Care
- Hospice Services
- Activities
- Memory Care

Additional Health Services

Addiction Treatment Services p. 31
American Red Cross Northern Michigan p. 31
Area Agency on Aging of Northwest Michigan p. 28
Catholic Human Services p. 31
Child and Family Services of Northwestern Michigan p. 31
Department of Health and Human Services p. 39
Grand Traverse Hypnotherapy and Counseling p. 32
Northern Michigan Regional Entity p. 32
Pregnancy Care Center of Petoskey p. 30

Housing and Utility Assistance

Antrim County Housing Committee

203 E. Cayuga Street
Bellaire, MI 49615
231.533.8727

www.antrimcounty.org/housing

The Antrim County Housing Committee reviews applications from the public for low interest loans for home repair and rehabilitation. Most own their home.

- Help with removing existing health hazards within the home.
- Help with safety hazards within the home.

Good Samaritan Family Services

9746 Main St (PO Box 206)
Ellsworth, MI 49729
231.588.2208

www.thegoodsam.org

No fee; Age based

We offer emergency utility and heating assistance for seniors and families with small children. Our food pantry is available to Antrim county residents. The Moms & Tots Center offers resources for parents of small children.

- Food Pantry
- Utility assistance/Heating assistance
- Parenting resources
- Clothing and household resale store/Furniture resale store
- New shoes and boots for kids
- Homelessness/Chaplain services
- Donation drop off

Joppa House Ministries

801 State St
Charlevoix, MI 49720
231.330.2643

www.joppahouseministries.org

Joppa House is a Transitional Home for women and their children who are homeless or facing homelessness. This faith-based home teaches the life skills necessary to sustain independent living as well as offers support and other services to help women get back on their feet. Residency by application and individual meeting.

- Life Skills Training/Counseling
- Housing/Shelter
- Children's Services
- Counseling
- Trades Training/Driving Lessons
- Mentoring/Bible Studies/Church

Housing / LGBT+ / Native American

Housing and Utility Assistance (continued)

Northern Homes CDC

1048 E Main Street
PO Box 86
Boyer City, MI 49712
231.582.6244
www.northernhomes.org

No fee

Northern Homes CDC offers homebuyer education classes and one-on-one financial counseling. We also have apartments for rent and homes to purchase in Antrim, Charlevoix, Crawford and Emmet Counties.

- Homebuyer Education Classes
- Financial Counseling one-on-one
- Foreclosure Prevention Counseling
- Rental Apartments for families and senior citizens
- Homes to purchase

TrueNorth Community Services

6308 S. Warner Ave
Fremont, MI, 49412
231.355.5880
www.truenorthservices.org

Income based

Michigan winters are cold but emPower™ wants to keep you warm. We work with you to find ways to afford paying your heating bills.

- Heating bill education and assistance

The Salvation Army- Petoskey Corps

712 Pleasant Street
Petoskey, MI 49770
231.347.3531
www.SAPetoskey.org

No fee; Income based; Scholarships available; please call

We have an array of year-round services and programs from emergency financial assistance to Sunday worship and children's programs. The Salvation Army Thrift Store is open Monday - Saturday 10-6 at 1615 Clarion Ave. in Petoskey. We pick up and deliver; call (231) 347-8500 to schedule.

- Emergency Financial Assistance- Heat, Electricity, Rent, Repair
- Food Assistance- Weekly Community Meals and Pantry
- Youth Programs- After School, Summer Camp, Teens
- Holiday Assistance- Food Vouchers, Toys
- Worship Services- Sunday Services, Spiritual Counseling
- Ministerial Outreach Services- Senior Care Facility, Jail, Prison
- Thrift Store- Household Items, Clothing, Furniture
- Addiction Recovery Support Dinners and Meetings
- Emergency Disaster Services- Financial Services for Survivors
- Volunteer and Philanthropic Opportunities

Additional Housing and Utility Assistance

Department of Health and Human Services p. 39
Father Fred Foundation p. 45
First Congregational Church p. 45
Northern Michigan Community Action Agency p. 30
Women's Resource Center of Northern Michigan p. 33

LGBT+ Support

Polestar LGBT Community Center

717 Woodmere Ave
Traverse City, MI 49684
231.715.9203 | 231.590.8229
www.tcpolestar.org

No fee; Age based; Scholarships available

Polestar LGBT+ Community Center aims to provide a safe space for all people. Our mission is to advocate for, educate, and connect the LGBT+ community in Northwest Lower Michigan.

- LGBTeens Up North social group for teens 13 - 18
- Parent and Guardian Peer-to-Peer Support Group
- Transgender & GNC Support Group, 18+
- Speakers for schools, medical institutions and businesses
- Gaym Nights
- Annual LGBT Queer Prom
- Once monthly Equality Michigan Department of Victim Services Pop-Up Office Hours

Additional LGBT+ Support

Lakeview Counseling p. 32
Michigan Department of Civil Rights p. 43

Native American Services

Grand Traverse Band of Ottawa and Chippewa Indians

2605 N. West Bay Shore Dr.
Peshawbestown, MI 49682
231.534.7750
www.gtbindians.org

We, the Tribal Council of the Grand Traverse Band of Ottawa & Chippewa Indians, a Sovereign Nation, honor our ancestors and strive to empower the well being of our present and future members.

- Cultural and Health education and support
- Sovereignty and treaty rights
- Financial management and planning
- Housing support

Michigan Department of Civil Rights

350 Ottawa NW
Grand Rapids, MI 49503
517.335.5165
www.michigan.gov/mdcr

No fee

Department of Civil Rights investigates and resolves discrimination complaints and works to prevent discrimination through educational programs that promote voluntary compliance with civil rights laws.

- Investigates discrimination complaints
- Process hate crimes reports
- Division of deaf, deafblind and hard of hearing
- Migrant and seasonal farmworker division
- Fair housing division
- Michigan women's commission
- Discrimination training offered

Additional Native American Services

Department of Health and Human Services p. 39
Michigan Indian Legal Services p. 39

Philanthropy and Volunteerism

Central Lake Lioness Club

P.O. Box 224
Central Lake, MI 49622
231.350.0286

www.facebook.com/Central-Lake-Lioness-Club

WE SERVE TOO! Serving in Central Lake since 1977, individuals join together to give their valuable time and effort to help our communities.

- Kidsight Eye Screening
- Volunteer in Schools
- Eyeglass assistance
- Support local food pantries
- Support school programs
- Support community organizations

Central Lake Lions Club

P.O. Box 233
Central Lake, MI 49622
231.350.0286

www.centrallakelions.org

No fee; Income based; Scholarships available

Where There's a Need, There's a Lion - WE SERVE! It's that simple, and it has been since our club first began in Central Lake in 1950.

We are a place where individuals join together to give their valuable time and effort to improving their community.

- Eyeglass assistance
- Hearing aid assistance
- Kidsight Eye Screening
- Scholarships for High School Seniors
- Support local food pantries
- Provide support for local disaster victims
- Volunteer in schools
- Support school programs
- Support community organizations
- 4th of July chicken BBQ fundraiser

Ellsworth Lioness Club

6520 Center Street
Ellsworth, MI 49729
231.588.7741 | 231.588.2213

www.bankstownship.net

No fee

Ellsworth Lioness Club is a service organization that supports a variety of needs in the community. We prefer that all avenues for funding have been explored prior to requesting help from us.

- Paid for exams and glasses for students and adults
- Financial assistance for dental care
- Financial assistance for hearing aids
- Provided gas cards to help with transportation costs for bereaved
- Available to provide and serve funeral lunches for community
- Free Breakfast with Santa that includes pictures with Santa and a stuffed toy to each child

Grand Traverse Regional Community Foundation

250 E Front Street, Ste. 310
Traverse City, MI 49684
231.935.4066

www.gtrcf.org

The Grand Traverse Regional Community Foundation exists to enhance the quality of life in our communities, now and forever, by serving as a leader of local philanthropy. The Community Foundation is a nonprofit that receives donations from individuals and organizations, invests those assets, and awards grants and scholarships to benefit the community.

United Way of Northwest Michigan

202 E Grandview Parkway
Traverse City, MI 49684
231.947.3200

www.unitedwaynwmi.org

No fee

United Way of Northwest Michigan's mission is to connect and mobilize the caring power of our local communities to advance the common good. We offer services such as Tuesday Toolman and 211. Tuesday Toolman is a program that completes small home repairs for low-income families in need. 211 is a no-cost service that connects community members to agencies that can fill their immediate needs.

Additional Philanthropy and Volunteerism

American Legion Jansen-Richardson Post # 488 p. 46
Antrim County Commission on Aging p. 28
Antrim County Fair p. 38
ASI Community Center & Park p. 38
Big Brothers Big Sisters of Northwestern Michigan p. 29
Central Lake AMVETS Post 6986 p. 46
Ellsworth/Atwood Pig Roast p. 38
Martha Wagbo Farm and Education Center p. 38
The Salvation Army- Petoskey Corps p. 43
VFW Post #6985 & AMVETS Post #6986 p. 47
Women's Resource Center of Northern Michigan p. 33

Spiritual Resources

Belltower Reformed Church

8033 Church Rd.

Ellsworth, MI 49729

231.588.2844

www.belltowerchurch.org

No fee

Faith-based leadership, guidance and counseling provided to all who are troubled or hurting. A friendly, caring community, with members who are truly concerned with the well-being of all.

- Benevolence
- Friendship
- Counseling

Bible Baptist Church

1040 N M 88

Central Lake, MI 49622

231.544.6699

www.bbcl.com

No fee

We are a caring church, deeply interested in our community and in helping families develop safe and structured environment for children to thrive.

- Children's programs (nb - teen)
- Childcare provided for all services
- Mom/Ladies support groups
- Family gym night (winter)
- Children's clubs every Wednesday
- Food Pantry
- Counseling services

Eastport Baptist Church

5910 N. M-88 Hwy

Eastport, MI 49627

231.599.2122

www.eastportbc.org

No fee

We are a loving church that helps people connect with God. We are always open to new relationships and would love to have you come and give us a try.

- Small Groups, i.e. Young adults, Teens, etc.
- Awana Clubs for kids
- Fusion for Teens
- Outdoor Sportsmen's Banquet (First Saturday in March)
- Art Camp (First week in August)
- Free Mom2Mom give-a-way (August)
- Thanksgiving Community Meal
- Rooted - Young Adult study (Meets every other Thursday)

Ellsworth Christian Reformed Church

9301 Main Street

Ellsworth, MI 49729

231.588.7805

www.ellsworthcrc.org

www.facebook.com/ellsworthcrc

No fee

Come worship God with us! Ven a adorar a Dios con nosotros! We gather on Sundays at 10am to hear God's word in song, scripture, and prayer. We love people of all ages, abilities, and backgrounds. When children wander around during the service they help us all worship better! Older children can grab an activity bag after the children's message, and young ones can play in the nursery. Quiet infant care space is available in the pastor's study during services. Stay for homemade cookies and coffee!

- Sunday Worship 10am with cookies/coffee
- Sunday school
- Wednesdays 7amINFUSE Youth Bible Study at Front Porch Cafe
- Weddings and funerals
- Pastoral counseling

Ellsworth Wesleyan Church

6339 Elm Street

PO Box 218

Ellsworth, MI 49729

231.588.7455

www.ellsworthwesleyan.org

No fee

We help individuals find true life through a relationship with Jesus, being transformed by God to live as God's transforming presence in our world.

- Weekly spiritual guidance and worship opportunities
- Free Family Events
- Celebrate Recovery Support Group
- Warm breakfast Wednesday Morning for Jr/Sr High School students at The Front Porch Cafe
- Partner/Support The Front Porch Ministries/Cafe

First Congregational Church

P.O. Box 326

8066 W. State St

Central Lake, MI 49622

231.544.6878

www.fcccentrallake.org

No fee

We are a place of worship that offers not only spiritual guidance but physical guidance. We can assist with food, healthcare, counseling, utility and housing, grief support and help you find additional resources to help with your needs.

- family and parenting
- men's and women's support groups

Spiritual / Transportation / Veterans

Spiritual Resources (continued)

Pleasant Valley Bible Camp

3606 Wilson Rd
East Jordan, MI 49727
231.544.6043

www.pleasantvalleybiblecamp.com

No fee; Fee; Income based; Age based; Scholarships available
We exist to promote the Gospel of our Lord Jesus Christ and a healthy recreational program in a Christian atmosphere.

- Summer Camps
- Family Camp
- Fall Retreats (Adults)
- Winter Retreats (Youth & Adult)
- Teen All Nighters
- Family Fall Fest
- Day Camp
- Swim, Slide and Ski

Transportation

Antrim County Transportation

4700 S M 88
Bellaire, MI 49615
231.533.8644

www.antrimcounty.org

Fee

Antrim County Transportation (ACT) provides low cost public transportation to all areas of Antrim county. We provide transportation to all ages.

- Operating hours are Monday - Friday 6:00 AM-6 PM.
- Call to schedule a ride

Additional Transportation

Alcoholics Anonymous p. 31
Antrim County Commission on Aging p. 28
Department of Health and Human Services p. 39
Father Fred Foundation p. 36
McLaren Home Care & Hospice p. 41
VFW Post #6985 & AMVETS Post #6986 p. 47

Veteran Services

American Legion Jansen-Richardson Post # 488

P.O. Box 72
Ellsworth, MI 49729
231.588.7361 | 231.645.1878

No fee

Our main focus is to conduct Memorial Day services at local cemeteries and placing a wreath on Ellsworth Lake to honor those who died at sea. We also participate in Veterans Day ceremonies at Ellsworth High School.

- Provide scholarship to high school graduates who are related to one of our members

Antrim County Veterans Affairs

509 E. Cayuga St.
Bellaire, MI 49615
231.533.8499
www.facebook.com/antrimva
www.antrimcounty.org

No fee

Veteran Service Officers are trained and accredited by the Department of Veterans Affairs and other recognized organizations to provide assistance to veterans, their dependents, and survivors. This includes applying for federal and state benefits. Compensation and Pension

- Health Care
- Education & Training
- Employment
- Burial & Survivor
- Housing
- Transportation
- Military Records
- Antrim County Veteran Service Officer

Central Lake AMVETS Post 6986

1840 S Main St
Central Lake, MI 49622
231.544.6544
www.facebook.com/centrallakeamvets

Fee

Association for honorably discharged veterans wanting to get involved in the community.

- Central Lake High School yearly scholarship
- Helping veterans in need

Family Assistance Center

Camp Grayling Bldg 117
Grayling, MI 49739
989.344.6144 | 989.745.1439
www.fp.minationalguard.com/fac

No fee

Family Assistance Centers are organized to provide a comprehensive host of services to regional service members, veterans and families.

- Crisis Intervention
- Legal Resource/Information
- Financial Resource
- ID Cards/DEERS Resource
- Community Information and Outreach
- TriCare Health and Dental

Veterans Resources / Index

Veterans Services (continued)

Patriot's Place

1430 Patriot Drive
Gaylord, MI 49735
989.448.2260

www.goodwillnmi.org/homeless-housing/patriot-place/

Patriot Place is Northern Michigan's only Veterans Transitional Housing Community for male veterans who are experiencing homelessness. Unlike a temporary emergency shelter, veterans in need will have the opportunity to live independently with support services for up to two years.

- Male transitional housing for veterans
- PTSD, mental or substance abuse support

VFW Post #6985 & AMVETs Post #6986

1805 S M-88 Hwy
Central Lake, MI 49622
231.544.6455 | 601.467.0681
www.vfwmi.org

No fee

We help veterans with VA disability benefits claims, transportation to the VA at no cost. The best part is local veterans and their families get to tap into the shared experiences of other veterans at any time.

- VA benefit claim assistance
- Transportation assistance
- Community assistance
- Scholarships
- Hall rentals
- Tent rentals

Additional Veterans Services

Addiction Treatment Services p. 31

Alcoholics Anonymous p. 31

American Red Cross Northern Michigan p. 31

Northern Michigan Elder Law p. 39

Northwest Michigan Works p. 36

Index

Addiction Treatment Services	31	Disability Network	34	Michigan Department of Education - Special Education	34
Alcoholics Anonymous	31	East Jordan Family Health Center	40	Michigan Department of Civil Rights	43
Alliance for Senior Housing, LLC	28	Eastport Baptist Church	45	Michigan Indian Legal Services39	
American Legion Jansen-Richardson Post # 488	46	Eastport Village Care Home	28	Michigan Rehabilitation Services34	
American Red Cross Northern Michigan Chapter 31		Ellsworth Christian Reformed Church	45	Michigan State University Extension	35
Antrim County Baby Pantry	29	Ellsworth Community School	35	Moms & Tots Center	30
Antrim County Commission on Aging	28	Ellsworth Lioness Club	44	Munson Healthcare Charlevoix Hospital	41
Antrim County Fair	38	Ellsworth Wesleyan Church	45	North Country Community Mental Health	42
Antrim County Housing Committee	42	Ellsworth/Atwood Pig Roast	38	Northern Homes CDC	43
Antrim County Meadow Brook Medical Care Facility	40	Family Assistance Center	46	Northern Michigan Community Action Agency	30
Antrim County Probate and Family Court	39	Father Fred Foundation	36	Northern Michigan Elder Law	39
Antrim County Transportation	46	First Congregational Church	45	Northern Michigan Regional Entity	32
Antrim County Veterans Affairs	46	Good Samaritan Family Services	42	Northern Reflections Counseling	32
Area Agency on Aging of Northwest Michigan	28	Grand Traverse Bay YMCA	29	Northwest Michigan Works	36
ASI Community Center & Park	38	Grand Traverse Bay Bands of Ottawa and Chippewa Indians	43	Office of Special Education and Rehabilitation Services	34
BASES Recovery Center	31	Grand Traverse Hypnotherapy and Counseling	32	Patriot Place	47
Bellaire Food Pantry	36	Grand Traverse Regional Community Foundation	44	Pine Rest Christian Mental Health Services	32
Belltower Reformed Church	45	Grandvue Medical Care Facility	40	Planned Parenthood of Michigan	42
Bergmann Center Inc.	34	Great Start Collaborative and Parent Coalition	29	Pleasant Valley Bible Camp	46
Bible Baptist Church	45	Great Start to Quality	29	Polestar LGBT Community Center	43
Big Brothers Big Sisters of Northwestern Michigan	29	Harbor Hall	32	Pregnancy Care Center of Petoskey	30
Boyer Area Free Clinic	40	Health Department of Northwest Michigan	41	Raven Hill Discovery Center	35
Catholic Human Services	31	Heartland Hospice	41	The Salvation Army- Petoskey Corps	43
Central Lake AMVETS Post 6986	46	Hospice of Michigan	41	Social Security	40
Central Lake District Library	35	Ironmen Health Center	41	TrueNorth Community Services	43
Central Lake Lioness Club	44	Joppa House Ministries	42	United Way of Northwest Michigan	44
Central Lake Lions Club	44	Justice For Our Neighbors	39	Ursula House Services	30
Central Lake Public Schools	35	La Leche League of Traverse City	30	VFW Post #6985 & AMVETS Post #6986	47
Charlevoix-Emmet Intermediate School District. 35		Lakeview Counseling	32	Villa at The Bay	42
Child and Family Services of Northwestern Michigan	31	Learn Self-Compassion	32	Wilson Wellness Counseling	33
Communities In Schools of Northwestern Michigan	29	Legal Services of Northern Michigan	39	Women's Resource Center of Northern Michigan	33
Dental Clinics North	40	Martha Wagbo Farm and Education Center	38	YMCA Hayo-Went-Ha Camps	38
Department of Health and Human Services	39	McLaren Home Care & Hospice	41		

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

Use your Thumb to remember



**Social & Emotional
Competence of
Children**

because a "thumbs up"
is one of the first ways
we learn to communicate
our emotions.

Your Index Finger represents



**Knowledge of Parenting
and Child Development**
because you are your child's
1st teacher!



Your Pinky Finger signifies

**Concrete Support
in Times of Need**

because it is the smallest
finger and reminds us that we
all need help sometimes.



Your Ring Finger stands for

Parental Resilience

because your first commitment
must be to yourself in order
to be strong for others.



Your Middle Finger can
help you remember

Social Connections

because it should never
stand alone! We all need a
positive social network.



COLLABORATION

Charlevoix, Emmet,
Northern Antrim Counties

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www.greatstartkids.com

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strengthening families

www.whatmakesyourfamilystrong.org