

A publication of



protecting children,
supporting families,
and strengthening
our community

2008-09 Edition

Family Resource Guide

**Your Guide to
Community Services
for Children and
Families in
Kent County**



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Child and Family
Resource Council

Happy, healthy families start here.



Get ready for the joys and challenges of raising a family through FREE, voluntary parenting programs:

Available for families living in Kent County with children (prenatal- 5 years old).

Connections: Get connected with your child's development.

Connections provides you with critical developmental information and tools for you during the first five years of your child's life. You can enroll if you have a child age 0-5.



Connections includes:

- Easy-to-complete age-specific checklists called Ages and Stages Questionnaires (ASQ) you do in the convenience of your own home
- Parenting handouts
- Developmental materials
- Links to community resources

Healthy Start: Your family deserves a healthy start.

If you are a first-time parent, *Healthy Start* is a great way to receive one-on-one personal parenting support after the birth of your child. You can enroll before your baby is born or turns 7 months old.



Healthy Start includes:

- Home visits or phone calls
- Parenting handouts
- Developmental materials
- Links to community resources

Encouraging Family Foundations: Build a strong foundation for your family.

Learn strategies for balancing family and work, creating a budget, effectively communicating, parenting, and much more through *Encouraging Family Foundations (EFF)* classes. Designed especially for the single or unmarried parent, you can enroll if you have a child age 0-2.



EFF includes:

- Six-week series of parenting and life-skill classes
- Gift cards for each class attended
- Weekly topical handouts and materials
- Connections with other parents
- Links to community resources

Sign up today!*
Call 616-454-HOPE(4673)
www.childresource.cc

Para obtener ayuda,
llame al 616-454-HOPE(4673).

*Or ask how to receive a gift card for referring a friend or family member.

Funding in part to produce this advertisement was provided by the US Department of HHS Administration for Children and Families through the Healthy Marriage Demonstration Grant #920FE0038 and Special Improvement Project #90FI0087. Any opinions, findings, and conclusions or recommendations expressed in this material are those of the author's and do not necessarily reflect the view of the US Department of HHS Administration for Children and Families. This program is funded in part by the State of Michigan.

How to Use this Guide

The 2008-09 Family Resource Guide is organized to easily access information on programs, services, and topics for children and families whether you are a parent or a professional. Here's how to use this Guide:

1. Determine what type of service or program you need to access (ie. domestic and family violence support)
2. Use the Topical Index listed in the Table of Contents on page 5 to find that type of service or program. Go to that page.
3. Now you will find a listing of all the organizations that offer programs or services related to your interest area.
4. All organizations are listed alphabetically and include page numbers. Select an organization and go to that page.
5. Each organization has contact information, location and hours listed in addition to a summary of their offerings. Specific programs may be listed under the organization and include

enrollment information, location, and special services provided. You may find the following symbols to denote special services available:

♿ : Wheelchair accessible

👁 : Accessible to those with visual impairments

👂 : Accessible to those with hearing impairments

🚌 : On the RAPID bus route

🗣 : Multilingual staff available; language(s) in parentheses

6. You can also access local and toll-free resources using the list found on page 5.

7. Articles relevant to parents and families can be found throughout the Guide. Look under 'Helpful Information' in the Table of Contents on page 5 to browse these.

Goodwill Industries of Greater Grand Rapids helps individuals realize their full employment potential through...

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Programs:
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Hospitality & Food Service
At Risk Youth Services
Veterans Services
Prisoner Re-entry

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Through the Power of Work*

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www.FamilyResourceGuide.info

- View and browse all content published in this guide
- Download a PDF of this guide in either English or Spanish
- Order more copies of this guide
- Submit questions and comments
- As programs and services change, you can find the most up-to-date information online
- Access the community activity calendar for events happening throughout Kent County

**Access
this guide
online!**

Local Resources

Reporting suspected child or adult abuse or neglect:

Protective Services (FIA)..... (616) 247-6300

Questions or getting help after a sexual assault, domestic violence, or date rape:

Children's Assessment Center..... (616) 336-5160
National Domestic Violence Prevention 1-800-799-SAFE (7233)
Safe Haven Ministries (616) 452-6664
YWCA - Sexual Abuse Crisis Line (24 hr) (616) 776-RAPE (7273)
YWCA - Domestic Crisis Center (24hr)..... (616) 451-2744

Emergency shelter, food, or help paying utility bills:

United Way's 2-1-1 2-1-1 or (616) 459-2255
Family Independence Agency (FIA) (616) 247-6000
The Salvation Army - Booth Family Services..... (616) 459-9468

Questions or getting help with parenting issues:

Child and Family Resource Council..... (616) 454-HOPE(4673)
Kent County Health Department (616) 632-7200
Parent Helpline (24 hours a day) 1-800-942-4357

If you are pregnant and have questions or need help with health care issues:

Kent County Health Department (616) 632-7200
Family Independence Agency (FIA) (616) 247-6000
March of Dimes (616) 247-6861

Questions or need help with child development issues:

Early On of Kent County (616) 365-2310

Legal help:

Friend of the Court..... (616) 632-6888
Legal Assistance Center..... (616) 632-6000
Western MI Legal Services..... (616) 774-0672

Information about available child care:

Kent Regional 4-C (616) 451-8281

Toll-Free Resources

American Red Cross 1-800-482-2411
Association for Children's Mental Health..... 1-888-226-4543
Brain Injury Association of Michigan..... 1-800-772-4323
Cancer Information Service..... 1-800-4-CANCER (422-6237)
Center for Missing & Exploited Children..... 1-800-THE-LOST
(843-5678)

Child Find of America 1-800-I-AM-LOST (426-5678)
Child Help USA..... 1-800-4-A-CHILD (422-4453)
Children's Special Health Care Services..... 1-800-359-3722
Children's Wish Foundation 1-800-323-WISH (9474)
Early On Michigan 1-800-EARLY-ON (327-5966)
Focus on the Family 1-800-A-FAMILY (232-6459)
Gerber Family Resource Center..... 1-800-4-GERBER (443-7237)
Hope Network of West Michigan 1-800-695-7273
Hospice of Michigan..... 1-888-HOM-5656 (466-5656)
Legal Hotline for Older Michiganians..... 1-800-347-5297
Michigan Children's Ombudsman..... 1-800-MICH-FAM (642-4326)
Thursday's Child National Youth Hotline
(formerly Missing Children Help Center)..... 1-800-USA-KIDS (872-5437)
National Literacy Hotline..... 1-800-228-8813
Parent Helpline (24 hours a day) 1-800-942-HELP (4357)
Parents without Partners 1-800-637-7974
Poison Control (Nationwide)..... 1-800-222-1222
Shelter..... 1-800-A-SHELTER (274-3583)
Social Security Administration 1-800-772-1213
Suicide Prevention 1-800-SUICIDE (784-2433)

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Child and Family Resource Council

through innovative programs, and we strengthen our community by using collaboration to achieve our mission: *to shape a community that protects children from abuse and neglect.*

Protecting Children

Mandated Reporter Training Professionals who are required by law to report suspected cases of child abuse and neglect can attend a specially-designed learning session. Participants learn about child protection laws, how to make reports to Child Protective Services, and community resources that are available to families.

RAVE (Resources Against Violent Encounters) Through peer dramas, in-school, and after-school demonstrations, high-school and middle-school students learn pathways to healthy relationships. Presentations model healthy relationships through prevention education, awareness, and advocacy.

Shaken Baby Syndrome Training These sessions are an overview for parents and childcare providers (babysitters, church groups, daycare providers) on the signs, symptoms, and contributing factors of Shaken Baby Syndrome. They also learn positive coping strategies to calm a crying infant.

Since 1985, the Child and Family Resource Council has been a leader in child abuse and neglect prevention.

Through advocacy, coordination, and education, we protect children from the devastating effects of abuse and neglect, we support families

Supporting Families

Connections Helps parents of children ages four months to five years track their child's development and identify potential developmental delays. Parents receive developmental surveys and newsletters, age appropriate activities, and are linked to community resources as needed.

Kent County Healthy Start Helps all first-time parents in Kent County access the information and resources they need for the challenges that comes with parenting. Support is available through home visits, phone calls, play groups, and educational materials.

Encouraging Family Foundations (EFF) Offers a parenting and life-skills classes to unmarried parents of infants or those who are expecting. Topics include budgeting, balancing family and work, effective co-parenting and communication skills.

Strengthening Our Community

Advocacy The Council continuously builds a network to educate local, county and state legislators about protecting children from abuse and neglect. The *Our Children, Our Future: Standards* (think of them as a child's Bill of Rights) (pg.19) guides our advocacy efforts.

The Family Resource Guide A comprehensive, easy-to-use directory of programs, services, and resources available to children and families in Kent County, published every two years. Available online: www.FamilyResourceGuide.info

Community Education Links community educators to audiences requesting information on issues such as child development, conflict resolution, parent education and stress management.

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Established in 1985, the Child and Family Resource Council is a non-profit 501(c)(3) organization funded through the Children's Trust Fund, Heart of West Michigan United Way, grants, and the support of individual donations.

More detailed information about our programs and services can be found above, or read our listing on page 39. You can also visit our website at www.childresource.cc or contact us directly at (616) 454-HOPE (4673).

The Council does not discriminate in employment opportunities or practices because of race, color, religion, sex, sexual orientation, national origin, age, citizenship, veteran status, marital status, parental status, membership in any labor organization, political affiliation, height, weight, disability, record of arrest without conviction, or any other characteristic protected by law.

Please note: Inclusion in the FRG does not necessarily constitute endorsement.

Welcome to the 2008-09 Family Resource Guide!

We are pleased to present this 12th edition of the Family Resource Guide. From adolescent services to financial services and playgroups, this booklet contains hundreds of listings for programs and services for children and their families in the Kent County area.

We want to acknowledge and thank the hundreds of organizations in Kent County that provide these services and contribute information to make this a comprehensive and valuable reference. Without the cooperation of so many, this Guide would not be possible.



We also want to extend our appreciation to Macatawa Bank for serving as our lead sponsor in underwriting the production of this Guide. Thanks to the generosity of Macatawa Bank and the many advertisers appearing on these pages, this vital resource will be widely distributed throughout the community.

For the first time, the Family Resource Guide will be also printed in Spanish, making it easier for Spanish-speaking families in our community to identify and access programs and services of interest.

In addition to the service listings, you will find a number of helpful articles on family and child-rearing topics such as early childhood brain development, internet safety, how to find quality services for you and your family, safe sleep for infants, childhood immunizations and other topics.

Other enhancements to this year's Guide include brighter paper for easier reading and stronger, thicker paper for improved durability and a longer life. We hope you will find these improvements helpful.

The Family Resource Guide is just one way the Council strives to fulfill its mission: *to shape a community that protects children from abuse and neglect*. As a prevention-based organization, the Council offers community trainings to professionals working with families and children, parenting programs for all families in Kent County and advocates for children and families in a variety of ways in our community. There is more information about our programs and services on page 39.

Providing a healthy, nurturing, and safe environment for children takes the efforts of many caring individuals and organizations. We are pleased and privileged to be a partner in this ongoing effort.

If you have any comments or questions regarding the Family Resource Guide, please contact the Council at **www.FamilyResourceGuide.info** and go to '*contact us.*'

Sincerely,

A handwritten signature in black ink, appearing to read 'Candace Cowling'.

Candace Cowling, M.S.W.
Executive Director
Child and Family Resource Council

Topical Index

This index will help you quickly locate the services you need. Simply refer to the agency listings under each topic heading; go to the page number next to each listing to read detailed information about that agency.

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juvenile justice services, mental health programs for teens and their families, mentoring programs for teens, pregnancy services and support for teens, sexual assault prevention training, shelters and housing for teens and young adults, substance abuse prevention and treatment services, summer programs, support groups, teen hotlines, and volunteer opportunities

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After School Programs

The following after school program information was collected by Our Community's Children (formally the Office of Children, Youth & Families) in Grand Rapids, who also coordinates the Expanded Learning Opportunities (ELO) Network. The Network's mission is to ensure that every child in our community has access to quality after school programs that enhance their academic and personal success.

If you would like to become a member of the ELO Network's Parent Advocacy Committee, please contact Lynn Heemstra at lheemstra@grcity.us or (616) 456-4353. You can also access this data and more at www.grcity.us/ourchildren

Alger Heights

Alger Heights Neighborhood Association
P.O. Box 7809, Grand Rapids, MI 49510 (616) 246-1291

THE LOOP/GRAND RAPIDS PARKS & RECREATION DEPARTMENT
ALGER MIDDLE SCHOOL* - 944 Evergreen.....(616) 819-2165
SEYMOUR CHRISTIAN REFORMED CHURCH
840 Alger SE (616) 245-8726

Baxter

Baxter Neighborhood Association
722 Eastern Ave. SE, Grand Rapids, MI 49503..... (616) 247-9550

BAXTER COMMUNITY CENTER*www.baxtercommunitycenter.org
935 Baxter SE (616) 456-8593

CAMP TALL TURF*
BAXTER COMMUNITY CENTER - 935 Baxter SE
EASTERN AVENUE CHRISTIAN REFORMED CHURCH
514 Eastern Ave.....(616) 454-4888

GRAND RAPIDS PARKS AND RECREATION DEPARTMENT
Baxter Community Center - 722 Eastern Ave. SE..... (616) 247-9550

HOUSE OF PRAYER MINISTRY
1048 Wealthy St. SE (616) 245-1042

SHERMAN STREET CHRISTIAN REFORMED CHURCH
1000 Sherman St.(616) 452-7034

TRUE-LIGHT BAPTIST CHURCH
900 Thomas Street SE (616) 247-8072

WEALTHY STREET THEATER
1130 Wealthy Street SE.(616) 459-4788

Belknap Lookout

Neighbors of Belknap Lookout
P.O. Box 3138, Grand Rapids, MI 49501(616)454-8413

BOY SCOUTS OF AMERICA - GERALD R FORD COUNCIL
EAST LEONARD ELEMENTARY* - 410 Barnett NE..... (616) 785-2662

CHRISTIAN SERVICE CLUB
EAST LEONARD ELEMENTARY* - 410 Barnett NE..... (616) 455-2490

CLANCY STREET MINISTRIES
940 Clancy Ave. NE (616) 235-2195

GIRL SCOUTS OF MICHIGAN TRAILS
EAST LEONARD ELEMENTARY* - 410 Barnett St. NE.... (616) 784-3341

THE LOOP/GRAND RAPIDS PARKS & RECREATION DEPARTMENT
EAST LEONARD ELEMENTARY* - 410 Barnett St. NE.....(616) 819-2165

GRAND RAPIDS PARKS & RECREATION DEPARTMENT
CRESTON PLAZA* - 1014 Clancy NE(616) 819-2165

Creston

Creston Neighborhood Association
205 Carrier St. NE, Grand Rapids, MI 49505 (616) 454-7900

BEREAN BAPTIST CHURCH
1574 Coit Ave. NE (616) 363-9824

BOY SCOUTS OF AMERICA - GERALD R FORD COUNCIL
GR CHRISTIAN HIGH - 1720 Plainfield Ave NE..... (616) 785-2662

CAMP BLODGETT/NORTH PARK CLUB
NORTH PARK ELEMENTARY* - 3375 Cheney NE

THE LOOP/CAMP FIRE USA WEST MICHIGAN
PALMER ELEMENTARY* - 309 Palmer St. NE (616) 819-2929

CHRISTIAN SERVICE CLUB
KENT HILLS SCHOOL* - 1445 Emerald NE (616) 455-2490

CRESTON CHRISTIAN REFORMED CHURCH
1343 Buffalo (616) 459-2401

D A BLODGETT SERVICES FOR CHILDREN/FAMILIES

805 Leonard NE (616) 774-0486

EAST LEONARD CHRISTIAN REFORMED
1027 Leonard St. NE..... (616) 454-4444

FOURTH REFORMED CHURCH
1226 Union NE.....(616) 454-1561

GIRL SCOUTS OF MICHIGAN TRAILS
PALMER SCHOOL* - 309 Palmer NE.....(616) 784-3341 ext. 147

GRAND RAPIDS PARKS AND RECREATION DEPARTMENT
1014 Clancy NE (616) 456-3696

RIVERSIDE CHRISTIAN REFORMED CHURCH
602 Cornstock Blvd. NE (616) 361-0604

WEDGEWOOD CHRISTIAN SERVICES
CRESTON COMMONS - 1441 Madison Ave SE (616) 831-5665

THE LOOP/ YMCA OF GREATER GRAND RAPIDS
RIVERSIDE MIDDLE - 265 Eleanor St NE.....(616) 819-2165

Eastgate

Eastgate Neighborhood Association
1920 Lotus SE, Grand Rapids, MI 49506..... (616) 243-2838

PLYMOUTH HEIGHTS CHRISTIAN REFORMED CHURCH

1800 Plymouth Road, SE (616) 243-6385

East Hills

East Hills Council of Neighbors
131 Eastern Ave. SE, Grand Rapids, MI 49503..... (616) 454-9079

ART WORKS

1031 Wealthy SE (616) 458-3133

TRINITY UNITED METHODIST CHURCH COMMUNITY SERVICES*
1100 Lake Dr. SE.....(616) 456-7168

THE LOOP/ GRAND RAPIDS PARKS & RECREATION DEPARTMENT
CONGRESS ELEMENTARY* - 940 Baldwin St..... (616) 819-2201

Eastown

Eastown Community Association
415 Ethel Ave. SE, Grand Rapids, MI 49506..... (616) 451-3025

AQUINAS COLLEGE

1607 Robinson Rd. SE (616) 459-8281 ext. 5500

BOY SCOUTS OF AMERICA - GERALD R FORD COUNCIL
SOUTHEAST ACADEMIC CTR* - 1250 Sigsbee (616) 785-2662

EASTOWN COMMUNITY ASSOCIATION
415 Ethel Ave. SE.....(616) 451-302

GRAND RAPIDS PARKS AND RECREATION DEPARTMENT
SOUTHEAST ACADEMIC CTR* - 1250 Sigsbee.(616) 456-3696

Fulton Heights

Fulton Heights Neighborhood Association
221 Baynton Ave. NE, Grand Rapids, MI 49503 (616) 458-5266

COMMON GROUND COMMUNITY CHURCH

1513 East Fulton St.(616) 454-0126

SALVATION ARMY (THE)
DICKINSON PARK CORPS COMMUNITY CENTER
1632 Linden Ave SE.....(616) 241-3723

MAIN OFFICE - 1215 E. Fulton(616) 454-1459 ext. 243

SALVATION ARMY - FULTON HEIGHTS CORPS COMMUNITY CENTER
1235 E Fulton(616) 454-1459 ext. 243

Garfield Park

Garfield Park Neighborhood Association
334 Burton St. SE, Grand Rapids, MI 49507 (616) 241-2443

ABUNDANT LIFE MINISTRIES

ABUNDANT LIFE CHURCH - 1721 Madison SE (616) 248-4124

BOY SCOUTS OF AMERICA - GERALD R FORD COUNCIL
BUCHANAN ELEMENTARY* - 1775 Buchanan SW (616) 785-2662

THE LOOP/CAMP FIRE USA WEST MICHIGAN COUNCIL
BURTON MIDDLE* - 2133 Buchanan Ave.(616) 819-2165

CHRISTIAN SERVICE CLUB
BUCHANAN ELEMENTARY* - 1775 Buchanan Ave..... (616) 455-2490

GIRL SCOUTS OF MICHIGAN TRAILS
BROOKSIDE SCHOOL* - 2505 Madison SE (616) 784-3341

BUCHANAN ELEMENTARY* - 1775 Buchanan SW (616) 784-3341

BURTON ELEMENTARY* - 2133 Buchanan SW (616) 784-3341

THE LOOP/GRAND RAPIDS PARKS & RECREATION DEPARTMENT
BUCHANAN ELEMENTARY* - 1775 Buchanan SW(616) 819-2165

GRAND RAPIDS YOUTH COMMONWEALTH - SEIDMAN CENTER
SEIDMAN CENTER* - 139 Crofton St. SE..... (616) 452-0061

LIFE GUIDANCE
BURTON MIDDLE SCHOOL* - 2133 Buchanan Ave.

PROJECT REHAB

BROOKSIDE ELEMENTARY* - 2505 Madison.....(616) 560-0922
DICKINSON ELEMENTARY* - 448 Dickinson SE.....(616) 560-0922

SALVATION ARMY (THE)

DICKINSON PARK CORPS COMMUNITY CENTER
1632 Linden Ave SE.....(616) 241-3723

SOUTH END COMMUNITY OUTREACH MINISTRIES

MAIN OFFICE - 1545 Buchanan Ave.....(616) 245-2066
OLIVET UNITED METHODIST CHURCH - 1933 Buchanan Ave. SW
.....(616) 245-3903

THE LOOP/YMCA OF GREATER GRAND RAPIDS

DICKINSON ELEMENTARY* - 448 Dickinson SE.....(616) 819-2165

Heartside / Downtown

Heartside / Downtown Neighborhood Association

54 S. Division, Grand Rapids, MI 49503(616) 235-7211

CATHOLIC INFORMATION CENTER www.catholicinformationcenter.org

246 Ionia Ave NW.....(616) 459-7267

GRAND RAPIDS ART MUSEUM

155 N. Division.....(616) 831-2907

GRAND RAPIDS CHILDREN'S MUSEUM*

11 Sheldon Ave. NE.....(616) 235-4726

GRAND RAPIDS CIVIC THEATRE

30 N. Division.....(616) 222-6653

GRAND RAPIDS PUBLIC LIBRARY*

111 Library St. NE.....(616) 988-5400 Main Line

GRAND RAPIDS YOUTH COMMONWEALTH - STEIL CENTER

STEIL CENTER* - 235 Straight NW.....(616) 451-4297

GRAND RAPIDS, CITY OF - MAYOR'S YOUTH COUNCIL

City Hall 300 Monroe NW.....(616) 456-3558

KENDALL COLLEGE OF ART AND DESIGN

17 Fountain St.....(616) 451-2787

SOUTH EAST COMMUNITY ASSOCIATION

SECA - 421 Sheldon.....(616) 245-4398

WEST MICHIGAN CENTER FOR ARTS & TECHNOLOGY*

98 E. Fulton

Heritage Hill

Heritage Hill Association

126 College Ave. SE, Grand Rapids, MI 49503.....(616) 459-8950

CENTRAL REFORMED CHURCH

10 College Ave. NE.....(616) 456-1773

CHRISTIAN SERVICE CLUB

FOUNTAIN ELEMENTARY - 159 College Ave NE.....(616) 455-2490

GERONTOLOGY NETWORK

516 Cherry St. SE.....(616) 771-9748

LIFE GUIDANCE

CENTRAL HIGH SCHOOL - 421 Fountain St. NE.....(616) 464-2946

PLANNED PARENTHOOD CENTERS OF WEST MICHIGAN*

425 Cherry St. SE.....(616) 774-7005

Highland Park

Highland Park Association

612 Eastern Ave. NE, Grand Rapids, MI 49503(616) 458-9676

THE LOOP/CAMP FIRE USA WEST MICHIGAN COUNCIL

EASTERN ELEMENTARY* - 758 Eastern.....(616) 949-2500

John Ball Park

John Ball Park Community Association

71 Richards Ave. NW, Grand Rapids, MI 49504.....(616) 458-5814

Madison Area

Madison Area Neighborhood Association

1309 Madison Ave. SE, Grand Rapids, MI 49507(616) 452-5327

PLANNED PARENTHOOD CENTERS OF WEST MICHIGAN*

HENRY PAIDEIA ACADEMY - 419 Henry

Michigan Oaks

Michigan Oaks Neighborhood Association

35 Bel Aire Dr. NE, Grand Rapids, MI 49503.....(616) 458-8934

WEALTHY PARK BAPTIST

2233 Michigan NE.....(616) 456-8506

Midtown

Midtown Neighborhood Association

935 East Fulton, Grand Rapids, MI 49503.....(616) 732-9191

Millbrook

Millbrook Neighborhood Association

1720 Weymouth Dr. SE, Grand Rapids, MI 49508.....(616) 791-3577

North East Citizen Action

North East Citizen Action Association

1850 Forland Ct. NE, Grand Rapids, MI 49505(616) 831-9473

BECKWITH HILLS CHRISTIAN REFORMED CHURCH

2100 Chelsea Drive NE.....(616) 458-0150

BOY SCOUTS OF AMERICA - GERALD R FORD COUNCIL

NORTH EAST MIDDLE - 1400 Fuller Ave. NE.....(616) 785-2662

FREE REFORMED CHURCH

950 Ball NE.....(616) 456-8473

MICHIGAN STATE UNIVERSITY www.msue.msu.edu

COOPERATIVE EXTENSION - SERVICE - KENT COUNTY OFFICE*

775 Ball NE.....(616) 336-3265

North End

North End Neighborhood Association

Address(616) 000-0000

BOY SCOUTS OF AMERICA - GERALD R FORD COUNCIL

ABERDEEN ELEMENTARY* - 928 Aberdeen.....(616) 785-2662

CHRISTIAN SERVICE CLUB

ABERDEEN ELEMENTARY* - 928 Aberdeen.....(616) 455-2490

GRAND RAPIDS PARKS AND RECREATION DEPARTMENT

ABERDEEN TECHNICAL - 928 Aberdeen NE.....(616) 819-2165

NORTHLAWN UNITED METHODIST CHURCH

1152 Northlawn NE.....(616) 361-8503

ORCHARD HILL CHRISTIAN LEARNING CENTER

14065 3 Mile Rd. NW.....(616) 784-4061

Roosevelt Park

Roosevelt Park Neighborhood Association

1251 Grandville Ave. SW, Grand Rapids, MI 49503.....(616) 243-2489

BOY SCOUTS OF AMERICA - GERALD R FORD COUNCIL

HALL ELEMENTARY* - 703 Shamrock SW.....(616) 785-2662

SOUTHWEST COMMUNITY CAMPUS* - 801 Oakland. (616) 785-2662

GIRL SCOUTS OF MICHIGAN TRAILS

GRANDVILLE AVENUE ACADEMY FOR THE ARTS*

644 Grandville Ave. SW.....(616) 784-3341 ext. 136

GRAND RAPIDS PARKS AND RECREATION DEPARTMENT

THE LOOP/HALL ELEMENTARY* - 703 Shamrock SW.....(616) 819-2165

SOUTHWEST COMM. CAMPUS* 801 Oakland Ave. SW.....(616) 819-2165

GRANDVILLE AVENUE ARTS AND HUMANITIES

GRANDVILLE AVENUE ACADEMY FOR THE ARTS*

644 Grandville Ave. SW.....(616) 742-0692

GRANDVILLE AVENUE NEIGHBORHOOD LIBRARY*

1260 Grandville Ave. SW.....(616) 475-1150

HISPANIC CENTER OF WESTERN MICHIGAN

730 Grandville Ave. SW.....(616) 451-4215

UNITED CHURCH OUTREACH MINISTRY

HALL ELEMENTARY* - 703 Shamrock SW.....(616) 241-4006

WEDGWOOD CHRISTIAN SERVICES

ROOSEVELT PARK MINISTRIES - 1530 Grandville Ave. SW

South East (SECA)

South East Community Association

1408 Madison Ave. SE, Grand Rapids, MI 49507(616) 245-4398

APOSTOLIC FAITH CHURCH

57 Rena SW.....(616) 243-9719

BOY SCOUTS OF AMERICA - GERALD R FORD COUNCIL

CAMPAU PARK ELEMENTARY* - 50 Antoine SW.....(616) 785-2662

JEFFERSON ELEMENTARY* - 1356 Jefferson SE.....(616) 785-2662

MADISON MIDDLE SCHOOL - 1050 Iroquois Dr. SE.....(616) 785-2662

CAMP FIRE USA WEST MICHIGAN COUNCIL

JEFFERSON ELEMENTARY* - 1356 Jefferson SE.....(616) 819-2165

THE LOOP/HENRY PAIDIEA - 419 Henry Ave. SE.....(616) 819-2165

FIRST CHRISTIAN REFORMED CHURCH

650 Bates St. SE.....(616) 452-4370

GIRL SCOUTS OF MICHIGAN TRAILS

CAMPAU PARK ELEMENTARY* - 50 Antoine SW..(616) 784-3341 ext. 147

GRAND RAPIDS PARKS AND RECREATION DEPARTMENT

THE LOOP/CAMPAU ELEMENTARY* - 50 Antoine SW..(616) 819-2165

FORD MIDDLE* - 851 Madison SE.....(616) 819-2165

PAUL I. PHILLIPS RECREATION CTR* - 726 Madison SE.(616) 819-2165

PROJECT REHAB*

HENRY PAIDIEA ELEMENTARY - 419 Henry Ave. SE.....(616) 560-0922

RESTORERS

1413 Madison Ave. SE.....(616) 243-1984

SOUTH EAST COMMUNITY ASSOCIATION

1408 Madison SE (616) 245-4398
UNITED METHODIST COMMUNITY HOUSE
904 Sheldon SE (616) 452-3226
WEDGWOOD CHRISTIAN SERVICES*
UNITED METHODIST COMMUNITY HOUSE - 904 Sheldon SE
..... (616) 831-5665

South East End

South East End Neighborhood Association
900 Fuller Ave. SE, Grand Rapids, MI 49506 (616) 247-0900

BOSTON SQUARE CHRISTIAN REFORMED CHURCH

1803 Kalamazoo SE (616) 455-6645

BOY SCOUTS OF AMERICA - GERALD R FORD COUNCIL

ALEXANDER ELEMENTARY* - 1010 Alexander (616) 785-2662

CHRISTIAN SERVICE CLUB

ALEXANDER ELEMENTARY* - 1010 Alexander SE (616) 455-2490

MULICK PARK SCHOOL - 1761 Rosewood SE (616) 455-2490

EAST CONGREGATIONAL CHURCH

1005 Giddings Ave. SE (616) 245-0578

THE LOOP/ GRAND RAPIDS PARKS & RECREATION DEPARTMENT

ALEXANDER ELEMENTARY* - 1010 Alexander SE (616) 819-2165

OAKDALE PARK CHURCH

961 Temple (616) 617-7317

OTTAWA HILLS HIGH SCHOOL - 2055 Rosewood SE ... (616) 452-5764

South West Area (SWAN)

South West Area Neighbors
705 W. Fulton, Grand Rapids, MI 49504..... (616) 456-9190

BOY SCOUTS OF AMERICA - GERALD R FORD COUNCIL

SIBLEY ELEMENTARY - 947 Sibley NW (616) 785-2662

EVANGELISTIC CENTER (THE)

642 Bridge NW (616) 451-8503

GOLD AVENUE CHURCH

49 Gold NW (616) 454-8833

THE LOOP/ GRAND RAPIDS PARKS & RECREATION DEPARTMENT

SIBLEY ELEMENTARY - 947 Sibley NW (616) 819-2165

GRAND RAPIDS YOUTH COMMONWEALTH - STEIL CENTER

STEIL CENTER* - 235 Straight St. (616) 233-9370

OTHER WAY MINISTRIES (THE)

710 W. Fulton St. (616) 454-4011

PUBLIC MUSEUM OF GRAND RAPIDS

272 Pearl NW (616) 456-3537

SERVANTS COMMUNITY CHURCH

704 W. Fulton St. (616) 454-4011

SOUTH WEST AREA NEIGHBORS

705 W. Fulton St. (616) 456-9190

YMCA OF GREATER GRAND RAPIDS

DAVID D. HUNTING TEEN ZONE* - 475 Lake Michigan Dr. NW
..... (616) 855-9522

West Side Connection

West Side Connection
P.O. Box 140412, Grand Rapids, MI 49504..... (616) 453-3313

BLANFORD NATURE CENTER/MIXED GREENS*

1715 Hillburn NW

YMCA OF GREATER GRAND RAPIDS

WESTSIDE MIDDLE* - 1525 Mount Mercy

West Grand

West Grand Neighborhood Association
625 Broadway Ave. NW, Grand Rapids, MI 49504 (616) 451-0150

BOY SCOUTS OF AMERICA - GERALD R FORD COUNCIL

HARRISON PARK ELEMENTARY - 1440 Davis NW (616) 785-2662

CITY VIEW

960 Alpine Ave. NW..... (616) 235-1533

THE LOOP/ GRAND RAPIDS PARKS & RECREATION DEPARTMENT

HARRISON PARK ELEMENTARY* - 1440 Davis NW (616) 819-2165

HARRISON PARK MIDDLE* - 1440 Davis NW (616) 819-2165

SHAWNEE MATH, SCIENCE & TECH* - 203 Chesaning (616) 819-3065

STOCKING ELEMENTARY* - 863 Seventh St. NW..... (616) 819-2165

STEEPLETOWN NEIGHBORHOOD SERVICES

Steepletown Center 671 Davis NW (616) 451-4215

TRINITY REFORMED CHURCH

1224 Davis, NW..... (616) 451-4131

WORD PROJECT

MAIN OFFICE - 750 First St. NW..... (616) 913-0931

*ELO Partner Site

Transportation Services

The agencies listed below provide transportation services. Please call each agency for more information.

AIDS Care Network (Grace)..... (616) 643-0117
American Cancer Society (616) 364-6121
American Red Cross..... (616) 456-8661
Area Community Service Employment & Training (ACSET)
Older Adults and Handicapped (616) 863-9166
West Side Complex / Senior Citizen (616) 336-4186
Latin America Services / Hispanic Senior Citizens ... (616) 336-4018
Degage Ministries..... (616) 454-1661
Department of Human Services (DHS)..... (616) 247-8015
Fish For My People..... (616) 643-0117
HCSS Home Care Services Staffing, Inc. (616) 454-9844
HMO's Medicaid Clients for Medical Appointments
Priority Health 1-888-975-8102, press 1
Community Choice Michigan 1-800-390-7102, press 1
Molina Health Care..... 1-877-490-8681
Health Plan of Michigan 1-800-821-9369
Straight Medicaid (no HMO)..... (616) 247-8015
Hope Network West Michigan
Transportation Services for Clients..... (616) 243-0876
Fun Fund (616) 243-0876
North Kent Transit Service (616) 243-2783
Help Fund..... (616) 243-0876
Immanuel Lutheran Church..... (616) 454-3655
Kent Career Technical Center..... (616) 364-8421, Ext. 2617
Life EMS (616) 364-8711
Maternal and Infant Support Services
Kent County Health Department..... (616) 632-7058
Cherry Street Health Services..... (616) 235-7272
Westside Cherry Street Services..... (616) 235-1480
Mom's Program (616) 391-3628
Browning Claytor Health Center (616) 913-8300
Clinica Santa Maria..... (616) 913-8400
Native American Community Services (616) 451-6761
Project Rehab-Tap (Ex-offenders Transportation Assistance Program).
(616) 776-0891
Ready Ride Transportation, Inc..... (616) 261-2400
Senior Neighbors
Grandville Senior Neighbors (616) 531-5250
Sparta Seniors Neighbors..... (616) 887-1273
Lowell Senior Neighbors..... (616) 897-5949
Leonard Terrace Senior Center (616) 458-0127
For GO! Bus and Senior Citizens ITP Bus Passes.....
Downtown Seniors Neighbors..... (616) 459-3040
Grandville Senior Neighbors (616) 531-5250
Senior Neighbors (Central Office) (616) 459-6953
Spectrum Health PANC –
Programa de Apoyo a Nuestra Comunidad (616) 391-6199
Sunshine Senior Assistance (616) 464-1509
The Rapid (616) 456-7514
Fixed Route and Bus Service..... (616) 776-1100
Information Trip Planning (616) 776-1100
Travel Training (616) 456-7514
GO! Bus Paratransit Service (616) 456-6141
Pass Program (616) 459-7701
County Connections..... 1-800-849-1191
Taxi Services
Calder City (616) 454-8080
Yellow Cab/Veterans (616) 459-4646
Port City..... (616) 243-5314
United Methodist Community House (616) 452-3226
Volunteers in Service (VIS)-Car Connection.. (616) 459-7500 Ext. 250
Wheelchair Travel (other transportation services)
Ambulance Service Rockford (616) 886-0724
Ambucab Neighbors International Transport..... (616) 454-7247
Calder City (616) 454-8080
Health Care Associates HCAT (616) 531-9973
Mercy Ambucab (616) 459-8197

Source: Health Care Transportation Resources collected and provided by the Kent County Health Department, 2008.

Our Children, Our Future: Standards

In 1993, a group of caring citizens and people who work in child and family services joined together to articulate the values and standards of a family-friendly community. These were published in a booklet called *Our Children, Our Future: Standards for Kent County Kids*.

These values and standards serve as a guiding beacon as well as a source of inspiration for families and all health, human service, and educational organizations in Kent County.

Excerpts from *Our Children, Our Future*:

We feel strongly that...

All of our children should grow up in a community that takes individual as well as collective responsibility and is accountable for the health development and well-being of its children and youth. This should be a community that is determined to act upon shared beliefs and goals for our children, whether at home, school, church, work or elsewhere.

All of our children should be valued as critical assets and resources in the community. Their value should be reinforced by positive, consistent and continuous visual, oral and experiential messages. It should be evident in behaviors, attitudes, policies, programs and opportunities at home, school, church or place of worship, work, media and public places that validate their important place in the community and create a sense of hope for their future.

We believe that all of our children in Kent County should....

At Birth:

1. Be wanted and cared for by a mature and nurturing adult(s) who is responsible and is accountable for the child's well-being.
2. Have received appropriate, comprehensive prenatal care, including community resources that are affordable, accessible, responsive and sensitive to diverse cultural needs.

After birth and throughout childhood and youth:

1. Have love, nurturing and encouragement from at least one caring, stable and responsible adult.
2. Have food that is nutritionally sound and provided three times daily.
3. Have clothing and clothes that are clean, warm and in good condition.



4. Have a home that is clean, safe and affordable.
5. Receive quality support services in health, human services and education that are affordable, accessible, and culturally appropriate and sensitive.
6. Have safe, secure environments with adequate, quality supervision at home, and in school, day care, neighborhoods, parks and public places throughout the community.
7. Have equal opportunities for quality early childhood education that is affordable and accessible.
8. Have equal opportunities for significant and meaningful educational, employment and enrichment experiences regardless of race or economic status.
9. Have frequent opportunities to learn life skills that reinforce the development of self-esteem, self-respect and self-reliance.
10. Have opportunities to better understand and appreciate our pluralistic world through multicultural curriculums and personal experiences, and from adults who demonstrate their understanding of and sensitivity to diverse cultures.
11. Have parent(s) or guardian(s) who work in settings where families are a priority and where family policies support the well-being of employees' children.
12. Have opportunities to be supported emotionally, physically, mentally and spiritually by a community of faith.
13. Be exposed to a positive and hopeful future through radio, television, music and other media that portray responsible, nonviolent, caring, productive and constructive behaviors and attitudes among peers and role models.

Need to Talk? We'll Listen.



*Hospital Based Services
Child & Adolescent Unit*






800-678-5500

 **PINE
REST** Christian
Mental Health
Services

Restoring Lives, Renewing Spirits
www.pinerest.org

Guide to the Family Resource Guide

What the symbols mean:

-  : Wheelchair accessible
-  : Accessible to those with visual impairments
-  : Accessible to those with hearing impairments
-  : On the RAPID bus route
-  : Multilingual staff available; language(s) in parentheses

Acronyms/terms found in the guide:

- AAAWM:** Area Agency on Aging of Western Michigan
- ADL:** Activities of Daily Living
- AIDS:** Acquired Immune Deficiency Syndrome
- BCN:** Blue Care Network (health insurance)
- CAC:** Children's Assessment Center
- CMH:** Community Mental Health
- CNA:** Certified Nursing Assistant
- CPS:** Children's Protective Services
- EFF:** Encouraging Family Foundations
- FIA:** Michigan Family Independence Agency
- FIP:** Family Independence Program
- Heat Bank:** For qualified low-income customers who have exhausted other public and private community resources, Heat Bank may provide last-resort energy assistance. Heat Bank provides aid to qualified residents in Northern and Western Michigan.
- HHS:** Home Health Services
- HMO:** Health Maintenance Organization
- HIV:** Human Immunodeficiency Virus
- I-94:** An I-94 form is usually stapled in a passport; it shows arrival and departure dates, changes of status, and extension of status.
- JCAHO:** Joint Commission on Accreditation of Healthcare Organizations
- MSS:** Maternal Support Services
- Orton-Gillingham:** The Orton-Gillingham approach to reading and spelling recognizes that dyslexics have the potential to be accomplished readers and adequate spellers. It ensures success by developing multisensory techniques for memory and retrieval.
- OT:** Occupational Therapy
- PPOM:** Preferred Provider Organization Midwest
- PT:** Physical Therapy
- STD:** Sexually Transmitted Disease
- SIDS:** Sudden Infant Death Syndrome
- SS:** Social Security
- SSI:** Supplemental Security Income
- Tagalog:** One of the major languages spoken in the Philippines
- WIC:** Women, Infants and Children

4 H – KENT SPECIAL RIDING PROGRAM

(616) 891-8066 / (616) 891-0057
9705 Morse Lake Ave., Alto, MI 49302

Main hours: 9-8, M-SAT

Offers people with disabilities the opportunity to develop physically, emotionally, mentally, and socially through a horseback riding program. Three 6-week session per year.

Program hours: 9-8, M-SAT. Schedule varies. **Application:**

Contact Lynn Schumacher at (616) 891-8066 **Eligibility:**

Must be age 3 and up, with disabilities. **Fees/Insurance:**

\$10 for 6 weeks, scholarship available. Call for details. **Area**

served: Kent County. and surrounding areas. **Contact:** Lynn

Schumacher (616) 891-8066 or (616) 891-0057, Apr. to Nov.



4-H YOUTH DEVELOPMENT PROGRAMS – KENT/MSU EXTENSION OFFICES

(616) 336-3265

www.msue.msu.edu/kent





775 Ball Ave. NE, Grand Rapids, MI 49503

Main hours: 8-4:30, M-F

University/community partnership connecting education to life to meet the challenges of a changing and diverse society.

4H – Youth Development Programs. Involves youth 5-19 in experiential learning in thirty-eight project areas such as performing arts, animal science, career exploration, entomology, gardening, character education, etc. **Program hours:** 8-4:30, M-F. **Application:** Volunteers complete Volunteer Selection Process and application. **Eligibility:** Volunteers 20 and up; youth 5-19. **Fees/Insurance:** \$10 per youth, with a \$30 cap per family. This is an annual fee. Fee Waiver applications available. No child will be turned away.

Area served: Kent County. **Contact:** Renee Bainbridge (616) 336-3265 bainbri8@msu.edu

    (Spanish)

ABUNDANT LIFE MINISTRIES

(616) 248-4124

www.ablm.org

1725 Division, Grand Rapids, MI 49507

Main hours: 9-4, M-TH, 9-Noon, F

Bringing hope to our community and families one person at a time.

Mobile and Emergency Food Pantries. Distributes food in two programs: Mobile Food Pantry (bi-monthly food distribution, until the food is gone; call for location) and the Emergency Food Pantry (1721 Madison Ave.) **Program hours:** Mobile Food Pantry opens at 4:30 usually 2nd and 4th F of month. Emergency Food Pantry is once a month, hours are 12-3, T, W & TH. **Application:** Income, proof of residency (bill within last 30 days), and current ID (Michigan ID or driver's license). **Eligibility:** Family size and family income. Referrals are good but not required. **Area served:** Eastern/Alger/Division/Hall **Contact:** Michelle Figures (616) 248-4124 michelle@ablm.org



ACAC INC

(616) 957-5850

3949 Sparks Dr. SE, Suite 103, Grand Rapids, MI 49506

Main hours: 9-5, M-F, evening appointments available

High quality treatment of individuals and their families who experience problems with mental health or substance abuse. Provides outpatient assessments and counseling for mental health and substance abuse. Services include individual (ages 12-adult) and family counseling. Also offers services at 945-B W. Broadway, Muskegon; phone (231) 755-9978 for more information. (This is a for-profit agency)

Program hours: 9-5, M-F, evening appointments available.

Application: Call to schedule appointment. **Eligibility:**

None. **Fees/Insurance:** Call for information. Covered by most insurance. **Area served:** GR and Lakeshore area.

  Italian, Dutch

ACCESS-6

(616) 949-1360

2829 Thornapple River Dr. SE, Grand Rapids, MI 49546

Main hours: 8-4, M-F

Provides basic needs assistance in two programs: Second Mile House provides clothing three times per year. ACCESS-6 provides financial assistance (rent, utilities, medical, repairs, car insurance and other payments).

Program hours: By appointment. **Application:** Referrals from caseworkers, county health nurses and area ministries.

Eligibility: None. **Fees/Insurance:** None. **Area served:** Ada, Alto/Bowne, Caledonia, Cascade, Lowell and Vergennes townships.

ADOPTIVE FAMILY SUPPORT NETWORK

(616) 458-7945 / (616) 458-7608 (Warmline)

www.afsn.org

Main hours: 9-3, M-F

Offers support, information, and referral resources for adoptive families. Provides a non-crisis telephone service (616-458-7608), a newsletter, monthly e-news updates, a web page, information packets to prospective parents and new adoptive parents, mentoring, support groups, educational programs, and family fun events.

Program hours: Varies, depending on program. **Eligibility:**

None. **Fees/Insurance:** None. **Area served:** Western Michigan. **Contact:** Janice Fonger (616) 458-7945 adoptive@afsn.org



AL-ANON, ALATEEN, AND ALATEEN JUNIOR

(616) 257-8089 / (616) 538-3664

Main hours: Call for details.

Offers free groups to share experiences, strength and hope in solving problems. For family members and close friends affected by someone else's drinking. Alanon for adults, Alateen for ages 13-21, Alateen Junior for ages 8-12.

Anonymity is guarded at all times.

Program hours: 24/7 answering service. Call for meeting times and places. **Fees/Insurance:** Donations appreciated.

Area served: Kent County.

ALCOHOLICS ANONYMOUS – KENT COUNTY

(616) 913-9216

www.grandrapidsaa.org



1539 Plainfield Ave. NE, Grand Rapids, MI 49505

Provides fellowship of men, women, and teenagers who share their experiences and help each other to stay sober and recover from alcoholism. The goal is to find a satisfying life-style without the use of alcohol.

Program hours: 24/7. **Application:** Call for details.

Eligibility: None. **Fees/Insurance:** Donations appreciated.

Area served: Kent County.

  (Spanish)

ALGER HEIGHTS NEIGHBORHOOD ASSOCIATION

(616) 246-1291

Grand Rapids, MI 49510

Publishes newsletter

Area served: Grand Rapids – Alger Heights neighborhood.

ALL COUNTY CHURCHES

EMERGENCY SUPPORT SYSTEM

(616) 774-2175

www.accessconnects.org

207 E. Fulton St., 4th Floor, Grand Rapids, MI 49503

Main hours: 8:30-4:30, M-F

To provide opportunities for ministry by linking congregational, individual and community resources with human needs in Kent County.

Food Pantry Network of Kent County. Provides listing of all key food pantry site locations in Kent County. Also provides information on clothing pantries.

Program hours: 8:30-4:30, M-F. **Application:** Proof of address and number in household. **Eligibility:** Persons in need of food. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Marsha DeHollander (616) 774-2175 ext. 103 info@accessconnects.org

ALL IN THE TOUCH

(616) 485-8964

www.allinthetouch.com

Main hours: SUN-SAT 9-5:00pm

Teaches parents/caregivers 'loving touch' for healthy growth and development. Teaches techniques to calm and soothe a baby. Provides postpartum services to assist parents' transition into parenthood. Infant care, massage

Program hours: Varies. **Fees/Insurance:** Scholarships available to those who qualify. Infant massage classes: \$55 for 2-week group class. Happiest Baby Class: varies.

Postpartum Doula: \$25-\$35/hour. **Area served:** West Michigan. **Contact:** Sara Binkley-Tow, MA, CIMI, CHBE, PCD(DONA) (616) 485-8964 sara@allinthetouch.com



ALLIANCE FOR HEALTH

(616) 248-3820

www.afh.org

1345 Monroe Ave NW, Suite 256, Grand Rapids, MI 49505

Main hours: 8:30-5, M-F

Community coalition encouraging optimal health for all through high quality health services at the lowest possible cost. **Area served:** Michigan – twelve west central counties.

ALPHA WOMEN'S CENTER

(616) 742-0242 Administration / (616) 459-9955

www.alphawomenscenter.org

1055 E. Fulton St., Grand Rapids, MI 49503

Main hours: M-F, 9-5

To affirm and promote the sanctity of human life, the value of the family, and Biblical sexuality in our community.

Grand Rapids Center. Services include free pregnancy testing, information about alternatives to abortion, STDs, and fetal development. The new and improved Earn While You Learn Program offers a unique opportunity for clients to learn different parenting and life skills and earn clothing and supplies for children 0-48 months, as well as maternity clothing. Walk-ins welcome for free pregnancy testing. All other services require an appointment.

Program hours: M-F, 9-5. **Application:** None. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** No restrictions. **Contact:** Ruth Gillesse (616) 459-9955 rgillesse@alphawc.org

   (Spanish)

ALTERNATIVE DIRECTIONS

(616) 245-4346
1706 S. Division Ave., Grand Rapids, MI 49507
Main hours: 8-5, M-F
Provides room and board, case management, employment and referral services. Probation residential services for circuit court non-violent offenders.
Program hours: 24/7. **Fees/Insurance:** Varies. Court order sets fee. **Area served:** Kent County and surrounding area.

ALTERNATIVES IN MOTION

(616) 493-2620
www.alternativesinmotion.org
1916 Breton Rd. SE, Grand Rapids, MI 49506
Main hours: 9-5, M-F
To help individuals improve and maintain their dignity and quality of life through mobility assistance. Provides wheelchairs to individuals who do not qualify for other assistance and who could not obtain such equipment without financial aid.
Program hours: 9-5, M-F.
♿ 🚗

AMERICAN CANCER SOCIETY – GREAT LAKES DIVISION

(517) 322-2222
www.cancer.org
1755 Abbey Rd., East Lansing, MI 48823
Main hours: 8:30-5, M-F
Voluntary health organization dedicated to eliminating cancer as a major health problem by preventing cancer, saving lives, and diminishing suffering from cancer through research, education, advocacy, and service.
129 Jefferson SE, Grand Rapids, MI 49503
Program hours: 8:30-5, M-F.
Area served: Kent, Ionia, Barry, Montcalm, and Mecosta counties. **Contact:** Maria Mora (616) 364-6121 maria.mora@cancer.org
♿ 🗣️ (Spanish)

AMERICAN LUNG ASSOCIATION OF MICHIGAN

(616) 752-5051 / (517) 484-4541
www.alam.org
300 Lafayette Street SE, Suite 3400, Grand Rapids, MI 49503
Main hours: 9-4, M-F
To prevent lung disease and promote lung health. Provides programs whose priorities include asthma, tobacco prevention and air quality. In addition, ALA of Michigan funds lung disease research both at academic institutions within Michigan and at the national level. Advocacy, as it relates to public health and environmental initiatives, remains central to ALA of Michigan’s mission.
Program hours: 9-5, M-F, or by appointment. **Area served:** Allegan, Berrien, Calhoun, Kent, Muskegon, Newaygo, Oceana, Ottawa, St. Joseph, VanBuren, Cass, Barry, Branch and Kalamazoo counties.
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AMERICAN RED CROSS OF WEST CENTRAL MICHIGAN

(616) 456-8661
www.redcrosswcm.org
1050 Fuller Ave. NE, Grand Rapids, MI 49503
Main hours: 8:30-5, M-F
Through services directed and performed by volunteers, seeks to improve the quality of human life by helping people

prevent, prepare for and manager individual, family, local, regional and national emergencies and disasters.

Basic Needs-Emergency. Assists disaster victims with their immediate food, clothing, shelter and medical needs. Provides emergency communication between members of the armed forces and their family members back home. May have some emergency transportation funds available. Provides tracing services for refugees and other displaced persons throughout the world who have been separated from their families by conflict or natural disaster.

Program hours: 8:30-5, M-F. **Eligibility:** Victim of disaster or an emergency message that needs to be relayed to a service person; no age, income or residency requirements. **Fees/Insurance:** No fees for emergency services or service to military. **Area served:** Barry, Ionia, Kent, and Montcalm counties.
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Health and Safety Services. Health: Offers disease prevention, HIV/AIDS education programs. Safety: Provides babysitting classes for 11-14 year old adolescents in basic child care skills; “Safe On My Own” classes to 3rd and 4th grade students left home alone before and after school; CPR and First Aid classes that meet requirements for child care providers and OSHA standards; CPR and First Aid classes for parents; AED (Automated External Defibrillator) training; instruction in Basic Aid Training (BAT) to young children, Water Safety, Workplace safety; also classes in First Aid for Pets. Course schedule available.
Program hours: Day, evening, and weekend. **Eligibility:** None. **Fees/Insurance:** Call for details. **Area served:** Barry, Ionia, Kent, and Montcalm counties. **Contact:** Phil VanHarn (616) 456-8661 ext. 3204
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Transportation Services. Provides free rides to and from medical and social service appointments in Kent County. for senior, low income, and handicapped individuals. Must not qualify for GO Bus services.
Program hours: 8:30-4, M-F. Switchboard, 8:30-4, M-F. Appointments scheduled, 8-3, M-F. **Eligibility:** Income requirements, call for details. **Fees/Insurance:** None. **Area served:** Kent County.

ARBOR CIRCLE CORPORATION

(616) 456-7775
www.arborcircle.org
1115 Ball Ave. NE, Grand Rapids, MI 49505
Main hours: 8-5, M-F
Mental Health, Substance Abuse, Family Based Services, Early Childhood, and Youth Development Services.
Program hours: M-F 8:00am- 5:00pm. **Area served:** Kent County primarily.
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Adolescent Substance Abuse Services. Provides a service for adolescents ages 12-17 who have been involved in alcohol or other drug related usages. Family therapy, therapy with young children also provided.
Program hours: 8-8, M-TH; 8-5, F. **Eligibility:** Ages 12-17. **Fees/Insurance:** Accept Blue Cross, Medicaid, Medicare, BCN, Priority Health, PPOM and private insurance. Sliding fee scale. **Area served:** Kent County. **Contact:** Rog Wiegers (616) 456-6571 rogowiegers-arborcircle@arborcircle.org
🗣️ (Spanish)

Alternative Behavior Choices (ABC) Group-Adolescent.

Offers brief psycho-educational group intervention for adolescents who have shoplifted or committed minor legal infractions; individual, family and group services.

Program hours: 11-9, M-TH. **Application:** Call for information. **Eligibility:** Adolescents, 10-17 yrs. **Fees/Insurance:** Sliding fee based on income and dependents, Medicaid. **Area served:** Kent County. **Contact:** Jessica Miller (616) 456-6571

Arbor Circle Outpatient Counseling. Arbor Circle offers a wide range of counseling for children, adolescents, and adults including mental health, substance use disorder, and co-occurring treatment. Services include assessments, individual counseling, groups, parent-child and family counseling, psychiatric services, referrals and linkages to other services. Education and intervention programs for alcohol and /or drug use, domestic violence, woman's specific group services, intensive outpatient available. Sober Living Unit offers intensive outpatient services to persons within the Kent County. Correctional Facility. Recovery Management services provides case management to individuals who have had prior episodes of substance abuse treatment and continue to strive towards recovery. Services available at sites in North Kent County.

Program hours: 8-8, M-TH; 8-5, F. **Application:** By appointment only, call for appointment or scheduling information. **Eligibility:** Ages 5+, primarily Kent County. **Fees/Insurance:** Sliding scale available. Covered by most insurance. **Area served:** Kent, Newaygo.

🗣️ (Spanish) Interpreter services available

Early Impact. Provides in-home, early intervention services to families who have been identified as at-risk for abuse and neglect by the Kent County. Department of Human Services. The Early Impact program is part of a community-wide, collaborative effort to prevent child abuse and neglect in Kent County. Trained, professional staff members are experienced in helping families find solutions to problems. Other services include counseling, family support, case management, information, and referrals to community services.

Program hours: Flexible, based on family need.

Application: Referral through Kent County DHS. **Eligibility:** Families with children under the age of 18 who live in Kent County. **Fees/Insurance:** Free. **Area served:** Kent County. **Contact:** Sandy Curtis (616) 456-6571 sandy_curtis@arborcircle.org

🗣️ (Spanish)

Home-Based Services. Offers family counseling in the home to help families with children who experience problems such as depression, anxiety, anger, hyperactivity, violence, abusive behaviors, school difficulties, etc. Trained professional staff are experienced in helping family members find solutions to problems. Staff will also help a family build on what they already do well. Other services include: help with family crisis 24 hrs a day, seven days a week; family support; short term individual counseling; respite; psychiatric services; medication for children; coordination with schools and various community services; and mentors.

Program hours: Staff available after school and evenings.

Application: Children and parents referred through Network180. **Eligibility:** Must be referred through Network180 Access Center. **Fees/Insurance:** Sliding scale; fees determined at intake. **Area served:** Kent County. **Contact:** Susan Fletcher (616) 456-6571

🗣️ (Spanish) Interpreter services available.

Homeless Youth Services. Provides case management, counseling and support to youth 16-20 who are without permanent stable housing.

Program hours: 8-5, M-F. After hours crisis line.

Application: No referral requirement, appointment required for full assessment, but walk-in inquiries are welcome.

Eligibility: Age 16-20, without permanent stable housing.

Fees/Insurance: None. **Area served:** Kent and Ottawa counties. **Contact:** Susan Rigas/ Lisa Willyard (616) 451-3001 lwillyard@arborcircle.org

Infant Toddler Development Services. Provides home-based infant, toddler, parent early intervention-prevention services. Program emphasizes earliest possible identification of infants and parents in need of intervention in order to develop loving and nurturing relationships. Specific emphasis on families with young children with concerns regarding attachment relationship.

Program hours: 8-8, M-TH; 8-5, F. **Eligibility:** Newborn infant through toddler; may work with children up to the age of 5 years. **Fees/Insurance:** Free for Medicaid or no income; MICHild, Part C; Sliding Scale for insured Medicaid, MICHild.

Area served: Kent County.

K.E.E.P. (Keeping Early Education Positive). Provides consultation to childcare providers and families when a child is experiencing behavioral, developmental or emotional difficulties in childcare. K.E.E.P. staff assesses and make recommendations to help make a child's experience in childcare more successful.

Program hours: 8-5, M-F. **Application:** Referral by calling 456-6571; referral by family or childcare staff. **Eligibility:** Ages 0-5, in childcare (center, preschool or home care, including relative or certified aide care). **Area served:** Kent County. **Contact:** Sue Eastman (616) 456-6571

Kent County. Healthy Start In-Home Family Support Services. Offers a program designed to help and support first-time parents with children birth to age 3. Families are assigned a family support worker who will visit the home and assist the family by offering child development and parenting information as well as connecting the family with community resources. The family support worker may also provide support before the baby is born. This program is voluntary and services are free, private and respectful of language and culture.

Program hours: Vary; call for details. **Eligibility:** First time mothers in Kent County. with children prenatal to age 3; must access services before child is 3 months old; no substantiated or open CPS case. **Fees/Insurance:** None.

Area served: Kent County. **Contact:** Nancy Erickson (616) 456-6571 ruthd@arborcircle.org

🗣️ (Spanish)

Knowledge, Skills, Service, Power (KSSP). KSSP is a program for youth/adolescents who are considered at-risk. The program offers a variety of services including psycho-educational groups, community service, community youth development, and mentoring. Youth begin the program with groups and are offered the opportunity to participate in community service projects at that time. A comprehensive assessment, including substance abuse screening and referrals, is also provided.

Program hours: M-F 8-5 Flexible. **Application:** Call for more information, services often provided at schools within Kent County. **Eligibility:** Youth 10-17. **Fees/Insurance:** Services are free of charge; program is supported by Network 180. **Area served:** Kent County. **Contact:** Susan Sheppard (616) 456-6571

Mission Inn Services. Provides in-home services to families with infants and young children who have been or are affected by substance abuse or HIV/AIDS.

Program hours: 8:30-5, M-F. Flexible. **Application:** No referral required. Call for information. **Eligibility:** Child under 5; pregnant mother; child affected by substance abuse or HIV. **Fees/Insurance:** None. **Area served:** Kent County – limited services in surrounding areas. **Contact:** Emmy Ellis (616) 456-6571 eellis@arborcircle.org

Neighborhood Drop-In Center. Provides respite child care for ages 0-6. May be used up to six times per month. Parents must call ahead to make arrangements.

Program hours: 10-1:30, M-TU; 12:30-4 pm, TH-F.

Application: No referral required. Call for information.

Eligibility: Residents of Kent County; child age 1 month to age 7. **Fees/Insurance:** NA. **Area served:** Kent County.

Contact: Emmy Ellis (616) 456-6571 eellis@arborcircle.org

North County Parenting Services. Provides parental psycho-educational and support groups and developmentally appropriate child care services. Group services focus on knowledge of child development and positive parent/child interaction.

Program hours: PM groups available only. **Application:** No referral required. Call for information. **Eligibility:** Resident of Northern Kent County. Parents with infants, toddlers, and preschoolers. **Fees/Insurance:** None. **Area served:** Northern Kent County. **Contact:** Jean Breay (616) 456-6571

North County Teen Parenting Services. Provides pregnant and parenting teens weekly interactive group activities and home visits to develop skills in building positive attachments with their infants and toddlers.

Program hours: TU, 12:30-2 pm for 12 week sessions during school year. **Eligibility:** Northern Kent County. resident, teen parent or pregnant teen **Fees/Insurance:** None. **Area served:** Northern Kent County. **Contact:** Jean Breay (616) 456-6571

North Kent Services Outreach. Provide assessment and outreach services for adults, adolescents, children, families experiencing issue with mental health, substance abuse, co-occurring disorders.

Program hours: M-F 8-5. **Fees/Insurance:** Accept a variety of insurances and sliding fee scale. **Area served:** Northern Kent County. **Contact:** Mark Olthoff (616) 866-0265 Mark_Olthoff@arborcircle.org

**Comprehensive Treatment
for Adults, Adolescents, &
Children**

Acute Inpatient Treatment
Partial Hospitalization Program
Outpatient Psychiatric Clinic
Co-Occurring Disorders
Eating Disorders
Psychological Trauma

To make a referral for services,
call our Assessment and Referral
Center

1.800.949.8439



**Forest
View
HOSPITAL**

FOREST VIEW HOSPITAL
www.forestviewhospital.com
1055 Medical Park Drive SE
Grand Rapids, MI 49546
616.942.9610

Services for Women – Woman's Project Access and Family Engagement Program. The Women's Services programs provide in-home services to women addressing substance abuse including assessment, individual and family therapy, links to additional resources, coordination of care, crisis management and advocacy. Through these programs we hope to help women achieve lasting change in their life by maintaining recovery, reducing barriers to treatment, increasing self confidence, improving relationships, reducing stress and developing a healthy support system.

Program hours: M-F, 8-5 pm, Flexible depending upon needs. **Application:** By appointment. **Eligibility:** Call for details. **Fees/Insurance:** Sliding fee scale. **Area served:** Kent County. **Contact:** Julie Kammeraad, Terri Sprader (616)456-6571

The Bridge. Provides counseling, case management, and temporary shelter and for youth ages 10-17, and works with families to promote healthy adolescent development, reduce family stress, increase coping, and build assets.

1115 Ball Avenue NE, Grand Rapids, MI 49505

Program hours: Crisis line and shelter – 24/7. **Application:** No referral requirement, assessment can be scheduled within 24 hours or immediately, if necessary. **Eligibility:** Legal guardian consent. **Fees/Insurance:** None. **Area served:** Kent and Ottawa counties and surrounding areas. **Contact:** Susan Sheppard (616) 451-3001 s_sheppard@arborcircle.org
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Total Life Counseling. Offers counseling to individuals of all ages and families facing grief and loss due to a medical diagnosis, chronic illness, life threatening illness, death and dying, trauma and loss, or accident. Services may also include play therapy, crisis intervention, consultation services, bereavement counseling.

Program hours: M-F appointments to accommodate families. **Fees/Insurance:** Sliding fee scale. Most insurances cover services. **Area served:** Kent County and surrounding areas. **Contact:** Rog Wiegers (616) 456-6571
🗿 (Spanish)

Arbor Circle Counseling Services- South

740 36th street SE, Wyoming, MI 49548

Phone: (616) 475-8300 **Hours:** M-F 8-5 Flexible.

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Arbor Circle Outpatient Counseling Center

1115 Ball Avenue NE Building C, Grand Rapids, MI 49505

Phone: (616) 456-6571 **Hours:** 8-5, M-F.

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In-home and Early Childhood Services

1101 Ball Ave. NE, Grand Rapids, MI 49505

Phone: (616) 456-6571 **Hours:** 8-5, M-F.

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ARC KENT COUNTY (THE)

(616) 459-3339

1331 Lake Dr. SE, Suite 2, Grand Rapids, MI 49506

Main hours: 8-5, M-F

Provides advocacy and information. Helps people with developmental disabilities and their families solve problems, for example: government benefits, special education, long-range, financial/legal planning, social supports and supported employment.

Program hours: 8-5, M-F. **Application:** No referrals necessary – appointment if possible. **Eligibility:** People with developmental disabilities and their families. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Stacey O'Toole (616) 459-3339

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When You Don't Feel Like Singing: The "Baby Blues"

After pregnancy, hormonal changes in a woman's body may trigger symptoms of depression. Depending on the severity, this is called postpartum depression or the "baby blues." During pregnancy, the amount of two female hormones, estrogen and progesterone, increases greatly. In the first 24 hours after childbirth, these hormones rapidly drop back to their normal, pre-pregnancy levels. Researchers think this rapid change may lead to depression. Other factors may also contribute to feelings of postpartum depression:

- Feeling tired after delivery; broken sleep patterns and not enough rest often prevents a new mother from regaining her full strength for a few weeks.
- Feeling overwhelmed with a new or additional baby to care for and self-doubt about being a good mother.
- Feeling stress from changes in work and home routines.
- Feelings of loss — loss of identity of who you are, or were, before having the baby; loss of control; loss of your pre-pregnancy figure; and feeling less attractive.
- Having less free time and less control over time.

The baby blues can occur in the days right after childbirth and normally go away within a few days to a week. Symptoms such as sudden mood swings, sadness, crying spells, loss of appetite, sleeping problems, and feeling irritable, restless, anxious, and lonely are not severe and treatment generally isn't needed. See the sidebar of things you can do to feel better.

Postpartum depression can arise anytime within the first year after childbirth. The difference is that postpartum depression often affects a woman's well-being and prevents her from normal functioning for a longer period of time. Postpartum depression needs to be treated by a doctor.

Some women don't tell anyone about their symptoms because they feel embarrassed, ashamed,

Need someone to talk to?

Postpartum Support
at Spectrum Health
(616) 391-1771 OR
(616) 391-5000

24/7 Parent HelpLine
1-800-942-HELP
1-800-942-4357

Helpful Tips for the "Baby Blues":

- *Get as much rest as you can. Try to nap when the baby naps.*
- *Stop putting pressure on yourself to do everything. Do as much as you can and leave the rest!*
- *Ask for help with household chores and nighttime feedings. Ask your husband or partner to bring the baby to you so you can breastfeed. If you can, have a friend, family member, or professional support person help you in the home for part of the day.*
- *Talk to your husband, partner, family, and friends about how you are feeling.*
- *Do not spend a lot of time alone. Get dressed and leave the house. Run an errand or take a short walk. Participate in a mothers' group with your child.*
- *Spend special time with just your husband or partner.*
- *Talk with other mothers, so you can learn from their experiences.*
- *Join a support group*

or guilty about feeling depressed when they are supposed to be happy. Perinatal depression can happen to any woman. It does not mean you are a bad mom. You and your baby don't have to suffer. There is help.

Speak to your doctor or midwife if you are having symptoms of depression while you are pregnant or after you deliver your baby. Your caregiver can help assess your situation, recommend treatment options, and refer you to a medical professional who specializes in treating depression.

Source: U.S. Department of Health and Human Services. To learn more visit www.womenshealth.gov

AREA AGENCY ON AGING
OF WESTERN MICHIGAN

(616) 456-5664

www.aaawm.org

1279 Cedar St. NE, Grand Rapids, MI 49503-1378

Main hours: 8-5, M-F

Provides supportive and in-home services for older adults in a nine-county region. Information and assistance provided, plus screening for long term care services. Medicare and Medicaid Assistance Program available for questions about benefit programs. Plans, develops, oversees, and advocates for the in-home care of older adults, especially those with the greatest social and economic needs; contracts with providers to deliver personal care, assisted transportation, housekeeping, home chores, home delivered meals, respite care, outreach and assistance, and legal assistance services to older adults; provides Care Management services for older adults, in which a nurse and social worker team develop in-home care plans utilizing resources available in the community; administers the MIChoice Medicaid Waiver program which allows for in-home care of Medicaid eligible adults at risk of nursing home placement; and administers the Kent County senior millage.

Program hours: 8-5, M-F. **Eligibility:** Must be 60 +, long term care services for certified disabled 18-64 who qualify. **Fees/Insurance:** None. **Area served:** Allegan, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Newaygo and Osceola counties. **Contact:** Thomas E. Czerwinski (616) 222-7001 tom@aaawm.org



AREA COMMUNITY SERVICE EMPLOYMENT
AND TRAINING COUNCIL

(616) 336-4100

www.acset.org

144 E. Fulton St., Grand Rapids, MI 49503

Main hours: 8-5, M-F

Provides opportunities for economic self-sufficiency for low-income, economically disadvantaged, elderly, disabled, unemployed, and underemployed persons and dislocated workers. Programs focus on nutrition, seniors, energy, emergencies, transportation, youth, Latin Americans, tax assistance and Michigan Enrolls Medicaid.

Program hours: 8-5, M-F. **Area served:** Kent County. **Contact:** Beverly Drake 616-336-4120



Cedar Springs Complex

44 N. Park, Cedar Springs, MI 49319

Phone: (616) 696-2150 **Hours:** 8:30-5, M-F.



North East Complex

836 Fuller NE, Grand Rapids, MI 49503

Phone: (616) 336-4045 **Hours:** 8-5, M-F.



Sheldon Complex

121 Franklin St. SE, Grand Rapids, MI 49507

Phone: (616) 336-4000 **Hours:** 8:30-5, M-F.



West Side Complex

215 Straight St. NW, Grand Rapids, MI 49504

Phone: (616) 336-4180 **Hours:** 8:30-5, M-F.



ASIAN CENTER OF WEST MICHIGAN (THE)

(616) 301-3987 / (616) 331-6592

www.asiancenter.info

1444 Michigan St. NE, Grand Rapids, MI 49503

Main hours: 9-5, M-F

Provides culturally sensitive services and Asian alternative health services including holistic healing via Qigong and Chinese medicine. Provides culturally sensitive education through workshops and consultation to helping professionals to facilitate their capacities for serving Asian Americans.

Program hours: 9-5, M-F. **Application:** Appointment required. **Eligibility:** None. **Fees/Insurance:** Fees upon evaluation. **Area served:** Western Michigan. **Contact:** Dr. Douglas Chung (616) 301-3987 centera@gvsu.edu

☎ (Chinese, Taiwanese)



Main Office – Grand Valley State University

DeVos Center, 401 E. Fulton St., Suite 359C,

Grand Rapids, MI 49504

ASSOCIATION FOR CHILDREN'S
MENTAL HEALTH

(517) 336-7222

www.acmh-mi.org

941 Abbott Rd. Suite P, East Lansing, MI 48823

Main hours: 9-3, M-F

Provides services to families who have a child that is having emotional or behavioral problems that interfere with personality development or relationships at home, school, or the community through a support system for parents, parent education and training, advocacy activities, and coordination of activities between parents and professionals. Regional contacts available.

Program hours: 9-3, M-F. **Eligibility:** Child must have mental illness or behavioral problems. **Fees/Insurance:** None. **Area served:** Michigan. **Contact:** Malisa Pearson (517) 336-7222 acmhmalisa@aol.com



Children's Rights Group. Provides advocates for appropriate prevention, treatment, support and educational services to emotionally and/or behaviorally impaired children, those at risk and their families. Promotes collaborative partnerships between parents, professionals, agencies and the community and works to increase public understanding and support. Participates in state and local program and policy developments relating to children's mental health.

Application: Call for information. **Eligibility:** Residents of Michigan. **Fees/Insurance:** None. Optional membership dues vary from \$5-\$100. **Area served:** Michigan. **Contact:** Malisa Pearson (517) 336-7222 acmhmalisa@aol.com

Parent Advocacy Training. Trains individuals to serve as volunteer family advocates in the community and provide information, resources and support to emotionally and/or behaviorally impaired children and their families. Offers statewide outreach and phone consultation to empower parents to obtain needed services.

Application: Call state office for local affiliate. **Eligibility:** Residents of Michigan. **Fees/Insurance:** None. **Area served:** Michigan. **Contact:** Malisa Pearson (517) 336-7222 acmhmalisa@aol.com

Support Groups for Parents. Provides a mutual support group network for parents of emotionally and/or behaviorally impaired children.

Application: Call state office for local affiliate. **Eligibility:** Residents of Michigan. **Fees/Insurance:** None. **Area served:** Michigan. **Contact:** Malisa Pearson (517) 336-7222 acmhmalisa@aol.com

ASSOCIATION FOR THE BLIND AND VISUALLY IMPAIRED

(616) 458-1187

www.abvimichigan.org

456 Cherry St. SE, Grand Rapids, MI 49503

Main hours: 8:30-4:30, M-F

Provides rehabilitation services to people who are blind or visually impaired, including teaching daily living skills and orientation and mobility (traveling in your environment), eye exams, low vision aids in low vision clinics, and support groups. Two programs available: Low Vision Support Group and Low Vision Clinic. Also provides social work, computer training, and Braille services to individuals, businesses and groups/organizations.

Program hours: 8:30-4:30, M-F. **Application:** Prefer referral from eye doctor or medical doctor. Self referral also accepted. **Fees/Insurance:** Low Vision Support Group – None.; Low Vision Clinic – Some covered by insurance; Others – Sliding scale, Medicare, Medicaid. Most major plans accepted. **Area served:** Allegan, Barry, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Muskegon, Newaygo, Oceana, Osceola, and Ottawa counties. **Contact:** George Kremer (616) 458-1187 gkremer@abvimichigan.org

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ASTHMA AND ALLERGY FOUNDATION OF AMERICA-MICHIGAN CHAPTER

(248) 557-8050

www.aafamich.org

17520 W. 12 Mile, Suite 102, Southfield, MI 48076

Main hours: M-F, 9:00-5

Improving the quality of life for individuals affected with asthma and allergic diseases by promoting awareness through education, training and advocacy.

Program hours: M-F, 9:00-5 or as needed. **Application:** Contact our office to make arrangements. **Area served:** Michigan. **Contact:** Kathleen Felice Slonager, RN, AE-C (888) 444-0333 aafamich@sbcglobal.net

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ASTHMA NETWORK OF WEST MICHIGAN

(616) 913-1430

www.asthmanetworkwm.com

245 State Street, S.E., Grand Rapids, MI 49503

Main hours: 8:30-5, M-F

To improve the lives of those individuals affected by asthma through innovative research applications and educational programs that are designed to advance: Medical best practices, asthma case management, patient, family, and community education, patient advocacy and legislative reform. Offers asthma case management services, phone information line, asthma information line clearinghouse, speakers available for school, health care, parent and other community groups.

Program hours: 8:30-5, M-F. **Application:** Case management services by referral. **Eligibility:** None for asthma info, eligibility for case management. **Fees/Insurance:** None for individuals (some co-pays may apply for individuals with commercial insurance); call Speakers' Bureau for fee schedule, Priority Health (Medicaid, Medicare, Commercial), Health Plan of Michigan, Molina Healthcare, Blue Care Network, and Community Choice Michigan. **Area served:** Western Michigan. **Contact:** Karen Meyerson (616) 913-1430 meyersok@trinity-health.org

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AUBURN HILLS NEIGHBORHOOD ASSOCIATION

(616) 363-6159

1218 Drexel Ct. NE, Grand Rapids, MI 49505

To maintain and improve the property of the neighborhood and to address issues, which impact upon the quality of the residence and advocate for solutions.

Area served: Grand Rapids-Northeast neighborhoods.

AUTISM ASPERGER ASSOCIATES OF MICHIGAN

(616) 874-2090

www.autism-asperger-associates.com

7027 10 Mile Rd, Rockford, MI 49341

Main hours: 9-5, M-T

To provide training and education for individuals with autism and Asperger Syndrome and their families.

Social Skill Classes and Workshops. Offers social skills instruction for individuals with autism, Asperger Syndrome or related special needs. Includes outings in the community. Workshops for families offer practical strategies and materials on a variety of topics. In-home consultation for ABA programs and behavioral programs. Consultation for IEP's, transition and employment training. Summer programs available with community based instruction opportunities.

Program hours: Social skill groups Wednesdays. Workshops vary. **Eligibility:** Ages preschool through young adult. **Fees/Insurance:** Vary; installment plan available. None. **Area served:** West Michigan. **Contact:** Kristen Priem (616) 874-2090 kpriem@autism-asperger-associates.com

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AUTISM SOCIETY OF KENT COUNTY

(616)752-8577

www.autismsocietyofkentcounty.org

P. O. Box 150348, Grand Rapids, MI 49515

Intermediate School District Complex — 2930 Knapp NE, Grand Rapids, MI 49525

Main hours: M-F, 8:00-5

The Autism Society of Kent County. (ASK) is an organization of parents, school staff, and others who actively seek to support and advocate for persons with Autism Spectrum Disorder (ASD) and their families.

Advocacy, Education and Support Services. Through our phone line, website and monthly meetings, ASK offers advocacy, education and support to persons with ASD and their families.

Program hours: M-F, 8:00-5. Meets the first TU of every month during the school year. Call for location. **Area served:** Kent County. **Contact:** Richard Elias III (616) 752-8577



**Providing family-centered services,
parent education and resources
to help a child's development**

**Contact your local school district
or call 616/364-1333
Services of Kent ISD**

AWESOME OPTIONS PREGNANCY SUPPORT CENTER

(616) 667-2200

www.awesomeoptions.com

567 Baldwin St., Jenison, MI 49428

Main hours: 2-5, M & T; 10-1, W; 6-9, TH

Provides positive alternatives to abortion through counseling, referrals to other agencies, and providing baby formula, furniture, clothing, etc. at no cost to clients. All information strictly confidential.

Fees/Insurance: None. **Area served:** Wyoming, Grandville, Jenison, Hudsonville, Coopersville, Allendale and Holland.



BAXTER COMMUNITY CENTER

(616) 456-8593

www.baxtercommunitycenter.org

935 Baxter St. SE, Grand Rapids, MI 49506

Main hours: 8-5, M-F

A Christian response to human needs. Provides a variety of services such as Family Assistance Program, budget counseling, daycare, health clinic, counseling program, mentoring program, recreational activities, volunteer program, and Head Start program for residents in and around Baxter neighborhood.

Program hours: 8-5, M-F. Call for available resources.

Eligibility: None. **Fees/Insurance:** Some. **Area served:** Grand Rapids – Baxter neighborhood. N – Wealthy; S – Franklin; E – Fuller; W – Eastern. **Contact:** Melanie Beelen (616) 456-8593 baxterccgr@aol.com

(Spanish)

Counseling Center. Provides individual and family Christian counseling to people with little income and large problems through a professional counselor along with trained volunteers. The goal is to help clients regain emotional control of their lives, and set realistic goals to solve life's problems.

Program hours: 9-5, M, T, TH, F. Call for appointment.

Application: Referrals required for special groups.

Eligibility: Preferred Kent County or target area; if referred by church, welcomed. **Fees/Insurance:** None. Priority Health.

Area served: Grand Rapids – Baxter neighborhood. N – Wealthy; S – Franklin; E – Fuller; W – Eastern. **Contact:** Rosie Saverson-Hair (616) 456-8593 baxterccgr@aol.com

(Spanish)

Day Care Center. Provides daycare for children residents in and around Baxter neighborhood 2 wks-12 yrs

Program hours: 6-6, M-F. Call for available resources.

Eligibility: None. **Fees/Insurance:** None. **Area served:** Grand Rapids – Baxter neighborhood. N – Wealthy; S – Franklin; E – Fuller; W – Eastern. **Contact:** Ollie Lacy (616) 456-8593 baxterccgr@aol.com

Market Place Program. Provides emergency food and clothing, free tax preparation and financial literacy/budget counseling classes.

Program hours: M-F 9:00 am until 11:45 am and 1:30 pm until 3 pm. Closed TH afternoons. **Eligibility:** Call to determine eligibility. **Area served:** Grand Rapids – Baxter neighborhood. N – Wealthy; S – Franklin; E – Fuller; W – Eastern. **Contact:** Dee Lucas (616) 456-8593 x. 217 deel@baxtercommunitycenter.org

Mizizi Maji Mentoring Program. Provides supportive adult mentors to urban youth ages 10-17; bi-weekly group meetings also support positive youth development.

Program hours: 5-8 pm, every other W. **Application:** Interview with program coordinator. **Eligibility:** None. **Fees/Insurance:** None. NA. **Area served:** Grand Rapids – Baxter neighborhood. N – Wealthy; S – Franklin; E – Fuller; W – Eastern; and surrounding areas **Contact:** Sharon LaChappelle (616) 456-8593 sharonl@baxtercommunitycenter.org

Wholistic Health Clinic. Provides preventative and treatment oriented medical care of Baxter area neighborhood children and adults, emphasizing follow-up education. Also provides dental care, and Women, Infant Children (WIC) program. Call for appointment.

Program hours: Pediatric Clinic, 1-2:45; Adult Clinic, 9-11:15 am; Eye Clinic, 1-2:30 pm; Dental Clinic, 1-4; WIC, by appointment only; Prayer Clinic, 9-11 am 1st and 3rd TH.

Application: Pediatric Clinic (Walk in); Behavioral Medicine (by appt); Adult patients (by appt); Eye Clinic (Once per month by appt); Dental Clinic (Wed and F by appt); Prayer Clinic (by appt); Other Services- WIC, Immunizations, Well Child (by appt). **Eligibility:** None. **Fees/Insurance:** Sliding scale without insurance. Priority Health and Medicare, Medicaid. **Area served:** Grand Rapids – Baxter neighborhood. N – Wealthy; S – Franklin; E – Fuller; W – Eastern. **Contact:** Mary Holt (616) 456-5310 baxterccgr@aol.com

(Spanish)

BAXTER NEIGHBORHOOD ASSOCIATION

(616) 247-9550

722 Eastern Ave. SE, Grand Rapids, MI 49503

Striving to improve the quality of life for residents within the neighborhood through prevention, programs, housing initiatives and community organizing. Building our neighborhood block by block. Crime prevention, referrals for food, clothing, furniture, housing, and employment.

Program hours: 9-5, M-F. **Eligibility:** Must live within Baxter Neighborhood. **Fees/Insurance:** None. **Area served:** Grand Rapids – Baxter neighborhood. N – Wealthy; S – Franklin; E – Fuller; W – Eastern.



BETHANY CHRISTIAN SERVICES

(616) 224-7540

www.bethany.org

901 Eastern Ave. NE, Grand Rapids, MI 49503

Main hours: 8-5, M-F

Manifests the love and compassion of Jesus Christ by protecting and enhancing the lives of children and families through quality social services.

Birth Parent Counseling. Provides confidential birth parent counseling for expectant mothers, fathers and other involved family members including information, referrals and adoption planning and support.

Program hours: 8-5, M-F. **Application:** Contact intake worker for information and/or appointment. **Eligibility:** None. **Fees/Insurance:** Free birth parent counseling. NA. **Area served:** Western Michigan. **Contact:** Kris Faasse (616) 224-7550

(Bosnian, Spanish, Vietnamese) Call for other languages.

Family Counseling. Offers individual, marital, group, and family counseling for anyone with trauma, emotional, behavioral mental health, substance use or co-occurring concerns. Confidential counseling and support are available for short or long term needs.

Program hours: 8-6, M, W-F; 8-8, TU. **Eligibility:** None. **Fees/Insurance:** Sliding scale available. Most 3rd party insurance, PPOM, Priority Health, CMH, Network 180 and

Blue Cross Blue Shield. **Area served:** Western Michigan
Contact: George Tyndall or Jennifer Pothoof (616) 224-7617
☎ (Bosnian, Spanish, Vietnamese) Call for other languages.

Foster Care. Provides foster care services to children removed from their home due to abuse and/or neglect. The foster home provides temporary care for the child with a service goal of permanency. All foster parents are licensed, trained and supervised by the agency. Social workers partner with foster parents to coordinate counseling, case management and other support services for both the child and parents. Those interested in partnering with Bethany to become foster parents are encouraged to call for more information.

Program hours: 24/7. **Application:** Referrals typically accepted through FIA and/or Kids First. **Eligibility:** Must be referred by FIA and/or Kids First. **Fees/Insurance:** Contract through FIA. NA. **Area served:** Western Michigan. **Contact:** Pam Hill (616) 224-7618
☎ (Bosnian, Spanish, Vietnamese) Call for other languages.

Older and Special Needs Adoption. Provides training, adoptive family assessment, placement services, and post-placement supervision and support to families adopting children in Michigan's child welfare system.

Program hours: 8-5, M-F. **Application:** Call for information. **Eligibility:** Call for details. **Fees/Insurance:** Fees for most services are paid by the State of Michigan. NA. **Area served:** Western Michigan. **Contact:** Heather Loomis (616) 224-7481
☎ (Bosnian, Spanish, Vietnamese) Call for other languages.

PARA (Programs Assisting Refugee Acculturation). Resettles refugees referred by the federal government for resettlement in West Michigan; works together with local churches. PARA will also assist with family reunification. **Program hours:** 8-5, M-F. **Application:** Call for appointment and information. **Area served:** Western Michigan. **Contact:** Jotham Ippel (616) 224-7540 (direct line is 616-254-7758) bcspara@bethany.org
☎ (Bosnian, Spanish, Vietnamese) Call for other languages.

Refugee Adjustment Services (R.A.S.). Provides mental health counseling to refugees in Kent, Ottawa, Allegan, Kalamazoo counties. Offers support groups, in-service training, substance abuse counseling, and one on one support for resettlement and cultural adjustment. **Program hours:** 8-5, M-F. Some evenings. **Application:** Telephone, walk-ins and referrals are welcome. **Eligibility:** Refugee status – call for more information. **Fees/Insurance:** NA. **Area served:** Kent, Ottawa, Allegan, Kalamazoo counties **Contact:** Refugee Front Desk (616) 224-7540
☎ (Bosnian, Spanish, Vietnamese) Call for other languages.

Refugee Foster Care. Provides foster care placement for unaccompanied minors from war-torn countries. **Program hours:** 8-5, M-F. Some evenings. **Eligibility:** Refugee unaccompanied minors. **Fees/Insurance:** Call for details. **Area served:** Grand Rapids area within 40 mile radius from Bethany Christian Services, including Holland. **Contact:** Laurie Tibble (616) 224-7540
☎ (Bosnian, Spanish, Vietnamese) Call for other languages.

Refugee Outreach and Referral (ROAR) and the Elimu School Impact Program. Assist refugees to gain access to available services and support them in understanding the US School system. Both programs help refugees succeed in the community and through public education.

Program hours: 8-5, M-F. **Eligibility:** Refugee Status. **Fees/Insurance:** None. NA. **Area served:** Western Michigan. **Contact:** Mary Watterson (616) 224-7540
☎ (Bosnian, Spanish, Vietnamese) Call for other languages.

Stepping Stones (Infertility and Pregnancy Loss Support). Support and information for couples experiencing infertility and/or pregnancy loss.

Program hours: 8-5, M-F. **Application:** No referral required. **Eligibility:** NA. **Fees/Insurance:** Donation based service. NA. **Area served:** Western Michigan **Contact:** John Van Regenmorter (616) 224-7529
☎ (Bosnian, Spanish, Vietnamese) Call for other languages.

BETHEL PENTECOSTAL CHURCH

(616) 454-5654
834 Lake Dr. SE, Grand Rapids, MI 49506
Main hours: 9-4, TU-F
To turn the hearts of men and women to Jesus Christ within the greater Grand Rapids area, with emphasis on the inner city, by effectively responding to their spiritual, emotional, and material needs.

Bethel Counseling Ministry. Biblically sound, spiritually correct Christian counseling by professional volunteer counselors. **Program hours:** Call for details. **Application:** Call church office. **Eligibility:** None. **Fees/Insurance:** None. NA. **Area served:** Grand Rapids.
♿

Parenting Through the Word. Ongoing parenting classes based on God's word made relevant to today's lifestyles, includes education, discipline, developmental stages, and other parenting issues. **Program hours:** Call for details. **Application:** Call church office. **Eligibility:** None. **Fees/Insurance:** None. NA. **Area served:** Grand Rapids.

BLACK HILLS CITIZENS FOR A BETTER COMMUNITY

(616) 241-0778
939 Kensington SW, Grand Rapids, MI 49503
Main hours: Sat 10am
Directs community residents to programs that will help them. Publishes "Voice!" newsletter
Program hours: Second Sat. each month 10am. **Area served:** Grand Rapids – Black Hills neighborhood.
♿ ☎ (Spanish)

Kids Gym Night. Gym night offered every TH night for children ages 8 to 18 at Adalante High School, 1061 Kensington SW, Grand Rapids, MI 49503.
Program hours: Th 6pm-8:30pm. **Area served:** Black Hills Neighborhood.
♿

BOY SCOUTS OF AMERICA – GERALD R. FORD COUNCIL

(616) 785-2662
www.bsagrfc.org
3213 Walker Ave. NW, Grand Rapids, MI 49544
Main hours: 8:30-5, M-F
The mission of the Boy Scouts of America is to prepare young people to make ethical choices over their lifetime by instilling in them the values of the Scout Oath and Scout Law.

Comprehensive Youth Development. Facilitates meaningful contact and communications among youth, parents and community organizations (parents) to help young people learn about strong values and life skills. Program presents activities which are leadership oriented, interesting and provide valuable experiences directed at the maturity and interests of young people at appropriate ages and ability levels. Scouting builds teamwork, citizenship, service, fitness, leadership, thrift, planning, safety, acceptance of others, and self confidence.

Program hours: Programs are conducted as scheduled by chartering organizations and leaders (at any time).

Application: Registration for youth and leaders are associated through National Boy Scouts of America.

Eligibility: Boys 1st grade through age 20 and young women 14 to 20. **Fees/Insurance:** \$10 annual registration fee collected and sent to our national office. Council provides general liability and accident and sickness insurance for every registered member. **Area served:** Allegan, Barry, Ionia, Kent, Lake, Mason, Mecosta, Montcalm, Muskegon, Newaygo, Oceana, and Ottawa counties. **Contact:** Michael D. Sulgrove (616) 785-2662



Gerber Scout Camp

1733 Owasippe Rd., Twin Lake, MI 49457

Phone: (231) 894-4928 **Hours:** Summer Hours- open 7 days per week.



BRADLEY METHOD OF NATURAL CHILDBIRTH

616-455-8078

bradleybirth.com

Call for locations, Grand Rapids, MI 49508

Main hours: 8 am -9 pm Mon-Sat

To provide comprehensive childbirth, nutrition, exercise and breastfeeding information to expecting (or hopeful) parents. (This is a For-Profit agency)

Childbirth Classes. Childbirth education classes for parents who want to be well-informed about their choices in childbirth. This comprehensive series includes topics such as exercise, nutrition, relaxation, labor and delivery, interventions, how to reduce pain in labor, coaching, breastfeeding, postpartum care, newborn tests and much more.

Program hours: Office – 8-9, MON-SAT. Call for class schedule and location. **Eligibility:** None. **Fees/Insurance:** Call for current rates. **Area served:** Western Michigan; offered at various locations. **Contact:** Julie Harkless (616) 455-8078

BYRON CENTER PUBLIC SCHOOLS

(616) 878-6100

www.bcpsk12.net

2475 84th St. SW, Byron Center, MI 49315

Main hours: 7:30-4, M-F

Area served: Byron Center and surrounding area.

CALEDONIA COMMUNITY SCHOOLS

(616) 891-8185

www.caledonia.k12.mi.us

203 E. Main St., Caledonia, MI 49316

Main hours: 9-5, M-F

Area served: Caledonia and surrounding area

CALEDONIA RESOURCE CENTER

(616) 891-8117

www.caledonia.k12.mi.us/resource/

330 Johnson St. SE, Caledonia, MI 49316

Main hours: 7:30-4, M-F

Caledonia Resource Center. Provides education and programs to aid Caledonia and surrounding area communities. Includes Caledonia Alternative High School, Continuing Education, Extended Day Care, Pre-School, Senior Citizens Program and Seasonal Tax Assistance.

Program hours: Varies. **Area served:** Caledonia and surrounding area.



Parents as Teachers. Offers personal visits, child development information, play groups, parent meetings, developmental screenings and resource networking. Scheduling is flexible and by appointment.

Program hours: Flexible. **Application:** Call for appointment/ information. **Eligibility:** Resident of Caledonia Community School District. **Fees/Insurance:** Free. **Area served:** Caledonia Community School District.



CALVIN COLLEGE

(616) 526-6749

www.calvin.edu/admin/precoll/poss.htm

Calvin College, 3201 Burton St. SE, Grand Rapids, MI 49546

Main hours: M-F, 8-5

Provide Christian liberal arts education to students who will become agents of change in the world

Aspirando Alto. This program seeks to advance the pre-college needs and interests of Latino youth and communities. Through this college-school partnership, 7th-10th graders come to Calvin's campus for three days of college exposure and academic engagement. Parents join their students for the last day of Conference activities and to attend workshops especially designed for them. Available 3 days in October.

Program hours: Varies. **Application:** Please contact the Pre-College Programs Office for an application. **Eligibility:** Students must currently be in 7-10th grades. **Fees/**

Insurance: None. **Area served:** Grand Rapids targeting students from Potter's House Middle school, Burton Middle school, Potter's House High school and Central High School. **Contact:** Amy Maffeo (616) 526-6749 precollege@calvin.edu



College Dream Team. Provides college access information to high school students and their parents in fun and interactive ways. Families go home with resources that will assist them in successfully applying to and enrolling in college. All day and half day workshops are held at various churches in the city. Selected SATs in the fall and spring-please call Pre-College for specific workshop dates.

Program hours: Varies. **Application:** None-all are welcome. **Fees/Insurance:** No fee to attend. **Area served:** West Michigan. **Contact:** Amy Maffeo (616) 526-6749 precollege@calvin.edu

Entrada Scholars Program. Offers ethnic minority high school students a "gateway" to the future: the opportunity to experience college learning and living. Entrada students participate in regular summer-term classes with current Calvin students, spend four weeks experiencing college life firsthand, and earn college credit.

Program hours: Mid-June to mid-July. **Application:** Complete and submit application by March 15. **Eligibility:**

Ethnic minority, 11th and 12th grade students with minimum gradepoint average of 3.0. **Fees/Insurance:** There is no fee to apply. There is a \$200 enrollment fee if admitted to program. **Area served:** North America
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Martin Luther King Jr. (MLK) Young Leaders Weekend.

This weekend is an annual three-day event featuring workshops, seminars, movies, worship, and time for reflection for local high school students who have been nominated by their churches and schools for their leadership activities and potential. The weekend is designed to explore the philosophy of Martin Luther King Jr. and the Civil Rights Movement for effecting positive social change as well as to make a strong connection between service and thought with regard to the structural problems of a community.

Program hours: In January of each year during the weekend of Martin Luther King Jr.'s birthday. **Application:** Students must be nominated by someone at their high school or church. After the nomination is received, the student must fill out an application. **Eligibility:** Students must demonstrate leadership at school/church. **Fees/Insurance:** None. **Area served:** City of Grand Rapids. **Contact:** Amy Maffeo (616) 526-6749 precollege@calvin.edu

Striving Toward Educational Possibilities (S.T.E.P.)

Conference. The purpose of the program is for 7th through 10th grade students to meet the challenges of and discern the necessary steps for successful college entry. Students register for classes and move on Calvin's campus for 3 days/2 nights, take simulated college courses and have first-hand experiences with college studying, living and worshipping.

Program hours: 3 days in the spring. **Application:** Contact the office for application materials. **Eligibility:** 7th-10th grade students. **Fees/Insurance:** \$45-60 application fee. **Area served:** No restrictions.

Office of Pre-College Programs

Office of Pre-College Programs, Calvin College, 1845 Knollcrest Circle SE, Grand Rapids, MI 49546

Phone: (616) 526-6749 **Hours:** M-F, 8-5.

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CALVIN COLLEGE – CALVIN ACADEMY FOR LIFELONG LEARNING

(616) 957-6142

www.calvin.edu/academic/call

Calvin College, 3201 Burton St. SE, Grand Rapids, MI 49546

Main hours: 8-5, M-F

Serves to enrich the spiritual, intellectual, cultural and social lives of its members and senior citizens in Grand Rapids

Noontime Series. Free public lectures or programs during the noon hour on six THs each semester.

Program hours: Noon-1 pm. **Application:** None.

Eligibility: None. **Fees/Insurance:** Free. **Area served:** Greater Grand Rapids.

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Passport to Adventure Travel Films. Travelogues are a very inexpensive way to take a trip to a far-away place. Shows take place W, October 3 and on THs, November 15, January 10, March 6 and April 3 in the Fine Arts Center at Calvin College.

Program hours: 7:30 pm. **Application:** Purchase season or individual show tickets from the Calvin College Box Office- (616)526-6282. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** No limit.

CAMP BLODGETT

(616) 949-0780

www.campblodgett.org

3445 Lake Eastbrook Blvd. SE, Grand Rapids, MI 49546

Main hours: 9-5, M-F

To provide an educationally focused recreational experience that promotes social responsibility, builds self-confidence, and establishes an interest in learning for at-risk youth, so they may realize their potential and enhance their contribution to the community.

Camp Blodgett Club. Clubs meet in selected neighborhoods once or twice each week after school to provide help with homework, developmental activities, practice literacy skills, and enjoy recreation activities and games. Some program locations run through the summer.

Program hours: Varies by location; M-F 3-6. **Application:** Call office for registration form. **Eligibility:** Ages 7 through 13. Transportation not provided, campers should attend the school system or neighborhood where the club meets. **Fees/Insurance:** Provided free of charge. **Area served:** Current programs: SECOM 1545 Buchanan Ave SW, Grand Rapids, Kent County. **Contact:** Michelle Sharpe (616) 940-9874 campblodgett@iserv.net

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Residential Summer Camp. Summer camp at campsite on Lake Michigan, providing six or eight day sessions. Traditional summer camp activities such as camp fires, arts & crafts, bike riding, sports activities, talent show, swimming (Lake Michigan and pool), games, nature studies and hiking. Program is designed to encourage academic achievement, concentrating on literacy skills, healthy self-esteem and social responsibility. Must be age 8 through 13 and live or go to school in Kent County. Fee based on family size and income. Kids eligible for free or reduced lunch generally qualify for \$35 fee. Discounts are given for good grades and good school attendance.

Program hours: June and July only. Residential programs so kids are at camp for entire length of their session.

Application: Open enrollment beginning in early spring. Registration forms available on website starting on February 1st and at Grand Rapids office. **Eligibility:** Ages 8-13; must live or attend school in Kent County. **Fees/Insurance:** Sliding scale based on income; scholarships available. Kids eligible for free or reduced cost lunch are generally \$35. Discounts available for good grades and good attendance. **Area served:** Kent County. **Contact:** Justin Jennings (616) 940-9874 campblodgett@iserv.net

Camp location

10451 Lakeshore, West Olive, MI 49460

Phone: (616) 844-7238 **Hours:** Summer only, no regular office hours

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CAMP FIRE USA – WEST MICHIGAN COUNCIL

(616) 949-2500

www.campfireusawmc.org


Waters Circle, 1257 E. Beltline Ave. NE, Grand Rapids, MI 49525

Main hours: 8:30-5 p.m. M-F

Camp Fire USA builds caring, confident youth and future leaders.

After School Programs. In Camp Fire After-School, children participate in enrichment and academic activities, and creative arts; they also engage in sports and games. For 4-5 days each week, children have fun in a safe, supportive environment.

Program hours: Program hours are site specific and range between 2:30-5:30 p.m., M-F. The Camelot Woods program

runs M-Th from 4-6 p.m. **Application:** Registration forms available on site. **Eligibility:** Ages 5-14; children attending or living near neighborhood elementary schools, Burton Middle School, or Camelot Woods Apartments. **Fees/Insurance:** Free. **Area served:** Brookside Elementary, Burton Elementary and Middle schools, Eastern, Henry Paideia, Jefferson, Palmer Elementary schools, and Camelot Woods Apartments.
 (Spanish)

Camp Fire Club. Offers a mix of fun activities, projects, events and experiences to develop planning and decision-making skills, as well as skills related to participants' individual interests, for all children from kindergarten through high school. With the outcome-based curriculum of club programs, children learn to work and play together and they get involved in service projects that help them become responsible citizens in their communities. Camp Fire clubs typically meet each week for an hour and are led by two or more trained adults who volunteer their time, skills and enthusiasm.

Program hours: Meetings are typically held after school, in the evenings, or on weekends. Call for specific club information or to volunteer. **Application:** Registration forms are distributed at schools. **Eligibility:** Boys and girls, ages 5-18. **Fees/Insurance:** \$10 annual registration fee. **Area served:** West Michigan.

Community Family Club. Offers a quality, co-educational youth development program for children and their families, no matter how family is defined. Clubs utilize Camp Fire curriculum and involve the entire family in small-group, asset-building activities and experiences.

Program hours: Vary; call for information. **Application:** Registration forms are required for all participants. **Eligibility:** Youth ages 5-18 and all family members are welcome. **Fees/Insurance:** \$45 per family **Area served:** Varies.

Summer Program. Camp Fire's Summer program offers neighborhood children and youth a friendly, exciting, and safe place to go during summer vacation. They learn about personal safety, conflict resolution and making good choices, and have fun in the process. Children also take part in

enrichment activities and take field trips during the eight-week program

Program hours: 11a.m.-5p.m., M-F, June 18-August 10, 2007. **Application:** Registration forms available on site. Must be completed and signed by a parent/guardian before child can attend. **Eligibility:** Ages 5-14; children attending or living near Brookside Elementary, Burton Elementary and Middle Schools (Sherwood Park), Eastern Elementary, Palmer Elementary, ML King Leadership Academy, Jefferson Elementary, and Camelot Woods Apartments. **Fees/Insurance:** None. **Area served:** Brookside Elementary, Burton Elementary and Middle Schools (Sherwood Park), Eastern Elementary, Palmer Elementary, ML King Leadership Academy, Jefferson Elementary, and Camelot Woods Apartments. **Contact:** Carolyn Guyton (616) 949-2500 x 31 carolyn.guyton@campfireusawmc.org

 (Spanish)

CAMP HENRY, A MINISTRY OF WESTMINSTER PRESBYTERIAN CHURCH

(616) 459-2267

www.camphenry.org

Westminster Presbyterian Church, 47 Jefferson St. SE, Grand Rapids, MI 49503

Main hours: 9-4:30, M-F

Personal and spiritual growth

BRIDGES School Program. Our BRIDGES program emphasizes individual transformation by engaging students in exercises focused on positive communication, leadership, problem solving, planning, and making positive choices. We use portable teambuilding elements and initiatives and bring them into your classroom or gym for selected groups of students. A team of professional Camp Henry facilitators leads all initiatives and custom designs programs according to the needs of your group.

Program hours: Varies. **Area served:** National **Contact:** Betsy Bougie (231) 652.6472 betsyb@camphenry.org



School Programs. Environmental Education including a wetland trail system, Challenge Program and Outdoor Adventure in a package to suit your needs. Camp Henry sits on over 200 acres of forests, fields and wetlands. Day or residential, 1-1/2, 2-1/2 or 3-1/2 days.

Program hours: Varies. **Eligibility:** Ages 7-18. **Fees/Insurance:** Depends on package. **Area served:** National. **Contact:** Betsy Bougie (231) 652-6472 ext. 14 betsyb@camphenry.org

Summer Camp. Located on Kimball Lake in Newaygo, MI, Camp Henry sits on over 200 acres of forests, fields, and wetlands, providing the perfect environment for summer fun. We offer specialty camps, off-site adventures for teens, day programs, and mini-camps. While our mission is to Build Bridges for Life, we'll make sure you build friendships that last a lifetime.

Program hours: 9 am-10 pm. **Application:** Register online at www.camphenry.org or call 616-459-2267 for a brochure. **Eligibility:** Ages 5-17 **Fees/Insurance:** \$200/week for Day Camp; \$220 for mini-camp; \$360/week for regular camp up to \$445/week for specialty camp. **Area served:** National. **Contact:** Chris McClain (616) 459-2267 info@camphenry.org

Summer Day Camp. Day Camp is the perfect way to have a ton of fun without staying overnight! Splash around in Kimball Lake, build sandcastles, make cool crafts, hike the wetland trails, and play a part in the super secret Smuggle! Day Camp is offered two weeks this summer.



HEALTH DEPARTMENT
 Caring today for a healthy tomorrow

(616) 632-7100
 Toll-free from anywhere in the 616, 231 & 269 area codes
 1-888-515-1300

- Immunizations
- Maternal Infant Health Program
- WIC
- Healthy Start
- Animal Shelter
- Lead and radon test kits
- HIV (AIDS) and STI testing
- Vision and Hearing screening
- Water/Sewer Permits
- Mammograms

Visit the Kent County Health Department on the Web
www.accesskent.com/health

- Health news and information
- Department phone directory
- Complete services directory
- Maps to all our clinics
- Restaurant Inspection Results

Prime Time: Helping Children Learn, Grow and Thrive

Toddlers are busy little people. Exploring the nooks and crannies of their environment, they delight in their discoveries. It's not hard to imagine a two year old on the prowl in the living room as her father relaxes on the sofa with a newspaper. "Shoe!" she proudly announces, holding the found object aloft like a trophy. Dad lowers the paper and smiles at his daughter. "Yes, that's daddy's brown shoe. Can you find the other shoe?"

Child development specialists call this "elaborating," adding on to a child's words. A simple, intuitive interaction, this type of exchange is how we help children build their vocabulary and learn to speak. It's just one small example of how adults foster brain development and early learning in young children.

In the first years of life, a child's brain grows faster than at any other time, laying the foundation for a lifetime of learning. In recent decades, much has been learned about how the architecture of a child's brain is formed and the impact stress can have on processing information and interacting with others.

The "wiring" of a child's brain occurs in direct response to the environmental input a child receives after he or she is born. By the time children enter kindergarten, a great deal of the emotional and intellectual wiring of their brains has been set. Whether children are on a path leading to academic success and positive social behavior or to school failure and violence is determined largely by the manner in which this wiring has occurred.

As infants receive appropriate stimulation, brain cells called neurons begin to branch out and become denser. The majority of this growth occurs most quickly and easily from birth to age three, when normally developing children learn to speak, think, and perform sophisticated movements and build interpersonal relationships. Conversely, an impoverished environment diminishes brain development.

Early care provides the experiences that have decisive and lasting effects on the emotional, social, behavioral, intellectual and physical capabilities of a child for the rest of his or her life. Following are just a few tips about what parents and caregivers

can do to provide an optimal environment in which the best brain development can occur. For more parenting resources and information, contact the Child and Family Resource Council at 616-454-HOPE (4673) or one of the many parenting organizations listed in this guide.

To promote optimal child brain development, parents and caregivers can:

- Be consistent, responsive and provide safe routines and surroundings
- Cuddle and hold babies
- Talk and read daily to babies
- Vary babies' environments during the day
- Have toys for babies to squeeze, teethe, suck, grasp, push and pull
- Provide nutritious foods
- Get well-child check ups
- Schedule and keep developmental screenings as advised by your doctors
- As the child grows, provide materials such as stacking and nesting toys, lacing materials, musical instruments, finger paint, and crayons
- Create opportunities to make choices
- Praise appropriate behavior and set limits consistently
- Model good behaviors
- Encourage safe exploration
- Play word games, read sing, and expand on children's words
- Promote good health habits and dental hygiene
- Maintain routines with flexibility

Source: Better Brains for Babies, Family and Consumer Sciences Extension, The University of Georgia

Program hours: Each session runs M through F, 9:30 am-3:30 pm, with transportation available from Grand Rapids. Pick up and drop off is at Westminster Presbyterian Church in downtown Grand Rapids. Drop off is from 8:00 to 8:30 am, and pick-up is between 4:30 and 5:30 pm. **Application:** Register online at www.camphenry.org or call 616-459-2267 for a brochure **Eligibility:** Ages 5-8. **Fees/Insurance:** Call for details. **Area served:** National. **Contact:** Chris McClain (616) 459-2267 ext2 info@camphenry.org

Teambuilding. Personal and team development for any group that wants to work better together. Your site or ours; custom built programs.

Program hours: Varies. **Eligibility:** Ages 10-adult. **Fees/Insurance:** Call for details. **Area served:** National. **Contact:** Betsy Bougie (231) 652-6472 betsyb@camphenry.org

Camp Henry Location

5575 Gordon Rd., Newaygo, MI 49337
Phone: (231) 652-6472 **Hours:** 9-4, M-F.



CAMP TALL TURF

(616) 459-7206

www.tallturf.org

935 Baxter St. SE, Grand Rapids, MI 49506

Main hours: 8-5, M-F

Reconciling and equipping youth for lives of service in God's world. Offers Christian summer camp and school-year program opportunities for youth and teens. Youth camp serves ages 8-13, Sr. Adventure Camp serves ages 14-17, Single Parent Family Camp occurs one weekend each summer. Year-round community-based follow-up includes mentoring, recreation, after school referrals, tutoring, local services projects, and Bible studies.

Program hours: Summer, 6 and 8 day sessions at camp.

School year, weekends. **Application:** Contact the office (616-459-7206) for information on school-year programming or to be added to the summer camp application mailing list.

Eligibility: Ages 8-17. **Fees/Insurance:** Based on family size and income. **Area served:** Grand Rapids year-round; summer serves: Grand Rapids, West Michigan lakeshore communities, Detroit, and Chicago. **Contact:** Jack Kooyman (616) 459-7206 tallturf@iserv.net

(Spanish)

CARES -Community AIDS Resource and Education Services of Southwest Michigan

616-821-9542 / 616-336-1416

www.caresswm.org

730 Grandville Avenue SW, Hispanic Center of Western Michigan, Grand Rapids, MI 49503

Main hours: M-F, 9-5, some evening and weekends

To minimize further transmission of the HIV and to maximize the quality of life for all persons affected by HIV. Confidential or anonymous, bilingual HIV services for the adult Latino community of Kent County.

- Individual and group education.
- Education provided for partner, and family.
- Needle-free HIV testing and counseling
- Information and referrals to other agencies as needed.
- Access to HIV case management to secure HIV medical care, medication, and adherence to treatment.
- Optimizing physical, emotional, and spiritual health.
- Transportation for HIV clients to medical appointments.
- Emergency financial assistance.
- Also HIV and other STD education available to interested groups in the Latino community.

Program hours: M-F, 9 -5 some weekends and evenings.

Application: NA. **Eligibility:** NA. **Fees/Insurance:**

None (donations accepted). NA. **Area served:** Kent

County. **Contact:** Amelia Lopez & Rene Meave 616-821-9542/3361416 alopz5@yahoo.com; amelia@caresswm.org

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CARETREE ADULT DAY SERVICES

(616) 464-3665 / (616) 456-6135

www.gerontologynetwork.org

800 East Beltline NE, Grand Rapids, MI 49525

Main hours: M-F, 7-5:30

To enhance the quality of life for adults with mental, physical and psychosocial limitations through a unique variety of health, social and related support services and to provide respite and support for the people who care for these adults.

Caregivers Support Group – Grand Rapids. Support group with special emphasis/education for the caregiver/family of an Alzheimer patient. Respite available on-site.

Program hours: 12:30-2:30, 1st and 3rd TH of each month.

Eligibility: Caregivers and families of persons with any disabling disease **Fees/Insurance:** None. NA. **Area served:** Kent County. **Contact:** Betsy Matazel (616) 464-3665

bmatazel@gerontologynetwork.org

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CareTree Adult Day Services – Grand Rapids. Adult day program to provide out of home respite for caregivers. Ideal for persons experiencing dementia, social isolation, stroke, Alzheimer's disease, depression, or other chronic illness.

On-site bathing program. Program enhances the dignity and self worth of the elderly.

Program hours: M-F, 7-5:30. **Eligibility:** Over 18 and not harmful to self or others. **Fees/Insurance:** \$11 per hour. Some Long Term Care Insurances will pay for Adult Day Services. **Area served:** Kent County., Ottawa County.

Contact: Betsy Matazel (616) 464-3665 bmatazel@gerontologynetwork.org

CATHERINE'S CARE CENTER NEIGHBORHOOD HEALTH SERVICES

(616) 336-8800

224 Carrier St. NE, Grand Rapids, MI 49505

To provide primary health care, health education, and screening to the un-and underinsured, medically vulnerable residents of Grand Rapids' Northeast Side and the surrounding communities.

Catherine's Care Center Diabetic Support Group.

Provides an opportunity for diabetics to share their concerns, experiences and problems with others in the group.

Program hours: Meets once a month; call for details.

Application: None. **Eligibility:** None. **Fees/Insurance:** No charge. **Area served:** Grand Rapids, targets northeast area

Contact: Steven Byers (616) 784-7629

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Catherine's Care Center Neighborhood Health Services.

Community based health care, free immunizations, screening for blood pressure, glucose, cholesterol, and hemoglobin.

Health education and prevention, help in finding affordable health care.

Program hours: Office hours, 9-12, 1-4, TU, TH. Other

hours by appointment. **Application:** None. **Eligibility:** None.

Fees/Insurance: No charge or sliding scale. **Area served:**

Grand Rapids, targets northeast area **Contact:** Karen

Kaashoek, RN (616) 336-8800

Catherine's Care Center Senior Wellness Program.

Screening and support services for seniors with chronic disease.

Program hours: Office hours, 9-12, 1-4, TU, TH. Other

hours by appointment. **Application:** Call for appointment.

Eligibility: 60 + years old. **Fees/Insurance:** Free. **Area**

served: Grand Rapids, targets northeast area **Contact:**

Karen Kaashoek, RN (616) 336-8800

CATHOLIC CHARITIES WEST MICHIGAN

(616) 456-1443

www.cssgr.org

40 Jefferson Ave. SE, Grand Rapids, MI 49503

Main hours: 8:30-5, M-F

Works, in the spirit of God's universal love, to nurture, stabilize, and strengthen the diverse families of our community. Offers a variety of services ranging from prevention and education to crisis intervention. All are designed to help individuals and families succeed. Services include: Parent and Family Support Services, Behavioral Health and Counseling, Family Preservation Services, Child Welfare, Pregnancy Support, Casa de la Paz, Immigration Advocacy and Support and God's Kitchen (including Capitol Lunch & Meals On Wheels programs). Committed to serving the best interests of clients, representing a diverse population, including persons of all faiths, with particular emphasis on service to persons with low income and outreach to persons of color. Committed to collaboration with others in community and church-initiated efforts in needs assessment, program planning and service delivery.

Program hours: M-F 8:30 to 5. **Area served:** Serving 11 West Michigan counties., including Kent and Ottawa.

🗺️ 👁️ 🗻 🗻 (Bosnian, Spanish) Clients served in their own language.

Adoption Services – Infants. Open adoption program provides comprehensive and individualized services for parents choosing to make adoption plans. Services include education and preparation, home studies, placement, support groups, and search services. Infant adoption services are paid for by the adoptive family (based on a sliding fee scale).

Program hours: by appointment. **Application:** Form required. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Serving 11 West Michigan counties.-including Kent and Ottawa.

🗻 (Spanish) Clients served in their own language.

Adoption Services – Special Needs Children. Insures a safe home for children of all races and cultures who have been neglected or abused. There is a need for adoptive

homes for children sibling groups and children with special needs. Training and casework support are provided. Adoption services are paid for by the State, and subsidies are available for many children.

Program hours: 8:30-6, M, W-F; 8:30 am-9 pm, TU.

Application: Call for details. **Eligibility:** Call for details.

Fees/Insurance: Call for details. **Area served:** Serving 11 West Michigan counties., including Kent and Ottawa.

🇸🇵 (Spanish) Clients are served in their own language.

Capitol Lunch. Serving the hungry with dignity and respect. Offers daily hot meals to those who may otherwise go without food. Meals are served at the Kitchen's downtown site. Closed first F of each month.

Program hours: 2:30-4pm, 7 days. **Eligibility:** None. **Fees/Insurance:** None. NA. **Area served:** Grand Rapids, Heartside area **Contact:** Rob Miller (616) 454-4110 rob.miller@chdo.org

Casa De La Paz. Provides short-term emergency shelter for families of women and children referred to the program by Catholic Charities West Michigan or by the Salvation Army Homeless Assistance Program. Serves approximately 100 families each year.

Program hours: 8:30-5, M-F. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Aida Melendez (616) 364-4594 aida.melendez@chdo.org

🇸🇵 (Spanish)

Counseling Services to the Spanish-Speaking. Catholic Social Services provides individual, couples, and family counseling for Hispanics. Also offers a series of parenting classes at various times throughout the year, anger management groups for men, and domestic violence groups for women.

Program hours: Call for details. **Eligibility:** Hispanic residents of Grand Rapids. **Fees/Insurance:** None. **Area served:** Grand Rapids. **Contact:** Cyndi Musto (616) 356-6247 cyndim@cssgr.org

🇸🇵 (Spanish)

Counseling Services to the Spanish-Speaking. Catholic Social Services provides individual, couples, and family counseling for those whose primary language is Spanish. Also offers a series of parenting classes at various times throughout the year, anger management groups for men, and domestic violence groups for women. Offered by appointment at various convenient community locations.

Program hours: Call for details. **Eligibility:** Call for information. **Fees/Insurance:** None. **Area served:** Grand Rapids. **Contact:** Cyndi Musto (616) 356-6247 cyndim@cssgr.org

🇸🇵 (Spanish)

Family Reunification Services. Provides intensive, home-based services to reunify parents with their children who have been in out-of-home placement, i.e. foster care, residential or institutional placement. A team of master's level therapists and bachelors level social workers provide a wide range of services including individual and family therapy, skills building, and assistance with basic needs. Services are coordinated with the referring agency and with other service providers who are assisting the family.

Program hours: Flexible, based on family need.

Application: Call for details. **Eligibility:** Family must be referred by child placing agency. Children must be Kent County. Court wards. **Fees/Insurance:** None. Services paid for by FIA contract. **Area served:** Kent County. **Contact:** Theresa Keyes (616) 356-6262 theresk@cssgr.org

Foster Care Services. Serves children who must be removed from their homes because of abuse or neglect. Case management, counseling, and supportive services are provided to both the children and their parents with the goal of a permanent home for the children. Individuals interested in becoming foster care parents can call for information. Foster parents are needed for teens, sibling groups and for school-age children with special needs.

Program hours: 8:30-6, M, W-F; 8:30 am-9 pm, T.

Application: Call for details. **Eligibility:** Must be referred by FIA or the courts only. **Fees/Insurance:** Call for details.

Area served: Serving 11 West Michigan counties., including Kent and Ottawa. **Contact:** Della McArthur (616) 456-1443 dellam@cssgr.org

🇸🇵 (Spanish)

Immigration Advocay and Assistance. Provides education and procedural information regarding the immigration process. Also provides document translation and assistance in completing immigration forms.

Program hours: 8:30-5, M-F. **Application:** Appointment required for most situations. **Eligibility:** Currently None.

Fees/Insurance: We have a fee scale for specific services, but will and do reduce or eliminate those fees when necessary. NA. **Area served:** West Michigan. **Contact:** Nermana Stimec 616-456-1443 ext. 292 nermanas@cssgr.org

🇸🇵 (Bosnian, Spanish, Vietnamese) Others, currently by appointment.

In-Home Services – Early Impact. Risk assessment and prevention services for families in Kent County. at moderate to high risk for child abuse or neglect.

Program hours: Flexible hours based on family's need.

Application: Must be referred by FIA. **Eligibility:** Must be referred by FIA. **Fees/Insurance:** None. NA. **Area served:** Kent County. **Contact:** Paul Hedg-peth (616) 356-6294 paulhp@cssgr.org

🇸🇵 (Spanish)

In-Home Services – Families First. A preventative, non-traditional, intensive short-term service offered to families in crisis when family breakdown is likely without intervention.

Program hours: Flexible hours based on family's need.

Application: Must be referred by CPS. **Eligibility:** Referral by FIA CPS of family that is "at risk" of out of home child placement. **Fees/Insurance:** NA **Area served:** Kent County. **Contact:** Denise Heugel (616) 356-6218 deniseh@cssgr.org

🇸🇵 (Spanish) French

Kent County Healthy Start. Offers support and information to first time mothers and their infants. Healthy Start helps to relieve some of the stress of having a new baby through phone calls, written information and home visits. Family Support Workers link families with community resources and teach parents how to be their child's most important teacher. Healthy Start is free, private, and respectful of language and culture.

Program hours: For information, 8:30-5, M-F. **Eligibility:** First time mothers in Kent County. with children prenatal to age 3; must access services before child is 3 months old; no substantiated or open CPS case. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Barb Hatkowski (616) 356-6217 barbh@cssgr.org

🇸🇵 (Spanish) Arrangements can be made for other languages

Meals On Wheels. Provides hot, nutritious mid-day meals and a welcome visit M through F to individuals in Greater Grand Rapids who cannot leave their homes without assistance or who are unable to buy or prepare their own meals.

Program hours: Referrals, 8:30-5, M-F. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **NA. Area served:** Grand Rapids-on the east: East Beltline, on the north: 5 Mile Road, on the west: Kenowa, on the south: 68th Street. **Contact:** Rob Miller (616) 454-4110 rob.miller@chdo.org

Pregnancy Counseling and Support Services. Provides pregnant women, expectant teens, birth fathers and other family members with information, counseling, support, referrals, and connections with prenatal care and other needed services in preparation for parenting or planning an adoption. Free pregnancy testing available.

Program hours: Call for appointment; 24 hour phone contact available. **Application:** Call for appointment

Eligibility: Any pregnant or parenting teen or young woman, anyone facing an unexpected pregnancy, their significant others as well as their families. **Fees/Insurance:** None. **Area served:** Serving 11 West Michigan counties., including Kent & Ottawa. **Contact:** Stephanie Busch/Ashley West (616) 456-1443 pregnancy@cssgr.org

🇪🇸 (Spanish) Call for other languages.

Catholic Social Services Ionia

601 E. Washington Street-Suite A, Ionia, MI 48846

Phone: 616.522.0836 **Hours:** M-Th, 9-4.



God's Kitchen

303 S. Division Ave., Grand Rapids, MI 49503

Phone: (616) 454-4110 **Hours:** 8:30-5, M-F.



CATHOLIC DIOCESE OF GRAND RAPIDS

(616) 243-0491

www.dioceseofgrandrapids.org

650 Burton St. SE, Grand Rapids, MI 49507

Main hours: 8-5, M-F

Committed to the proclamation of the gospel of Jesus Christ. We do so in a manner that is true to the word of God and consistent with the teachings of our Church.

Black Catholic Ministry. Supports the presence, promotes the identity, and encourages the voice of Black Catholics throughout the diocese. Also offers special events and ceremonies throughout the year.

Program hours: Call for details. **Eligibility:** Resident of Kent County. **Fees/Insurance:** None. **Area served:** Catholic Diocese of Grand Rapids, 11 counties. **Contact:** Robert Ellis (616) 243-0491 rellis@dioceseofgrandrapids.org



Native American Ministry. Supports the presence, promotes the identity, and encourages the voice of Native American Catholics throughout the diocese. Provides two mobile food pantries. Also offers special events and ceremonies throughout the year.

Program hours: Call for details. **Eligibility:** Native American resident in Kent County. **Fees/Insurance:** None. **Area served:** Catholic Diocese of Grand Rapids, 11 counties.

Prison/Jail Ministry. Provides religious services within 24 prisons and County. jails (and juvenile detention centers). We also befriend inmates without friends or family members.

Program hours: Call for details. **Eligibility:** Resident of Diocese, 11 counties. **Fees/Insurance:** None. **Area served:** Catholic Diocese of Grand Rapids, 11 counties. **Contact:** Jude Granstrom (616) 243-0491 jgranstrom@dioceseofgrandrapids.org

Project Rachel. A Catholic outreach to post abortive women and men who suffer from a past abortion. We offer opportunities for people to meet with priest or therapists to deal with abortion aftermath; we offer support groups and healing services, resource materials, speaker bureau, referral line and newsletter.

Program hours: 9:-4:30, M-F. **Eligibility:** Any woman or man who suffers from past abortion experience. **Fees/Insurance:** No charge for priest or therapist/sliding scale.

Area served: Kent, Ionia, Lake, Mason, Mecosta, Montcalm, Van Buren, Kalamazoo, Calhoun, Berrien, Cass and St. Joseph counties. **Contact:** Patricia Ryan (616) 243-0491 projrach@iserv.net

CATHOLIC DIOCESE OF GRAND RAPIDS – HISPANIC MINISTRY

(616) 243-3927

www.dioceseofgrandrapids.org

650 Burton St. SE, Grand Rapids, MI 49507

Main hours: 8:30-4:30, M-F

Committed to the proclamation of the gospel of Jesus Christ. We do so in a manner that is true to the word of God and consistent with the teachings of our Church.

Cuenta Conmigo. Provides women's support group especially for those who have experienced domestic abuse, but is open to all women who are seeking support. Free monthly meetings. Spanish spoken.

Program hours: Call for details. **Application:** Call for appointment. **Fees/Insurance:** None. **NA. Area served:** Kent County., northwest side.

🇪🇸 (Spanish)

Proyecto Socorro. Reach out with emergency help to newcomers who, because of diverse circumstances, cannot receive necessary services or do not know how to apply for them. Networking and coordinating with parishes, agencies and organizations to effectively disperse resources.

Program hours: 8-4:30, M-F. **Application:** Needs to be referred by a parish **Eligibility:** Newcomers who are unable to receive help through a state, federal or non-profit agency because of lack of services, and especially because of restrictions due to their migratory status. Person should obtain at least 50% of what is needed through another source. Person should be working or searching for work. The help should provide a solution to the problem; it cannot be a chronic situation. The economic help received out to contribute towards helping the recipient to be in greater control of his/her circumstances. **Fees/Insurance:** None. **Area served:** Catholic Diocese of Grand Rapids, 11 counties. **🇪🇸 (Spanish)**

Steepletown Center

671 Davis Ave. NW, Grand Rapids, MI 49504

Phone: (616) 456-2759 **Hours:** 8:30-4:30, M-F.



CATHOLIC INFORMATION CENTER

(616) 459-7267

www.catholicinformationcenter.org

246 Ionia Ave. NW, Grand Rapids, MI 49503-2596

Main hours: 8:30 am-9 pm, M-TH; 8:30pm-3pm, F

New Life. Eight week Divorce Support Groups

Program hours: February, June and September (8 weeks).

Eligibility: Divorced or going through a divorce **Fees/Insurance:** \$15 includes book "Divorce and Beyond," membership in New Life and newsletter for one year. **Area served:** Grand Rapids and surrounding counties. **Contact:** Joyce Wright (616) 459-7267

CEDAR SPRINGS PUBLIC SCHOOLS

(616) 696-9884

204 E. Muskegon St., Cedar Springs, MI 49319

Helping parents to be their child's best first teachers.

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CELEBRATE RECOVERY OF MICHIGAN

(616) 361-6014

www.nccwm.org

2340 Dean Lake Rd. NE, Grand Rapids, MI 49505

Main hours: 9-5, M-F

Support groups include chemical/alcohol dependency, finance recovery, grief share, sexual addiction for men, co-dependency, depression support, and divorce care.

Traditional Alcoholics Anonymous and Al-Anon meetings and Emotions Anonymous. **Area served:** Grand Rapids and surrounding areas. **Contact:** Beth Dart (616) 361-6014 ext. 109, 119 or 111 beth@nccwm.org

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CELESTIAL LIGHT CENTRE FOR ATTITUDINAL HEALING

(616) 456-8481

<http://celestialmi.tripod.com>

Suite 4A, 525 Livingston Ave. NE, Grand Rapids, MI 49503

Main hours: Call for details.

Helps individuals and groups handle life's stressors such as grief and loss, health challenges, or trauma. The Centre is one of over 200 + attitudinal healing centers around the world. Programs include: A Course in Attitudinal Healing—"Linking mind, emotion, and body", Shine Your Love Light, Heart to Heart, and Dance with God. Email: celestiallightcentreforattitudinalhealing@hotmail.com

Program hours: Call for details. **Application:** Registration.

Eligibility: Varies by program-call for details. **Fees/Insurance:** None. or small depending on program. **Area served:** Greater Grand Rapids Area.

📞 🗣 (Spanish)

CENTER FOR COUNSELING AND PSYCHOLOGICAL SERVICES

616-771-4171

<http://gr.wmich.edu/communityServiceCenters/CounselingCenter/>

WMU Graduate Center, 200 Ionia SW, Grand Rapids, MI 49503

Main hours: M-Th 8 AM-9PM, F 8-5

CCPS counselors provide: individual counseling for children, adolescents and adults, relationship and couples counseling, family counseling, career counseling, group counseling, and psychological testing.

CCPS counselors help people cope with: feelings of stress, depression, anxiety, grief, family problems, relationship conflicts, loneliness, abuse issues, eating disorders, behavioral problems, adjusting to aging and other life transitions, educational difficulties, career indecision, job changes, and alcohol or drug use.

Program hours: M-TH 8AM-9PM and F 8AM-5PM.

Application: Please call 616-771-4171 to set up an intake appointment. This appointment is free of charge and lasts approximately 50 minutes. **Eligibility:** None. **Fees/Insurance:** Counseling services are based on a sliding fee scale. None. **Area served:** West Michigan. **Contact:** Dr. Eric Sauer 616-771-4171

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CENTER FOR SPINAL CORD INJURY RECOVERY

616-866-6859

www.centerforscirecovery.org

515 E. Division St., Rockford, MI 49341

Main hours: M-F, 9-5

Rehabilitation Institute of Michigan's Center for SCI Recovery®, is a hospital-based program providing a long-term, high-intensity, non-traditional exercise-based therapy program that focuses on recovery rather than adaptation, utilizing innovative exercise programs and equipment. The program incorporates therapeutic techniques based on the newest information available from emerging research around the globe. We work one-on-one with the client to develop a creative individual therapeutic exercise program, aimed at activating muscles and nerves below the level of injury.

Program hours: M-F, 9-5. **Area served:** Kent County.

Contact: Sandy Burns 616-866-6859

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CHADD OF GRAND RAPIDS

(616) 874-5662

www.chadd.org

To improve the lives of people affected by AD/HD through collaborative leadership, Advocacy, Research, Education, and Support (CHADD CARES), addressing AD/HD across the lifespan in a diverse society.

Adults with AD/HD Group. Monthly meetings offer support, speakers and information, year-around. Warmline. There is no preregistration or membership required, but membership to CHADD National is encouraged and information is available at meetings. One year scholarships for membership are available upon request to people experiencing hardship.

Program hours: 7-9, 1st TU of month except holidays.

Application: None. **Eligibility:** Meetings are open to all interested. **Fees/Insurance:** None, but write-in donations through United Way are appreciated. NA. **Area served:** Western Michigan. **Contact:** Richard Ten Hoor 616-248-2423-recorded message swimmer1richard@comcast.net

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"Parent to Parent" AD/HD Class. A weekly class, offered once a year, to help parents raising children with AD/HD become their own best experts.

Program hours: 7-9, TH, from Feb. 21 through May

8th. **Application:** Contact Linda Brauer for registration.

Eligibility: You or your partner should be able to attend regularly, since enrollment is limited. **Fees/Insurance:** \$145/couple for non-members, \$100 for members. Sliding fee scale is available to those who qualify and as funding permits. NA.

Area served: Western Michigan **Contact:** Linda Brauer, MSW 616-874-5662 lindabrauer@charter.net

thank you

CHILD AND FAMILY
RESOURCE COUNCIL

for your commitment
to our community.

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A bank invested in people®

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Teens on the Move! Support group for teens with AD/HD
Program hours: Monthly meetings, 3rd TU, 7-9 PM.
Application: Call Linda Brauer. **Eligibility:** None. **Fees/Insurance:** NA. **Area served:** Western Michigan **Contact:** Linda Brauer 616-874-5662 lindabrauer@charter.net

Calvin College, Hechtman Library

3201 Burton St. SE, Grand Rapids, MI 49546



Saint Luke's Lutheran Church

3215 Four Mile Rd. NE, Grand Rapids, MI 49505



CHERRY STREET HEALTH SERVICES

(616) 235-7272

www.cherryhealth.org

550 Cherry St. SE, Grand Rapids, MI 49503

Main hours: 8-8, M-TH; 8-5, F

Provides comprehensive medical, dental, and counseling services with special attention to those with limited ability to pay. Physicians, nurse practitioners, physician assistants, dentists, dental hygienists, and social workers are available at several different sites. **Program hours:** 8-8, M-TH; 8-5, F.

Eligibility: All ages eligible; discount fee based on income eligibility; bring proof of income. **Fees/Insurance:** Sliding fee scale. Community Choice Michigan, Molina, Priority Health, most other private insurance plans; call for details. **Area served:** Kent County. and surrounding areas.

(Spanish, Vietnamese)

Salvation Army Booth Clinic. Provides high risk teen pregnancy clinic, childbirth classes, counseling, immunizations, lab work, Maternal Support Services (MSS), well child clinic, and Women, Infant, Children (WIC) program. **Program hours:** 8-5, M-F. Medical, 8:30-4:30, M-F. Dental, 8-5, TH. **Eligibility:** Call for details. **Fees/Insurance:** Sliding fee scale, Community Choice Michigan, Priority Health, most other insurances; call for details. **Area served:** Kent County. and surrounding areas, **Contact:** Nancy Renn (616) 459-9468

School Medical and Dental Program. Provides yearly routine physicals, vision and hearing screenings, anemia and lead screenings, as well as immunizations. Offers dental screening, x-rays, exams, cleaning, fluoride and sealants to numerous locations in Grand Rapids Public Schools.

Program hours: Call for details. **Eligibility:** Call for details.

Fees/Insurance: Call for details. Community Choice Michigan, Priority Health, most other private insurance plans; call for details. **Area served:** Grand Rapids, Godfrey Lee, Godwin Heights, Kentwood, Wyoming, and Cedar Springs Public Schools. **Contact:** Peggy Betzinger (616) 776-2363

(Spanish)

Westside Health Center – CHOICES FOR WOMEN.

C.H.O.I.C.E.S. (Communicating Healthy Options, Identifying Choices in Every Situation) anger alternatives group for women.

Program hours: 8-8, M-F. Medical, 8-8, M, TU; 8-5, W-F.

Dental, by appointment. **Eligibility:** Call for details. **Fees/Insurance:** Sliding fee scale. Community Choice Michigan, Priority Health, most other private insurance plans; call for details. **Area served:** Kent County. and surrounding areas.

Contact: Rebecca London (616) 235-1480 ext. 121

(Spanish)

Belknap Commons Health Center

751 Lafayette Ave. NE, Grand Rapids, MI 49503

Phone: Medical, (616) 742-9945; Dental, (616) 742-9942

Hours: 8-5, TU, W, F; Medical, 8-5, TU, W; Dental, 1-5, F



Burton Health Center

2135 Buchanan Ave. SW, Grand Rapids, MI 49507

Phone: (616) 247-3638 **Hours:** 8-5, M, TU, TH, F; 8-6, W



Ferguson Adult Health Center

75 Sheldon SE, Grand Rapids, MI 49503

Phone: (616) 776-2400 **Hours:** 8-5, M-F



Ferguson Dental Center

101 Sheldon SE, Grand Rapids, MI 49503

Phone: (616) 776-2340 **Hours:** 8-5, M-F



Grand Rapids Pediatrics

330 Barclay Ave. NE, Grand Rapids, MI 49503

Phone: (616) 459-4314 **Hours:** 8-8, M-TH; 8-5, F; 8-3, SA



Salvation Army Booth Family Services Health Center

1215 E. Fulton St., Grand Rapids, MI 49503

Phone: (616) 459-9468 **Hours:** 8-5, M-F; Medical, 8:30-4:30, M-F. Dental, 8-5, TH



Union High School

1800 Tremont Blvd. NW, Grand Rapids, MI 49504

Phone: (616) 791-6593 **Hours:** 7-3:30, M-F



Westside Health Center

669 Stocking Ave. NW, Grand Rapids, MI 49504

Phone: Medical, (616) 235-1480; Dental, (616) 235-7507

Hours: 8-8, M-F; medical, 8-8, M, TU; 8-5, W-F; dental, by appointment.



CHILD AND FAMILY RESOURCE COUNCIL

(616) 454-4673 / (616) 454-HOPE

www.childresource.cc

118 Commerce Ave. SW, Suite 220, Grand Rapids, MI 49503

Main hours: 8:30-5, M-F

To shape a community that protects children from abuse and neglect. The Council coordinates several programs (Connections, Encouraging Family Foundations, Kent County. Healthy Start, and RAVE), conducts Mandated Reporter and Shaken Baby Syndrome trainings, publishes the Family Resource Guide, and organizes a Speaker's Bureau to present a wide variety of topics.

Program hours: 8:30-5, M-F. **Application:** Varies by program. **Area served:** Kent County.



Connections. Free program that informs parents on the appropriate development of their children ages 0-5, through age specific developmental questionnaires and by connecting parents to community resources. Parents are provided with age appropriate activities and information to encourage healthy development.

Program hours: 8:30-5, M-F. **Application:** Application form or online registration. **Eligibility:** Must live in Kent County with children ages 0-5. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Michele Bishop 616-454-4673 x138 mbishop@childresource.cc

(Spanish)

Education Services. Provides educational services to help prevent child abuse and neglect including Mandated Reporting training, Shaken Baby Syndrome training, and "Baby Think It Over" infant simulators. Also coordinates a Speaker's Bureau, whose members go out into the community and give presentations on a variety of subjects.

Program hours: 8:30-5, M-F. **Application:** Online or by phone. **Eligibility:** None. **Fees/Insurance:** Flexible. **Area served:** Kent County. **Contact:** Shandra Steininger (616) 454-4673 ext 150 ssteininger@childresource.cc

🗣️ (Spanish)

Encouraging Family Foundations (EFF). Offers a voluntary education and support program open to all single parents living in Kent County., Michigan, with a child one year old or younger. EFF teaches parenting skills and other vital life skill information to participants; this is done through a collaborative model that utilizes and maximizes community resources to achieve its goals.

Program hours: 8:30-5, M-F. **Application:** Call to register. **Eligibility:** Kent County. resident: 1. who is a single parent (mother or father) of a newborn, 2. who is the partner of single parent and will be contributing significantly to the raising of that child, or 3. who is pregnant and single and wants to attend prior to birth **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Bob Schirado (616) 454-4673 ext. 133 bschirado@childresource.cc

🗣️ (Spanish)

Kent County Healthy Start. Offers support and information to first-time parents living in Kent County, regardless of their socioeconomic status. Healthy Start helps relieve some of the stress of having a new baby through phone calls, written information and home visits. Services also include: Developmental Screening, Educational/Support Groups, Growing Great Kids Curriculum, Parental Information and Skill Building, and Referrals to Community Resources. Parents learn about child development and age-appropriate milestones, appropriate disciplinary methods, how to keep their children healthy and safe, and proper nutrition and good eating habits. Most services are available until the child's third birthday. Healthy Start is free, private, and respectful of language and culture.

Program hours: 8:30-5, M-F. **Application:** Contact Kent County Health Department at 632-7021. **Eligibility:** First-time parent(s) in Kent County with children prenatal to age 3; must access services before child is 6 months old; no substantiated or open CPS case. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Brandi Alexander (616) 454-4673 ext. 131 healthystart@childresource.cc

🗣️ (Spanish) Arrangements can be made.

Resources Against Violent Encounters (RAVE). Provides a program designed to help break the cycle of relationship violence by facilitating change through prevention education, awareness, and advocacy. RAVE utilizes a research-based violence prevention curriculum with a focus on peer education. This program is facilitated by trained professionals and used to educate adolescents about dating violence, sexual harassment and assault, the media's influence on stereo-typing, and how to build healthy relationships.

Program hours: Flexible. **Application:** Online, by phone or email. **Eligibility:** Program is made available to schools, after-school and summer programs working with teens. **Fees/Insurance:** Free! **Area served:** Kent County. **Contact:** Shandra Steininger (616) 454-4673 ext. 134 ssteininger@childresource.cc

🗣️ (Spanish)

Available at several partner sites

Will be assigned at time of registration.

Hours: 8:30-5, M-F.

CHILD FIND OF AMERICA

(845) 255-1848

www.childfindofamerica.org

Suite 280, 243 Main St., New Paltz, NY 12561

Main hours: 9-5, M-F (EST)

This charitable organization works to locate missing children through investigation, photo distribution, mediation, and public information.

Area served: Nationwide

CHILD WELFARE INFORMATION GATEWAY

1250 Maryland Ave. SW Eighth floor,

Washington, DC 20024

Child Welfare Information Gateway promotes the safety, permanency, and well-being of children and families by connecting child welfare, adoption and related professionals as well as concerned citizens to timely, essential information. A service of the Children's Bureau, Administration for Children and Families, U.S. Department of Health and Human Services, we provide access to print and electronic publications, websites, and online databases covering a wide range of topics from prevention to permanency, including child welfare, child abuse and neglect, adoption, search and reunion, and much more.

Program hours: M-F, 8:30-5:30 Eastern Time. **Area served:** United States.

🗣️ (Spanish)

CHILDREN NEED BOTH PARENTS

(616) 301-1515

www.cnbp.org

629 Diamond Ave. NE, Grand Rapids, MI 49503

Main hours: 9:00-5:00, M-F

To establish and maintain a parental / child relationship between children and the absent parent to foster a loving and caring relationship regardless of custody.

Application: Call for appointment. **Fees/Insurance:** Sliding scale fee based on 1% of annual income; minimum of \$250.

Area served: Greater Grand Rapids and surrounding areas.



CHILDREN'S ASSESSMENT CENTER

(616) 336-5160

www.cac-kent.org

901 Michigan NE, Grand Rapids, MI 49503

Main hours: M-F, 8:30-5

Assessing, supporting, and caring for suspected victims of child sexual assault.

Child Sexual Abuse Assessment. Provides a multi-disciplinary approach to assessing reports and suspicions of child sexual abuse. Offers crisis intervention, support groups, information, and referral services to the public.

Program hours: M-F, 8:30-5. **Application:** Community assessments: parent referral. Forensic interviews and medical exams: referred by CPS, law enforcement, or patient's physician. **Eligibility:** Kent County. residents. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Gennifer Manders (616) 336-5160



Kidz Have Rights. Educational program for school-age children on body safety and sexual abuse prevention.

Program hours: By appointment. **Fees/Insurance:** None.; this program is grant-funded and contributions are welcome.

Area served: Kent County. **Contact:** Tanya Muehlbauer (616) 336-4265 receptionist@cac-kent.org

CHILDREN'S CHARTER OF THE COURTS OF MICHIGAN, INC.

(517) 482-7533

www.childcrt.org

324 N. Pine St., Suite 1, Lansing, MI 48933

Main hours: M-F, 9-5

The mission of Children's Charter is to ameliorate those conditions that result in children being involved with Michigan's courts or that place them at risk of such contact.

Court Appointed Special Advocates (CASA). Children's Charter is the state association for CASA. CASAs are court appointed volunteers who work one on one with children who have been removed from their home due to abuse and neglect. Volunteers maintain regular contact with the child and interview all adults involved with the child including teachers, parents, guardians, neighbors and others. They report to the court their findings and make recommendations as to the best interests of the child.

Program hours: M-F, 9-5. **Application:** NA. **Eligibility:** NA. **Fees/Insurance:** NA. **Area served:** State of Michigan. **Contact:** Patricia Wagner (517) 482-7533 patriciawagner@childcrt.org



Prevention Services. Children's Charter offers training to professionals who provide home visiting services to families in danger of coming to the attention of the court system. Information and referral is available for those needing home visiting services.

Program hours: M-F, 9-5. **Application:** NA. **Eligibility:** NA. **Fees/Insurance:** NA. **Area served:** State of Michigan. **Contact:** Deborah Jensen (517) 482-7533 deborahjensen@childcrt.org

CHILDREN'S WISH FOUNDATION

(770) 393-9474

www.childrenswish.org

8615 Roswell Rd., Atlanta, GA 30350-7256

Main hours: 8:30-5, M-F

Offers a wish granting program which arranges and pays for activities or items which fulfill the wishes of children with life-threatening illnesses. May include family vacations, special gifts or celebrity visits. Provides tickets and/or gift certificates to special outings, including sporting events, concerts and theme restaurants.

Program hours: 9-5, M-F. **Eligibility:** Children under age 18 with a life-threatening illness. **Area served:** Every state in the US and other countries. **Contact:** Jacque Niles (800) 393-9474

CHINESE CULTURE GROUP OF GREATER GRAND RAPIDS

(616) 894-4935

<http://www.ccggr.org> or <http://groups.yahoo.com/group/CCGGGR>

Main hours: See website for location of monthly meetings. A West Michigan FCC chapter that supports families with children adopted from China. Promotes adoption of Chinese orphans. Advocates and supports orphans in Chinese orphanages. CCGGR several times throughout the year and promotes social, educational and cultural experiences related to Chinese adoption and Chinese culture.

Program hours: See website for most up-to-date information. **Application:** Please see website for more information. **Eligibility:** None. **Fees/Insurance:** See website for schedule of fees. **Area served:** West Michigan.



CHRISTIAN COUNSELING CENTER

(616) 956-1122

www.cccwmich.org

1870 Leonard, NE, Grand Rapids, MI 49505-5650

Main hours: Office Hours are: M-W, 8:00 AM-6:00 PM; T-TH, 8:00 AM-8:00 PM; F, 8:00 AM-5:00 PM

Pursuing excellence in providing affordable counseling, consultation and educational services through professionals committed to Christ.

Adult Services. Adult services include individual, marital, family, and group therapy for all ages, as well as psychological and psychiatric evaluations. Consultation and educational services are also available for area businesses, non-profit organizations, and churches. Common areas of difficulty that we address are: Anxiety, Attention Problems, Adjustment Issues, Depression, Mood Disorders, Grief issues, Trauma related issues, current and childhood, Marital/Relational difficulties, Stress Related Concerns, Sexual Concerns, Spiritual Concerns, and Substance Abuse Issues.

Program hours: Office Hours are: M-W, 8-6; T-TH, 8-8; F, 8-5. **Application:** Call main office for appointment arrangements. **Eligibility:** None. **Fees/Insurance:** Insurance accepted; sliding fee scale. Multiple insurance plans are accepted. **Area served:** Kent, Muskegon, and Ottawa counties. **Contact:** Linda Carman (616) 956-1122 Ext. 304 lcarmann@cccwmich.org

(Spanish)

Child Services. Services for children include psychiatric evaluation and treatment, child/adolescent psychotherapy, family therapy, parent education, and psychological assessment/testing for ages 2-18. We also provide consultation and educational services to various organizations within the community on topics relevant to young people and their families. Children and adolescents seen at our office are often struggling with one or more of the following difficulties: Adjustment Disorders, Anxiety, Attachment Disorders, Attention Deficit Disorder, Behavior Disorders, Bipolar Disorder, Child Abuse, Depression, Developmental Delays, Grief, Learning Disabilities, Parental Divorce, Post Traumatic Stress Disorder.

Program hours: Office Hours are: M-W, 8-6; T-TH, 8-8; F, 8-5. **Application:** Call main office for appointment arrangements. **Eligibility:** None. **Fees/Insurance:** Insurance accepted; sliding fee scale. Multiple insurance plans are accepted. **Area served:** Kent, Muskegon, and Ottawa counties. **Contact:** Linda Carman (616) 956-1122 Ext. 304 lcarmann@cccwmich.org

(Spanish)

CLANCY STREET MINISTRIES

(616) 235-2195

www.rca.org/missionNA.merica/urban/clancy.php

940 Clancy Ave. NE, Grand Rapids, MI 49503

Main hours: 10-4, M-F

Offers variety of programs for neighborhood residents. Programs for children and youth include vacation Bible school, SUN school, a week at Camp Rainbow, Confident Kids support groups, the Gentle Shepherd mentoring program, and tutoring programs. Adult programs include Christian twelve-step support groups, women's Bible study groups, individual counseling, and SUN worship services.

Area served: Northeast Grand Rapids.



Financial Literacy. Teaches individual and family finances focused on saving.

Program hours: Year around. **Application:** Call for appointment and registration for classes. **Eligibility:** Adults.

Fees/Insurance: Free. **Area served:** Northeast Grand Rapids.

Finding Quality Services for You and Your Child

Evaluating the quality of programs and services for your child or family is difficult because quality standards vary based on type of service as well as your own personal preferences and values.

Some services and programs are required to be licensed or accredited. As a prospective customer, you are encouraged to ask about licensing or accreditation requirements and whether the service meets those standards. Your own personal yardstick is another important measure. How does the organization or service measure up to your expectations and personal needs?

Following are some general questions you can ask as you search for the best possible services for you and your family.

ABOUT THE PROVIDER / Ask the provider:

What is your educational background?

What kind of experience do you have to provide this service?

Are you licensed or accredited in your field?

Do you conduct background screening on your employees?

Have you ever been sued or convicted of a crime involving the service you provide?

Ask yourself:

Does the provider have the kind of experience I want for my child?

Will I be able to talk to this provider about my child?

Does he/she listen to me and respect me as my child's parent?

ABOUT THE PLACE / Ask the provider:

Has the site met all applicable local and state health and safety requirements?

Has it ever been cited for violation of any local or state health department requirements?

Need help finding quality child care?

Kent Regional 4C
Community Coordinated Child Care
(616) 451-8281

Ask yourself:

Is the place safe and clean?

Is it available the hours that I need?

How could I get there? Is transportation provided by the organization?

Do my child and I feel welcome and comfortable?

ABOUT THE SERVICE / Ask the provider:

Does the organization/agency abide by a set of ethics prescribed by any professional or oversight organization?

Are you accountable to them? If so how?

How long have you been in business?

With whom and how does the organization/agency share my records?

Is there a system for handling complaints or requests?

How are emergencies handled?

Do you have a written explanation of my rights and responsibilities?

Is there any cost for the service? If so, are there resources available to help pay for the service?

Ask yourself:

Is the service delivered in a personal way?

Will there be a plan for meeting our needs?

Will I be included in the planning?

Is information shared in a way that I can understand?

Is there an easy way to make a request or express a complaint?

Source: the Kent County Family and Children's Coordinating Council Early Childhood Committee. Available online at www.playSMARTfromthestart.com/pdfs/qualityservices.pdf

COMMUNITY COUNSELING AND PERSONAL GROWTH MINISTRY

(616) 456-1586

www.ccounseling.org

540 Cherry St. SE, Grand Rapids, MI 49503

Main hours: 8:30-7:00, M-TH; 8:30-3:30, F

Community Counseling and Personal Growth Ministry provides high quality, spiritually sensitive counseling and therapeutic growth experiences affordable to individuals, families and couples desiring life changes.

COMMUNITY MEDIA CENTER

(616) 459-4788

www.grcmc.org

711 Bridge St. NW, Grand Rapids, MI 49505

A cooperative of public access, nonprofit media affiliates – CMC and its affiliates (GRTV, WYCE, GrandNet and the Grand Rapids Institute for Information Democracy (GRIID))

provide individuals and groups with access to the tools, training and transmission they need to join in the CMC mission: Building community through media.

Area served: West Michigan



COMMUNITY REBUILDERS

(616) 458-5102






www.communityrebuilders.org

1019 Wealthy St. SE, Grand Rapids, MI 49506

Main hours: M-TH 9-12 & 1-4 F 9-12

To restore the hope of sustainable self sufficiency to families through housing and support services.

Early Eviction Prevention. Offers early intervention to prevent homelessness. Works with property owners and families at risk of losing their housing to delay and ultimately stop eminent eviction.

Program hours: Call for details. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County.
     (Spanish)

Families in Transition (FIT). Helps to move high-risk families with children toward stability, self-sufficiency and permanent housing within a neighborhood setting. Provides transitional housing units throughout the city. Support services for FIT are both in-house (case managers) and sub-contracted with other agencies.

Program hours: Call for details. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County.

GAP. Provides a short term rental subsidy with supportive services, to help individuals and families exiting homelessness, to maintain permanent housing.

Program hours: Call for details. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County.

Regular Rentals. Works to provide safe, affordable, and most importantly, below market rate rental units.

Program hours: Call for details. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County. **Contact:** Christina Holcomb (616) 458-5102

RISE. Provides a short term rental subsidy with supportive services, to help individuals and families exiting homelessness, to maintain permanent housing.

Program hours: Call for details. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County.

Shelter + Care. Provides housing and supportive services on a long-term basis for homeless persons with disabilities, primarily those with serious mental illness, chronic substance abuse problems and persons with HIV/AIDS. The housing portion of the program is provided by HUD rental assistance. Supportive services are provided through area agencies and must be in place before referral.

Program hours: Call for details. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County.

COMPASSIONATE FRIENDS

(616) 281-4353

www.GrandRapidscompassionatefriends.com

850 Beauford DR SE, Grand Rapids, MI 49508

Main hours: After 4 PM

To support parents who have experienced the loss of a child. Assists families in the positive resolution of grief following the death of a child and to provide information to help others be supportive.

Program hours: Meet on the last W of every month, from 7:30 to 9:00 PM. **Eligibility:** None. **Fees/Insurance:** None.

Area served: Michigan. **Contact:** Linda and Greg Dennany (616) 281-4353 grcompassionatefriends@hotmail.com

Saint Mark's Episcopal Church

134 N Division Ave., Grand Rapids, MI 49503

Phone: (616) 456-1684 **Hours:** 9:00 AM-5:00 PM

COMPREHENSIVE THERAPY CENTER

(616) 559-1054

www.therapycenter.org

2505 Ardmore St. SE, Grand Rapids, MI 49506

Main hours: 9-5, M-F

Our mission is to meet the therapeutic and educational needs of at-risk children with disabilities and adults with special needs, through skill building, academic enhancement and social emotional support. We help disadvantaged children with disabilities to walk, talk, learn and play.

Accent Modification Therapy. This program is for the foreign born individual who is interested in becoming a more effective communicator in the workplace. Helps evaluate and identify communication problems and to prescribe the most effective treatment or therapy measures.

Program hours: Varies, call for details. **Eligibility:** Employer/employee referrals **Fees/Insurance:** \$100 per hour with corporate discounts available. **Area served:** Kent County, primarily, but some services available in Montcalm and Ottawa counties. **Contact:** Lori Pitts (616) 559-1054 lpitts@therapycenter.org

Consultation for ADA Compliance. Rehabilitation therapists will assist employers, businesses service providers in understanding the requirements of the Americans with Disabilities Act and in designing their environments/ equipment to meet the "reasonable accommodations" mandated by the Act.

Program hours: 8-5, M-F. **Eligibility:** Businesses, employers, service providers wishing to insure they are meeting the A.D.A. requirements. **Fees/Insurance:** Call for information.

Area served: Kent County primarily, but some services available in Montcalm and Ottawa counties. **Contact:** Alice Donahue (616) 559-1054 adonahue@therapycenter.org

Myofunctional Therapy. Offers myofunctional therapy – tongue thrust therapy. Speech language pathologists are skilled in the correction of the deviant swallow. Works with dentists and orthodontists as a team.

Program hours: 8-5, M-F. **Eligibility:** None. **Fees/Insurance:** Call for details. Insurance coverage may be possible. **Area served:** Kent County primarily, but some services available in Montcalm and Ottawa counties.

Contact: Lori Pitts (616) 559-1054 lpitts@therapycenter.org

Occupational Therapy. Provides evaluation and treatment. Program helps develop and implement educational, occupational, medical, and recreational skills. Also offers physical therapy for evaluation and treatment for fine and gross motor development as well as integration of motor skills.

Program hours: 8-5, M-F. **Eligibility:** Anyone with disabilities. **Fees/Insurance:** Vary Insurance coverage may be possible. **Area served:** Kent County primarily, but some services available in Montcalm and Ottawa counties.

Speech and Language Therapy. Focuses on areas of language (being able to communicate with others), articulation (speech sound production), fluency and stuttering (help individual speak with greater ease), augmentative/ alternative devices (signs and electronics), voice disorders (quality of speech), hearing loss and deafness (improves speech/language).

Program hours: 8-5, M-F. **Eligibility:** None. **Fees/Insurance:** Vary; approved for Medicaid, Medicaid HMO's, Children's Health Care Services. Insurance coverage may be possible. **Area served:** Kent County primarily, but some services available in Montcalm and Ottawa counties.

Contact: Lori Pitts (616) 559-1054 lpitts@therapycenter.org

Summer Therapy and Fun. Provides children with individualized treatment for following therapies: speech and language, occupational therapy, physical therapy, sensory therapy, oral, motor, thinking, assistance in reading, and auditory processing. We surround therapy sessions with FUN with singing, music, games, arts, crafts, and drama.

Program hours: 6 weeks in the summer – Late June to early August. T, W, Th-9:00 to Noon. **Eligibility:** Children in need of one or more offered therapies. **Fees/Insurance:** May be covered by Medicaid, Medicaid HMO's or Children's Special Health Care Services; limited scholarships. Medical insurance may be possible. **Area served:** Kent County primarily, but some services available in Montcalm and Ottawa counties. **Contact:** Janice Wilks (616) 559-1054

Therapy for Children with Developmental Disabilities.

Comprehensive therapy works with persons with developmental disabilities. The evaluation and treatment team consists of speech language, occupational, and physical therapists, dietician, psychologists and social workers experienced with schools, mental health system, and day treatment programs integral in the therapy.

Program hours: M-F, after school. **Application:** **Eligibility:** Persons with developmental disabilities. **Fees/Insurance:** Vary Insurance coverage may be possible. **Area served:** Kent County primarily, but some services available in Montcalm and Ottawa counties. **Contact:** Lori Pitts (616) 559-1054

Tutoring for students with special needs. For students who need help with their school work. Teacher consultants work with students on their school assignments, reading skills, thinking skills, organization skills, and any other area that will boost academic progress.

Program hours: Varies, please call for information.

Application: Contact the office. **Fees/Insurance:** Varies, please call to discuss. **Area served:** Greater Grand Rapids. **Contact:** Jean Silbar 616-559-1054

COMSTOCK PARK PUBLIC SCHOOLS

(616) 254-5001

www.cppschoools.com

101 School St. NE, Comstock Park, MI 49321



CONDUCTIVE LEARNING CENTER

(616) 575-0575 / (616) 632-2429

www.aquinas.edu/clc

2428 Burton SE, Grand Rapids, MI 49546

Main hours: 8:30-4:30, M-F

To provide opportunities for preschool and school-age children with motor challenges to achieve optimal physical, cognitive and social independence through the application and promotion of conductive educational principles.

Application: Application and assessment required; details available on website. **Eligibility:** Children having cerebral palsy and other motor impairments **Fees/Insurance:**

Available on website. Limited. **Area served:** United States, Canada, and Mexico. **Contact:** Andrea Benyovszky (616) 575-0575 abenyovszky@aol.com

 Hungarian

CRESTON NEIGHBORHOOD ASSOCIATION

(616) 454-7900

www.crestongr.org

205 Carrier St. NE, Grand Rapids, MI 49505

Main hours: 8-5, M-F

The Creston Neighborhood Association organizes neighborhood residents and resources to promote the

social, economic and environmental health of the Creston community. Assists residents with community organizing around important neighborhood issues, carries out crime prevention program through block captains and community programming, manages the Creston Corridor Initiative for business district improvement, and implements overall neighborhood improvement and beautification efforts.

Program hours: Office hours, M-F, 9-3. **Application:** None. **Eligibility:** None. **Fees/Insurance:** Household Membership: \$20 Annually; Business Membership: \$75 Annually. NA.

Area served: City of Grand Rapids – Creston neighborhood.

Contact: Staff and/or Board (616) 454-7900 creston@sbcbglobal.net

 (Spanish)

CRIMINAL JUSTICE CHAPLAINCY

(616) 454-4925

www.cjcministry.org

First Place, 207 Fulton St. E, Grand Rapids, MI 49503-3210

Main hours: 8:30-5, M-F, call before coming

To bring justice, mercy and healing to people whose lives have been affected by crime.

Case Management (female). Provide case management and social work services to female offenders or family members of the offender.

Program hours: daytime or evening. **Eligibility:** Female offender/ex-offender or wife/girlfriend of male offender/ex-offender. **Fees/Insurance:** None. **Area served:** Greater Grand Rapids. **Contact:** Sarah (616) 454-4925 ext.14, sarahcjc@sbcbglobal.net



Case Management (male). Assistance in re-adjusting to life after incarceration. Counseling, case management, employment readiness, possible referrals, and some support services.

Program hours: Intakes on TU and THs 9am-Noon. Other sessions upon request. **Eligibility:** Male adult ex-offender.

Area served: Greater Grand Rapids. **Contact:** Rev. James Vander Schaaf (616) 454-4925 cjcministry@sbcbglobal.net



Mentor Program. One or more mentors are matched with a mentee to provide support. A mentee is usually an ex-offender or a family member of someone in the corrections system.

Program hours: daytime or evening. **Eligibility:** Ex-offender and willing to work with a CJC case manager for a year.

Fees/Insurance: None. **Area served:** Greater Grand Rapids.

Contact: Sarah (616) 454-4925 x14, sarahcjc@sbcbglobal.net

Mentoring Friends. Adults are matched with children of CJC clients to provide a trusting relationship and be a positive role model; adult meets with the child at least twice per month for at least 9 to 12 months.

Program hours: daytime or evening, weekends. **Eligibility:** Child in need of a mentor and positive role model. The volunteer needs to be college age or older. **Fees/Insurance:** None. **Area served:** Greater Grand Rapids. **Contact:** Sarah (616) 454-4925 ext. 14, sarahcjc@sbcbglobal.net

Pastoral Counseling. Counseling services by a licensed Pastoral Counselor for offenders and family members of offenders.

Program hours: 9am into evening hours, M-F. **Eligibility:** Adults 17 and older. **Fees/Insurance:** None., however if client is employed and capable of paying, fees are on a sliding scale. **Area served:** Greater Grand Rapids **Contact:** Rev. James VanderSchaaf (616) 454-4925 ext. 10 cjcministry@sbcbglobal.net

Take Charge. Provides support, knowledge and resources so women connected with the criminal justice system can become healthier individuals physically, mentally, emotionally and spiritually. This support/lifeskills/education group is held three times a year, each session lasting for twelve consecutive weeks. Clients may join the group at any time. Transportation may be arranged by calling the CJC office. Childcare is available at the church nursery and a light brunch is provided. 700 Ethel SE, Grand Rapids, MI 49503

Program hours: 9:30-11:15, TH. **Eligibility:** Female offenders, ex-offenders and female spouses of offenders and women dealing with substance abuse issues. **Fees/Insurance:** None. **Area served:** Greater Grand Rapids. **Contact:** Sarah (616) 454-4925 ext 14 sarahcjc@sbcglobal.net



CYSTIC FIBROSIS FOUNDATION – GREATER MICHIGAN CHAPTER

(616) 241-2100

www.cff.org

551 36th St. SE, Suite C, Grand Rapids, MI 49548

Main hours: M-F, 8:30-5:30

The mission of the Cystic Fibrosis Foundation-a donor supported, nonprofit organization-is to assure the development of the means to cure and control fibrosis (CF) and to improve the quality of life for those with the disease.

Program hours: M-F, 8:30 to 5:30. **Eligibility:** Anyone

Area served: Grand Rapids and West Michigan. **Contact:** Jay Simon (616) 241-2100 jsimon@cff.org



D.A. BLODGETT FOR CHILDREN

(616) 451-2021

www.dablodgett.org

805 Leonard St. NE, Grand Rapids, MI 49503

Main hours: 8:30-5:30, M; 8:30-5, TU-F

Offers foster care, adoption services, pregnancy support services, home-based counseling, and the Big Brothers Big Sisters program.

Program hours: 8:30-5, M-F. **Application:** Call for details.

Eligibility: None. **Fees/Insurance:** Only for private and

international adoption services. **Area served:** Western Michigan. **Contact:** Greg Cooper (616) 451-2021 gcooper@dablodgett.org



Adoption Search. Assists adults in searching of birth family information in compliance with state laws which govern release of information from adoptive records.

Program hours: 8:30-5, M-F. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Call for details.

NA. **Area served:** Western Michigan. **Contact:** Kris King

(616) 774-4628 kking@dablodgett.org



Adoption Services. Provides infant, special needs, developmentally disabled, and international adoption services. Adoption fees required for infant services and international services, but the cost of the special needs adoption program paid for by the State. Three times a year presentations are given to the community and adoptive parents that focus on a wide variety of adoption issues.

Program hours: 8:30-5, M-F. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Call for details.

Area served: Western Michigan. **Contact:** Ron Apol (616) 451-2021 rapol@dablodgett.org

(Spanish) Dutch

Big Brothers Big Sisters Program. Recruits, screens, trains, and matches adult Big Brother and Big Sister volunteers with children aged 5-12 from single-parent families in Kent County. The Big Brothers and Big Sisters make a commitment to spend 2-3 hours per week. School based mentoring requires a 45 minute weekly time commitment.

Program hours: Calls accepted – 8:30-5, M-F. **Application:**

Call for details. **Eligibility:** Big Brothers or Big Sisters should be 20 years or older; Little Brothers or Little Sisters must be

age 5-12. **Fees/Insurance:** Call for details. **Area served:**

Kent County, Eastern Ottawa County. **Contact:** Paul Miller

(616) 451-2021 pmiller@dablodgett.org



Foster Care. Provides general and specialized foster care to abused and neglected children, and specialized treatment foster care services for emotionally impaired adolescents placed in foster homes. Foster parents are trained, licensed, and work with social workers to provide care for children. Counseling and services are provided for the parents and children. Permanence for the child is the focus of services. Those interested in foster parenting are encouraged to call for more information.

Program hours: 8:30-5, M-F. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** None. NA. **Area**

served: Western Michigan. **Contact:** Mary Lou Bomgaars

(616) 451-2021 mbomgaars@dablodgett.org

Home Based Services. Provides home-based counseling services to families with adolescent/parents conflicts.

Prevention, community mental health and post-adoption support services available.

Program hours: 8:30-5, M-F. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Varies with each

program. **Area served:** Kent County. **Contact:** Tom High

(616) 451-2021 thigh@dablodgett.org



(Spanish) Interpreting services available.

Infant/International Adoption Services. Provides infant and international adoption services including home studies and training. Adoption fees required.

Program hours: 8:30-5, M-F. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Call for details.

NA. **Area served:** Western Michigan. **Contact:** Tracy Gort or

Joy Engelsman (616) 451-2021 tgort@dablodgett.org



(Spanish) Interpreting services available.

Post Adoption Support Group. Provides monthly group meeting for parents awaiting the placement of their child as well as parents who already have a placement. Themes center around adoption and behavioral issues.

Program hours: 8:30-5, M-F. Call for details. on meeting

schedules. **Application:** Call for details. **Eligibility:** Call

for details. **Fees/Insurance:** None. **Area served:** Western

Michigan. **Contact:** Tanya VanderVeen (616) 451-2021

tvanderveen@dablodgett.org



(Spanish) Dutch

Pregnancy Counseling Services. Provides free, professional counseling and supportive services for adolescents, women, and couples with unplanned pregnancies for up to a year following the birth of their baby.

Program hours: 8:30-8, M-F. **Application:** Call for details.

Eligibility: None. **Fees/Insurance:** None. **Area served:**

Western Michigan. **Contact:** Tracey Gort or Joy Engelsman

(616) 451-2021 tgort@dablodgett.org



(Spanish)

Sisters In Support. Offers friendship, support, structured activity, and positive role modeling to pregnant and or parenting teens. Adult women volunteers are matched to these teens. This match is provided with support from a local social worker.

Program hours: 8:30-5, M-F. **Application:** Call for details. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Pam Shoemaker (616) 451-2021 pshoemaker@dablodgett.org

🇺🇸 (Spanish)

Main Office.

805 Leonard NE, Grand Rapids, MI 49503

Phone: 616-451-2021

Hours: M- F 8:30-5.

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DAVENPORT UNIVERSITY

(616) 451-3511

www.davenport.edu

415 E. Fulton St., Grand Rapids, MI 49503

Main hours: 8-6:30, M-TH; 8-5, F

Prepares individuals and organizations to excel in the knowledge-driven environment of the 21st century.

ESL English As a Second Language. Offer an intensive ESL program to fit the needs of most proficiency levels. Levels range from high-beginning to advanced and instruction is offered in reading, writing, grammar, listening and speaking.

Program hours: Day classes. **Application:** Application for admission required; must make appointment. **Eligibility:** High school diploma or GED. **Fees/Insurance:** \$25 application fee; payment plans, financial aid and scholarships are available. **Area served:** Western Michigan. **Contact:** Suzanne Gut (616) 742-1739 suzanne.gut@davenport.edu

🇺🇸 (Spanish) Japanese

DAYSRING COUNSELING ASSOCIATES

(616) 942-7331

www.dayspringcounseling.com

3501 Lake Eastbrook Blvd. SE, Suite 280, Grand Rapids, MI 49546

Main hours: M-Th, 9am-8pm; F, 9-5; Evenings and SATs by appointment

We offer counseling services for all ages with expertise from a group of male and female therapists who deal with a wide range of counseling concerns. We offer individual, couple, marital, family, and group counseling services. Some on Dayspring's professional team offer a specialized play therapy approach to children and adolescents. We also offer consultation services and a speaker's bureau for churches and other organizations.

Program hours: M-Th, 9am- 8pm; F, 9-5; Sat. and evenings by appointment. **Application:** Call Shirley for general information, assistance with insurance questions, and appointment arrangements. Intake information will be mailed prior to the first appointment. **Fees/Insurance:** Most insurances including Medicare. Deductibles and copays are the responsibility of the client. For those with no insurance we will work with them to make arrangements for a payment plan. For some clients without insurance resources, we work with their church to help make our services available. **Area served:** Western Michigan primarily. **Contact:** Shirley Block (616) 942-7331 info@dayspringcounseling.com

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DEAF AND HARD OF HEARING SERVICES

(616) 732-7358

www.deafhhs.org.

500 Cherry St. SE, Grand Rapids, MI 49503

Main hours: 8-5, M-F

To empower individuals who are deaf or hard of hearing to reach their full potential in society through the elimination of communication barriers.

DEAF, Etc. Focuses on the needs and questions of people who are deaf or hard of hearing. Interpreter referral, advocacy, community education, sign language classes, and general information and referral services are provided. We also provide equipment demonstration and sales, mental health supports coordination, job placement and job development services for deaf and hard of hearing people.

Program hours: 8-5, M-F. 24/7 Interpretive Referral Services.

Application: No application procedure, appointment preferred. **Eligibility:** None. **Fees/Insurance:** Advocacy, information and referral are free; Interpreter Referral free to deaf consumer/others call for fee; Sign language classes for fee. NA. **Area served:** Western Michigan. **Contact:** Maggie Smedley (616) 732-7358

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DEGAGE MINISTRIES

(616) 454-1661

www.degageministries.org

144 S. Division Ave., Grand Rapids, MI 49503

Main hours: 9-5, M-F

To reflect the love of Christ to all who walk through our doors by building relationships and offering programs that foster dignity and respect. Dégagé Ministries is a community center serving the Heartside Neighborhood of Grand Rapids. Dégagé offers a variety of programs to those in need.

Program hours: Vary by program. **Area served:** Heartside Neighborhood. **Contact:** Marge Palmerlee (616) 454-1661 ext. 11 Marge@degageministries.org

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Dining Room. The 1st floor offers low-cost breakfast and dinner. The first F of the month lunch and every SUN meal is free. Fish Fry every F for lunch (except 1st F of month).

Program hours: M-Th. 7:00am-11:30am and 7:30pm-9:30pm; F 7:00am-12:30pm and 7:30pm-9:30pm; Sat 7:30am-11:30am and 7:30-9:30pm; Sun 7:30-11:30am and 6:00-9:00pm. **Area served:** Heartside Neighborhood **Contact:** Carole Vrugink 454-1661 ext. 10 Carole@DegageMinistries.org

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Food Pantry. Dégagé is part of ACCESS food pantry network. Interested individuals must register at Westminster Presbyterian Church on TU or TH from 10:30-1:30.

Program hours: 1st and 3rd TH of the month 9:00-10:30am. **Eligibility:** Must live in the Heartside Neighborhood **Area served:** Heartside Neighborhood **Contact:** Carole Vrugink 454-1661 ext. 10 Carole@DegageMinistries.org

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Life Enrichment Center. The Life Enrichment Center, located on the 2nd floor, provides hygiene services such as showers, laundry, haircuts and personal care bags. The Life Enrichment Center also has a referral service to assist with a range of needs such as obtaining a State ID, securing housing, prescription assistance, filling out paperwork, etc. Patrons can use Dégagé to receive mail and messages. Pro-bono lawyers are on-site twice a week. Other programs are also offered, please call for more details.

Program hours: 9:30-11:30 am M-Sat, 1:30-4:30 pm M-F. **Eligibility:** None. **Area served:** Heartside Neighborhood. **Contact:** Bridgette Bassford 454-1661 ext. 16 Bridgette@DegageMinistries.org

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Open Door Women's Drop-In Center. The Women's Drop-In Center is open during the overnight hours to provide a safe place for adult women in crisis. Various support groups and one-on-one counseling are offered.

Program hours: 7:00 pm- 9:00 am. **Eligibility:** Women over the age of 18. **Area served:** Heartside Neighborhood.

Contact: Shellie Cole-Mickens 454-1661 ext. 17 Shellie@DegageMinistries.org



DEPARTMENT OF HOUSING AND URBAN DEVELOPMENT (HUD)

(616) 456-2100 / (616) 456-2101

www.hud.gov

50 Louis St. NW, Grand Rapids, MI 49503

Main hours: 8-4:30, M-F

To provide information for single family and multifamily housing to the public. Helps create a decent and suitable living environment for all Americans. HUD is the Federal agency responsible for national policy and programs that address America's housing needs, that works to help the nation's communities meet their development needs, spur economic growth in distressed neighborhoods, provide housing assistance for the poor, help rehabilitate and develop moderate and low-cost housing, and enforce the nation's fair housing laws. HUD also plays a major role in supporting home-ownership through its FHA mortgage insurance program. FHA loans can be obtained through most banks/lenders/mortgage companies. Listings of subsidized rental apartments can be accessed via HUD's website at www.hud.gov.

Program hours: 8-4:30, M-F. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** None. NA. **Area served:** Western Michigan and the Upper Peninsula.



DISABILITY ADVOCATES OF KENT COUNTY

(616) 949-1100

www.disabilityadvocates.us

3600 Camelot Dr. SE, Grand Rapids, MI 49546

Main hours: 8:30-5, M-F

We exist to advocate, assist, educate, and inform on independent living options for persons with disabilities and to create a barrier-free society for all. Offers information and referral, independent living skills training, advocacy, peer support, and long-term housing assistance. Programs include housing modification, youth summer camp, personal care attendants, and transition services for youth and young adults with disabilities ages 14-26.

Program hours: 8:30-5, M-F. **Application:** Call for details.

Eligibility: Individual must have disability. **Fees/Insurance:** Call for details. **Area served:** Kent, Ionia and Montcalm counties. **Contact:** Robert Lewakowski (616) 949-1100 ext. 226 rob.l@disabilityadvocates.us



DISPUTE RESOLUTION CENTER OF WEST MICHIGAN

(616) 774-0121

www.drcwm.org

Riverview Center, 678 Front Ave NW Ste 250, Grand Rapids, MI 49504-5368

Main hours: 8:30-5, M-F

Promoting justice and self-determination through the peaceful resolution of disputes for individuals, families, and businesses.

Alternative Dispute Resolution for Legal Disputes.

Mediation services for disputes in litigation. Free or low

cost depending upon case type. Small claims, General Civil, Probate, non-domestic PPO's, and other legal disputes.

Confidential. Participants determine their own resolution.

Resolutions can be unique and tailored to the specific circumstances. Can be utilized at most stages of litigation.

Program hours: 9-5, M-F. By appointment. **Application:** Call for details. **Eligibility:** Must live or have lawsuit in our service area. **Fees/Insurance:** None. NA. **Area served:** Kent, Isabella, Lake, Mecosta, Montcalm, Newaygo, and Osceola counties.



Community Mediation Services. Provides confidential, facilitated mediation for family, neighborhood, workplace, or business, or other community disputes to allow parties to reach their own agreement without going to court.

Training services in mediation, conflict resolution, anger management and other communication skills available.

Program hours: 9-5, M-F. By appointment. **Application:** Call for details. **Eligibility:** Must live or have dispute in our service area. **Fees/Insurance:** None. NA. **Area served:** Kent, Isabella, Lake, Mecosta, Montcalm, Newaygo, and Osceola counties.



Educational Issues Conflict Resolution Services.

Specialized services for the resolution of conflicts/disputes regarding education issues and school relationships.

Difficulties and disagreements over services provided a child, disciplinary matters, parent/teacher relationships, and staff/staff relationships can also be addressed in confidential mediations that result in mutually agreed upon resolutions.

Specialized services in the area of Special Education available. Also provide training to assist schools to establish Peer Mediation and Restorative Justice Conferencing Programs targeted to reduce school violence and promote positive student behavior.

Program hours: 9-5, M-F. By appointment. **Application:** Call for details. **Eligibility:** Must live in or attend school in our service area. **Fees/Insurance:** None. NA. **Area served:** Kent, Isabella, Lake, Mecosta, Montcalm, Newaygo, and Osceola counties.



Family & Parenting Mediation Services. Specialized services for the resolution of conflicts/disputes regarding family matters – custody, parenting time, divorce settlements, parent-child relationships, guardianships, estate settlements and other probate matters. Resolution process is inclusive of all interested parties and confidential.

Program hours: 9-5, M-F. By appointment. **Application:** Call for details. **Eligibility:** Must live in or have dispute in our service area. **Fees/Insurance:** None. NA. **Area served:** Kent, Isabella, Lake, Mecosta, Montcalm, Newaygo, and Osceola counties.



DIVERSITY COUNSELING AND THERAPY CENTER

(616) 451-1965 / (616) 822-8028 Pager /

(616) 299-9964

744 Burton SE, Grand Rapids, MI 49507

(This is a For-Profit agency)

Main hours: By appointment.

Provides a full range of counseling and psychotherapy to community for children and family issues. Offers support and psychoeducational groups as well as short and long term counseling for individuals, couples, families, and groups. Specializes in issues of substance abuse, addictions, family violence and marital dysfunction, sexual orientation, sexual and gender identity, anger management, HIV/AIDS

counseling and testing, case management, court mandated, cultural adjustment, and driver license evaluations.

Program hours: By appointment, evening and weekend hours available. **Eligibility:** Kent County. **Fees/Insurance:** Sliding fee scale. Most insurance, Medicare, sliding fee scale. **Area served:** Western Michigan. **Contact:** Annita List (616) 451-1965

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Child and Family Counseling. Provides psychological testing, psycho education and play therapy for children and families. Offers individual, couple, family, and group counseling. Specializes in working with Spanish-speaking community. Issues include infantile autism-emotionally disturbed children, parenting and step-family adjustment, pregnancy loss, post abortion stress, custody evaluations, court advocacy, gay/lesbian/transgender issues, alcohol and other drug addiction, and domestic violence.

Program hours: By appointment, evening and weekend hours available. **Eligibility:** Kent County. **Fees/Insurance:** Sliding fee scale. Most insurance, Medicare, sliding fee scale. **Area served:** Western Michigan. **Contact:** Iraida Rodriguez (616) 451-1965

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Counseling for Spanish-Speaking Community. Offers groups in Spanish for highway safety intervention, domestic violence intervention, illegal solicitation intervention, and anger management and sexual offenses. Also provides support for immigration and cultural adjustment issues.

Program hours: By appointment, evening and weekend hours available. **Eligibility:** Kent County. **Fees/Insurance:** Sliding fee scale. Most insurance, Medicare, sliding fee scale. **Area served:** Western Michigan. **Contact:** Annita List (616) 451-1965

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DOWN SYNDROME ASSOCIATION OF WEST MICHIGAN

(616) 956-3488

www.dsawm.org

PO Box 888164, Grand Rapids, MI 49588

Main hours: 8-5, M-F

To provide support, resources and advocacy with the aim of increasing awareness and opportunities for individuals with Down Syndrome, their families and caregivers.

Program hours: 8-5, M-F. **Eligibility:** None. **Fees/Insurance:** Call for details. **Area served:** Western Michigan. **Contact:** Charlene Hill (616) 956-3488 dsawm@iserv.net

DWELLING PLACE OF GRAND RAPIDS, INC.

(616) 454-0928

www.dwellingplacegr.org

101 Sheldon Blvd. SE, Suite 2, Grand Rapids, MI 49503

Main hours: 8:30-5, M-F

Dwelling Place improves the lives of people by creating quality affordable housing, providing essential support services and serving as a catalyst for neighborhood revitalization.

Dwelling Place Permanent Housing. Dwelling Place offers more than 1,000 apartments across West Michigan, many of which include rent subsidies and support services if needed. Details can be found at our website.

Program hours: M-F, 8:30-5. **Application:** Varies by property. **Eligibility:** Varies by property. **Fees/Insurance:** Varies by property. No. **Area served:** Kent County, Oceana County, and Muskegon Counties.

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Liz's House. Provides transitional housing and support services for homeless women with children ages 4 and under. Services include health care, mental health services, legal assistance, life skills and vocational training, permanent housing location, and substance abuse support services for those coming out of treatment.

Program hours: 8:30-5, M-F. **Application:** Call for details; referral from an emergency shelter, a Transitional Housing project, a homeless assistance program, or a local human service agency is required. **Eligibility:** Must be 18 years of age or older and homeless with a child of 4 years old or under; must be willing to follow program guidelines. **Fees/Insurance:** Call for details. NA. **Area served:** Western Michigan. **Contact:** (616) 454-9390

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My Sister's House. Provides transitional housing and support services for single women without dependent children who are homeless. Services include assistance with health care, mental health services, vocational training, permanent housing location, and substance abuse support services for those coming out of treatment.

761 Bridge St. NW, Grand Rapids, MI 49504

Program hours: 8:30-5, M-F. **Application:** Call for an assessment and appointment. Referral not required.

Eligibility: Must be 18 years of age or older and homeless. **Fees/Insurance:** \$180/month program fee. N/A. **Area served:** Western Michigan. **Contact:** Alonda Miller (616) 454-9390 amiller@dwellingplacegr.org

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Transitional Housing Office

343 S. Division Ave., Grand Rapids, MI 49503

Phone: (616) 454-9390 **Hours:** M-F, 8:30-5.

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EARLY ON OF KENT COUNTY

(616) 365-2310

www.kentisd.org/earlyon

1800 Leffingwell NE, Grand Rapids, MI 49525

Main hours: 7:30-4, M-F

Provides free in-home evaluation and service coordination for children from birth to three years of age, who have a developmental delay. Anyone can make a referral when there is a concern about a child's development. Additional services may include: professional early intervention services, free workshops and developmental information, and opportunities to network with parents. Referrals may be faxed to (616) 364-4042 or call (616) 365-2310.

Program hours: 7:30-4, M-F. **Application:** Call for details.

Eligibility: Children under 3 years of age with developmental delays. **Fees/Insurance:** Call for details. Free in home evaluation and service coordination. NA. **Area served:** Kent ISD School District.

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EAST GRAND RAPIDS HIGH SCHOOL

(616) 235-7555

egrps.org

2211 Lake Dr. SE, Grand Rapids, MI 49506

Youth Development. Offers programs to develop positive lifestyles through peer education, group facilitation, and positive role modeling.

Program hours: Regular school day; some weekend activities. **Eligibility:** East Grand Rapids student. **Fees/Insurance:** None. **Area served:** East Grand Rapids. **Contact:** Dave Kampfschulte (616) 235-7555

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**EAST GRAND RAPIDS PARKS
AND RECREATION DEPARTMENT**

(616) 949-1750
www.eastgr.org
750 Lakeside Dr. SE, Grand Rapids, MI 49506
Main hours: 8-5, M-F

EAST GRAND RAPIDS PUBLIC SCHOOLS


(616) 235-3535
www.egrps.org
2915 Hall St. SE, Grand Rapids, MI 49506-3111
Main hours: 7:30-4:30, M-F
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EAST HILLS COUNCIL OF NEIGHBORS

(616) 454-9079
131 Eastern Ave. SE, Grand Rapids, MI 49503
Main hours: M-F, 9-4.
East Hills Council of Neighbors is a catalyst for neighborhood renewal through effective, grassroots community organizing. For over twenty-five years the organization has worked on crime prevention, community building, and home ownership initiatives. While these activities continue, the need for a greater level of redevelopment is also being addressed. Extensive work on Wealthy Street, the corner of Lake and Diamond, and 920 Cherry have been the result of long term grassroots organizing. East Hills has always reached beyond the status quo to address the needs of the community as a whole, and to diligently create and maintain a diverse, safe and sustainable community in which everyone can live, work, shop and play.
Program hours: 9-4, M-F. **Area served:** Grand Rapids – East Hills neighborhood: N – Lake Dr.; S – Wealthy; E – Fuller; W – Union.
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EASTER SEALS MICHIGAN, INC.

(616) 942-2081
www.essmichigan.org
4065 Saladin Dr. SE, Grand Rapids, MI 49546
Main hours: 8:30-4:30, M-F
Provides services and programs to children and adults with disabilities through cooperative efforts with other agencies to serve unmet needs. Programs and services vary throughout the state. Some services are fee-based. Programs such as Developmental Playgroups, sensory integration-based groups, summer speech therapy for children, and a wellness-based group for senior citizens.
Program hours: 8:30-4:30, M-F. **Application:** Call for application or special program requirements. **Eligibility:** Per specific program or service; call for application. **Fees/**



**Advocating for
Children & Families**

OSTRANDER LAW OFFICES
146 Monroe Center, NW
Suite 1326, McKay Tower
Grand Rapids, MI 49503
(616) 776-3535
ostranderlaw@aol.com

Judy L. Ostrander
Attorney & Certified Child Welfare Specialist
Practice areas:
Advocating for children and parents in
Custody, Divorce and
Child Protective Proceedings.

Insurance: Call for details. **Area served:** Michigan.
Contact: Maria Teresa Wagner (616) 942-2081 mwagner@essmichigan.org
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EASTGATE NEIGHBORHOOD ASSOCIATION

1506 Lenox Rd. SE, Grand Rapids, MI 49506
To provide a safe, secure, clean, wholesome and stable environment for neighbors of all ages; publishes Newsletter
Area served: Eastgate Neighborhood: Hall St on north, Plymouth Ave on west, Burton St on south and Hutchinson Ave on east .

EASTOWN COMMUNITY ASSOCIATION

(616) 451-3025
415 Ethel Ave. SE, Grand Rapids, MI 49506
Main hours: 9-3, M-TH
Exists to serve the Eastown community and enhance the quality of life of those who live and work in Eastown.

Crime Prevention and Neighborhood Improvement.
Works with residents to reduce crime, build block networks, stabilize housing stock in an effort to improve the community's quality of life.
Program hours: 9-3, M-TH. Evening block meetings.
Application: NA. **Eligibility:** NA. **Fees/Insurance:** None.
Area served: Grand Rapids – Eastown neighborhood. N – Fulton; S – Franklin; E – Plymouth; W – Fuller. **Contact:** Olivia Destrades Mendoza (616) 451-3025 olivia.eastown@gmail.com
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EL HISPANO NEWSPAPER

(616) 452-1511
1451 Grandville St. NW, Grand Rapids, MI 49509
Main hours: 9-5, M-F
Free weekly newspaper mainly in Spanish language.
🗣️ (Spanish)

ELDER LAW OF MICHIGAN, INC.

(517) 485-9164 / Hotline: (800) 347-5297
www.elderslaw.org
221 N. Pine St., Lansing, MI 48933
Main hours: 9-5, M-F

Legal Hotline for Michigan Seniors. Offers free access to experienced attorneys for Michigan residents age 60 and older. Provides advice on issues such as Medicare and Medicaid, Social Security, medical bills, will and probate, real estate, personal injury, landlord/tenant relations, family, and consumer matters.
Program hours: 9-5, M-F. **Area served:** Michigan.
Contact: Robert Carowitz (517) 372-5959
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Michigan and Ohio Pension Rights Project. Assists seniors and retirees in recovering pension benefits and answering questions about pension and other retirement benefits.
Program hours: 9-5, M-F. **Area served:** Michigan.
Contact: Keith Morris (517) 372-5959
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EMOTIONS ANONYMOUS

(651) 647-9712

P O Box 4245, Sr. Paul, MN 55104

Main hours: varies

Emotions Anonymous is an international 12 Step Support Group Program for adults learning to achieve & maintain their emotion health & finding solutions that lead to serenity. We currently have three (3) weekly meetings in Grand Rapids.

Program hours: M, 7pm; TU, 7pm; F, 8pm. **Area served:** Kent County.

Grand Valley Estates

119 Southbrook SE, Grand Rapids, MI 49548

Phone: (616) 455-9780 **Hours:** M, 7pm.

New Community Church

2340 Dean Lake Road NE, Grand Rapids, MI 49505

Phone: (616) 248-4494 **Hours:** F, 8PM.

Northest Community Church of the Nazarene

869 Fuller Ave NE, Grand Rapids, MI 49503

Phone: (616) 363-7347 **Hours:** TU, 7pm.

EPILEPSY COUNCIL OF WEST MICHIGAN

(616) 942-1010 / (616) 949-1303

Main hours: call for appointment

Provide advocacy for people with epilepsy or seizure disorders and their families, friends, Counseling services on a monthly basis and privately, support groups, a scholarship awarded yearly to a graduating high school senior with epilepsy, call for details., educational programs and other services for those with epilepsy.

Program hours: By appointment. **Area served:** West Michigan. **Contact:** Matt Eichhorn (616) 942-1010



EPILEPSY FOUNDATION OF MICHIGAN

(800) 377-6226 / (248) 351-7979

www.epilepsymichigan.org

Suite 250, 20300 Civic Center Drive, Southfield, MI 48076

Grand Rapids Office

Suite 180, 678 Front Avenue NW, Grand Rapids, MI 49504

Main hours: M, T, Th, 9-5.

The Epilepsy Foundation of Michigan provides education and consultation services, public awareness, camp programs, support services, advocacy, and employment guidance for people with epilepsy, their families and the general public.

Program hours: M, T, Th, 9-5. **Eligibility:** Open to all.

Fees/Insurance: None. for most services. Minimal fees for some services. **Area served:** Michigan. **Contact:** Mia Cooke (616) 454-7979 mcooke@epilepsymichigan.org



EQUEST CENTER FOR THERAPEUTIC RIDING

(616) 866-3066

www.equestcenter.org

3777 Rector Ave. NE, Rockford, MI 49341

Main hours: 9-8, M-F

Works to improve quality of life through equine-based therapy to physically, mentally, and socially/emotionally challenged individuals. Unique program integrates academic, social, and physical skills, using the horse as a catalyst. Individual riders, as well as groups of riders from schools, hospitals, group homes enjoy the benefits of Equest each week at its year-round, heated facility.

Program hours: 9-8, M-F. **Eligibility:** Call for determination of eligibility; ages 3 to adult with disability. **Fees/Insurance:** \$15 per 1/2 hour. **Area served:** West Michigan. **Contact:** Kathy Pezzato or Jan Parker (616) 866-3066



FAIR HOUSING CENTER OF WEST MICHIGAN

(616) 451-2980

www.fhccwm.org

20 Hall St. SE, Grand Rapids, MI 49507

Main hours: M-F, 8:30-5

The Fair Housing Center of West Michigan's mission is to eliminate practices of housing discrimination and promote diverse, open communities through education and advocacy. Offers education services to the general public, home seekers and the housing industry about fair housing practices and rights and obligations under the law. Ensures equal access to housing opportunities throughout the West Michigan area. Also investigates complaints of housing discrimination and works with individuals, agencies and attorneys to advocate for justice under the law.

Program hours: M-F, 8:30-5. Or by appointment.

Application: NA. **Eligibility:** None. **Fees/Insurance:** None. for investigation; fees for seminars and educational services.

Area served: West Michigan. **Contact:** Elizabeth Vezino (616) 451-2980 evezino@fhccwm.org

(Spanish) Japanese, Portuguese

FAMILIES FOR INTERNATIONAL CHILDREN

(616) 669-7166 / (616) 453-1834

www.fficgr.org

Suite 124, 6475 28th St. SE, Grand Rapids

Self help/support group available for families of adopted international and domestic born children. Gives information about adoption procedures/agencies. Promotes awareness of adopted children, their culture, cross-cultural adjustment problems and donates supplies to orphanages.

Program hours: Call for meeting times/places. **Eligibility:**

Any family or single person interested in international or domestic adoption **Fees/Insurance:** \$15 annual dues. **Area served:** No restrictions.

FAMILY LINKS

(616) 225-1776 / (616) 835-5104

12480 12 Mile Rd., Greenville, MI 48838

Main hours: M-Th, by appointment only

Committed to helping families find and rekindle the love, laughter and joy within their homes and personal lives. Offers ongoing "Becoming A Love and Logic Parent" classes throughout West Michigan. Contact Family Links to schedule classes in your community. Family Links also provides individual/family coaching with emphasis on building and strengthening relationships between parents and children. Provides resources for families with at-risk youth, blended families and single parents. We offer solutions, tools, creative ideas and encouragement that will empower families to face life's many conflicts and unexpected challenges.

Program hours: M-Th, by appointment only. **Application:**

Appointment required. **Fees/Insurance:** Initial consultation is free. Call for details. Grant may be available. **Area served:** West Michigan. **Contact:** Julia K. Thomas (616) 225-1776

FAMILY MANAGEMENT SERVICES

(616) 452-4044 / (616) 669-2304

1925 Eastern Ave. SE, Grand Rapids, MI 49507

Main hours: Vary and by appointment

Provides counseling and advocate services to individuals and families experiencing psychological, emotional, occupational, relationship, and other problems of daily living. Parenting education available upon request. Provides in-home and on-site visits.

Program hours: By appointment only, day or evening, available to the entire community. **Eligibility:** None. **Fees/Insurance:** Sliding fee scale. Most insurances accepted.

Area served: Western Michigan, primarily in Grand Rapids. **Contact:** Joi Pimbleton (616) 452-4044



FAMILY NETWORK OF WYOMING

(616) 885-9919
<http://www.nnym.net/sites/ncm/About%20Family%20Network%20of%20Wyoming>
2575 28th SW, Suite A, Wyoming, MI 49519
Main hours: M & TU : 1:00-4:00 PM
Our mission is to network with people who serve in community institutions (religious, civic, educational, and business) for the purpose of empowering individuals and families in the Wyoming area to be self reliant and contributing citizens.

Employment Assistance. Free services available to help those looking for employment: free copier service; free faxing service; computers with printer for writing resumes and cover letters; internet access for job searches. Partnerships with other agencies for Michigan services and job placement. (Fees may exist for some of these services.)
Program hours: M & Tu, 12:30PM- 4:30PM
W, 2PM to 5:30PM. **Area served:** Wyoming and surrounding area. **Contact:** Gary Lemke 616-885-9919 garylemke@peoplepc.com
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Food Services. Client Choice Pantry: serving walk-in clients in the Wyoming area; limited delivery service available to the homebound. Special Diet Pantry: specific foods for individuals with diabetes, food allergies, and other chronic illnesses. USDA Food Commodities available to qualified individuals. Mobile Food Pantry: vegetables, fruits, and dairy products are made available to those in need. Line starts to form 1 to 2 hours before start times. 1st TH of each month starting at 6:00 pm at Wesley Park Church @ 1150-32nd St. SW. Third M of each month starting at 5 pm at 3500 Byron Center Road SW (Calvary CRC parking lot).
Program hours: W 2:00pm to 5:30pm. **Application:** Done at time of service. Process time is 5 to 10 minutes. **Eligibility:** Live in the greater Wyoming area. Be in need. **Area served:** Greater Wyoming. **Contact:** Gary Lemke 616-885-9919 garylemke@peoplepc.com

G.R.O.W. (Gardening Residents of Wyoming). Providing resources and technical support for gardeners, community gardens and educational programs in Wyoming. GROW has a consulting team available; a Material Support and Equipment Library; Reference Library on several gardening subjects (Small fees may exist for some of these services).
Program hours: Office Hours, M & Tu, 12:30- 4:30 PM; W 2:00-5:30 PM. **Eligibility:** Love to garden or want to learn how to set up a community garden. **Area served:** Southern Greater Grand Rapids **Contact:** Gary Lemke 616-885-9919 garylemke@peoplepc.com

Medical Equipment. Equipment is loaned to individuals for a period of time at no charge. Items available are crutches, walkers, canes, toilet aids, wheelchairs and shower/bathtub seats.
Program hours: W, 2:00-5:30 PM. **Eligibility:** Be in need. Must sign a waiver before equipment is loaned out. **Fees/ Insurance:** Free. **Area served:** Grand Rapids Metro area. **Contact:** Gary Lemke 616-885-9919 garylemke@peoplepc.com

Special Diet Pantry. Supplemental supply of food items specifically for individuals with diabetes, food allergies, & other chronic illnesses.
Program hours: W 2:00-5:30 PM. **Eligibility:** Be in need. Have picture ID and a second item with name and current address. **Area served:** Wyoming and surrounding areas. **Contact:** Gary Lemke 616-885-9919
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FAMILY OUTREACH CENTER

(616) 247-3815
www.familyoutreachcenter.org
1939 S. Division Ave., Grand Rapids, MI 49507
Main hours: 8:30-8, M-TU, TH; 8:30-6, W; 8:30-12 noon, F
To lead the way in promoting healthy family living by reaching out to people of color and those who are low income in our community

Administrative Office. Services include but are not limited to outpatient counseling, substance abuse assessment, treatment and prevention services, prevention services for families and children at risk, and culturally specific parenting initiatives.
Program hours: 8:30-8, M-TU, TH; 8:30-6, W; 8:30-12, F. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Sliding fee scale. **Area served:** Kent County.
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Early Impact In-Home Family Support Program. Helps strengthen and preserve families identified as being “at-risk” due to chronic neglect or abuse of the children, in order to prevent the removal or out of home placement of their children. Works to stabilize the family while children continue to live at home. Provides individual and/or family counseling, parenting and child management classes, as well as building skills for impulse control, stress reduction, self-esteem and self improvement.
Program hours: 8:30-8, M-TU, TH; 8:30-6, W; 8:30-12, F. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** None. **Area served:** Kent County.
🗣️ (Spanish) Chinese

Family and Community Compact. This innovative alternative to traditional foster care seeks placements for children with other family members, extended family members, and representatives from community who plan for care, safety and protection of “at risk” children.
Program hours: 8:30-8, M-TU, TH; 8:30-6, W; 8:30-12, F. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** None. **Area served:** Kent County.
🗣️ (Spanish)

Family Skills Program. Provides intensive in-home counseling and support services for children in need due to severe emotional and behavioral problems caused by their condition and related family problems. These services can be accessed through a referral from Cornerstone Community Mental Health at (616) 336-3909.
Program hours: 8-5, M-F. In-home visiting hours vary. **Application:** Must be referred by Cornerstone CMH. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County.
🗣️ (Bosnian, Spanish)

Mental Health Counseling. Provides counseling services for families, children ages 6-16, or single individuals with an emphasis on building positive relationships and encouraging personal growth. Issue areas include parent/child conflicts or spouse/relationship conflicts, sexual concerns or problems, and coping with the effects of former or current sexual, mental, or physical abuse.
Program hours: 8:30-8, M-TU, TH; 8:30-6, W; 8:30-12, F. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Sliding fee scale. **Area served:** Kent County.
🗣️ (Spanish)

Parenting Initiatives. Provides general and culturally specific parenting classes such as Family Basics, Confident Parenting, and Effective Black Parenting.

Program hours: 8:30-8, M-TU, TH; 8:30-6, W; 8:30-12, F. **Application:** Call for details. **Eligibility:** Call for details.

Fees/Insurance: None. **Area served:** Kent County.

Project C.H.I.L.L. Offers after school and summer enrichment program for children ages 6-12 to help them learn to appreciate other cultures, get along better with others, develop communication skills and learn to resolve conflicts with family and peers in positive ways. Provides free transportation to program activities.

Program hours: After school and summer hours, call for details. **Eligibility:** Call for details. **Fees/Insurance:** None.

Area served: Kent County.

🇸🇵 (Spanish)

Substance Abuse Treatment and Prevention Services. Offers private counseling sessions as well as special seminars, workshops and support/training groups to help individuals or families develop an understanding of attitudes or behaviors which lead to chemical dependency as well as steps and strategies to help client regain (and maintain) a healthy lifestyle.

Program hours: 8:30-8, M-TU, TH; 8:30-6, W; 8:30-12, F. **Application:** Referral required by CMH unless private insurance; appointment required **Eligibility:** Call for details.

Fees/Insurance: Sliding fee scale. **Area served:** Kent County.

🇸🇵 (Spanish, Chinese)

Kalamazoo Street Site

1945 Kalamazoo Ave. SE, Grand Rapids, MI 49507

Phone: (616) 988-1479 **Hours:** 8:30-5, M-F.

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FAMILY TALK

(616) 245-5795

www.familytalkinc.com

1922 S. Division Ave., Suite 105, Grand Rapids, MI 49507

Main hours: 9-5, M-F

To strengthen Greater Grand Rapids' families through mentoring, education, and prevention/intervention.

Family Wellness. Family Talk's holistic approach to healing families includes sessions in: conflict resolution, anger management, improving communication skills, teaching responsibility, self-esteem building, trainings for mothers raising sons, raising critical thinking skills, defining relationships, appropriate methods of discipline and self control, positive attitude development, decision-making skills, and understanding consequences.

Program hours: 9-5, M-F. **Eligibility:** Low-moderate income heads of household and families married or single. **Fees/Insurance:** Fee based on sliding scale. **Area served:** Greater Grand Rapids.

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Girl Talk. Gender specific program for girls. Addresses a safe place for girls to learn and share their own experiences. Provides a variety of workshops and trainings. Girls also have access to community support services that address individual needs. Group and one-on-one counseling support provided. Some girls are referred by 17th Family Court in the juvenile justice system.

Program hours: 9-5, M-F. **Application:** Call for details.

Eligibility: Girls ages 10-17. **Fees/Insurance:** None. NA.

Area served: Grand Rapids.

🇸🇵 (Spanish)

Reclaiming Our Youth at Risk. Provides youth services, parenting services, and mentoring to at-risk youth and their families. Takes a holistic approach to services by attempting to include the whole family in programs which include individual counseling, parent support group training, youth life skills training, family support counseling, and community service opportunities.

Program hours: 9-5, M-F. **Application:** Referrals by schools, probation officers; walk-ins welcome. **Eligibility:** Must be 10 years old and up, at risk youth and families. **Fees/Insurance:** Fee scale based on income. None. **Area served:** Grand Rapids.

🇸🇵 (Spanish)

Burton Office

1922 S. Division Ave., Suite 105, Grand Rapids, MI 49507

Phone: (616) 245-5795

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FATHERS FOR EQUAL RIGHTS

(269) 623-3694

A non-custodial information group for issues regarding; Equal custody for fathers, visitation enforcement, equitable child support orders, grandparent visitation rights, avoiding prohibitive legal fees, enforcing the statutes and court rules with fairness, uniformity, and without gender discrimination

Program hours: Call for information. **Area served:** Western Michigan.

FETAL ALCOHOL PARENT SUPPORT GROUP

(616) 532-3689 / (616) 874-8735

http://fas.home.icq.com

Group provides support and encouragement through prayer, resources, education, and advocacy for families and professionals who deal with individuals with Fetal Alcohol Spectrum disorders. Child care provided.

Program hours: 7 pm-9 pm, 1st M of each month.

Application: None. **Eligibility:** Interest in Fetal Alcohol Syndrome. **Fees/Insurance:** None. NA. **Area served:** Western Michigan.

♿ 🇸🇵 🇸🇵 (Spanish) Sign language

Saint Luke's Lutheran Church

3215 Four Mile Rd. NE, Grand Rapids, MI 49505

Phone: (616) 363-2381

FISH FOR MY PEOPLE

(616) 774-2045

GRACE, 207 E. Fulton St., Grand Rapids, MI 49503

Provides transportation by volunteers to necessary appointments such as doctors, clinics, FIA, WIC. Some days are not covered.

Program hours: M-F. Ride requests taken one day prior.

Application: Call one day before, between 9-3. **Eligibility:** Lack of transportation. **Fees/Insurance:** None. **Area served:** Kent County. N – I-96; S – 54th St.; E – E. Beltline; W – Byron Center Rd/Godfrey

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FOREST HILLS PUBLIC SCHOOLS


(616) 493-8800

www.fhps.us

6590 Cascade Rd. SE, Grand Rapids, MI 49546


Main hours: 8-4:30, M-F

Community Aquatic Center. Offers a wide variety of aquatic programs, including open swim, lap swim, lessons, lifeguard training, and water exercise programs. 660 Forest Hill Ave. SE, Grand Rapids, MI 49546




Program hours: 8-4:30pm, M-F. Call (616) 493-8950 ext. 3 for pool schedule. **Application:** **Eligibility:** Open to residents and non-residents **Fees/Insurance:** Vary; call for information. NA. **Area served:** Kent County – Forest Hills School district and surrounding areas **Contact:** Kelly Swieter (616) 493-8950


Community Enrichment Classes. Offers a wide variety of enrichment classes for all ages at many locations in the district.
Program hours: 8-4:30, M-F. **Eligibility:** Open to anyone interested in lifelong learning. **Fees/Insurance:** Vary; call for information. NA. **Area served:** Kent County. – Forest Hills School district and surrounding areas. **Contact:** Melissa Hinken (616) 493-8950




Senior Center. Offerings include classes, weekly programs and luncheons, clubs, special events, health screenings, travel opportunities, and a Senior Computer Learning Center. The Forest Hills Senior Center is a division of the Community Services Department within the Forest Hills Public Schools.
Program hours: 8-4:30, M-F. **Eligibility:** Anyone may participate regardless of age or residence. **Fees/Insurance:** Vary; call for information; discount rates for residents of the Forest Hills, Ada, Cascade, and Grand Rapids townships. NA. **Area served:** Kent County. **Contact:** Jean Kubiszewski (616) 493-8950



District Office
660 Forest Hill Ave. SE, Grand Rapids, MI 49546
Phone: (616) 493-8950


FOREST VIEW HOSPITAL
(616) 942-9610





www.forestviewhospital.com
1055 Medical Park Dr. SE, Grand Rapids, MI 49546
Main hours: 8-8, M-F
To provide quality mental health care with compassion and respect. Offers acute psychiatric inpatient care, partial hospitalization, intensive outpatient care, and psychiatric clinic for mental health issues to adolescents and adults. Programs include eating disorder treatment, trauma program, and dual diagnosis treatment. Assessment and referral center available 24 hours.
Program hours: 24 hours-7 days a week. **Application:** Self referral or referral by mental health professional, family physician, pastor or family member. **Fees/Insurance:** Call for details. **Area served:** Grand Rapids, statewide and Midwest.
  

FOUNTAIN HILL CENTER FOR COUNSELING AND CONSULTATION
(616) 456-1178

www.fountainhillcenter.com
534 Fountain St. NE, Grand Rapids, MI 49503
Main hours: 8:30-5:30, M-F
To provide therapeutic, educational and consultative services designed to enhance personal and relational changes. Offers services to couples, families, individuals, and children in a variety of capacities. Committed to understanding individuals' unique concerns and to guide them towards a more gratifying life experience. Parking is free and convenient.
Program hours: 8:30-5:30, M-F. Also by appointment. **Application:** Call to set up appointment. **Eligibility:** None. **Fees/Insurance:** Sliding fee scale. Some insurance accepted, please contact the office for more details. **Area served:** Grand Rapids and surrounding areas. **Contact:** Amy Van Gunst (616) 456-1178
   

FRANCISCAN LIFE PROCESS CENTER
(616) 897-7842
11650 Downes St. NE, Lowell, MI 49331
Main hours: 8:30-4:30, M-F
Provides counseling for children, families, couples, and individuals. Offers music therapy, parent education, developmental guidance, life skills education, and therapeutic animal experiences for children. Preschool education and music education.
Program hours: 8:30-4:30, M-F. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details.; each program differs. **Area served:** Grand Rapids and surrounding area. **Contact:** Sister Colleen Ann Nagle (616) 897-7842
 

FREDERIK MEIJER GARDENS AND SCULPTURE PARK
(616) 957-1580
1000 East Beltline Ave. NE, Grand Rapids, MI 49525
Main hours: 9-5
Offers tropical conservatory, world-class sculptures, indoor gardens, special events and festivals, and botanical and art exhibits, outdoor gardens, concerts.
Program hours: M, W, TH, F, SAT, 9-5, TU 9-9, SUN 12-5. **Fees/Insurance:** Yes; call for details. **Area served:** Michigan.
  

FULLER AREA NEIGHBORS
(616) 241-1700
1239 Fuller Ave. SE, Grand Rapids, MI 49506
Main hours: 9-3:30, M-F
Neighborhood Association to maintain and enhance the quality of life in the Fuller area neighborhood.
Program hours: 9-2, M-F. **Eligibility:** Resident or Business of Fuller area **Fees/Insurance:** \$10 for resident; \$25 for business **Area served:** Bounded on the north by Fisk Street, on the east by Giddings, on the south by Boston, and on the west by Kalamazoo Avenue.    

FULTON HEIGHTS NEIGHBORHOOD ASSOCIATION
(616) 458-5266
221 Baynton Ave. NE, Grand Rapids, MI 49503
www.fultonheights.org
Seeks to promote friendship and cooperation among residents; to maintain and improve the property and physical appearance of the community; to assist local businesses to survive and prosper in the community; to have a role in civic matters affecting our community; to develop awareness, a spirit of pride and individuality; to initiate neighborhood programs for solving problems, providing services, and promoting social activities; to encourage the development of more localized groups such as block clubs to follow the aforementioned purposes; and to receive and disburse monies, gifts, bequests and goods for community service for charity.
Area served: Grand Rapids – Fulton Heights neighborhood – bounded on the north by Michigan Street, on the east by Plymouth Avenue, on the south by Fulton, and on the west by Fuller Avenue


GARFIELD PARK NEIGHBORHOOD ASSOCIATION
(616) 241-2443
334 Burton St. SE, Grand Rapids, MI 49507
Main hours: 9-5, M-F
To preserve and improve the unique human and physical characteristics of the neighborhood by creating a sense of



Sleep Safe for Your Baby

It's important to know—babies can die when they are put to sleep in places that are not safe. Babies always need a safe place to sleep, even for just a short nap.

Infants can be accidentally smothered by those who sleep with them, like parents or children, or when they sleep in overstuffed sofas or heavily blanketed adult beds. Place your baby in a crib or bassinet to sleep to help prevent suffocation accidents.

It is now known that babies sleep safest when they are on their backs. Many deaths occur when babies who are used to sleeping on their backs are put to sleep on their tummies by a caregiver unfamiliar with the baby's sleeping routine. You can reduce your baby's risk of dying by telling caregivers to always place your baby on his or her back to sleep.

The American Academy for Pediatrics also suggests offering your baby a pacifier at naptime and bedtime. Current studies show pacifier use during a baby's first year contributes to a safe sleep environment. Do not reinsert the pacifier if your baby refuses it or it falls out during sleep. Pacifiers should be delayed for breastfeeding babies until one month of age to ensure breastfeeding is well established.

When babies are awake, they need "tummy time" to aid their physical development. Tummy time should also be done only when someone is with the baby and watching. If the baby falls asleep during tummy time, place the baby on his or back in a safe place to continue sleeping.

Safe sleep steps:

Put baby to sleep by him or herself in a crib, portable crib, or bassinet. Babies are not safe sleeping with other children, adults or pets.

Always put baby to sleep on his or her back, even when he/she can roll over.

Make sure nothing is in the sleep area: no pillows, comforters, stuffed animals or other soft things. Warm sleeper suits are preferred over blankets; however, if a light blanket is needed, tuck all sides of the blanket in between the mattress and crib sides along bottom half of crib, below baby's arms.

Don't overheat the baby. Dress your baby in as much or as little clothing as you are wearing.

Don't allow anyone to smoke anything around your baby.

Adult beds are not safe for babies. Sleeping with a parent or other children, and using heavy blankets can potentially lead to suffocation. A good practice is to place the baby's crib or bassinet near your own bed. This makes it easy to feed your baby and then return your baby to the crib for safe sleeping.

A safe crib has:

A firm, tight-fitting mattress and sheet

No loose, missing, or broken hardware or slats.

No more than 2 3/8 inches of space between the slats (width of a soda can).

No corner posts over 1/6" high

No cutout designs in the headboard or footboard.

Source: Tomorrow's Child/Michigan SIDS Association and the American Academy of Pediatrics (2005).

community through resident involvement. Focuses efforts on three main activities: crime prevention, neighborhood improvement, and resident involvement. Crime prevention is done primarily through block club organizing, a process of drawing neighbors together, building relationships, addressing issues of concern, and taking action steps to change neighborhood problems. Neighborhood improvement takes place through activities such as alley clean-ups, paint and repair projects, and City code enforcement assistance. Resident involvement is encouraged through volunteer efforts, community-wide outreach events, and leadership development.

Program hours: 9-5, M-F. Also evening activities. **Eligibility:** Garfield Park neighborhood resident. **Fees/Insurance:** NA.

Area served: Grand Rapids – Garfield Park neighborhood. N – US 131; S – 28th St.; E – Eastern Ave.; W – Cottage Grove

Contact: David Clemo (616) 241-2443 dclemo@gpnagr.org

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To assist persons with disabilities to maximize their potential through the comprehensive provision of quality housing and support services. Develops and operates affordable apartment living for persons and families with special needs. Properties located throughout Kent County to provide independent and permanent supportive housing to individuals with mental illness, developmental disability, physical disability, and other disabling conditions. Apartment sites include Genesis East Apartments on 44th Street in Kentwood, Oroquis Apartments on Bridge Street in downtown Grand Rapids, Heron Courtyard Apartments on Leonard Street in northeast Grand Rapids, and Kingsbury Place Apartments near 4 Mile and Alpine NW in Walker.

Program hours: 8-5, M-F. **Eligibility:** Low income and have a verifiable disabling condition, Kent County. residents. **Fees/Insurance:** None, apartment rent. **Area served:** Kent County.

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GENESIS NON-PROFIT HOUSING CORPORATION



(616) 988-2897 / (616) 988-4737 Lease
528 Bridge St. NW, Suite 6, Grand Rapids, MI 49504
Main hours: 8-5, M-F

GERALD R. FORD JOB CORPS CENTER

(616) 243-6877
110 Hall St. SE, Grand Rapids, MI 49507
Main hours: 9-5, M-F.
To help economically disadvantaged young adults become

responsible, employable and productive citizens by providing them with opportunities to develop vocational, educational skills needed to succeed.

Area served: Grand Rapids.

  (Spanish, Vietnamese)

GERONTOLOGY NETWORK

(616) 456-6135

www.gerontologynetwork.org

516 Cherry St. SE, Grand Rapids, MI 49503

Main hours: 8:00-5:00, M-F

To improve the quality of life for older adults, their families and care providers in Kent County through the development, implementation, and evaluation of both interventive and preventive care. Promotes independence and health for Michigan's older adults. Programs include Life Connections of Michigan, Adult Day Services, Caregiver Services, Resource Center on Aging, Educational Services, and Older Adult Volunteer Programs.

Program hours: 8-5, M-F. **Application:** Call for details.

Eligibility: Call for details. **Area served:** Michigan. **Contact:** Karen Rowlander (616) 456-6135

    (Spanish)

CareTree Adult Day Services. Provide older adults, who are unable or do not want to be alone during the day, a safe, comfortable and caring environment where they can socialize and interact with their peers. CareTree offers assessment, care planning and health monitoring for participants. Families and caregivers receive a break from providing 24-hour care.

Program hours: 7- 6, M-F. **Application:** Please call for details. **Eligibility:** Please call for details. **Fees/Insurance:** Please call for details. Please call for details. **Area served:** Kent County.



Life Connections . Providing personal response units, fall detectors, and medications dispensers to help seniors live independently in their own home.

Program hours: M-F 8-5. **Area served:** Michigan

Personal Care Program. A bathing and personal care service for older adults who are not able to perform the task themselves. The barrier-free whirlpool and shower are very private and the professional staff is able to assist. Aroma therapy and heated tile floors are just a few of the amenities that make the experience relaxing and enjoyable.


Program hours: M-F, 7-6. **Application:** Please call for details. **Eligibility:** Please call for details. **Fees/Insurance:** Please call for details. Please call for details. **Area served:** Kent County.



Traveling Grannies and Grandpas/Foster Grandparents.

The Traveling Grannies/Grandpas Program provides support, experience, and in-home instruction for pregnant and parenting teens which includes reducing abuse and neglect, promoting education, improving self-esteem or making healthy decisions. The program expanded into the school-based program in August 1999, and we currently have volunteers serving in 15 schools throughout Kent County. Grannies/Grandpas provide mentoring, tutoring, and many benefits to at risk children to deter alcohol, drugs, tobacco, and crisis.

Program hours: 8-5, M-F. **Application:** Any agency or program providing service to children. **Eligibility:** 60 years and older, low-income; children ages 6-19 years. **Fees/Insurance:** Volunteers receive a stipend; call for details. **Area served:** Kent County. **Contact:** Rev. Peggy Lawrence Burns (616) 771-9748

 (Spanish)

E. Beltline Office

800 East Beltline NE, Grand Rapids, MI 49506

Phone: (616) 456-6135 **Hours:** M-F, 7-6.



GIFT

(616) 774-0446

www.GaysInFaithTogether.org

207 E. Fulton St., Grand Rapids, MI 49503

Main hours: Vary

A faith-based community of lesbian, gay, bisexual and transgender persons, their families and friends. Through pastoral care, mutual encouragement, and education GIFT offers support for spiritual journeys and provides a reconciling presence for individuals, churches and society. Provides discussion / support groups (TAG and TNT), individual pastoral care, and community education related to affirming lesbian, gay, bisexual, transgender (LGBT) persons.

Program hours: Vary. **Area served:** West Michigan. **Contact:** Jim Lucas (616) 774-0446 info@GaysInFaithTogether.org



GIFT TAG. Provides a faith-based group for LGBT persons of all ages together with family and friends. Meets regularly for support and life enrichment events.

Program hours: Vary. **Area served:** West Michigan

Contact: Jim Lucas (616) 774-0446



TNT – Teens and Twenties. Provides a faith-based group for LGBT and questioning youth in their teens and twenties. Meets 1st and 3rd TUs of each month for a social time, support and education.

Program hours: Vary. **Area served:** West Michigan.

Contact: Jim Lucas (616) 774-0446



GILDA'S CLUB – GRAND RAPIDS

(616) 453-8300

www.gildasclub.org

1806 Bridge St. NW, Grand Rapids, MI 49504

Main hours: 9-9, M-TH; 9-12, F, SAT

To provide a free, non-residential place where men, women and children with cancer and their families and friends join with others to build essential social and emotional support.

Social Events. Offers gatherings for all ages, comedy nights, karaoke, music and potlucks.

Program hours: 9-9, M-TH; 9-12 noon, F, SAT. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** None. **Area served:** West Michigan. **Contact:** Beth Nelson (616) 453-8300



Support Groups. Provides weekly support groups that meet for persons living with cancer, persons supporting a loved one with cancer, and those who have lost someone to cancer. Each evening offers groups and activities for all ages. All activities are free. Monthly event calendar is available.

Program hours: 9-9, M-TH; 9-12 noon, FRI, SAT.

Application: Call for details. **Eligibility:** Call for details.

Fees/Insurance: None. **Area served:** West Michigan.

Contact: Beth Nelson (616) 453-8300



Workshops and Lectures. Provides a variety of offerings from medical, art, music, nutrition, financial, exercise, and community experts.

Program hours: 9-9, M-TH; 9-12 noon, F, SAT. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** None. **Area served:** West Michigan. **Contact:** Beth Nelson (616) 453-8300
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GIRL SCOUTS OF MICHIGAN TRAILS

(616) 784-3341

www.gsmt.org or **www.girlscoutsrock.com** (for teens)

3275 Walker Ave. NW, Walker, MI 49544

Main hours: 11am-7pm M; 9am-5pm TU-TH; 9am-1pm

Girl Scouting builds girls of courage, confidence, and character, who make the world a better place. Programs for all girls 5-17 years ranging from troops to interest groups and leadership opportunities. Adult volunteers are always needed to support our movement by serving in short and long-term capacities.

Program hours: Girl Scout program hours vary based on the needs and interests of the girls involved and the adult volunteer. **Area served:** Ionia, Kent, Mecosta, Montcalm, Osceola, and Ottawa counties. **Contact:** Kate Krueger. (616) 784-3341 x 139, kkrueger@gsmt.org

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Big Rapids Office

210 Maple, Big Rapids, MI 49307

Phone: 231-796-4532 **Hours:** M,T,W, F 9-5pm.

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Ionia Office

Ionia ISD Building, 2191 Harwood Road, Ionia, MI 48846

Phone: 616-242-4900 x 1498 **Hours:** T, W, F 9am-5pm.

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GODFREY LEE PUBLIC SCHOOL

(616) 241-4722

www.godfrey-lee.k12.mi.us

961 Joosten St. SW, Wyoming, MI 49509

Main hours: 8-4, M-F

English As A Second Language. Offers intermediate level classes teaching English to non-English speakers. Intermediate level classes are M-F, mornings 9-12; and M-W, evenings 5:30-9. Free child care and hot lunch, bus passes provided.

Program hours: 9-12, M-F; 5:30-9 pm, M-W. **Application:** Call (616) 475-5881 or come in. **Eligibility:** 18 or over.

Fees/Insurance: None. NA. **Area served:** Grand Rapids – primarily southwest. **Contact:** Thelma Meyer (616) 241-5600 tmeyer@godfrey-lee.k12.mi.us

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High School Completion and GED. Provides free child care, hot lunch, bus passes, and a flexible schedule to accommodate student's needs. Classes offered 8-12 noon, M-F, 12:30-3 M-TH, 5-9 pm M-W.

Program hours: 8-3, M-TH; 5-9 pm, M-W; 8-12 noon, F. **Application:** Call for an appointment to enroll. **Eligibility:** 16-18 for high school completion, 18-19 for GED. **Fees/**

Insurance: None. NA. **Area served:** Grand Rapids – primarily southwest. **Contact:** Thelma Meyer (616) 241-5600 tmeyer@godfrey-lee.k12.mi.us

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Vision Quest High School. A curriculum-based alternative high school serving students who find it difficult to learn in a traditional classroom setting. Small classes are teacher directed and program is modeled on Michigan Core Curriculum taught using integrated theme. Enrollment open to students from any district. Students may participate in

Godfrey Lee athletic programs and student council.

1324 Burton St. SW, Wyoming, MI 49509

Program hours: 8-4, M-F. **Application:** Appointment required. **Eligibility:** Youths that need high school diploma.

Fees/Insurance: None. NA. **Area served:** Kent County.

Contact: Catherine Karsen (616) 241-2661

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Godfrey Lee Education Station

1530 Grandville Ave. SW, Grand Rapids, MI 49509

Phone: (616) 241-5600

Hours: 8-3, M-TH during school year

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GODWIN HEIGHTS PUBLIC SCHOOLS

(616) 252-2040

www.godwinschools.org

15 36th St. SW, Wyoming, MI 49548

Main hours: 8-4:30, M-F

Adult English As A Second Language (ESL),

GED, and High School Completion. Offers English as a Second Language (ESL) classes to non-English speaking adults. Also offers part-time program for working youth and adults seeking a high school diploma or GED (General Education Diploma Test). All core academic subjects are available, plus computer applications and classes at Kent County. Tech Center.

Program hours: 8:30-10:15 10:15-12, M-F; 12:30-2:15, M-TH; 5:30-9 pm, M, TU. **Eligibility:** Any refugee immigrant youth ages 16-19 (under 16 by referral only). **Fees/ Insurance:** None. **Area served:** Kent County., Jenison, Hudsonville. **Contact:** Jerry Emde (616) 252-2040

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Learning Center

3333 S. Division Ave., Wyoming, MI 49548

Phone: (616) 452-6934 **Hours:** 9:00-3:00, M-F

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GOOD NEWS COMMUNITY

(616) 831-2603

www.goodnewscommunity.org

P. O. Box 165, 300 68th St. SE, Grand Rapids, MI 49501

Main hours: 8-12 Noon, WED

Responds to the needs of individuals who are going through divorce, separation, or the loss of a partner. Provides educational seminars, personal growth meetings, social opportunities, and volunteer involvement. Open to the healing needs of all without regard to race, religion, sex, and ethnic origin. Programs include Coping with Divorce, Kids Coping with Divorce, Making a New Me, and Building Positive Relationships.

Program hours: Varies, call for details. **Application:**

Eligibility: None. **Fees/Insurance:** Nominal fees for seminars and weekly meetings; call for details. **Area served:** Kent County. and surrounding area. **Contact:** Lisa Gabala (616) 831-2603

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GOODWILL INDUSTRIES OF GREATER GRAND RAPIDS

(616) 532-4200 / (616) 451-8800

www.goodwillgr.org

3035 Prairie St. SW, Grandville, MI 49418

Main hours: 7:30-4:30, M-F

To assist people with disabilities or other barriers to employment to realize their full potential to be self-reliant, self-supporting, contributing members of society. Provides

career development, employment and occupational skills training, and job placement services.

Program hours: 8-5, M-F. **Application:** None. **Eligibility:** Call for details. **Fees/Insurance:** None. **Area served:** Ionia, Kent, Montcalm, Isabella and Osceola counties. **Contact:** Kathy S. Crosby (616) 532-4200

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Urban Center. Provides career development, employment and occupational skills training, and job placement services. 355 Sheldon Blvd. SE, Grand Rapids, MI 49503

Program hours: 8-5, M-F. **Application:** None. **Eligibility:** Call for details. **Fees/Insurance:** None. **Area served:** Ionia, Kent, Montcalm, Isabella and Osceola counties. **Contact:** Kathy S. Crosby (616) 451-8800

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GRAND RAPIDS – CITY CLERK’S OFFICE

(616) 456-3011

www.grand-rapids.mi.us

300 Monroe Ave. NW, Grand Rapids, MI 49503

Curfew and Parental Responsibility Ordinance

Information. City of Grand Rapids ordinance states that no minor under the age of 12-years-old shall loiter, idle, congregate, traverse or remain in or upon any public street, highway, alley or park between the hours of 10p.m. and 6a.m. unless the minor is accompanied by a parent or guardian, or some adult delegated by the parent or guardian to accompany the child. For youth under 15, curfew is 11 p.m. and youth under 17 must be at home by midnight unless accompanied by a parent or guardian, or some adult over the age of twenty-one (21) years delegated by the parent or guardian.

Program hours: 8-5. **Area served:** Grand Rapids.

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GRAND RAPIDS – COMMUNITY DEVELOPMENT

(616) 456-3988 / (616) 456-3030

www.grcd.info

Suite 460, 300 Monroe Ave. NW, Grand Rapids, MI 49503

Main hours: 8-5, M-F

Housing Rehabilitation Program. Provides financial and technical assistance programs to low income homeowners and rental property owners for home maintenance and improvement.

Program hours: 8-5, M-F. **Application:** Call for details.

Eligibility: Income requirements, home ownership, and property insurance. Call for details. **Fees/Insurance:** Call for details. **Area served:** Grand Rapids.

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Lead Hazard Control Program. Offers FREE dust sampling of homes, education of homeowners and tenants, and hiring of contractors to remedy identified lead hazards in homes. These steps aim to eliminate childhood lead poisoning.

Program hours: 8:30-5, M-F. **Application:** Call for details.

Eligibility: Income under 80% of area median income, child under 6 years of age living in home, and residency in city of Grand Rapids **Fees/Insurance:** Call for details.NA. **Area served:** Grand Rapids

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Division Office

1100 S. Division, Grand Rapids, MI 49507

Phone: (616) 456-3988 **Hours:** 8:30-5:00, M-F

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GRAND RAPIDS – HOUSING COMMISSION

(616) 235-2600

www.grhousing.org

1420 Fuller Ave. SE, Grand Rapids, MI 49507

Main hours: 8-5, M-F, closed from 12 to 1 for lunch

To provide housing assistance and affordable housing opportunities to lower income families, disabled, and senior citizens in a manner that is fiscally sound and in ways that support families, neighborhood and economic self-sufficiency.

Family Self-Sufficiency Program. Provides affordable housing for low-income families, disabled and the elderly through Section 8 and low-income public housing. There is a 1-3 year waiting list.

Program hours: 8-5, M-F. **Application:** Come in during office hours and fill out application, or call and we will mail an application. **Eligibility:** 18 years old, low-income. **Fees/Insurance:** NA. **Area served:** Kent County. **Contact:** Lois Alexander, MSW (616) 235-2865 laalexander@grhousing.com

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Hope Community Transitional Housing. Provides a bridge between shelters and permanent housing for homeless women with children. Programs offered are residential shelter, counseling, parenting classes and budgeting classes. Must be referred by Salvation Army Homeless Assistance Program (616-454-5840).

Program hours: 8-5, M-F. **Application:** Referral by Salvation Army Homeless Assistance Program. **Eligibility:** Referral by Salvation Army Homeless Assistance Program. **Fees/Insurance:** 30% of income. **Area served:** Grand Rapids.

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Public Housing

1024 Ionia Ave. SW, Grand Rapids, MI 49507

Phone: (616) 235-2893 **Hours:** 8-5, M-F.

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GRAND RAPIDS – PARKS AND RECREATION DEPARTMENT

(616) 456-3696

www.grcity.us/parksandrec

201 Market Ave. SW, Grand Rapids, MI 49503

Main hours: 8-5, M-F

Provides listing of parks and schedule of all recreational activities in the city.

Eligibility: None. **Fees/Insurance:** Call for details. Scholarships available. **Area served:** Greater Grand Rapids Area.

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GRAND RAPIDS ADOPTION IDENTITY MOVEMENT

(616) 531-1380

5767 Leisure S. Dr. SE, Kentwood, MI 49548

Search for Natural Parents/Children. A.I.M. provides emotional support, fellowship and information about the laws and practices involving adoption, and insight to the need or absence of need to search for one's birth parents or birth children. Offers aid for searches.

Program hours: 24-hour answering machine/6:30-8:30pm 1st and 3rd W of each month. **Eligibility:** Adoptees, birth parents, adoptive parents and other family members. **Fees/Insurance:** One time donation.

GRAND RAPIDS AREA CENTER FOR ECUMENISM

(616) 643-0117 / (616) 774-2042

www.graceoffice.org

183 Lakeside Dr. NE, Grand Rapids, MI 49503-3811

Main hours: 9-5, M-F

To create a community of compassion and justice by organizing responses to human need and issues of faith. Provides the following programs: Thousands of walkers have raised more than \$5.1 million dollars in thirty years of Hunger Walks in response to local and worldwide need (first Saturday in May). The Racial Justice Institute provides a focus for the religious community's response to racial issues and includes the annual Parters for a Racism Free Community Forum (formerly called the Summit on Racism), Immediate Response Team and Community (2 day) and Faith Based Institutes (8 week) for Healing Racism. West Michigan Call to Renewal brings people of faith together to dismantle poverty and build justice. Faith In Motion is a coalition of religious communities in the metropolitan area advocating for a comprehensive public transportation system to be built. The Restorative Justice Coalition seeks to educate the community about restorative justice principles and practices and advocate for change in the existing justice system. The Congregational Partnership program with the Coalition to End Homelessness encourages congregations to provide financial support for rent assistance and establish relationships with persons who are homeless.

Program hours: 9-5, M-F. **Application:** NA. **Eligibility:** NA. **Fees/Insurance:** NA. **Area served:** Kent County: N – Kent County border; S – Middleville; E – Saranac; W – Coopersville **Contact:** Lisa Mitchell (616) 643-0227 lmitchell@graceoffice.org

AIDS Care Network. Offers volunteer services such as transportation to food bank and friendship including pastoral care. Staff provides education (community awareness and prevention), resource materials and HIV information/referral. **Program hours:** 9-5, M-F. **Application:** Appointment required. Self referral or referral from HIV Nurse Case Manager or agency that has proof of HIV status (i.e. Westminster Food Pantry). **Eligibility:** HIV infected or affected. **Fees/Insurance:** None. NA. **Area served:** Kent County and bordering southwest communities. **Contact:** Lisa Mitchell (616) 643-0227 lmitchell@graceoffice.org

Faith in Motion. Provides advocacy efforts for improved transit system in metropolitan GR.

Program hours: 8-5, M-F. **Area served:** Grand Rapids.

GRAND RAPIDS AREA CHAMBER OF COMMERCE

(616) 771-0300

www.grandrapids.org

111 Pearl St. NW, Grand Rapids, MI 49503

Main hours: M-F, 8:30 a.m.-5 p.m.

Creating opportunities for business success through efforts surrounding membership, diversity and advocacy.

Institute for Healing Racism. Offers a 10-week or 2-day dialogue that focuses on combating and helping to heal the wounds of racism. The Institute for Healing Racism 10-week session is held from 7:30-10 am, one day a week for ten consecutive weeks and the Facing Racism 2-day session is held from 8-6 at various locations throughout the city. The course design includes dialogue, videotapes, literature, and group exercises. Participants examine the history and pathology of racism, institutionalized racism, ally-building, and ways to heal wounds and combat racism.

Program hours: 8:30-5, M-F. **Application:** Registration

available on-line at www.grandrapids.org. **Eligibility:** Age 19 and older. **Fees/Insurance:** Fees: 10-week session: \$125 non-profit / \$225 for-profit; 2-day session: \$200 non-profit / \$300 for-profit. **Area served:** Kent County. **Contact:** Sonya Hughes (616) 771-0321

GRAND RAPIDS ART MUSEUM

(616) 831-1000

www.gramonline.org

101 Monroe Ave., Grand Rapids, MI 49503

Main hours: 10-5 TU-SAT, 12-5 SUN, 10-9 F, closed M.

All Day with the Arts. Every SAT is Family Day at the NEW Grand Rapids Art Museum. Children ages 6 – 10 and their families are welcome each SAT between 10:00 a.m. and 4:00 p.m. for fun and exciting art exploration activities.

Program hours: Sat 10:00-4:00. **Application:** None.

Eligibility: Ages 6-10. **Fees/Insurance:** Free with admission; Admission is free for members. **Area served:** Western Michigan. **Contact:** Melissa Szucs (616) 831-2927 edprogram@gr-artmuseum.org

Junior Fellows. Junior Fellows is a program for sixth, seventh, and eighth grade students who demonstrate enthusiasm and talent for the visual art. The curriculum provides participants the opportunity to engage with original works of art and develop their skills in an art museum setting. Classes correspond to the museum's fall and spring exhibition schedule. Session time is spent with an artist-instructor in the studio or in the museum galleries.

Program hours: October through April. **Application:** Registration forms are available on our website at www.artmuseumgr.org **Eligibility:** Youth, grades 6-8. **Fees/Insurance:** \$100/semester for members, \$150/semester for non-members. Need-based scholarships available for full tuition. **Area served:** Western Michigan. **Contact:** Erin Glupker (616) 831-2928 edassist@gr-artmuseum.org

Summer Camps. Enroll your child in the area's most exciting summer experience at the New Grand Rapids Art Museum at 101 Monroe Center.

Enrollment is on a first-come, first-served basis and space is limited. Children who will be ages 8 – 11 before July 2008 are welcome to attend. A limited number of need-based scholarships are available.

Program hours: M-F 9:30 AM-12:00 PM. **Application:** Registration deadline is June 15. **Eligibility:** Ages 8-11. **Fees/Insurance:** \$75 for members, \$105 for non-members. **Area served:** Western Michigan **Contact:** Erin Glupker (616) 831-2928 edassist@gr-artmuseum.org

GRAND RAPIDS CHILDREN'S MUSEUM

(616) 235-4726

www.grcm.org

22 Sheldon Ave. NE, Grand Rapids, MI 49503

Celebrates childhood and the joy of learning by encouraging children ages 2-10 to turn something into everything. Provides a hands-on, interactive environment that encourages learning through play. Children discover, create, and explore through interaction with manipulatives. Celebrates childhood and the joy of learning.

Program hours: 9:30-5, TU, W, F, SAT; 9:30-8 pm, TH; 12-5 pm, SUN. **Eligibility:** None. **Fees/Insurance:** \$5 per person ages 2 and up; \$1 per person ages 2 and up on TH Family Night 5-8 pm. Scholarships available, call for more information. **Area served:** Western Michigan. **Contact:**

GRAND RAPIDS CIVIC THEATRE AND SCHOOL OF THEATRE ARTS

(616) 222-6650

www.grct.org

30 N. Division Ave., Grand Rapids, MI 49503

Main hours: 10-5, M-F

To provide the widest range possible of quality theatre and theatre arts experiences to as much of the community as possible. Offers six main stage plays (including at least one

for the family) and two children's plays each year. In addition, holds classes for ages 4 to adult all year round in acting, dance, and musical theater. Programs include tours of the facility, talk-backs with actors after the show and vacation day camps.

Program hours: Varies, call for details. **Application:** Call for details on classes. **Fees/Insurance:** Ticket prices and show prices, tickets range from \$5-\$27; call for details on class fees. **Area served:** Western Michigan. **Contact:** Bruce Tinker (616) 222-6652 betinker@grct.org

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GRAND RAPIDS COMMUNITY COLLEGE

(616) 234-4722

143 Bostwick Ave. NE, Grand Rapids, MI 49503

Dental Clinic. Provides dental hygiene services by students as part of their dental hygiene and dental assisting courses. The clinic offers teeth cleaning, fluoride treatments, tooth sealants, dental health education, dietary analysis, and x-rays (if person has a dentist to whom they can be mailed.) Clinic operated only when GRCC is in session.

Program hours: 12 noon, 2 pm, 5:15 pm, 7 pm, M-W; 1 pm, 3 pm, TU and TH, all by appointment. **Application:** None. **Eligibility:** Ages 3 years and older. Appointment needed, health status screening for purpose of determining needed pre-medications. **Fees/Insurance:** \$20 per person (cleaning, bite-wing x-rays, topical fluoride); \$5 sealant per tooth. **Area served:** Kent County.

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Occupational Support Services. Provides services and accommodations to students with documented disabilities, as well as students who are enrolled in occupational programs who meet eligibility requirements. Services may include academic advising, early registraion, notetaking, testing accomodation, coordination of peer tutorials, handicap parking, career information, referral, job preparation skills, child care, tuition and books.

Program hours: 8-7:30, M-TH; 8-5, F. **Application:** **Eligibility:** Individual with a diagnosed disability, and student in occupational programs who is: economically and/or academically disadvantaged, enrolled in a non-traditional program based on gender, single parent, displaced homemaker, non-native speaker of English **Fees/Insurance:** No fees for services or accommodations **Area served:** West Michigan

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GRAND RAPIDS DADS

(616) 340-8695 / (616) 247-6698

groups.yahoo.com/group/grandrapids.com

Main hours: 9-8

We are a Stay-at-Home Dads Support Group that is based in Grand Rapids, Kent County., MI. We are a group that is for any Dad that stays home with their kids whether it is part time or full time. We do at least one activity a week and have one Dads night-out a month.

Program hours: 9-5 any day of the week. **Eligibility:** Just have to be a stay at home dad doesn't matter if you are part or full time. **Fees/Insurance:** The only fees are for some of the activities we might do but we usually try to do free stuff. **Area served:** Anywhere within an hour of Grand Rapids.

Contact: Adam Imperato (616) 340-8695

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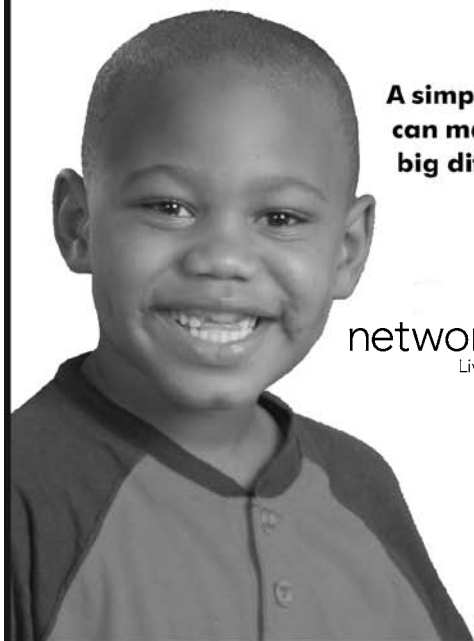
CHILDREN'S MENTAL HEALTH MATTERS.

We know that children need nutritious food, shelter, exercise, and immunizations - but the basics for good mental health aren't always as clear. The first fundamental rule is to know that **children's mental health matters**. Children's mental health is an important part of their overall health and well-being. It should be given thought and attention and, when needed, professional help.

The best way to promote children's mental health is to build up their strengths, help to protect them from risks, and give them tools to succeed in life. If you know a young person who is struggling emotionally, help them get the attention they deserve. Call The Network180 Access Center at 1-800-749-7720 and learn more about Network180 services specially designed for children and families.

A simple call
can make a
big difference.

network180
Lives Redirected.





Positive Parenting

Parenting isn't easy. But with love, limits, and lots of involvement, parents are able to raise happy, healthy and well-behaved children. Following are a few tips for resolving conflicts and setting limits with your child while nurturing a positive relationship.

Read the child's cues. Many confrontations can be avoided if you pay close attention to your child's behavior and see the signs he is already agitated, tired, or uncomfortable for some reason. What may seem like random misbehavior probably has causes you can address, if not solve altogether.

Redirect the behavior. As soon as you see trouble coming, offer an alternative. A four-year old can likely understand and accept a simple explanation, such as, "I'm afraid I can't let you do that, because Billy is still taking his turn. You can work with the blocks, or help me with a snack instead. Which will it be?"

Offer a choice. Offering your child a choice is a good way to avoid confrontation and helps your child learn how to make good choices. Be sure to offer a limited number of choices—start with two—and only offer those you can accept and fulfill. Offer choices that your child can distinguish as different. For example, if you're headed out on an errand and your child starts to object, you might say, "We are going to the store now; would you like to take your Panda Bear or your Big Bird book to look at?" Now the child is focused on his choice, not the inevitable trip.

Remove the child from the situation, or the toy or object from the child. When things heat up, it's time to move on to something else or put away the object. Later, when the situation calms down, you may be able to demonstrate how to play with the toy or do the task appropriately. If you can keep the child right at your side for a time while he starts something else - all the better.

Reflect his feelings back to him. Show him you acknowledge and understand the anger or frustration that may have accompanied an incident. It's good if you can prompt him to express his feelings verbally, but it doesn't have to become an issue if he doesn't. When you acknowledge his frustration, you are not waiving the consequences of what he's done, just recognizing what's behind it. Complete the communication by stating what's wrong with the behavior, and an alternative, such as, "I know it's frustrating when the markers are all dry, but when you throw them on the floor like that, it's just a mess we have to pick up. Let's do that now, and then find something else you can work with, like these crayons."

If you do have to give him a "time out" to help both of you calm down, you can usually give him the choice to return to his activities, "only when you are ready to work within the rules." When possible, put the "time out" spot right near you - your presence is likely to have a calming effect.

Source: The Michigan 4C (Community Coordinated Child Care) Association. For more parenting resources, visit <http://www.mi4c.org/parent/>

GRAND RAPIDS JAYCEES

(616) 954-9409

www.grjaycees.org

2774 Birchcrest Drive SE, Grand Rapids, MI 49506-5477

To create positive change within our organization and communities by providing young people with an organization of shared values through personal and professional development, social and cultural diversity, networking, and community improvement. A group of professionally minded young people ages 21 to 39. Through active participation, Jaycees meet new people, network for business, help the community and build their personal and professional skills. By planning and executing projects in a variety of areas, members of the Jaycees get experience in event planning, management, networking and more

Program hours: Varies; variety of programs are offered throughout the year. **Application:** Complete Membership Application Form. **Eligibility:** Men and Women Ages 21-40.

Fees/Insurance: Membership fees vary based on length of membership. **Area served:** Grand Rapids. **Contact:** Bridgette Chapman (616) 954-9409 info@grjaycees.org

Area served: Grand Rapids

GRAND RAPIDS OPERATION WEED AND SEED

(616) 331-7246 / (616) 331-7247

410 W Fulton, Grand Rapids, MI 49504

Main hours: 9-5, M-F

To weed out crime and seed with community development. In collaboration with law enforcement, government, education, residents and community-based agents, Weed and

Seed leverages resources, services, training, and economic incentives into designated neighborhoods.

Area served: Grand Rapids – west side and Garfield Park neighborhoods.

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GRAND RAPIDS OPPORTUNITIES FOR WOMEN (GROW)

(616) 458-3404

www.growbusiness.org

Suite 210, 25 Sheldon Blvd. SE, Grand Rapids, MI 49503

Main hours: M-TH, 8:30-5:00; F, 8:30-1

GROW exists to provide business and economic training to women in transition.

Economic Literacy. Economic Literacy is a series of seven weekly classes for improving personal financial management. Class topics include the economy, banking, financial planning & asset accumulation, how to read credit reports, budgeting, debt repair, and more. Those interested must attend the FREE Introduction to Business Ownership (IBO) class (held monthly the first TU of every month). Call the GROW office for current schedule.

Program hours: GROW hours: 8:30-5:00 M-TH; 8:30-1 pm, F; Economic Literacy classes are typically held in the evening.

Application: Call for details. **Eligibility:** Call for details.

Fees/Insurance: \$10 deposit and sliding fee scale. NA. **Area served:** Western Michigan. **Contact:** Denise Miller (616) 458-3404 dmiller@growbusiness.org

☎ 🗣️ (French, Wolof)

Entrepreneurship Training. Provides “Start Smart” and “Minding Your Own Business” (MYOB) courses to prepare women to start their own businesses. Most courses are taught by professionals and emphasize hands-on, practical application. The two-part Start Smart class (\$70; scholarships available) requires participation in a FREE Introduction to Business Ownership (IBO) class held the first TU of every month. After completing Start Smart, participants meet with programming staff to apply for the MYOB class. MYOB meets twice weekly for 13 weeks to help women develop skills and acquire the knowledge needed to write a business plan and successfully operate a business (sliding fee scale; payment plan; scholarships available).

Program hours: GROW hours: M-TH, 8:30-5:00 F, 8:30-1 (most classes take place in the evening). **Application:** “Introduction to Business Ownership” class required.

Eligibility: Call for details. **Fees/Insurance:** Call for details. NA. **Area served:** Western Michigan. **Contact:** Rob Steketee (616) 458-3404 rsteketee@growbusiness.org

🗣️ (French, Wolof)

Up Close Workshops. UpClose Workshops zero in on topics of interest to small business owners and give participants the benefit of straight talk from people in the field. Seating is usually limited to allow for individualized advice. A nominal fee is charged. Topics, dates, and times rotate; call for updated listing or view GROW’s online calendar at <http://www.growbusiness.org/calendar.php>

Program hours: GROW’s hours: M-TH, 8:30-5:00 F, 8:30-1 (most classes take place in the evening). **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. NA. **Area served:** Western Michigan. **Contact:** Kathy Wickerham (616) 458-3404 kwickerham@growbusiness.org

🗣️ (French, Wolof)

GRAND RAPIDS PUBLIC LIBRARY

(616) 988-5400

www.grpl.org

111 Library St. NE, Grand Rapids, MI 49503

Main hours: 9-9, M-TH; 9-5:30, F-SAT; 1-5 pm, SUN (Sept.-May only)

To lead in the delivery of quality library services to offer materials to meet the diverse needs of community; to inspire the reading interests at youth, and to support life by learning for all.

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Youth Services. Provides various children’s programs including the summer reading program, workshops, Internet classes, arts and crafts, and Storytelling. Also available: Toddler Story Times and Preschool Story Times (Fall-Spring).

Program hours: Call for details. **Eligibility:** Open to all **Fees/Insurance:** Fees for extended research, photo copies, and super loan NA. **Area served:** Western Michigan

Madison Square Branch

1201 Madison Ave. SE, Grand Rapids, MI 49506

Phone: (616) 988-5411 **Hours:** 10-6, TU, TH, F; 12-8 pm, W; 9:30-5:30, SAT; closed SUN, M.

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Ottawa Hills Branch

1150 Giddings Ave. SE, Grand Rapids, MI 49506

Phone: (616) 988-5412 **Hours:** 10-6, TU, TH, F; 12-8 pm, W; 9:30-5:30, SAT; closed SUN, M.

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Seymour Branch

2350 Eastern Ave. SE, Grand Rapids, MI 49506

Phone: (616) 988-5413 **Hours:** 12-8 pm, M and TU; 10-6, W and TH; 9:30-5:30, SAT; closed, F and SUN.

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Van Belkum Branch at Creston

1563 Plainfield Ave. NE, Grand Rapids, MI 49505

Phone: (616) 988-5410 **Hours:** 10-6, TU, TH, F; 12-8 pm, W; 9:30-5:30, SAT; closed SUN, M.

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West Leonard Branch

1017 Leonard St. NW, Grand Rapids, MI 49504

Phone: (616) 988-5416 **Hours:** 12-8 pm, M and TU; 10-6, W and TH; 9:30-5:30, SAT; closed, F and SUN.

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West Side Branch

713 Bridge St. NW, Grand Rapids, MI 49504

Phone: (616) 988-5414 **Hours:** 12-8 pm, M and TU; 10-6, W and TH; 9:30-5:30, SAT; closed, F and SUN.

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Yankee Clipper Branch

2025 Leonard St. NE, Grand Rapids, MI 49504

Phone: (616) 988-5415 **Hours:** 12-8 pm, M and TU; 10-6, W and TH; 9:30-5:30, SAT; closed, F and SUN.

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GRAND RAPIDS PUBLIC SCHOOLS

(616) 819-2000

www.grps.k12.mi.us

P.O. Box 117, 1331 Franklin St. SE, Grand Rapids, MI 49501-0117

Main hours: 8-6, M-F

Area served: Grand Rapids Public School area. **Contact:** Rose Mary Reed, Communications Dept. (616) 819-2148

🗣️ (Spanish)

Autism Program. Educational programs for students with autism in Grand Rapids Public Schools.

Area served: Grand Rapids Public School area. **Contact:** Paulette Komor (616) 819-3297

Early Childhood Programs. Provides preschool sessions (approx. 2 1/2 hrs long) in the morning or afternoon, or full day for qualifying families. Nutritious snacks provided at each session. Hands on learning experiences, exploratory lessons and field trips are essential components of program. Caring teachers, state certified, are available to help children grow and learn. Monthly parent activities, parent education workshops, and home visits are required. Available in 14 sites, some with transportation provided.

Program hours: Call for details. **Eligibility:** Children 4 years old by December 1. **Fees/Insurance:** A grant program free to qualified families. NA. **Area served:** Grand Rapids Public School area. **Contact:** Joanne M. Kelty (616) 819-2111 keltyj@grps.k12.mi.us

🗣️ (Spanish) Available at several sites

FACTS Afterschool. Provides academic support and enrichment for youth who attend Grand Rapids Public Schools. Offers students the opportunity to extend their learning and have fun in a safe and healthy environment after normal school hours. Snacks are served.

Program hours: Vary by site and time of year. **Application:** No registration deadline **Eligibility:** Youth who attend GRPS **Fees/Insurance:** None. **Area served:** 35 GRPS Elementary Schools and 5 Middle Schools

Kent Vocational Options and C.B.O.T. Special Education Center based program for developmentally disabled, ages 18-246.

Area served: Grand Rapids Public School area.

Oral Deaf Program. Provides special education (oral) for hearing impaired birth to 26-year old students. Preschool and elementary classes are held at Shawnee Park.

Program hours: 8:30-4, M-F. **Application:** Call (616) 819-3070 for information. **Eligibility:** Call for details. **Fees/Insurance:** None. **Area served:** Grand Rapids Public School area. **Contact:** Julie Swanson (616) 819-3070

Buchanan Elementary School.
1775 Buchanan Ave. SW, Grand Rapids, MI 49507
Phone: (616) 819-2252 **Hours:** 7:53 am-2:45 pm, M, TU, TH, F; 7:53 am-1 pm, W.

Burton Elementary School
2133 Buchanan Ave. SW, Grand Rapids, MI 49507
Phone: (616) 819-2262 **Hours:** 7:30-3:30, M-F.

Hall Elementary School
703 Shamrock SW, Grand Rapids, MI 49509
Phone: (616) 819-2560 **Hours:** 7-3, M-F.

Lincoln Campus
864 Crahen NE, Grand Rapids, MI 49525
Phone: (616) 819-2740

Shawnee Park Elementary
2036 S. Chesaning Dr. SE, Grand Rapids, MI 49506
Phone: (616) 819-3070

Southeast Community Campus
801 Oakland SW, Grand Rapids, MI 49503
Phone: (616) 819-2540

GRAND RAPIDS PUBLIC SCHOOLS – ADULT AND COMMUNITY EDUCATION

(616) 819-2000
P.O. Box 117, 1331 Franklin St. SE, Grand Rapids, MI 49501
Main hours: 8-6, M-F

Adelante High School/Hispanic Institute. Day and evening classes are available. Bilingual staff provide a supportive environment for immigrants. GED Preparation in Spanish is available.

Program hours: 8:30-2:45, M-F, 5:30-8:30, M-TH.
Eligibility: Limited English speakers; non-high school graduates receive free instruction. **Fees/Insurance:** Free tuition and books to anyone who has not received a high school diploma and GED holders. **Area served:** Grand Rapids. **Contact:** Rosa Fraga (616) 819-2620

Business and Industry Program. The program is client focused. Uses a variety of means including counseling, simulation of work environment through work sent by businesses, assistance with resumes, etc. Efforts are made to correct problem behaviors, e.g. lack of honesty, motivation, enthusiasm, or mental alertness, absenteeism, negative attitude, “goofing off” etc. Helps participants develop effective work habits and attitudes
Program hours: 9-3, M-F. **Eligibility:** All clients are referred by sponsoring agency, i.e. FIA, Michigan Rehab and 61st District Court. **Fees/Insurance:** Free to non-graduates, check with coordinator as to availability of graduate positions. **Area served:** Kent County. **Contact:** Dale Hovenkamp (616) 819-2301

Community Enrichment. Regular and mini-length enrichment classes in various arts and crafts, cooking, communications, first aid, fix it/make it, foreign language, gardening, computers, dog training, photography etc. In addition to leisure time classes, programs for high school completion, and basic education are available. Community

Enrichment Classes serve persons who would like to refresh a skill, want a new hobby, or are seeking personal growth/enrichment.

Program hours: 9-4, M-F Call for information and schedules. **Application:** **Eligibility:** No restriction. **Fees/Insurance:** Varies. **Area served:** Grand Rapids and surrounding areas. **Contact:** Kay Stark and Joyce Sall (616) 819-2121

Adelante High School
1061 Kensington Ave. SW, Grand Rapids, MI 49503
Hours: 8:30-2:45, M-F, 6-9:30, M-TH.

Oak Industrial Drive
2300 Oak Industrial Dr, Grand Rapids, MI 49505
Phone: (616) 819-2301 **Hours:** 8-4:30, M-F.

Turner Ave
615 Turner Ave NW, Grand Rapids, MI 49504
Phone: (616) 819-3270 **Hours:** 8-4:30, M-F.

GRAND RAPIDS PUBLIC SCHOOLS – HISPANIC INSTITUTE

(616) 819-2000
www.grps.k12.mi.us
P.O. Box 117, 1331 Franklin St. SE, Grand Rapids, MI 49501-0117
Main hours: 8-6, M-F
To insure school readiness for children and assist parents to become successfully educated, independent and productive citizens of society.

Adelante High School and ESL Program. Provides daytime and evening classes in English as a Second Language (ESL), GED preparation, and high school completion. Provides child care for both day and evening classes. Also provides transportation through for day and evening programs.
Program hours: Call for details. **Fees/Insurance:** None. **Area served:** Grand Rapids Public School area.

Even Start Program. Provides home-based education and childcare for parents ages 15 to 29 with children ages 0-3. Those expecting a child are also eligible. Provides support for parents to complete their own education and prepare their children for school. Offers assistance with counseling, food, clothing, housing, job training, and medical insurance referrals. Works with Godfrey Lee, Park, Adelante, Lee, and Vision Quest high schools. Transportation may be provided.
Program hours: Office – 8-6, M-F. Works with parents’ schedule. **Application:** Referral required. **Eligibility:** Parents 15-29, children 0-3, living in Grandville corridor. **Fees/Insurance:** None. **Area served:** Grand Rapids – Grandville corridor. **Contact:** Leticia Leffler (616) 819-2107

GRAND RAPIDS PUBLIC SCHOOLS – KEN-O-SHA CENTER

(616) 819-2000
www.grps.k12.mi.us
P.O. Box 117, 1331 Franklin St. SE, Grand Rapids, MI 49501-0117
Main hours: 8-6, M-F

Diagnostic Center (An Early On Agency in Kent County.). Offers testing birth through age 25. Services include on-going evaluation, consultative services, medical consultations, recommendations for home activities, and weekly class sessions for both the parent and the child.

Provides classroom experience to enhance the development of the child with a disability and to help parents cope and understand their child's present and future needs. All referrals handled through Van Auken. Services also provided at Campus Early Childhood, Ridgemoor Park, and Wellerwood Early Childhood centers. Our programs meet the educational needs of the student.

Program hours: 7:30-4, M-F. **Application:** Call for program information. **Eligibility:** Children in the Kent Intermediate School District. **Fees/Insurance:** None. **Area served:** Kent Intermediate School District. **Contact:** William Krater (616) 819-2685

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Home Community Program (An Early On Agency in Kent County.)

Provides on-going evaluations, weekly home visits, weekly parent group meetings, and medical consultations. Services offered to any child age birth to 36 months who is eligible for special education.

Program hours: 7:30-4, M-F. **Application:** Call for program information. **Eligibility:** Children in the Kent Intermediate School District suspected or eligible for special education.

Fees/Insurance: None. **Area served:** Kent Intermediate School District. **Contact:** William Krater (616) 819-2685

🇺🇸 (Spanish, Vietnamese)

Pre-School Classroom (An Early On Agency in Kent County.)

Provides classroom experiences for the child with a disability while providing the family with help to cope and understand. Services may include on-going evaluations, half-day classes, and medical consultations. This program is for children ages 2-5 who are special education eligible.

Program hours: 7:30-4, M-F. **Application:** Call for program information. **Eligibility:** Must qualify for special education services.

Fees/Insurance: None. **Area served:** Kent Intermediate School District. **Contact:** William Krater (616) 819-2685

🇺🇸 (Spanish, Vietnamese)

Ken-O-Sha Center

1353 Van Auken St. SE, Grand Rapids, MI 49508

Phone: (616) 819-2685 **Hours:** 7:30-4:30, M-F.

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GRAND RAPIDS PUBLIC SCHOOLS – PARK SCHOOL FOR TEEN PARENTS

(616) 819-2000

www.grps.k12.mi.us

P.O. Box 117, 1331 Franklin St. SE, Grand Rapids, MI 49501-0117

Main hours: 8-6, M-F

Offers accredited day school pregnant and parenting teen students and contributes to graduation requirements. Emphasis placed on prenatal care, nutrition, preparation for labor and delivery, and childrearing. Free transportation for GR residents. Students enrolled in comprehensive high school curriculum that also includes work/study opportunities. Students may attend Kent County. Technical Center, Kent transition Center and other vocational programs.

1150 Adams St. SE, Grand Rapids, MI 49507

Program hours: 9-3:30, M-F. **Application:** **Eligibility:** Must be a pregnant or mothering teen who has custody of their child. **Fees/Insurance:** None. FIA payments for day care service. **Area served:** Kent County. **Contact:** Thom McNally (616) 819-2935

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GRAND RAPIDS PUBLIC SCHOOLS – WEST MIDDLE SCHOOL

(616) 819-2000

www.grps.k12.mi.us

P.O. Box 117, 1331 Franklin St. SE, Grand Rapids, MI 49501-0117

Main hours: 8-6, M-F

Community Enrichment Program. Provides English As A Second Language (ESL), High School Completion, GED Preparation, Adult Literacy, Vocational Computer Training, Vocational Health Training. Also offers enrichments classes in subjects from computers to art.

Program hours: Call for details. **Fees/Insurance:** None.

Area served: Kent County. **Contact:** Kay Stark or Joyce Sall (616) 819-2121

🇺🇸 🇻🇳 (Spanish) ESL program available in several languages, call for details.

Homeless Students Assistance Program. Functions as liaison between school system and homeless shelter community to support homeless students and their families through enrollment assistance, advocacy, transportation coordination, referrals, and basic supplies to insure their attendance and success in school.

Program hours: School year – 9-3:30, M-TH. **Application:**

Call for information **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Kent Intermediate School District.

Contact: Evelyn Kirchgessner (616) 819-2519

West Middle Adult Education Career Resource Center

615 Turner Ave. NW, Grand Rapids, MI 49504

Phone: (717) 819-2121

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West Middle School

615 Turner Ave. NW, Grand Rapids, MI 49504

Phone: (616) 819-2519

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GRAND RAPIDS REACH

(616) 235-0455

www.grandrapidsreach.org

551 Henry Ave. SE, Grand Rapids, MI 49503

Main hours: 8:30-5:30, M-F

To search, discover, and share social, economic, educational, and spiritual services with persons or groups who are potentially challenged.

Child Development Center. Provides licensed child care for ages 2 weeks to 12 years. Focuses on social/emotional development, language and literacy, arts including music, physical development, and math and science. Classrooms consist of infant room, toddler room, 2 1/2 to 3 1/2 year old room, 3 1/2 to 5 year old preschool room, and school-aged room.

Program hours: 6-6, M-F. **Application:** Appointment with Child Care director. **Eligibility:** Children ages 2 weeks to 12 years. **Fees/Insurance:** Call for details. **Area served:** Western Michigan. **Contact:** Elnor Griffin (616) 235-0455 grreach@sbcglobal.net

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School Age Program. Provides child development and parenting programs, as well as senior food distribution. Also provides a child development program with children ages 2 weeks to 12 years offering SELF program (parenting program, senior foods program), SMAP program (help with prescriptions for seniors)

Program hours: 6-6, M-F. **Application:** By appointment only. **Eligibility:** For childcare, we accept FIA for Kent

Regional 4Cs, and we accept cash. **Fees/Insurance:** Information available during appointment. **Area served:** Western Michigan. **Contact:** Elnor Griffin (616) 235-0455 grreach@sbcglobal.net 🇺🇸 (Spanish)

Support Enhances Life for Families (SELF) Parenting Program. Provides assistance to parents in understanding their rights and responsibilities. Focuses on developing modern and appropriate parenting skills. Six-week classes presented three times per year. Includes transportation, child care and activities.

Program hours: Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Western Michigan. **Contact:** Evette Harber-Bey, MSW (616) 235-0455 grreach@sbcglobal.net 🇺🇸 (Spanish)

G GRAND RAPIDS URBAN LEAGUE

(616) 245-2207
745 Eastern Ave. SE, Grand Rapids, MI 49503
Main hours: 8:30-5, M-F
Dedicated to delivering quality services and creating systemic changes which eliminate racism, and increase the availability of life changes, thus empowering African Americans and thus benefitting the entire community.

Foreclosure Prevention. Provides an information session on the foreclosure process and actions people can take to save their home. Sessions are held the first and third THs of each month at noon.

Program hours: 12:00 noon, 2nd and 4th THs of each month. **Application:** None. **Eligibility:** None. **Fees/Insurance:** None. NA. **Area served:** Kent County. and surrounding areas.
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Multiple Services in Employment, Housing and Economic Development. Offers counseling, advocacy, and direct services to anyone faced with obstacles to employment, housing, or education.

Program hours: 8:30-5, M-F. **Application:** Call for appointment. **Eligibility:** Varies by program. **Fees/Insurance:** None. **Area served:** Kent County.
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R GRAND RAPIDS YOUTH COMMONWEALTH

(616) 233-9370
www.grkidsandcops.org
235 Straight Avenue, NW, Grand Rapids, MI 49504
Main hours: M-F, 8:00-5:00
To enhance the character of youth through recreation, education, and positive community experiences in partnership with Grand Rapids Police Department.

Camp O'Malley. One week summer camp experiences for youth ages 8-16. Camp O'Malley partners with the Grand Rapids Police Department to build the character of our area's youth through recreation, education, mentoring, and positive community experiences. Must register early.
7360 Thornapple Dales Rd., Alto, MI 49302
Program hours: M-F 9-5. **Application:** Visit us online at www.grkidsandcops.org/camp.html or call 616-871-6551 leaving name, address, and phone number on voice mail. Must register early. **Eligibility:** Youth ages 8-16. **Fees/Insurance:** Sliding scale based on income; scholarships available. **Area served:** All counties.; primarily Grand Rapids. **Contact:** Becky Reed (616) 871-6551 rreed@grkidsandcops.org
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Seidman Youth Center. Provides recreation and education services to boys and girls ages 6-17. Youth center staffed by police officers from 3:00-9:00 every week day during the school year and 12:00-5:00 during the summer.
139 Crofton Street, SE, Grand Rapids, MI 49507
Program hours: School year -- M-F 3pm- 9pm Summer -- M-F 12-5 pm. **Application:** \$2.00 Registration Fee, applications available at both youth centers. **Eligibility:** Youth ages 6-17. **Fees/Insurance:** Yearly membership fee \$2 **Area served:** Kent County., primarily Grand Rapids. **Contact:** Officer Mike Harris (616) 452-0061 mharris@grcity.us
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Steil Youth Center. Provides recreation and education services to boys and girls ages 6-17. Youth center staffed by police officers from 3:00-9:00 every week day during the school year, and 12:00-5:00 during the summer.
Program hours: School year -- M-F 3pm- 9pm Summer -- M-F 12-5 PM. **Application:** \$2 Registration Fee, applications available at both youth centers. **Eligibility:** Youth ages 6-17. **Fees/Insurance:** Yearly membership fee, \$2. **Area served:** Kent County., primarily Grand Rapids. **Contact:** Officer Connie Moore (616) 451-4297 cmoore@grcity.us

G GRAND VALLEY AMERICAN INDIAN LODGE

(616) 364-4697
<http://gvail.greenthings.com>
Promotes, steadfastly and earnestly, Indian history, Indian arts, crafts, customs, legends, traditions, songs, dances and keep alive Indian culture. Places before the public, reliable information leading to a fuller understanding of the North American Indian. Maintains an archive to promote accurate and authentic knowledge of Indian culture.
Area served: Western Michigan

G GRAND VALLEY STATE UNIVERSITY

(616) 771-6659
Suite 920, 301 Fulton St. W, Grand Rapids, MI 49504

Rising Star Camp for Students With Learning Disabilities. Grand Valley School of Education and The Lake Michigan Academy operate a six-week camp (day or residential) for students already diagnosed as learning disabled. (The director will consider other students who are having significant difficulties in reading and written language.) The instructional program for each student is based on individual needs. Recreational as well as academic activities are provided.
Program hours: Residential: SUN evening-TH evening Day camp: 8:30-4, M-TH. **Application:** **Eligibility:** Learning disabled children, youth, teens **Fees/Insurance:** Day camp: \$500. Residential \$1000. **Area served:** No restrictions

G GRANDVILLE AVE ACADEMY FOR THE ARTS

(616) 742-0692
www.gaah.org
644 Grandville Ave. SW, Grand Rapids, MI 49503
Main hours: 9-5, M-F
Nourishing the creative spirit of Grandville Avenue neighborhood children, teens and adults through the arts. Provides classes in music, dancing, painting, pottery, drama, crafts, and sculpture for children, teens and adults.
Program hours: Varies, call for details. **Application:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Southwest Grand Rapids.
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GRANDVILLE AVENUE NEIGHBORHOOD LIBRARY

(616) 475-1150

1260 Grandville SW, Grand Rapids, MI 49503

Main hours: 2 pm-6 pm, M-F

Programs being offered include story time and homework assistance to students.

Program hours: 2-6, M-TH; 2-5, F. **Fees/Insurance:** No fees. **Area served:** Grandville Ave. neighborhood.

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GRAY CENTER FOR SOCIAL LEARNING AND UNDERSTANDING (THE)

(616) 954-9747

www.thegraycenter.org

Main hours: Vary

Dedicated to individuals with autism spectrum disorders (ASD) and those who work alongside them to improve mutual understanding. The Gray Center approaches the social impairment in ASD as a shared impairment and works to improve social understanding on both sides of the social equation, helping both persons with ASD and those who are considered to be 'normal' to be able to communicate.

Our services include:

- Providing education through conferences, workshops and speaking engagements,
- Providing information through our book store and library,
- Providing education, information, referral and networking through social groups for teens and young adults with ASD, and networks for parents, grandparents and the community.

Program hours: Vary. Please check our web site or call 616-954-9747 for specific times and events. **Area served:** Direct Services provided to West Michigan. Information services provided internationally through our web site and by phone.

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GREATER GRAND RAPIDS INTERFAITH HOSPITALITY NETWORK

(616) 475-5220

www.ggrihn.org

906 S. Division Avenue-Suite 205, Grand Rapids, MI 49507

Main hours: 7-5, M-F; 8-4, SAT, SUN

Engaging the faith community in ending homelessness in Grand Rapids a few families at a time. Provides emergency family shelter (30 days). Intact couples with children, single fathers with children, single mothers with children, teen age boys with parents. Offers case management. All families must be referred through Salvation Army Homeless Assistance (616) 454-5840.

Program hours: 24/7. a week. **Application:** Must be referred by Salvation Army Homeless Assistance Program (616) 454-5840. **Eligibility:** Family with children, physically capable of climbing stairs. **Fees/Insurance:** None. **Area served:** Grand Rapids. **Contact:** Mary Kay Baker (616) 475-5220 mbaker@ggrihn.org

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GREATER GRAND RAPIDS SAFE KIDS COALITION

(616) 391-1774

www.safekids.org

100 Michigan St. NE, Grand Rapids, MI 49503-2560

Seeks to reduce the number of preventable childhood deaths and injuries by collaborating with agencies and individuals to: raise community awareness; educate the public; participate in school and community events; initiate public policy changes; and organize safety device distribution.

Greater Grand Rapids Safe Kids Coalition. A grassroots network of over 100 members and 50 agencies. Provides information on bicycle and pedestrian safety, burn prevention, fire safety, water safety, poison prevention, home safety, riding safety, car seats, gun safety and other issues to prevent accidents and injuries to children. Lead agency is DeVos Children's Hospital

Program hours: 9-5, M-F. **Area served:** Kent County.

Contact: Mary Hassenger (616) 391-SAFE

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GRYPHON PLACE

(269) 381-1510

www.gryphon.org

1104 S. Westnedge Ave, Kalamazoo, MI 49008

Main hours: 9-4, M-F

211. Information and Referral for Human Services in Kalamazoo County.

Program hours: 24/7/365. **Area served:** Kalamazoo County. **Contact:** Bill Pell 269-381-1510 x211 wpell@gryphon.org

CAN / Parent HelpLine (CAN = Child Abuse and Neglect). 24 hour, free, statewide Crisis Intervention and Information and Referrals for parents and caregivers who need someone to talk with when they are feeling overwhelmed with the many demands of parenting. Anyone concerned about the welfare of a child/children may call this line and be connected to the Child and Protective Services of the County. in which the abuse, neglect or exploitation occurs/may be occurring. Hospitals, police and other agencies also use this line to locate the CPS office for the appropriate County in the State of Michigan. This Helpline is funded by FIA of Michigan.

Program hours: 24/7. **Application:** None. **Eligibility:** See description. **Fees/Insurance:** NA. **Area served:** State of Michigan. **Contact:** Liz Ranney (269) 381-1510 ext. 222 lranney@gryphon.org

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Difficulty paying your energy bill? We can help.

Energy-saving tips • Assistance programs • Payment options

(800) 477-5050

www.consumersenergy.com/energyanswers

Consumers Energy

5117-EE

Runaway Assistance Program (RAPLine). 24 hour, free, confidential, anonymous, statewide Crisis Intervention and Information and Referrals for youths, their families, or concerned individuals. This line is also the after-hours resource for many youth centers across the state that do not have 24-hour program availability. Callers are generally youths at risk for runaway, homeless youth, or parents/concerned parties that fear a youth may be at-risk to run away. Hospitals, police and other agencies also use this crisis and information and referral line, often to locate youth centers and/or runaway/homeless centers. This Helpline is funded by FIA Michigan.

Program hours: 24/7. **Application:** None. **Eligibility:** See description. **Fees/Insurance:** NA. NA. **Area served:** State of Michigan. **Contact:** Liz Ranney (269) 381-1510 ext. 222 lranney@gryphon.org

Safe Delivery of Newborns. Information & Referral and Crisis Intervention for anyone needing information about the Safe Delivery of Newborns law or trying to find an Emergency Service Provider to surrender a Newborn.

Program hours: 24/7/365. **Application:** NA. **Eligibility:** NA. **Fees/Insurance:** NA. **Area served:** State of Michigan. **Contact:** Liz Ranney 269-381-1510 x222 lranney@gryphon.org

Vulnerable Adult Helpline (800 99 NO ABUSE). 24 hour, free, confidential, anonymous, statewide crisis line for vulnerable adult/elder abuse, neglect, and/or exploitation issues. Callers may use this Helpline for crisis intervention assistance with problem-solving and for information and referrals. Callers may also be connected with Adult Protective Services office for any county in the State of Michigan. Vulnerable adults are those 18+ who are unable to live independently or make decisions for themselves. This Helpline is funded by FIA Michigan.

Program hours: 24/7. **Application:** None. **Eligibility:** See description. **Fees/Insurance:** NA. NA. **Area served:** State of Michigan. **Contact:** Liz Ranney (269) 381-1510 ext. 222 lranney@gryphon.org

GUIDING LIGHT MISSION

(616) 451-0236

www.guidinglightmission.org

255 S. Division Ave., Grand Rapids, MI 49503

Main hours: 9-5, M-F

Guiding Light Mission encourages the homeless and disadvantaged of Grand Rapids to develop a personal relationship with Jesus Christ, become free of life-controlling substances, and seek long-term employment and housing. This is accomplished through spiritual, educational and vocational services in a supportive and structured Christian environment.

S.A.V.E. Offers a homeless shelter, providing beds and three meals daily. Residential substance abuse rehabilitation program through a 7-month program. Provide training for G.E.D. completion. Provide counseling for obtaining housing and employment after the program has been completed. Financial management classes are offered through Mercantile Bank.

Program hours: 7 AM-10 PM. **Application:** Contact security desk (no appointment required). **Eligibility:** Men only 18 years and older. No serious medical or mental health issues. **Fees/Insurance:** 10% of client income. None. **Area served:** Heartside District.



HABITAT FOR HUMANITY OF KENT COUNTY

(616) 774-2431

www.habitatkent.org

539 New Ave. SW, Grand Rapids, MI 49503

Main hours: 8:30-5, M-TH; 8:30-12, F

Our mission is to strengthen families and neighborhoods through partnership, house building and affordable homeownership. Habitat builds in partnership with families whose incomes are 25-50% of area median income (between \$15,525-\$31,050 for a family of 4). In building homes with volunteers, house building costs are reduced. The home is sold to the family at 0% interest resulting in house payments between \$450-500 a month plus utilities. Families are required to work between 300-500 hours of "sweat equity" depending on family make-up to be earned by helping to build your own and other homes.

Program hours: 8:30-5, M-TH; 8:30-12, F. **Eligibility:** Based on need, ability to pay, and willingness to partner. **Fees/Insurance:** Call for details. **Area served:** Kent County., Eastern Ottawa County. **Contact:** Miriam Reyes (616) 774-2431, x235 mreyes@habitatkent.org

 (Spanish)

Habitat ReStore. Resale store open to the public with new or gently used building materials and furniture

Program hours: TU-F 9:30-6:00; SAT 9:30 -2:00.

Application: None. **Eligibility:** None. **Fees/Insurance:** None. NA. **Area served:** Primarily Kent County. **Contact:** Tom Hyde 531-4591 thyde@habitatkent.org

 (Spanish)

HEALING THE CHILDREN

(800) 992-0324 / (616) 281-6972

www.htcmichiganohio.org/

P.O. Box 9065, Spokane, WA 99209-9065

2140 44th Street SE, Ste 105, Grand Rapids, MI 49508

Main hours: M-F, 9-5

Envisions a world where every child has access to medical care. With a powerful volunteer force, we offer the best medical care available to hurting children from all over the world who cannot get it in their own countries. We dream of a world where every child has access to medical care.

Program hours: M-F, 9-5. **Area served:** Michigan and Ohio

HEALTH INTERVENTION SERVICES

(616) 475-8446 / (616) 475-1326 ext.110

www.hisgr.org

15 Andre St. SE, Grand Rapids, MI 49507

Main hours: 8:30-5, M-TH; 8:30-3, F

Christian focus to bring hope and practical assistance to underserved individuals in medical care. Promote biblical family values, emotional and spiritual wellness. Provides family and internal medicine, pregnancy testing and counseling, prenatal care, pediatric medicine, HIV/STD testing and counseling, general eye care, and family counseling to the uninsured and underinsured.

Program hours: 9-5, M-TH; 9-1, F. No walk-ins.

Application: Call for details. **Eligibility:** Low-income individuals and families without medical/health insurance.

Fees/Insurance: Sliding fee scale. None. **Area served:** Grand Rapids.

 (Spanish)

HEALTHY HOMES COALITION

(616) 241-3300

www.healthyhomescoalition.org

742 Franklin St. NE, Grand Rapids, MI 49507

Main hours: 9-5, M-F

Seeks to eliminate housing conditions that create health hazards for young children. Currently working on childhood

lead poisoning, radon, and carbon monoxide. Offers some direct services (CLEARCorps, education for do-it-yourselfers, environmental sampling); coordinates and makes referrals to related services, including grants to fix lead hazards in homes in the City of Grand Rapids.

Eligibility: Low-income households. Criteria may vary based on program. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Paul Haan (616) 241-3300

HEARING LOSS ASSOCIATION OF AMERICA GRAND RAPIDS AREA CHAPTER

(616) 361-8555

3148 Plainfield NE, Suite 244, Grand Rapids, MI 49525

Main hours: M-F, 9-5

Provides information regarding hearing impairment.

Program hours: M-F, 9-5. **Eligibility:** Adults with hearing impairment and their family members **Area served:** Greater Grand Rapids and vicinity. **Contact:** Christopher Jacques (616) 361-8555 info@hearinglossgrandrapids.org

HEART OF WEST MICHIGAN UNITED WAY

(616) 459-6281

www.waybetterunitedway.org

118 Commerce Ave. SW, Suite 100, Grand Rapids, MI 49503

Main hours: 8:30-5, M-F

To build a stronger community and improve lives.

Kent County Tax Credit Coalition. Helps low- to moderate-income people complete income tax returns, apply for the federal Earned Income Tax Credit, and gain financial literacy skills. Many families use the credits to pay bills, pay off high-interest credit cards, or make a down payment on a home. There is no cost for the service.

Program hours: 24/7. **Application:** Individuals and families receive assistance at 18 sites in Grand Rapids and Wyoming.

Eligibility: Families whose household incomes are \$39,783 or less in 2007. **Fees/Insurance:** Free. **Area served:** Kent County. **Contact:** United Way's 2-1-1 (616)-459-2255

☎️ (Bosnian, Spanish, Vietnamese)

United Way's 211. When you have a problem, a question or simply don't know where to turn, call United Way's 2-1-1. Refers people who live in Kent County to health and human services agencies. Information and referral specialists guide people to prioritize needs, identify most appropriate referrals, and advocate for clients to ensure needed services are received. Maintains a comprehensive computerized resource file of information on health and human services agencies and other services such as support groups in the community. Also maintains information on many state and national agencies.

Program hours: 24 hours/day, 7 days/week. **Application:** None – Confidential information and referral service

Eligibility: None. **Fees/Insurance:** None. **NA. Area served:** Kent County. **Contact:** United Way's 2-1-1 (616)-459-2255

☎️ (Bosnian, Spanish, Vietnamese) Most languages available through a Language Line.

United Way's Volunteer Center. We can match your talents and interests with volunteer opportunities from local nonprofit organizations through Volunteer Solutions, an online matching tool. Visit waybetterunitedway.org and click on volunteer opportunities.

Program hours: 24/7. **Application:** Go to www.waybetterunitedway.org and click on volunteer opportunities.

Eligibility: Depends on the volunteer position. **Fees/Insurance:** Free. **NA. Area served:** Kent County. **Contact:** United Way's 2-1-1 or (616) 459-2255

☎️ (Bosnian, Spanish, Vietnamese)

HEARTLAND HOME HEALTH CARE

(616) 942-7733

www.heartlandhomehealth.com

500 Cascade West Pkwy SE, Grand Rapids, MI 49546

Main hours: 8:30-5, M-F 24/7. answering service by registered nurse.

Provides intermittent visits in a client's home by health care professional, i.e., nurses, physical therapists, occupational therapists, speech therapists, medical social workers, and home health aides. The client must meet medical guidelines, i.e., must have a medical diagnosis and be under a doctor's care, must be teachable and able to reach towards specific goals to improve and must be homebound. We also provide infusion and internal therapy in homes. We offer a free assessment of need per phone and in home.

Application: Client can self-refer; also referrals from hospitals, doctors, nursing homes, assisted living, retirement communities and other agencies. **Eligibility:** Primarily medicare guidelines (see description of services). **Fees/Insurance:** Medicare, Medicaid, BCBS and most others. **Area served:** Kent, Ottawa, Muskegon, Montcalm, Newaygo, Oceana, Allegan, Barry, Mecosta, Mason, Lake and Osceola counties. **Contact:** Lois Horstman (616) 942-7733

☎️ (Spanish, TAGALOG – one of the major languages of the Philippines)

HEARTLAND HOSPICE

(616) 956-0636

500 Cascade West Pkwy SE, Grand Rapids, MI 49546

Main hours: 8:30-5, M-F 24/7 answering service and hospice sign-ons.

Provides end-of-life care to its patients and support to their significant others. As a Medicare-certified hospice care provider, services include nursing services, Medical Social Work, spiritual care services, a variety of therapies, dietary counseling, pharmaceutical oversight and volunteer services.

Area served: Kent, Ottawa, Muskegon, western half of Ionia, Montcalm, Newaygo, Oceana, Allegan, Barry, Van Buren, Kalamazoo, western half of Calhoun, and St. Joseph counties. **Contact:** Tony Pacino (616) 956-0636

☎️ (TAGALOG – one of the major languages of the Philippines)

Respite Services. Provides respite care to adults on the hospice service.

Application: Call for details. **Eligibility:** Adults on Hospice Service **Area served:** Kent, Ottawa, Muskegon, western half of Ionia, Montcalm, Newaygo, Oceana, Allegan, Barry, Van Buren, Kalamazoo, western half of Calhoun, and St. Joseph counties. **Contact:** Debra Berry (616) 956-0636

☎️ (Spanish, TAGALOG – one of the major languages of the Philippines)

HEARTSIDE MINISTRY

(616) 235-7211

www.heartside.org

54 S. Division Ave., Grand Rapids, MI 49503

Main hours: 9-12 and 1-4, M-F; 9:30-1:00, SUN. Also some night programs.

Inspired by Jesus Christ, Heartside Ministry partners with Heartside Neighborhood residents in worship, education, advocacy, and creative expression, and calls the larger community to respond to both the challenges and contributions of their Heartside neighbors. Services include counseling, pastoral care, support groups, education classes, NA/AA meetings, worship, public advocacy, computer center, art program, case management, and neighborhood organizing. Also offers domestic violence support services.

Program hours: 9-12 and 1-4, M-F; 9:30-1:00, SUN. Some

What are the Warning Signs of an Abusive Relationship?

Abuse can be physical, sexual, verbal or emotional. Just because a person isn't physically hurting you does not mean they are not abusing you. Violence and abuse have no place in a relationship. Violence in any relationship is not about love or caring; it's about one person trying to exert power and control over another person.

If you answer yes to any of the following questions, you may be involved in an abusive relationship. Confidential help and information is available by calling the National Domestic Violence Hotline at 800-799-7233.

- Does your partner insult or make fun of you?*
- Does your partner think their feelings are more important than yours?*
- Is your partner jealous when you want to see your family, friends, or be in certain social situations?*
- Does your partner ever try to get you drunk or high?*
- Has your partner ever thrown things at you, hit, kicked, shoved, strangled, or grabbed you?*
- Do you often apologize or make excuses for*

Teens & Healthy Relationships

Resources Against Violent Encounters (RAVE) is a program of the Child and Family Resource Council. Its purpose is to break the cycle of teen relationship violence through prevention education, awareness, and advocacy. To accomplish this goal, RAVE utilizes a research-based violence prevention curriculum with a focus on peer education. This program is facilitated by trained professionals and used to educate adolescents about dating violence, sexual harassment and assault, the media's influence on gender role stereotyping, and how to build healthy relationships.

The RAVE curriculum is designed to prevent youth from resorting to acts of violence, coercion, and/or abuse by teaching healthy boundaries, communication and conflict resolution skills. It is also serves to educate youth who have begun to exhibit or experience signs of abuse and/or violence within their own interpersonal relationships.

RAVE offers this program free to schools and after-school or summer programs serving youth 12-19 years of age. Each of the 8 interactive sessions lasts about an hour. **For more information or to schedule a RAVE program, contact the Council at 616-454-HOPE (4673) or visit <http://www.childresource.cc/rave.php>.**

Need help and information?

National Domestic Violence Hotline 1-800-799-SAFE 1-800-799-7233	Safe Haven Ministries (616) 452-6664
YWCA Sexual Abuse Crisis Line (616) 776-7273	YWCA Domestic Crisis Center (616) 451-2744

your partner's behavior, especially when they have treated you badly?

Are you afraid to break up with your partner because they have threatened to hurt you or themselves if you do?

Has your partner forced you to have sex or perform any sexual acts when you didn't want to?

You have the right to:

- Say no.
- Change your mind.
- Have control over your own body.
- Set your own limits and have those limits be respected.
- Not be physically, sexually, verbally or psychologically hurt by anyone—spouse, friends, family members, dates or strangers.
- Ask for help when you need it.
- Pursue your own interests.
- Be friends with anyone you choose.
- Break up and fall out of love with someone and not feel afraid.

Most of all, trust your instincts. If you feel uncomfortable or threatened, call someone you know and trust or call one of the numbers listed above.

Source: Child and Family Resource Council and the Michigan Department of Community Health.

evening programs. **Application:** None. **Eligibility:** None, but a Heartside neighborhood focus. **Fees/Insurance:** None. **Area served:** Grand Rapids – Heartside area and beyond. **Contact:** Rev. Barbara Pekich (616) 235-7211 barb@heartside.org

 (Spanish)

HEARTSIDE/DOWNTOWN NEIGHBORHOOD ASSOCIATION

(616) 235-7211

54 S. Division Ave., Grand Rapids, MI 49503

Main hours: 12-Noon, 3rd Monday of the month
Works toward improving the integrity and image of the Heartside area through revitalization and growth, (Heartside Park and neighborhood development, public safety, etc.) as well as improving the quality of life for all its residents. Please visit our website for more information.

Program hours: Board Meetings, 2nd Monday of the month, 5pm. General Membership Meetings, 3rd Monday of the month, 5pm. **Eligibility:** Resident/Business in area served. **Fees/Insurance:** None. **Area served:** N-Michigan; S-Wealthy, E-Lafayette; W-Grand River and US 131. **Contact:** Stephane Richards (616) 235-7211 grhdna@gmail.com

HELEN DEVOS CHILDREN'S HOSPITAL

(616) 391-9000 /

(616) 391-1898, Administration Office


www.devoschildrens.org

100 Michigan St. NE, Grand Rapids, MI 49503

Main hours: M-F, 8-5

Caring for children and their families with compassion, excellence and innovation. DeVos Children's Hospital provides comprehensive pediatric health care to the children and families of West Michigan. We have over 100 physicians in 40 specialty areas.

Program hours: Services available 24/7. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. Call for details. **Area served:** West and Northern 37 counties of Michigan.

 (Bosnian, Spanish, Vietnamese) Translation available for all languages with notice.

Camp Compass. A grief support day camp that serves children ages 5-15 who have been affected by the death of someone important in their daily lives. Camp Compass is filled with interactive projects and play designed to offer education and skills for navigating through grief. Cost for day camp: \$10 per child. Call for more information and upcoming dates.

Program hours: A SAT in October, 8:00 AM-4:30 PM.

Application: Call for details. **Area served:** Western Michigan.


Contact: Nancy Kingma 616-391-3232



Child Protection Team. A multidisciplinary hospital-based team that functions on the medical consultation model. The mission is to prevent, identify, diagnose, and treat maltreated children in West Michigan through education, clinical practice and research.

Program hours: Call for details. **Eligibility:** Call for details.


Fees/Insurance: Call for details. All. **Area served:** West and Northern 37 counties of Michigan.

 (Bosnian, Spanish, Vietnamese) Translation available for all languages with notice.

Cochlear Implant Team. Offers services for children diagnosed with severe to profound sensory neuro-hearing loss. For more information, contact Audiology (616) 391-2668, TTY (616) 391-2025 or Speech Language Pathology (616) 391-1260.

Program hours: Call for details. **Eligibility:** Call for details.


Fees/Insurance: Call for details. **Area served:** West and Northern 37 counties of Michigan. **Contact:** Mary Peterson-Combs (616) 391-3800

 (Bosnian, Spanish, Vietnamese) Translation available for all languages with notice.

Fetal Alcohol Syndrome (FAS) Diagnostic Clinic. Helps reduce, through education, the number of children born in Michigan with FAS, and to assist those that are diagnosed with needed support services.

Program hours: Call for details. **Eligibility:** Call for details.


Fees/Insurance: Call for details. **Area served:** West and Northern 37 counties of Michigan.

 (Bosnian, Spanish, Vietnamese) Translation available for all languages with notice.

Helen DeVos Children's Hospital Regional Poison

Center. Provides emergency poison information 24 hours a day, and general information on poison.


Program hours: 24/7. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** 65 counties in Michigan.

 (Bosnian, Spanish, Vietnamese) Translation available for all languages with notice.

Oral Cleft Program. Provides screening by a comprehensive team of professionals to assess the developmental progress of children with cleft lip and/or palate.

Program hours: Call for details. **Eligibility:** Call for details.


Fees/Insurance: Call for details. **Area served:** West and Northern 37 counties of Michigan.

 Translation available for all languages with notice.

Pediatric Rehabilitation Therapies. Includes physical, occupational and speech therapy. Inpatient, outpatient and summer therapies are provided.

Program hours: Call for details. **Eligibility:** Call for details.


Fees/Insurance: Call for details. **Area served:** West and Northern 37 counties of Michigan.

 (Bosnian, Spanish, Vietnamese) Translation available for all languages with notice.

Rehabilitation and Sports Medicine Services. Sensory Integration and Praxis (SPPT) testing and treatment.

Program hours: Call for details. **Eligibility:** Call for details.

Fees/Insurance: Call for details. **Area served:** West and Northern 37 counties of Michigan.

 (Bosnian, Spanish, Vietnamese) Translation available for all languages with notice.

HELP PREGNANCY CRISIS AID

(616) 459-9139

705 Bridge St, Grand Rapids, MI 49504

Trained support staff provide long-term emotional and spiritual support for women through a crisis pregnancy. Provides alternatives to abortion, information about fetal development, free pregnancy testing, information and referral, layettes for newborns. Also provides diapers, clothing up to 24 months of age, formula, baby food, and maternity clothing.

Program hours: 11-3:30, M; 10-2:30, TU-TH. **Eligibility:**

Must be either pregnant or have a child under the age of 2 years. **Fees/Insurance:** None. **Area served:** Kent County.

Contact: Judith VanderLaan (616) 459-9139



HERITAGE HILL ASSOCIATION

(616) 459-8950

www.heritagehillweb.org

126 College Ave. SE, Grand Rapids, MI 49503

Main hours: 9-5, M-F

To provide neighbors a way of collectively building a healthy, historically preserved community in which people can live and work in a secure and stable environment.

Block club organizing, drug watch and neighborhood watch, personal safety education, home security surveys, tenant and rental owner information, and apartment listings.

Program hours: 9-5, M-F. **Application:** None. **Eligibility:** Live in Heritage Hill. **Fees/Insurance:** None. **Area served:** Grand Rapids – Heritage Hill neighborhood. **Contact:** Barb Lester (616) 459-8950



HIGHLAND PARK

NEIGHBORHOOD ASSOCIATION

(616) 458-9676

Seeks to promote friendship among residents; to maintain and improve the proper appearance of the community; and to initiate neighborhood programs for solving problems, providing services and promoting social activities.

Area served: Bounded by Leonard Street on the north, Fuller Avenue on the east, I-196 on the south, and College Avenue on the west.

HISPANIC CENTER OF WESTERN MICHIGAN

(616) 742-0200

730 Grandville Ave. SW, Grand Rapids, MI 49503

Main hours: 8-5, M-F

We advance the full and productive participation of the Hispanic/Latino people in the life of the broader community through an advocacy of services; thereby, building unity and diversity in the community. Serves the needs of the Hispanic community in the areas of employment, interpretation and translation, information and referral, family and individual services, language and cultural training and activities to maintain cultural heritage. Limited immigration assistance is also provided.

Program hours: 8-5, M-F. **Application:** Walk-ins welcome. Appointments required for immigration services only.

Eligibility: Income eligibility. **Fees/Insurance:** Sliding scale fees may apply to some programs. NA. **Area served:** Western Michigan. **Contact:** Emily Alemon (616) 742-0200 ealemon@hispanic-center.org

(Spanish)

Youth Services. Offers year-round youth services with a year-around job training program for teens ages 14-21 and an after-school tutoring program assisting middle school students.

Program hours: 8-5, M-F. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Call for details. NA. **Area served:** Western Michigan. **Contact:** Jose Gracia (616) 742-0200

(Spanish)

HIV/AIDS SERVICES

(616) 456-9063

www.hasinc.org

343 Atlas Ave., SE, Grand Rapids, MI 49506

Main hours: M-F, 12:00 noon-4:00 pm

Provide HIV/AIDS education, outreach and prevention services to Kent County and West-Central Michigan.

Clean Works – A Comprehensive Harm Reduction

Program. Offers a harm reduction program for injection drug users (1:1 syringe exchange, sterile water, cookers, cottons, etc.) safer sex supplies, health information, referrals for treatment, anonymous HIV and hepC testing and referrals to support services.

Program hours: M, Th, 6 pm-8 pm. **Application:** Walk-ins welcome. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Kent County and West-Central Michigan. **Contact:** William Allen (616) 456-9063 hasinc@hasinc.org

(Spanish)

HIV/AIDS Education, Outreach and Prevention. Provides HIV/AIDS education, outreach and prevention services for residents of Kent County and West-Central Michigan with particular emphasis on high-risk populations.

Program hours: Office M-F, 12:00 noon-4:00 pm.

Application: None. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Kent County and West-Central Michigan. **Contact:** William Allen (616) 456-9063 [hasinc.org](mailto:hasinc@hasinc.org)

Heartside Ministries

54 S. Division Ave., Grand Rapids, MI 49503

Phone: (616) 456-9063 **Hours:** M, Th, 6pm-8 pm.

HOLLAND HOME OF GRAND RAPIDS

(616) 235-5000

www.hollandhome.org

2100 Raybrook Ave. SE, Suite 300, Grand Rapids, MI 49546

Main hours: M-F, 8-5

In fulfilling God's calling to serve others, we will serve others with love and compassion, commit to excellence, and follow Christ's teachings and example in all we do. We offer a complete, comprehensive range of services from independent living to hospice care.

Faith Hospice. Provides expertise in areas of pain control and symptom management, psychological needs of terminally ill patients and their families, spiritual counseling, community resources, and bereavement programming.

Program hours: 24/7. **Application:** Self-referral, family, physician, other agencies, acute care facilities. **Eligibility:** Call for details, fees, insurance information, explanation of Hospice Medicare benefit. **Fees/Insurance:** Medicare and other insurances, private pay for center room and board fee. Medicare, Medicaid, BC/BS and other insurances. **Area served:** Kent County and east Ottawa counties. **Contact:** Mary Jayne Bradt (616) 235-5113

Home Care of Holland Home. Offers comprehensive, skilled nursing care, mental health in-home therapy nursing rehab services, medical social services, and home health aide care under a care plan designed with individual's physician. **Program hours:** 24/7. On call after hours. **Application:** Self-referral, family, physician, other agencies, acute care facilities. **Eligibility:** Call for details. Fees, insurance information, ability to pay or have medical health insurance which covers services. **Fees/Insurance:** Medicare, Medicaid, BCBS, other private insurance. **Area served:** Kent County and east Ottawa counties. **Contact:** Mary Jayne Bradt (616) 235-5113

HOLY CROSS CHILDREN'S SERVICES

(616) 451-6021

1565 Cedar St. NE, Grand Rapids, MI 49503

Main hours: 9-4, M-F; respond 24 hours per day

To provide for the social, emotional, educational, economic and spiritual needs of its clients and staff with the goal of empowering children and families to function effectively in their community. Provides a community-oriented living and working environment and seeks to be an effective advocate on issues which affect children and families. The agency maintains programs which incorporate peer influence, individual attention, family involvement, formal education, and staff teamwork.

Foster Care Program. Offers foster care home recruitment and retention; accepts referrals and places children ages 0-17 years old into the program licensed home. 24/7 crisis intervention on call. Intensive services provided to foster children, foster families, and biological families.

Program hours: 9-4, M-F; respond 24 hours per day.

Application: Call for referral packet and information. **Fees/**

Insurance: Call for details. **Area served:** Michigan.



Foster Home Placement. Provides safe, supportive foster home for children who are victims of abuse and/or neglect or whose family cannot care for them because of illness, death or economic conditions. Foster care children and their families receive intensive therapeutic, as well as case management, services from agency caseworkers, with the goal to reunite children with their biological families. For children without biological families, this agency provides permanent, supportive, foster care homes.

Program hours: 9-4, M-F; respond 24 hours per day.

Application: Call to request application form. **Eligibility:**

Fees/Insurance: Call for details. **Area served:** Michigan.

HOME REPAIR SERVICES

(616) 241-2601

www.homerepairservices.org

1100 S. Division Ave., Grand Rapids, MI 49507

Main hours: M-F 9-5; Sat 9-2

Offers RESOURCES FOR LOW-INCOME HOMEOWNERS, including critical repairs, construction of access ramps, a tool library, a source of affordable building materials home maintenance classes and foreclosure intervention.

Access Modifications. Professionally constructed wheelchair ramps and bathroom modifications. Done in partnership with the occupational therapists at Disability Advocates of Kent County.

Program hours: M-F 9-5, Sat 9-2. **Application:** Gather up documents and come in for 15 minute intake interview; no appointment necessary. It is a good idea to call for details.

Eligibility: For both owners and renters; family must be low-income (entire household is below 50% of area median

income). See website for specifics: www.homerepairservices.org **Fees/Insurance:** Approximately \$200. None. **Area served:** Kent County. **Contact:** Meri Watkins 616-241-2601 mwatkins@homerepairservices.org



Builders' Abundance Store. Retail source for building material for do-it-yourself home improvement projects. Builders' Abundance is entirely stocked by donations and accepts donations of surplus building material. ONLY LOWER-INCOME HOMEOWNERS MAY SHOP AT BUILDERS' ABUNDANCE.

Program hours: M-F 9-5, Sat 9-2. **Application:** Gather up documents and come in for 15 minute intake interview; no appointment necessary. Call for details. **Eligibility:** Must own home; must occupy home and must be low-income (entire household is below 80% of area median income). See website for specifics: www.homerepairservices.org **Fees/**

Insurance: Prices are set at approximately 20% of retail. None. **Area served:** Kent County.

(Spanish)

Emergency Home Repairs. Professionally done home repairs for low-income homeowners including roofs, furnaces, plumbing, doors & locks, etc.

Program hours: M-F 9-5, SAT 9-2. **Application:** Gather up documents and come in for 15 minute intake interview; no appointment necessary. Call for details. **Eligibility:** Must own home; must occupy home and must be low-income (entire household is below 50% of area median income). See website for specifics: www.homerepairservices.org

Fees/Insurance: The homeowner will be expected to pay approximately 10% of the cost of the job. None. **Area served:** Kent County. **Contact:** Meri Watkins (616) 241-2601 mwatkins@homerepairservices.org

(Spanish)

Fix-it School. Weekly homeownership classes in home maintenance, financial management, energy conservation, and lead poisoning prevention.

Program hours: Class schedule varies – usually TU evenings and SAT mornings. Class schedule available: www.homerepairservices.org/schedule.php **Application:** None.

Eligibility: None. **Fees/Insurance:** Free and open to the public. **Area served:** No geographic restrictions.

(Spanish)

Foreclosure Intervention. Professional counseling for homeowners and loss mitigation advocacy with mortgage companies for homeowners currently delinquent on their mortgage with the goal of resolving the delinquency and reinstating the mortgage.

Program hours: M-F 9-5, Sat 9-2. **Application:** Call and ask to speak to the FORECLOSURE INTAKE PERSON. **Eligibility:** None. **Fees/Insurance:** None. None. **Area served:** Kent County. **Contact:** Meri Watkins 241-2601 mwatkins@homerepairservices.org

(Spanish)

Tool Library. Professional quality tools for home repair and improvement are available for loan.

Program hours: M-F 9-5, Sat 9-2. **Application:** Gather up documents and come in for 15 minute intake interview; no appointment necessary. Call for details. **Eligibility:** Must own home; must occupy home and must be low-income (entire household is below 80% of area median income). See website for specifics: www.homerepairservices.org **Fees/**

Insurance: No charge-a \$5 deposit is required to borrow tools but that is refunded when the tools are returned on



time and in good condition. None. **Area served:** Kent County. **Contact:** Meri Watkins 241-2601 mwatkins@homerepairservices.org

🇸🇵 (Spanish)

HOPE COMMUNITY TRANSITIONAL HOUSING PROGRAM

(616) 235-2600

1420 Fuller Ave. SE, Grand Rapids, MI 49507

Main hours: 8-5, M-F

Provides a bridge between shelters and permanent housing for homeless women with children.

1024 Ionia Ave. SW, Grand Rapids, MI 49507

Program hours: 8-5, M-F. **Application:** Referral by Salvation Army Homeless Assistance Program (616-454-5840). **Eligibility:** Homeless women with children referred by emergency shelter. **Fees/Insurance:** Based on income.

Area served: Grand Rapids and surrounding area. **Phone:** (616) 235-2893

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HOPE NETWORK BEHAVIORAL HEALTH SERVICES

(616) 235-2910

www.hopenetwork.org

1256 Walker Ave. NW, Grand Rapids, MI 49504

Provides pathways to community living throughout West Michigan for individuals experiencing mental illness, including dual diagnosis, Alzheimer's disease and other dementia. Their services are flexible and responsive to residential, community, psychiatric, and treatment requirements of adults who have a behavioral health need. They carry a tradition of looking for unmet needs and responding with creative, innovative, individualized programs. Services include Crisis Residential Services, Semi-Independent Living and Community Living Services, Long-Term Living Arrangements, and Overnight and Day Respite Care Service.

Area served: West Michigan 🚶

HOPE NETWORK WEST MICHIGAN

(616) 248-5900

www.hopenetwork.org

755 36th St. SE, Grand Rapids, MI 49548

Main hours: 9-5, M-F

To enhance the dignity and independence of persons who have a disability by creating and maintaining dynamic integrated services.

Program hours: 8-4:30, M-F. **Application:** Call for details.

Eligibility: Call for details. **Area served:** Kent, Ottawa, Allegan, Muskegon, Kalamazoo and surrounding counties.

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Christian Homes. Provides Christian residences for adults who have mental and/or developmental disabilities, where they can grow spiritually and reach their God-given potential. The residents are nurtured in a home-like Christian setting and may be incorporated into a church family of their choice.

Program hours: 9-5, M-F. **Area served:** West Michigan.

Contact: Lesa Nienhuis (616) 248-5110

Employment & Training Services. Provides rehabilitation, training, housing, foster and residential care, pastoral services, and transportation services for elderly, and individuals with mental and physical disabilities.

Program hours: 8-4:30, M-F. **Application:** Referral and appointments recommended. **Eligibility:** Call for details.

Fees/Insurance: Call for details. (616) 248-5900. **Area served:** Kent, Ottawa, Allegan, Muskegon, Kalamazoo and surrounding counties. **Contact:** (616) 248-5160 or (616) 248-5150

Exodus/MPRI. Provides all ex-offenders with referral services, life planning and management classes, recovery and support groups, counseling and mentoring. We also offer programs with a special focus on employment for ex-offenders including evaluation, training, placement and follow-up.

Program hours: 8:30-4:30, M-F. **Application:** Call for details. **Eligibility:** Any adult ex-offender. **Fees/Insurance:** None. **Area served:** Grand Rapids. **Contact:** Gail Coleman (616) 726-1874 or (616) 248-5160

🇸🇵 (Spanish)

Faith Program. Provides permanent, unsubsidized job placement with good benefits and self-growth to promote job readiness.

Program hours: 9-5, M-F. **Application:** Referral required by intake coordinator and case manager(s). **Eligibility:** Ages 18 through adult. **Fees/Insurance:** None. **Area served:** Grand Rapids. **Contact:** Lynda Willis (616) 248-5167

Host Families Program. Specially trained host families welcome an older adult or person with a long-term illness into their homes. Using a monthly stipend, the host family cares for the individual in a warm and loving environment.

Program hours: 9-5, M-F. **Area served:** West Michigan.

Non-Custodial Parent Program. Works with disadvantaged parents who are court ordered to pay child support. They help program participants in obtaining full-time competitive employment at wages that result in their ability to meet their child support obligation. Referrals are made in cooperation with the Kent County. Friend of the Court office and from the community at large.

Program hours: 8:30-5, M-F. **Area served:** West Michigan.

Contact: Diane Donohue (616) 726-1876 or (616) 248-5160

Residential Services-Mercy Respite. Provides permanent resident and respite beds to adults with developmental disabilities.

Program hours: 24/7. **Application:** Qualification through Thresholds Access Center. **Eligibility:** Adult, Kent County residents. **Fees/Insurance:** Permanent beds funded thru Community Mental Health; respite beds are private pay on a sliding scale. **Area served:** Kent County and part of Ionia County. **Contact:** Tracy Hamlet (616) 248-5114

Supported Employment. Provides community-based employment and job training to persons with disabilities. Companies can gain a reliable individual or work crew to complement their work forces. Three options are offered: Group Sites, Cluster Sites, or Individual Placement.

Program hours: 9-5, M-F. **Area served:** Kent, Ottawa and surrounding counties. **Contact:** Ron Edwards (616) 248-5150 or (616) 248-5160

Transportation Services. Transportation provided for persons with disabilities and the elderly. Services provided include Contracted Transportation Services, Specialized Transportation for Individuals and Groups, and North Kent Transit Services.

Area served: Kent County **Contact:** (616) 248-0876 or (616) 248-5900

Vocational Services. Provides quality vocational services to individuals with barriers to employment through a variety of programs: Work Skills Evaluation, Special Training and Evaluation Program at Steelcase, Group and Individual Job Seeking Skills, On The Job Training, United Way Placement Program, and Training, Education, and Employment in

Manufacturing.

Program hours: 9-5, M-F. **Area served:** West Michigan.

Contact: (616) 248-5160

Mercy Respite

1530 E. Fulton St., Grand Rapids, MI 49503

Phone: (616) 458-4559



HOPE NETWORK REHABILITATION SERVICES

(616) 940-0040

www.hopenetworkrehab.org

1490 East Beltline SE, Grand Rapids, MI 49506

Main hours: 8:30-5, M-F

To enhance the dignity and independence of persons who have a disability and/or are disadvantaged. Provides specialized neuro-rehabilitation services as well as general rehabilitation services to those who have suffered a brain injury, stroke, or physical injury of illness, in order to maximize their recovery. From one-time evaluations to intensive rehabilitation programs, Hope Network's services are flexible in size and content to meet the individual needs of each person they serve. They have facilities in five cities in Michigan: Grand Rapids, Lansing, Big Rapids, Muskegon, and Mt. Pleasant. Services include: Inpatient Transitional Rehab, Outpatient Services, Vocational Services, Physician Services, Pediatric Rehab, Supervised Residential Services, Home and Community Home-Based Service, Supported Living Services, Driver Evaluation, Adult Enrichment Program, Mild Brain Injury Services, and Neuro-behavioral services, including Neuropsychiatry and psychology.

Program hours: 8:30-5, M-F. **Area served:** Michigan.

Contact: Mary Tanis (616) 940-0040 mtanis@hopenetwork.org



Big Rapids Office

745 Water Tower Rd, Big Rapids, MI 49307

Phone: 231-592-1061 **Hours:** Mon-F 8:30am-5:00pm.



Lansing Office

2775 East Lansing Drive, East Lansing, MI 48823

Phone: 517-332-1616 **Hours:** Mon-Fri 8:30am-5:00pm.



Mt. Pleasant Office

601 South Mission St Ste 3, Mt. Pleasant, MI 48858

Phone: 989-779-9988 **Hours:** Mon-Fri 8:30am-5:00pm.



Muskegon Office

1080 E Sternberg Rd, Muskegon, MI 49444

Phone: 231-799-2200 **Hours:** Mon-Fri 8:30am-5:00pm.



HORIZONS DEVELOPMENTAL REMEDIATION CENTER

(616) 698-0306

www.horizonsdrc.com

3120 68th Street SE, Caledonia, MI 49316

Main hours: 8:30-5:00 M-F

Evaluation and treatment planning for children, adolescents, and adults with Autism Spectrum Disorders and/or other Developmental Disabilities. Focus on developing balanced treatment plans and empowering parents to work with their children. Specific services include Relationship Development Intervention (RDI) Program, Occupational Therapy, Speech Therapy, Feeding Therapy, School Consultation, Family Consultation, Employment Training, and Summer CAMPS Program.

Program hours: Various. **Application:** Call for intake information. **Fees/Insurance:** Vary depending on service / program. Families may submit to their insurance company for reimbursement depending on service / program. **Area served:** Michigan.



HOSPICE OF MICHIGAN

(616) 454-1426

www.hom.org

1260 Ekart St. NE, Grand Rapids, MI 49503-1268

Main hours:

To ensure quality of life and comfortable, peaceful death for all patients receiving our care, and to provide support for their loved ones. Provides physical, emotional, and spiritual care for persons with terminal life illness and their families. Regular support groups and Living With Grief classes are open to the public, helping bereaved persons, including teens and children, to live with loss. Serve all regardless of age, diagnosis, or ability to pay.

Program hours: Medical, 24/7. On-call nurse available.

Eligibility: Call for details. **Fees/Insurance:** Call for details.; no one denied for inability to pay. All insurances accepted.

Area served: Ionia, Kent, Montcalm, and Ottawa counties.

(Spanish) Other language translators available as needed.

Hospice of Michigan – Pediatric Hospice, Pediatric Early Care and Perinatal Program.

Provides physical, emotional, and spiritual care for children and their families with a terminal illness. Provides palliative care support and education through the Pediatric Early Care Program for pediatric patients who may not be eligible or ready for Hospice Care. Provides prenatal support and education for parents who have been told that their unborn child has a terminal or life limiting condition. Regular support groups and Living With Grief classes are open to the public, helping bereaved persons, including teens and children, to live with loss. Many programs and materials geared for children and teens. Serve all regardless of diagnosis or ability to pay.

Program hours: Medical, 24/7. On-call nurse available.

Eligibility: Call for details. **Fees/Insurance:** Call for details; no one denied for inability to pay. All insurances accepted.

Area served: Allegan, Barry, Ionia, Kalamazoo, Kent, Mason, Montcalm, Muskegon, Newaygo, Oceana, Osceola, Ottawa, and VanBuren counties.

HUMAN RESOURCE ASSOCIATES

(616) 458-0692

www.hresource.com

161 Ottawa Ave. NW, Suite 300-C, Grand Rapids, MI 49503

Main hours: 8-5, M-F

Dedicated to individual and organizational wellness. Psychological services to children, adolescents, adults, families and corporations. (This is a For-Profit agency)

Program hours: 8-5, M-F. **Eligibility:** None. **Fees/Insurance:** Call for details. Most non-HMO insurance. **Area served:** Western Michigan. **Contact:** Thomas Fuller (616) 458-0692



Big Rapids Office

Kelley Building, 211 Maple, Big Rapids, MI 49307

Phone: (231) 796-2522 **Hours:** 8-6, M-W.

Lowell Office

209 W. Main St., Lowell, MI 49331

Phone: (616) 458-0692 **Hours:** 8-5, M-F.

I M CONNECTED

(616) 460-1512

www.imconnected.us or

www.interactivemetronome.com

1570 Spaulding, Grand Rapids, MI 49546

Main hours: 9-6, M-F

To provide a non-invasive alternative to medication to those with developmental delays and to those who struggle to learn

Area served: Western Lower Michigan including Grand Rapids, Lakeshore, Kalamazoo, Traverse City and Lansing.

Contact: Denni Dempster (616) 460-1512 denni@imconnected.us

IN THE IMAGE

(616) 456-6150

www.intheimage.org

1823 South Division, Grand Rapids, MI 49507

Main hours: 9-4, M-F; 9-12 noon, SAT

To link surplus clothing, house wares, furniture and appliances with families in need in a manner that enhances dignity, embraces choice, encourages participation and builds a community of diversity.

There is a waiting list for furniture and appliances and a referral from a social agency is necessary. Clothing Shopping hours are TUs & THs 9:30 to 11:30 am and 1:00 to 3:00 pm. SAT Morning 9:30 to 11:30 am.

Program hours: 9-4, M-F. **Application:** Referral from social service agency. No appointment needed. **Eligibility:** Call for details. **Fees/Insurance:** None. **Area served:** Kent County.

Contact: Clarissa Mancha (616) 456-6150

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INDIAN TRAILS CAMP

(616) 677-5251

www.indiantrailscamp.org

0-1859 Lake Michigan Dr. NW, Grand Rapids, MI 49544

Main hours: M-F, 8-5

Provides a comprehensive residential year round camping program for children and adults with disabilities, while providing for parents and guardians a respite from the responsibility of caring for an individual with special needs.

Program hours: 8-5, M-F. **Eligibility:** Must have a disability of a physical, developmental or cognitive nature, and have an interest in a recreational camping opportunity.

Fees/Insurance: Call for details. **Area served:** Michigan.

Contact: Lance Davis (616) 677-5251

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IN-HOUSE HOSPICE SOLUTIONS

616-974-2100

www.InHouseCareSolutions.com

4403 Cascade Rd. SE, Grand Rapids, MI 49546

Main hours: M-F, 8:00-5:00

In-House Hospice Solutions assists patients, caregivers, family and friends during the final stages of terminal illness. We promote dignity and emphasize quality of life for those who choose to die in familiar surroundings with the ones they love. The team includes the patient and family, physician, nurses, aides, social workers, chaplains, dietitian, massage therapists, music therapists, and volunteers. Family and caregivers are also supported by trained Bereavement Counselors starting at admission and for at least one year following the death of their loved one.

Hospice Care. Patient and family needs vary while in the hospice program. In addition to providing services in a person's home, In-House Hospice Solutions also provides care in nursing homes, assisted living residences, and hospital settings in order to meet each patient and family's needs.

Program hours: M-F, 8:00-5. **Eligibility:** Patients must

agree to participate in the plan of care and no longer seek aggressive care for their terminal illness. The terminal diagnosis must be confirmed by a physician. **Fees/Insurance:** The Hospice Benefit covers all of the care related to the hospice diagnosis. Hospice services are covered under Medicare, Medicaid, and many commercial insurances. **Area served:** Kent County, Ottawa County, Mecosta County, Northern Allegan County.

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INNER CITY CHRISTIAN FEDERATION

(616) 336-9333

www.iccf.org

920 Cherry SE, Grand Rapids, MI 49506

Main hours: 8-5, M-F

In response to God's call to justice, the Inner City Christian Federation provides housing opportunities and services that encourage family responsibility and independence, thereby helping to build stable communities.

Affordable Rental Program. Provides a variety of rental apartments at affordable rents mainly in the southeast side of Grand Rapids.

Program hours: 8-5, M-F. **Application:** Call for details.

There is usually a waiting list. **Eligibility:** Eligibility depends on income levels and references. **Fees/Insurance:** Varies by type of apartment and income. **Area served:** Grand Rapids.

Contact: Tim Doll (616) 336-9333

🇸🇵 (Spanish)

Family Haven. Provides 30-day emergency shelter for families.

701 Prospect Ave. SE, Grand Rapids, MI 49503

Program hours: 24/7. **Application:** Call to apply.

Eligibility: Proof of homelessness, must be 18 years or older with at least one child under age of 21 related by blood or adoption. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Deborah Armstong (616) 247-4949

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Home Ownership Program. Provides a variety of homeownership education, maintenance, and management classes as well as pre-purchase counseling for first-time home buyers. Develops 15-20 single family houses that are available through a lease and purchase program.

Program hours: Varies, depending on class schedules.

Application: Must attend pre-purchase education class before submitting application. **Eligibility:** Eligibility depends on income, credit and employment. **Fees/Insurance:** Varies by program. **Area served:** Kent, Allegan, Barry, Ottawa, and Ionia Counties. **Contact:** Jody Lewis (616) 336-9333 jlewis@iccf.org

🇸🇵 (Spanish)

STORYTIME

at the Kent District Library!

A time for learning, fun, and family. Read with your child at any of **KDL's** 18 branches.

www.kdl.org

INROADS – SOUTHWEST MICHIGAN

(616) 336-0677

www.inroads.org

Suite 420, 125 Ottawa Ave. NW, Grand Rapids, MI 49503

Main hours:

Programs designed to develop and place talented minority youth in business and industry and prepare them for corporate and community leadership. Offers paid summer internships, academic coaching and advising, monthly coaching sessions, various summer trainings.

Program hours: 8:30-5, M-F. **Fees/Insurance:** Call for details. **Area served:** Southwest Michigan.

INSTITUTE FOR GLOBAL EDUCATION

(616) 454-1642

www.iserv.net/~ige

1118 Wealthy St. SE, Grand Rapids, MI 49506

Main hours:

Offers a resource library, conferences, speakers bureau, seminars, conflict resolution training for teachers, parents and children, and working groups on peace and justice issues (resources re: 7 Peace Principles).

Area served: West Michigan. **Contact:** Judi Buchman (616) 454-1642 ige@iserv.net

Circles of Peace. Builds Peace by creating programming around the seven Peace Principles: respect self and others, communicate better, listen, forgive, act courageously, respect name, and play expressively.

Area served: West Michigan. **Contact:** Judi Buchman (616) 454-1642 ige@iserv.net



INTER-TRIBAL COUNCIL OF MICHIGAN HEALTHY START PROJECT

616-458-4078

www.itcmi.org

850 Chatham NW, Grand Rapids, MI 49504

Main hours:

M-F, 8:00-4:30
The Inter-Tribal Council of Michigan, Inc. Healthy Start project is a community-based maternal and child health care model offering support services for Native American pregnant and postpartum women and infants. Through home visits, a maternal child health nurse provides health, childbirth and parenting education, support, advocacy, and referrals to community resources. Clients are assessed for nutrition, smoking/tobacco use, domestic violence, depression, childbirth education/parenting education classes, health education needs, immunization status and family planning services. Transportation needs are assessed and transportation provided if no other means are available to get to health care or social services. Assistance is offered to obtain infant supplies and material resources.

Program hours: M-F, 8-4:30. **Application:** Contact Stephanie or Darlene at (616) 458-4078. **Eligibility:** No income guidelines. Self-report of Native American ancestry. No proof of Tribal affiliation or blood quantum needed. **Fees/Insurance:** Free. None. **Area served:** Kent, Ottawa, and Muskegon counties. **Contact:** Darlene VanOveren RN 616-458-4078 dvanoveren@itcmi.org



ISLAMIC CENTER AND MOSQUE OF GRAND RAPIDS

(616) 247-8786

www.islamiccentergr.org/

1301 Burton St. SE, Grand Rapids, MI 49507

Main hours:

12-6, M-F
Prayer services, wedding ceremonies, religious ceremonies,

funeral guidance and SUN school. Open to members of other faiths for information and Islamic learning purposes.

Area served: Grand Rapids and surrounding areas. **Contact:** Dr. Sahibzada (616) 247-8786 or 516-1255 islamiccenter@sbcglobal.net

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JOHN BALL PARK COMMUNITY ASSOCIATION

(616) 458-5814

71 Richards Ave, Grand Rapids, MI 49504

Area served: Grand Rapids – John Ball Park area.

JOHN BALL ZOOLOGICAL GARDEN

(616) 336-4301 / (616) 336-4300

www.johnballzoosociety.org/

1300 W. Fulton St., Grand Rapids, MI 49504

Main hours:

Winter: 10-4, M-F; Summer: 10-6, M-F
To help individuals gain information about, respect for and an understanding of the animal kingdom. The John Ball Zoo offers an experience like no other. The whole family can enjoy a fun filled day of educational demonstrations, interaction with domestic animals in our kids zoo, special events and over 1000 species of animals, including grizzly bears, otters, chimpanzees, snakes, penguins, and tigers. Also, children's and adults' educational activities are offered throughout the year.

Program hours: Summer – 10 am-6 pm, 7 days. Winter – 10 am-4 pm, 7 days. **Eligibility:** None. **Fees/Insurance:** Admission fee, call for details. **Area served:** Western Michigan.

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JUBILEE JOBS

(616) 774-9944

Baxter Community Center, 935 Baxter St. SE, Grand Rapids, MI 49506

Main hours:

8-5, M-F
To seek and to love in action and truth individuals who have been chronically unemployed by building a bridge between the unemployed and employers seeking workers.

W.I.S.E. for Women (Workforce Intervention for Successful Employment). A holistic approach aimed at assisting women in poverty with job readiness, stress management, and other income enhancement opportunity exploration. Program includes employment assistance, peer group support and individual psychological counseling. **Program hours:** 8-5, M-F. **Eligibility:** Women in poverty. **Fees/Insurance:** None. **Area served:** Grand Rapids – central city area. **Contact:** Earlina Libbett (616) 774-9944 elibb-jj@iserv.net



W.I.S.E. Project for Men (Workforce Intervention for Successful Employment). A holistic approach to improving the well-being of individuals with histories of poverty, substance abuse and/or incarceration. Program components include job readiness training, peer group with conflict change curriculum, one-on-one counseling and medical services.

Program hours: 8-5, M-F. **Eligibility:** Adult men with a desire to change. **Fees/Insurance:** None. **Area served:** Grand Rapids – central city area. **Contact:** Jim Moore (616) 774-9944 elibb-jj@iserv.net

JUNIOR ACHIEVEMENT OF THE MICHIGAN GREAT LAKES

(616) 575-9080

www.ja.org

3665 28th Street SE, Suite C, Grand Rapids, MI 49512

Main hours: M-F; 9-5

To prepare and inspire young people to be successful in a global economy. Offers sequential and integrated Kindergarten through grade 12 programs to prepare and inspire young people to be successful in a global economy.

Program hours: Office Hours: M-F; 9-5. **Application:** Classroom teachers and afterschool programs choose to use JA programming. **Eligibility:** Offered through school system.

Fees/Insurance: Call for details. **Area served:** Western Michigan. **Contact:** Lisa Hegenbart (616) 575-9080 ext. 28 Lisa.Hegenbart@ja.org

🇪🇸 (Spanish)

KELLOGGSVILLE PUBLIC SCHOOLS

(616) 538-7460

242 52nd St. SE, Grand Rapids, MI 49548

KENOWA HILLS PUBLIC SCHOOLS

(616) 784-2511

2325 Four Mile Rd. NW, Grand Rapids, MI 49544

KENT CITY COMMUNITY SCHOOL DISTRICT

(616) 678-7714

www.kent-city.k12.mi.us

341 N. Main St., Kent City, MI 49330

Main hours: 7:30-4:30, M-F

Community Pool. The Community Pool is open to both children and adults. Programs provided include: open swim, lap swim, swimming lessons, swimnastics, and a program for persons with arthritis.

Early Childhood Education. Offer two programs to be attended by three and four year old children: Clover Street Preschool, tuition program for 3 and 4 year olds. Also the Readiness program, a state funded program for 4 year olds. Both programs are licensed by the Family Independent Agency.

Program hours: Call for information. **Application:** **Eligibility:** 3 and 4 year old children. **Fees/Insurance:** Clover Street Preschool: Tuition; call for info. Readiness Program: None. **Area served:** Kent City Community School District.

Kent City Community Education. Offers leisure classes and pre-school programs at the Clover Street School.

Fees/Insurance: Call for information. **Area served:** Kent City Community School District primarily.

Special Education. Provides programming for developmentally, emotionally or physically impaired youth from the district.

Summer Food Service Program. Serves free breakfasts, lunches and afternoon snacks. Guidelines are supplied by the US Department of Agriculture.

Summer Migrant Program. A summer migrant program, federally funded, serves over 200 children during months of July and August.

Program hours: Call for information. **Eligibility:** Children of migrant families and/or families who are non-English

speaking or bilingual. **Contact:** Russ Ainslie (616) 678-7714

🇪🇸 (Spanish)

KENT COUNTY COURT APPOINTED SPECIAL ADVOCATE PROGRAM

(616) 632-5112

www.co.kent.mi.us/government/courts/17cc_casa.htm

Suite 3500, 180 Ottawa Ave. NW, Grand Rapids, MI 49503

Main hours: 8:30-5, M-F

CASA of Kent County, Inc. Volunteers are carefully screened and thoroughly trained to advocate for children who are temporary wards of the court due to being abused and/or neglected. These advocates focus solely on the child's best interest. The result is that, when possible, a child's family is strengthened and made safe. When not, the child is placed into a permanent, loving home.

Program hours: 8:00-5, M-F. **Application:** Call for details.

Eligibility: Must be at least 21 years old. **Fees/Insurance:**

None. **Area served:** Kent County. **Contact:** Julie Mauer

(616) 632-5112 julie.mauer@kentcounty.org

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KENT COUNTY DEPARTMENT OF PUBLIC WORKS

616-336-3694 / 616-336-2570

www.accesskent.com/waste

1500 Scribner Avenue NW, Grand Rapids, MI 49504

Main hours: M-F, 7:30-4:30

The mission of Kent County government is to be an effective and efficient steward in delivering quality services for our diverse community. Our priority is to provide mandated services, which may be enhanced and supplemented by additional services to improve the quality of life for all our citizens within the constraints of sound fiscal policy. The Kent County Board and Department of Public Works acquires, improves, enlarges, operates and maintains water supply systems, sewage disposal systems and refuse systems to promote and protect the health and welfare of its residents and the environment.

Household Hazardous Waste Centers. Household materials that are flammable, toxic or corrosive should be brought to one of the household hazardous waste centers in Kent County. Items accepted at the centers include oil-based paints, gas, motor oil, antifreeze, paint thinner, pesticides, fertilizers, fluorescent light bulbs, mercury thermometers & thermostats, cleaners, pool chemicals, photo chemicals and other yard, garage and household chemicals.

Program hours: Appointments for dropping off hazardous materials are set at each of the 4 centers: Northwest GR-Mon afternoons and Wed mornings; Kentwood-TU afternoons; Rockford-F mornings; Wyoming-call 261-3564.

Application: Call 616-336-2570 to set an appointment at the desired location or request an appointment at www.accesskent.com/hhw. Appointments are taken year-round at the centers. **Eligibility:** Participant must be a Kent County resident; hazardous waste must come from a home-no businesses, schools or organizations. **Fees/Insurance:** No cost to participate. **Area served:** Kent County. **Contact:** Resource Recovery staff 616-336-2570 kentcounty_hhw@kentcountymi.gov

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Kent County Consumer Electronics Recycling Program.

Household computers, televisions, microwaves, printers, digital cameras, scanners, stereos, DVD players, CD players and video game consoles can be recycled for FREE at three

facilities in Kent County. Materials must be from homes-no businesses.

Program hours: contact the drop-off sites for hours of operation. **Eligibility:** Electronics must be from residential use-no businesses. Only items listed will be accepted. **Fees/Insurance:** No cost to participate **Area served:** Kent County.

Kent County Recycling Centers. Household recyclables are accepted at 2 drop-off centers. For a list of items accepted, visit www.accesskent.com/recycle

Program hours: Hours vary at both sites; call for information. **Fees/Insurance:** No cost to participate

Area served: Kent County and beyond. **Contact:** Resource Recovery staff 616-336-2570 kentcounty_hhw@kentcountymi.gov

Kent County Materials Recycling Facility

322 Bartlett Street, Grand Rapids, MI

Phone: 616-336-4362 **Hours:** M-F, 8-4:30.

Kentwood Household Hazardous Waste Center

5068 Breton Road, Kentwood, MI

Phone: 616-336-2570 **Hours:** Call for an appointment; appointments taken for TUs from 3-6.

Kentwood Recycling Center

5068 Breton Road, Kentwood, MI

Phone: 616-336-2570 **Hours:** M-F 7:30-4 and when the gates are open.

North Kent Transfer Station

2908 Ten Mile Road, Rockford, MI 49341

Phone: 616-336-2570 **Hours:** M-Sat 7:30-5.



Northwest Grand Rapids Household Hazardous Waste Center

1500 Scribner Avenue NW, Grand Rapids, MI 49504

Phone: 616-336-2570 **Hours:** Call for an appointment; appointments taken for Ms from 1-4 and Ws from 9-12.

Rockford Household Hazardous Waste Center

2908 Ten Mile Road, Rockford, MI 49341

Phone: 616-336-2570 **Hours:** Call for an appointment; appointments taken for Fs from 9-12.

Rockford Recycling Center

2908 Ten Mile Road, Rockford, MI 49341

Phone: 616-336-2570 **Hours:** M-Sat 7:30-5.

South Kent Landfill

300 100th Street, Byron Center, MI

Phone: 616-877-4092 **Hours:** M-F, 7:30-5 and Sat, 7:30-3:30.



Wyoming Household Hazardous Waste Center

Wyoming Clean Water Plant, Ivanrest/Chicago Drive, Wyoming, MI

Phone: (616) 261-3564 **Hours:** Call for an appointment.

KENT COUNTY FRIEND OF THE COURT

(616) 632-6888 / (616) 632-6800

[http://www.accesskent.com/](http://www.accesskent.com/CourtsAndLawEnforcement/FriendoftheCourt/foc_index.htm)

[CourtsAndLawEnforcement/FriendoftheCourt/foc_index.htm](http://www.accesskent.com/CourtsAndLawEnforcement/FriendoftheCourt/foc_index.htm)

82 Ionia Ave. NW, Suite 200, Grand Rapids, MI 49503

Main hours: 8-5, M-F

Seeks to strengthen the bonds between children and their separated parents and to facilitate the resolution of domestic relations matters. Acts to protect the best interests of children by encouraging and assisting parties to voluntarily resolve contested domestic relations matters, and by compelling the enforcement of parenting time, custody, and support orders. This is the collection, enforcement, investigative and fact-finding arm of the Circuit Court in the area of domestic relations. The 24-hour case information access line is (616) 632-6800.

Program hours: 8-5, M-F. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** None. **Area served:** Kent County.



KENT COUNTY HEALTH DEPARTMENT

(616) 632-7100

www.accesskent.com

700 Fuller Ave. NE, Grand Rapids, MI 49503

Main hours: 8-5, M-F

The Kent County. Health Department shall be responsive to the community health needs of the citizens of Kent County. by continually and diligently endeavoring to prevent disease, prolong life, and promote the public health.

Child Death Support Program. Public Health nurses and social workers trained in bereavement services offer support and counseling to families who have lost a child (ages 1-18 yrs) suddenly and unexpectedly. Referral to support services as needed.

Program hours: 8-5, M-F. **Application:** Referrals from Medical Examiner's office, hospital, or others. No appointment necessary. **Eligibility:** Families living in Kent County. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Colleen Jillson (616) 632-6967 colleen.jillson@kentcounty.org

All languages available upon request.

Childhood Lead Poisoning Prevention & Case

Management. Lead testing of children 9 months through 5 years of age. Follow-up confirmatory testing, home visits for assessment and education, and environmental inspections for confirmed cases of lead poisoning, when appropriate. Referrals by hospital and community clinics, private physicians and KCHD Lead Screening Program. Case management within the County., including coordination with local lead hazard control and remediation programs and Get the Lead Out! resources. Education, including ½ hour class for groups interested in learning about the sources, pathways, and prevention and lead poisoning and educational resources for parents, caregivers, and homeowners.

Program hours: 8-5, M-F. **Application:** None. **Eligibility:** Kent County children ages 9 months through 5 years. **Fees/Insurance:** None. Medicaid reimbursement for testing, case management and environmental investigations. **Area served:** Kent County. **Contact:** Joan R. Dyer (616) 632-7026 joan.dyer@kentcounty.org

All languages available as needed.

Children's Special Health Care Services. This program helps medically eligible children through age 21 and some adults with costs for medical care and treatment related to certain medical conditions. Other services include diagnostic evaluations, respite care, and care coordination.

Program hours: 8-5, M-F. **Eligibility:** Medically eligible children to age 21 and some adults. **Fees/Insurance:** Usually no fee is required, however, co-payment required of some depending on income. Child may also have Medicaid or private insurance. Coverage is in addition to Medicaid or private insurance. **Area served:** Kent County. **Contact:** Chris Buczek (616) 632-7039 chris.buczek@kentcounty.org

(Spanish) All languages available upon request.

Community Nutrition Services. Educational presentations and written materials on a variety of nutrition-related topics are provided.

Program hours: M-F, 8-5. **Area served:** Kent County. **Contact:** (616) 632-7290

Family Support Network. Parents of children with special health and development needs meet for discussion, support, problem solving, and advocacy.

Program hours: Varies, call for details. **Eligibility:** Parents of children with special needs. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Chris Buczek (616) 632-7039 chris.buczek@kentcounty.org

🗣️ (Spanish) Not generally at meetings, though as arranged.

Fetal Alcohol Syndrome Project. Services provided include: Parenting classes for parents and care-givers of children with FAS/ARND. The parenting program is a 8-session curriculum. Two sessions focus on identifying the signs of FAS/ARND, how it is diagnosed, and how to reduce the occurrence of secondary conditions. The next four sessions focus on helping parents and care-givers adapt their parenting skills and find support from other families. The last sessions focus on types of services and supports that are available, how to obtain services, and how to be an effective advocate for their child when services and supports are difficult to obtain or not available. Parenting classes for women in recovery with children affected by pre-natal exposure to alcohol and other drugs. The description of the parenting class for parents and care-givers also applies to this class. Services provided include: FAS Trainings for professionals who work with pregnant women and women of childbearing age. Trainings provide information on the causes of FAS, how to identify the condition and the importance of early identification.

Program hours: Call for support group meeting time or to schedule a presentation. **Application:** None. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Karyn Pelon 616/632-7122

Health Education Programs. One time presentations are provided on a wide variety of health-related topic areas including: nutrition, HIV/AIDS & other STIs, Communicable Disease, tobacco, building healthy relationships, substance abuse prevention, sexuality, West Nile virus, flu prevention, physical activity, and stress management.

Program hours: Call for training dates. **Application:** None. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** (616) 632-7121

Hearing and Vision Screening for Children. Provide vision & hearing screenings for children in pre-school through high school. Screenings are generally scheduled in schools with individual screenings available by appointment. Those referred from the hearing screening may participate in a Health Department supported otology clinic.

Program hours: 8-5, M-F. **Application:** Call for appointment at (616) 632-7047. **Eligibility:** Kent County children. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Chris Buczek (616) 632-7047 chris.buczek@kentcounty.org

🗣️ (Spanish) All languages available upon request.

HIV Provider Education Project. Free training is available for health care providers and health profession students on discussing patient sexual health and conducting a sexual history; the link between sexually transmitted infections, hepatitis C and HIV/AIDS; effective prevention interventions for HIV positive patient; risk assessment/risk reduction counseling skills; HIV disclosure issues and; improving patient-provider communication about HIV and hepatitis C prevention. Training is funded by a grant from the Michigan Department of Community Health and is coordinated by the Kent County. Health Department. Training duration varies from 2 hours to one full day, depending on the topics and target audience. Nursing contact hours may be available for some trainings.

Program hours: Call for training dates. **Application:** None.

Eligibility: None. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Michelle Johnson (616) 632-7284 michelle.johnson@kentcounty.org

Immunizations Clinics. Six (6) locations throughout the County provide routine childhood and adult vaccines, TB testing, and *international travel immunizations. Vaccines are free to those who qualify for special programs, such as vaccines for children or the Michigan Vaccine Replacement Program. However, a sliding-scale vaccine administration fee may still be charged for each injection given. (*International travel vaccinations are given by appointment at the Fuller location only. For more information or to schedule an appointment for international travel vaccinations, please call 632-6990.)

Program hours: Varies by location. Fuller Clinic: M, T, W, F 8-4:30 & TH 1-7. **Fees/Insurance:** Call for details or see www.accesskent.com for current information. **Area served:** Kent County.

🗣️ (Spanish) AT&T Language Line used for non English, non Hispanic speaking.

Kent County Healthy Start. Offers support and information to first time parents and their infants. Healthy Start helps to relieve some of the stress of having a new baby through phone calls, written information and home visits. Family Support Workers link families with community resources and teach parents how to be their child's most important teacher. Healthy Start is free, private, and respectful of language and culture.

Program hours: For information, 8-5, M-F. **Application:** Call (616) 632-7021 for information. **Eligibility:** First time mothers in Kent County from prenatal to children to age 3; must access services before child is 4 months old; no substantiated or open CPS case. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Jan Coil (616) 632-7021

🗣️ (Spanish)

Lead Screening. Lead screening for eligible-age children available on a walk-in basis.

Program hours: Varies. **Application:** Walk-in. **Eligibility:** ages 9 months through 5 years who meet screening guidelines. **Fees/Insurance:** Medicaid or free, Medicaid. **Area served:** Kent County. **Contact:** Joan Dyer (616) 632-7026

🗣️ (Spanish) Spanish at some locations. Other languages through AT&T Language Line

Maternal Infant Health Program. MIHP provides nursing, nutrition, and social work intervention to pregnant women, infants and children considered at risk. Program services are home-based and include: comprehensive psychosocial and nutritional assessment; care coordination; professional intervention by a multi-disciplinary team; transportation arrangement; and referrals to community services. These families are also eligible to receive childbirth education and/or parenting education classes.

Program hours: 8-5, M-F. Other times by appointment. **Eligibility:** Resident of Kent County. **Fees/Insurance:** None. Medicaid. **Area served:** Kent County. **Contact:** Dianna Baker (616) 632-7058 dianna.baker@kentcounty.org

🗣️ (Spanish) Interpreters used for all non-English speaking clients.

MIChild-Healthy Kids Medicaid Enrollment. Provides application and enrollment assistance for Medicaid and MICHild for pregnant women and children. Contact the Kent County Health Department 632-7058 to schedule an appointment.

Program hours: 8-4, M, TU, W, F; 1-7, TH. **Eligibility:** Call for details. **Area served:** Kent County.

🇪🇸 (Spanish)

Nurse-Family Partnership. Provides intensive home visits by specifically trained nurses to first time, low-income mothers who live within Metropolitan Grand Rapids and Kentwood. clients are enrolled before the 28th week of their pregnancy. Service follows until the child's second birthday.

Program hours: 8-5, M-F; may vary to meet client's needs.

Application: Referrals by client herself, family member(s), school personnel, or healthcare provider. **Eligibility:** Pregnant, low income, first-time mom who lives with city limits of Grand Rapids and Kentwood; no age restriction.

Fees/Insurance: None. **Area served:** Grand Rapids and Kentwood. **Contact:** Marian Deese (616) 336-7035 marian.deese@kentcounty.org

Personal Action Toward Health (PATH). PATH is a six-session program to help people with chronic diseases, such as diabetes, arthritis, lung disease, fibromyalgia and others, manage their illness. Classes are highly interactive and cover topics such as how to deal with frustration, pain and isolation; appropriate use of medications; communicating effectively with family, friends, and health professionals; effective exercise techniques; how to evaluate new treatments; and nutrition.

Program hours: Classes are scheduled periodically. Contact Anne for information regarding schedule. **Area served:** Kent County. **Contact:** Anne Kikstra (616) 632-7285

Personal Health Services-STI / HIV Clinic. Providing testing for HIV and some sexually transmitted infections at no charge on an appointment-only basis. Call 632-7171 If you have further questions about our services or would like to set up a confidential appointment.

Program hours: M, T, W, F 8am-5pm and Th 1pm-7pm.

Eligibility: 13 years and older. **Fees/Insurance:** No charge for services. **Area served:** Kent County.

🇪🇸 (Spanish)

Public Health Clinics. Provide general immunizations on a walk-in basis. WIC services and international travel immunizations offered by appointment only. WIC and general immunizations services are available at six (6) clinic locations throughout the county. For WIC information or to make an appointment, call 632-7200. For information about international travel immunizations or to make an appointment call 632-6990.

Program hours: M, T, W, F 8am-11:30am, 1pm-4:30pm and Th 1pm-5pm.

Fuller location open extended hours Th 1pm-7pm. **Fees/Insurance:** Medicaid. **Area served:** Kent County.

🇪🇸 (Spanish) Spanish at some locations. Other languages available through interpreter services.

Public Health Nurse Home Visit Services. Provide assessment, education, counseling, health promotion, referral and follow-up services to well and at-risk clients and families. Home visits and phone consultations on a wide variety of health problems are provided in this family-centered service. Certain restrictions may apply.

Program hours: 8-5, M-F. **Application:** Call for information. Individual may be referred by other agency, hospital, or self.

Eligibility: Resident of Kent County. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Sandy Walls (616) 632-7058

🇪🇸 (Spanish) All languages available upon request.

Sexual Assault Prevention/Project Respect. Project Respect is a 6-session sexual assault prevention curriculum targeting at-risk and Hispanic youth between the ages of 12 and 18. The goal of the program is to reduce the likelihood that youth will become victims or perpetrators of sexual assault. The program is offered in English and Spanish and provides information on Michigan's criminal sexual conduct law, myths and facts about sexual assault, the link between sexual assault and substance abuse, strategies to prevent sexual assault and community resources. Classes are implemented by health educators from KCHD or by trained community facilitators.

Program hours: Call to schedule a class. **Application:** None.

Eligibility: None. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Amy Piddington (616) 632-7123

🇪🇸 (Spanish)

Special Supplemental Nutrition Program for Women-Infant-Children (WIC). The Special Supplemental Nutrition Program for Women, Infants and Children (WIC) serves to safeguard the health of low-income women, infants & children up to age 5 who are at nutritional risk by providing nutritious foods to supplement diets, information on healthy eating, and referrals to health care. There are six Kent County Health Department clinic sites located throughout the county to better serve the community. For more information or to make a WIC appointment, please call 616-632-7200.

Program hours: Varies by location, Fuller Clinic open M,T,W,F 8am-4:30pm & Th 1-7pm. **Application:** Call for an appointment to determine program eligibility. **Eligibility:** Those on Medicaid or food stamps qualify. Others must meet income eligibility and nutritional risk factors. **Fees/Insurance:** None. **Area served:** Kent County.

🇪🇸 (Spanish, Vietnamese) All languages available upon request

Sudden Infant Death Syndrome (SIDS) & Other Infant Death Counseling. This program provides counseling, education, and support to families who have lost an infant. Home visits and support group meetings offer education, bereavement counseling, and advocacy for family members.

Program hours: 8-5, M-F. **Eligibility:** Families who have lost a child under age one. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Colleen Jillson (616) 632-6967 colleen.jillson@kentcounty.org

🇪🇸 All languages available upon request.

KENT COUNTY HEALTH DEPARTMENT STRONG BEGINNINGS

(616) 632-7200

www.kentcounty.org

Main hours: 8-5, M-F

To assist pregnant mothers and women parenting children two years of age and under to be connected to community resources through education and advocacy.

Program hours: 8-5, M-F. **Area served:** Grand Rapids area. **Contact:** Marla Decker (616) 632-6963

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KENT COUNTY LITERACY COUNCIL

(616) 459-5151

www.kentliteracy.org

111 Library St.NE, Grand Rapids, MI 49503

Main hours: 9-5, M-F. Service hours varied

To provide reading programs that promote literacy.

Adult Tutoring Program-Reading/English as a Second Language. Offers one-to-one tutoring for adults wishing to improve their reading skills and English-communication skills

relating to work and home.

Program hours: 9-5, M-F. Tutoring hours are flexible.

Eligibility: Resident of Kent County. **Fees/Insurance:** None.

Area served: Kent County primarily **Contact:** Charmayne Mulligan (616) 459-5151



Customized Workplace English. Offers English language training program for employees of West Michigan businesses

Eligibility: Resident of Kent County. **Fees/Insurance:** None.

Area served: Kent County. primarily. **Contact:** Susan Ledy (616) 459-5151

KENT COUNTY PARK DEPARTMENT

(616) 336-3697

1500 Scribner Ave. NW, Grand Rapids, MI 49504

Main hours: 7:30-4

The Parks Commission makes recreation facilities available on a regular basis for the general public. Park areas may be reserved for special events. Information is provided on all county parks, swimming, cross-country ski trails. Parks open May 1-Labor Day. Also provides a public golf course and a campground at Wabasis Lake.

Program hours: 7:30-Noon, 1-4:30, M-F. **Fees/Insurance:** Closed Shelter \$150-\$185 half day, open shelter \$65-\$90 all day, picnic area \$45 all day. Call for info on L.E. Kaufman Golf Course and Wabasis Lake Campground. **Area served:** Kent County.

KENT COUNTY PROSECUTORS OFFICE

(616) 632-5400

180 Ottawa Ave. NW, Suite 5400, Grand Rapids, MI 49503

Main hours: 8-5, M-F

To provide support, advocacy and information.

Kent County Victim Witness. Provides information, support, and advocacy to victims and witnesses throughout the criminal justice system. Services are available to crime victims throughout Kent County.

Program hours: 8-5, M-F. **Eligibility:** Kent County residents. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Anita Emrich Droog (616) 632-5400 anita.droog@kentcounty.org

(Bosnian, Spanish, Vietnamese) All languages available upon request.

KENT COUNTY RE-ENTRY CENTER

616-336-3161 / 616-336-2065

Main hours: M-F 7:30am-3:30pm

Provides education and work to jailed inmates to assist them in preparing for re-entry into the community.

Program hours: 24 hour facility. **Area served:** Kent County.



KENT COUNTY SOLDIERS AND SAILORS RELIEF OFFICE

(616) 336-3492

[www.accesskent.com/Health/](http://www.accesskent.com/Health/SoldiersAndSailorsRelief/SoldierSailorRelief.htm)

[SoldiersAndSailorsRelief/SoldierSailorRelief.htm](http://www.accesskent.com/Health/SoldiersAndSailorsRelief/SoldierSailorRelief.htm)

215 Straight Street NW, Grand Rapids, MI 49504

Main hours: 8-4:30, M-F

To aid honorably discharged, wartime veterans and their families who are residents of Kent County with limited temporary emergency assistance. To also assist war-time era veterans and their spouses with up to \$300 of burial expenses and if the veteran is helped with their burial expenses payment of up to \$80 for placement of the free VA Marker.

Burial Assistance. Provides up to \$300 for burial assistance for eligible veteran or spouse.

Program hours: 8-4:30, M-F. **Application:** Appointment preferred. **Eligibility:** Wartime era Veteran and resident of Kent County. **Fees/Insurance:** None. NA. **Area served:** Kent County.



Emergency Needs-Back Rent. Provides one month's rent. Rent cannot exceed 40% of monthly income. Must have Eviction Notice.

Program hours: 8-4:30, M-F. **Application:** Appointment preferred. **Eligibility:** Wartime era Veteran, widow or widower, and resident of Kent County. **Fees/Insurance:** None. NA **Area served:** Kent County.



Emergency Needs-Food. Provides grocery vouchers good for food, personal hygiene products, cleaning supplies, paper household items, and diapers. Amount based on household size (veteran, spouse, and minor children).

Program hours: 8-4:30, M-F. **Application:** Appointment preferred. **Eligibility:** Wartime era Veteran and resident of Kent County. **Fees/Insurance:** None. NA. **Area served:** Kent County.



Emergency Needs-Utilities. Prevents shutoff of heating, electric or water service. Maximum of \$500 payment and must be able to pay following month's bill.

Program hours: 8-4:30, M-F. **Application:** Appointment preferred. **Eligibility:** Wartime era Veteran, widow or widower, and resident of Kent County. **Fees/Insurance:** None. NA. **Area served:** Kent County.



KENT DISTRICT LIBRARY

(616) 784-2007

www.kdl.org

814 West River Center Dr. NE, Comstock Park, MI 49321

Main hours: 8-5, M-F

Information and workshops available on early literacy. Offers a large collection of music, videos, and books for children and adults. Free Internet access at all 18 branches. Library staff are available to assist with reference questions and other searches for information. Free programs such as story time (ages 0-6), computer classes and book discussion are offered at various locations.

Program hours: Varies by branch. See www.kdl.org for listing for all 18 branches. **Area served:** All communities in Kent County with the exception of the Cities of Grand Rapids, Cedar Springs and Sparta.



KENT HEALTH PLAN CORPORATION

(616) 726-8204

www.kenthealthplan.org

Main hours: M-F, 8-5

Kent Health Plan Corporation is a non-profit organization whose purpose is to develop innovative programs that improve access to healthcare for thousands of low-income people in Kent County without health insurance.

Kent Health Plan-Plan B. Provides a community-sponsored program for people without health insurance that meet specific qualifications and live in Kent County. The program is not insurance, but it can help get certain medically necessary services at low or no cost. When enrolled in the plan the client is assigned to a clinic where basic medical care can be

obtained. The physician at the clinic will be able to refer the client to specialist and arrange for lab tests and x-ray services.
Program hours: M-F, 8-5. **Application:** If client is an established patient at Cherry Street Health Services, Metro Health, Saint Mary's Health Care, or Spectrum Health clinics, they may apply at those locations. If a client is not established at one of these locations, they should call Kristi at (616) 726-8204, ext. 1. **Eligibility:** Client must live in Kent County, have an income at or below 150% of the federal poverty level (FPL), and cannot qualify for Medicaid, Medicare, Healthy Kids, MIChild or any other health insurance, medical benefits or private insurance. (The client's children can be on MIChild and the client can still qualify) **Area served:** Kent County. **Contact:** Kristi Ghering (616) 726-8204, ext. 1 kristighering@kenthealthplan.org
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KENT INTERMEDIATE SCHOOL DISTRICT

(616) 364-1333

www.kentisd.org
 2930 Knapp St. NE, Grand Rapids, MI 49525
Main hours: 7:30-4:30, M-F
 To provide leadership, support and service to meet the needs of schools and communities for the primary purpose of preparing all students to be successful workers, life-long learners and contributors in a democratic society.

Bright Beginnings Early Childhood Program. Supports the local school districts in Kent County with early childhood programming, including the delivery of the Parents as Teachers (PAT) program. PAT is a voluntary program for families with children from birth to five which includes home visits, playgroups and parent meetings, developmental screenings and information for parents. The program is offered through the local school districts.

Program hours: Call for details. **Eligibility:** Children birth to five. **Area served:** Kent County. **Contact:** Erin McGovern Ryle (616) 447-3080
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Kent Career/Technical Center. An educational service of KISD which enrolls more than 2500 students from public and private schools in over 30 career and technical programs. Upon completion of training, students are assisted in finding employment and exploring further educational opportunities. Also provides training to employers of local businesses through Business and Community Resource Team. Includes customized training, job analysis, skill assessment, KCTC Challenge Course, Workkeys assessment/testing, and evening career courses for adults. The mission is to strengthen communities by providing leadership for learning. We accomplish this through innovative partnerships, technology, training, professional development, and research.



CATHOLIC CHARITIES WEST MICHIGAN

(616) 456-1443 Grand Rapids
 1-877-277-9378 Muskegon

- Counseling for Individuals and Families
- Immigration Advocacy & Assistance
- Pregnancy Support
- Family Preservation Programs
- Adoption
- Foster Care

1655 E. Beltline NE, Grand Rapids, MI 49525
Program hours: 7-2:15, M-F. **Application:** Referral through local high school, as well as business and industry clients.
Eligibility: High school juniors and seniors, also adults. **Fees/Insurance:** Fee schedule per class enrolled in or program taken. NA. **Area served:** Kent County. **Contact:** Gail Persons (616) 364-8421
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Kent Transition Center. Provides employment-related education opportunities for high school juniors and seniors. 1800 Leffingwell Ave. NE, Grand Rapids, MI 49525
Program hours: Call for details. **Application:** Referral by high school counselors. **Eligibility:** Kent-Barry County residents of high school age. **Fees/Insurance:** NA. **Area served:** Kent and Barry counties.
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Parent Advisors for Special Education. Represents the interests of parents in advising the intermediate school district about delivery of its programs to Kent County., sponsoring inservice training for professionals, parents, and others to improve understanding about people with disabilities.
Program hours: Call for details. **Application:** Request membership through Special Education Director at the local school district. **Eligibility:** Kent County resident; meetings are open to the public. **Fees/Insurance:** NA. **Area served:** Kent County.

KENT REGIONAL COMMUNITY COORDINATED CHILD CARE

(616) 451-8281
www.4Cchildcare.org
 Suite 107, 233 E. Fulton St., Grand Rapids, MI 49503
Main hours: 8-5, M, W-F; 8-8, TU
 Provides child care referrals and information on selecting quality child care, consultation on financial assistance for parents using child care, workshops for parents, training for child care providers, sponsor of Child and Adult Care Food Program, advocacy on behalf of children and families, and child care professionals, resource library.
Program hours: 8-5, M, W-F; 8-8, TU. **Application:** None. **Eligibility:** None. **Fees/Insurance:** None. NA. **Area served:** Ionia, Kent, Mecosta, Montcalm, Newaygo, and Osceola counties. **Contact:** Ray Passkiewicz (616) 451-8281 rayp@4Cchildcare.org
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Kent Regional 4C – Ionia County
 Ionia Co. DHS, 920 E. Lincoln Avenue P.O. Box 506, Ionia, MI 48846
Phone: (616) 527-5214 **Hours:** 8-5, M-F.
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Kent Regional 4C – Mecosta County
 800 Water Tower Road, Big Rapids, MI 49307
Phone: (231) 796-4319 **Hours:** 8-5, M-F.
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Kent Regional 4C – Montcalm County
 609 N. State Street P.O. Box 278, Stanton, MI 48888
Phone: (989) 831-8465 **Hours:** 8-5, M-F.
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Kent Regional 4C – Newaygo County
 1018 Newell, White Cloud, MI 49349
Phone: (231) 689-5510 **Hours:** M-F, 8-5.
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Kent Regional 4C – Osceola County
 800 Water Tower Road, Big Rapids, MI 49307
Phone: (231) 796-4319 **Hours:** 8-5, M-F.
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Internet Safety for Kids

1. Personal information stays personal. Teach kids not to share passwords or give up information.
2. Help them find a balance between computing and other activities.
3. For younger kids (pre 7th grade) try to keep the computer in a shared family space. For older kids who need to work in their own space make sure you pop your head in often and see what they're up to.
4. Learn about computers so you can enjoy them together with your kids.

5. Talk to your kids about where they go online and ask them to show you things.
6. Make sure that your children feel comfortable coming to you in the event that there's an online problem. If they worry that you'll take away their computers or blame them for causing trouble they won't come to you until it's too late.
7. Keep kids out of chat rooms unless they are monitored.
8. Have them sign an acceptable use policy and let them know they'll lose computer privileges if they abuse rules.
9. Know their online friends, buddies, and who they email. Know the sites they visit.
10. Warn them that things said on the Internet take on a life of their own and travel very quickly.
11. Warn them not to take on roles and personae like "I'm a 12 year old boy named Billy" when they're not.
12. Warn them to be suspicious of people they don't know who lure them into a conversation and ask too many details.
13. Own the master account with your online service. As the master account holder you can use the parental control tools that are part of most services.
14. Know what they do at their friends' houses, especially on the Internet.

Source: Children's Assessment Center, Grand Rapids, Michigan.

KENTWOOD COMMUNITY CHURCH

(616) 455-1740

www.kcconline.org

1200 60th St. SE, Grand Rapids, MI 49508

Main hours: 8-5, M-F

Explore and Grow Pre-school. Pre-school, before and after-school care.

Program hours: 6:30 am.-6:00 pm. **Application:** Yes, stop in and see Explore and Grow staff. **Area served:** Grand Rapids, Wyoming, Kentwood, Gaines, Caledonia and Byron Townships. **Contact:** Mark Wilson (616)455-0690 mwilson@kcconline.org



Future Hope Divorce Recovery. A safe environment where hurting people can heal on their path of recovery from divorce or separation.



KENTWOOD COMMUNITY EDUCATION CENTER

(616) 261-6166

28 60th St. SE, Kentwood, MI 49548

Main hours: 8-4:15, M-F

Exists for the learner. With the right tools and support, the learner will develop a sense of excitement for learning, be open to new experiences, believe that success is possible, and that effort will be rewarded.

Crossroads Alternative High School. Offers high school completion classes for nontraditional teens, special programming for teen parents and parents-to-be, ESL students, and Special Education students from the Kentwood School District.

Program hours: 7am-9pm, M-F. **Application:** Referral from high school counselor. **Eligibility:** Resident of Kentwood School District, ages 15-19, and must have completed one semester of 9th grade. **Area served:** Kentwood School District.



Kentwood Community Education Center. Classes for teens and adults to earn a High School diploma, parenting classes for teen parents and parents-to-be, preschool classes, English as a second language, and leisure-time classes.

Program hours: 7am-9pm, M-F. **Application:** Call for appointment. **Eligibility:** Resident of Kentwood School District. **Fees/Insurance:** Tuition for preschool and leisure-time classes only. **Area served:** Kentwood School District.



KENTWOOD PARKS AND RECREATION DEPT.

(616) 656-5270

www.ci.kentwood.mi.us

355 48th St. SE, Kentwood, MI 49548

Main hours: 7-7, M-Th and F 7-5

To enrich and improve the mental and physical well-being of the citizens of Kentwood through fun and positive experiences.

Adapted Recreation. Offers sports and leisure activities designed to meet the needs of individuals with various disabilities.

Program hours: Vary, call for details. **Application:** Enroll via phone, mail, or fax. **Eligibility:** None. **Fees/Insurance:** Vary. **Area served:** Western Michigan. **Contact:** Val Romeo (616) 656-5275



Leisure Enrichment & Special Events. Exercise and wellness programs, dance, self defense, park programs, and special events (4th of July, expos, Halloween Hoopla, and others).

Program hours: Various weekdays and weekends. **Area served:** Kentwood and surrounding area. **Contact:** Amy Hose 616.656.5273



Senior Adult. Various leisure and enrichment programs for adults 50 plus. Socials, travel, card clubs, sewing (quilting), softball, golf, health services, and special interests or anything you would like to start.

Program hours: M-F, 8-5. **Eligibility:** 50+ **Fees/**

Insurance: Various. **Area served:** Surrounding Kentwood area. **Contact:** Lorraine Beloncis 616.656.5278 beloncis@ci.kentwood.mi.us



Sports Programs. Various sports for youth and adults that include: basketball, soccer, volleyball, t-ball, tennis, softball, intro to various sports classes and any sport you would like us to try.

Program hours: Various weekday and weekend times.

Area served: Surrounding Kentwood area. **Contact:** Clay Summers 616.656.5270 summerc@ci.kentwood.mi.us



KENTWOOD PUBLIC SCHOOLS

(616) 455-4400

www.kentwoodps.org

5820 Eastern Ave. SE, Kentwood, MI 49508

Main hours: 8-4:30, M-F

Area served: Kentwood.

KIDS FOOD BASKET

(616) 363-2777

1239 Three Mile Rd. NE, Grand Rapids, MI 49505

Provides sack meals to children in Grand Rapids Public Elementary Schools; needs are assessed through teacher referrals.

Program hours: 9-5. **Application:** Teacher referrals.

Fees/Insurance: None. **Area served:** Grand Rapids Public Elementary Schools.

Kids Food Basket

820 Monroe NW, Grand Rapids, MI 49503

Phone: (616) 235-4532



KLC SCHOOL PARTNERSHIPS

616-406-0934

www.klchampions.com

3500 Gladiola Ave SW, Wyoming, MI 49519

Main hours: M-F 6:30AM-6:00PM

We strive to develop the unique Champion within each child by providing opportunities for achievement and success.

Champions. Before and After School Enrichment program, Kindergarten and Preschool Enrichment.

Program hours: 6:30AM-8:45AM; 11:30AM-6:00PM.

Application: To enroll in the program please visit the program between 11:30 AM and 6:00 PM M through F to register and pick up enrollment packet. Enrollment packet must be returned at least 24 hours prior to desired start date. We will review the packet at call to confirm the start date and schedule. **Eligibility:** Must be at least 3 years old and attending school. We can accept children up to 12 years.

Fees/Insurance: Tuition is due weekly. Registration is \$40 for 1 child or \$60 for a family.

Before School-Full Time (3-5 days) \$31/week, Part Time (1-2days) \$13/week. Preschool/Pre-K/Kindergarten-Full Time \$60/week, Part Time \$24/week. After School-Full Time \$42/week, Part Time \$18/week. We offer a 10% sibling discount and gladly accept all FIA/DHS and other 3rd party payments. **Area served:** Wyoming-Taft, Parkview, West and Gladiola students. **Contact:** Site Director 616-257-9375 GladiolaChampionsSD@yahoo.com



LA LECHE LEAGUE OF GRAND RAPIDS

(616) 752-8300

www.lalecheleague.org

715 Hill Ave. NW, Grand Rapids, MI 49504

Enhancing health and encouraging good mothering through breastfeeding. Provides information, advice and support for women about breastfeeding. Each group (5 in Grand Rapids and several in nearby areas) hold a series of four monthly informal support meetings which a woman may attend before and/or after her child is born. Discussion centers on the advantages and art of breastfeeding, overcoming difficulties, nutrition, weaning and starting solids. A woman may attend meetings anytime. Babies are welcome at meetings. Electric breast pumps are available to create a milk supply in difficult situations.

Program hours: Varies, call for details. **Application:**

Eligibility: Women interested in breastfeeding and other concerned women. **Fees/Insurance:** \$36 yearly dues. No charge for meetings. **Area served:** No restrictions.

🇪🇸 (Spanish) Classes offered in Spanish.

LATIN AMERICAN SERVICES

(616) 336-4018

www.acset.org

121 Franklin St. SE, Grand Rapids, MI 49507

Main hours: 8-5, M-F

Translation/Interpretation. Information and referral, migrant emergency services, (vouchers for food, clothing, gas, utilities, car parts, car repairs, housing, payment to prevent shut off/ evictions). Senior services-transportation, interpretation, medicine.

Program hours: 8-5, M-F. **Eligibility:** None. **Fees/**

Insurance: None. **Area served:** Kent County.

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LAWYER REFERRAL AND INFORMATION SERVICE

(616) 855-0273 / (888) 454-9554

www.grbar.org

161 Ottawa Ave. NW, Suite 203-B, Grand Rapids, MI 49503

Main hours: 9-5, M-F

Providing access to legal services and education to all members of the community. Arranges appointments with attorneys or provides referrals to community organizations.

Program hours: M-F, 1-5 PM. **Application:** None.

Eligibility: None. **Fees/Insurance:** \$25 initial consultation with an attorney. None. **Area served:** Allegan, Kent, Muskegon, and Ottawa counties.



LEARNING DISABILITIES ASSOCIATION OF MICHIGAN

(888) 597-7809 / (517) 485-8160

www.laofmichigan.org

Suite 101, 200 Museum Dr, Lansing, MI 48933

Main hours: 10-2, M, W, F

Provides information for children and adults with learning disabilities, their families, professionals-including periodic educational meetings. Included in learning disabilities are

dyslexia, Attention Deficit Disorder and central auditory processing disorder (ACPD), etc.

Program hours: 10-2, M, W, F. **Eligibility:** Anyone with a learning disability and concerned others **Fees/Insurance:** \$35 yearly membership in local, state and national L.D.A., including newsletter **Area served:** Michigan.



LEGAL AID OF WESTERN MICHIGAN

(616) 774-0672

www.leagalaidwestmich.org

Cornerstone Building, Suite 400, 89 Ionia Ave. NW, Grand Rapids, MI 49503

Main hours: 8:30-12 noon and 1-5 pm, M-F

Provides free legal assistance to low-income persons encountering a civil (non-criminal) legal problem including spousal or child abuse, public assistance, consumer rights or tenants' rights. Will defend, but not initiate custody cases.

Program hours: 8:30-5, M-F. **Application:** Call for details.

Eligibility: Low-income (not to exceed 125% of federal poverty guidelines) with some exceptions according to funding source; and must be a civil case. **Fees/Insurance:** None. **Area served:** Western Michigan. **Contact:** Michael Chielens (616) 774-0672

(Bosnian, Spanish, Vietnamese)

LEGAL ASSISTANCE CENTER

(616) 632-6000 / (888) 454-9554

www.legalassistancecenter.org

Suite 5100, 180 Ottawa Ave. NW, Grand Rapids, MI 49503

Main hours: 8:30-5, M-F

Provide information and assistance with various legal self-help family law forms. Also offer assistance with Small Claims and Landlord Tenant documents. Offer referrals to community agencies, legal aid, and lawyers.

Program hours: Phone Assistance 8:30-5, M-F

Walk-in Patron Assistance 8:30-5 T-F. **Fees/Insurance:** There are fees to purchase Divorce packets, Custody packets, and Ex-Parte Motions. The court requires filing fees for most case actions. Required copies also have a per page cost. NA. **Area served:** The State of Michigan, primarily Kent County.

(Spanish)

LIFE GUIDANCE SERVICES

(616) 954-1991

www.lifeguidenceservices.org

3351 Claystone St. SE, Grand Rapids, MI 49546

Main hours: 8-5, M-F

To strengthen the health and functioning of individuals, families, and communities through inclusive, interactive, and innovative behavioral health care; to enhance the ability of people to live their lives to the fullest.

ADHD Classes. Offers classes in the fall and winter.

Although classes center around whatever concerns parents may have, some topics of discussion may include understanding the disorder, how to cope, behavior, managing your child, and community resources.

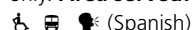
Program hours: Call for details. **Application:** Call Program Contact. **Eligibility:** None. **Fees/Insurance:** Call for details. **Area served:** Kent County and surrounding counties. **Contact:** Kelley Worth (616) 774-0633 lgs@lifeguidenceservices.org



AHSE- Alcohol Highway (Spanish only). Offered only in Spanish

Program hours: Classes scheduled throughout the year. **Eligibility:** Call for details. **Fees/Insurance:** \$75. NA- cash

only. **Area served:** Kent County.



Behavioral Health Counseling. Provides a broad spectrum of services for all ages including outpatient mental health and substance abuse counseling (including psychiatric services), psychological testing and assessment, and Employee Assistance Services.

Program hours: By appointment. **Application:** Call Scheduling Coordinator. **Eligibility:** None. **Fees/Insurance:** Sliding fee scale. Call for details. **Area served:** Holland, MI. **Contact:** Donna Kuiper (616) 774-0633

Eating Feelings. Designed for anyone struggling with eating for emotional reasons, this program focuses on dieting which involves deprivation and places the individual in an affected and unnatural state. The workshop participants understand how their thoughts and feelings contribute to their battle with food. This five-class program is offered over 10 weeks.

Program hours: Call for class times. **Application:** Contact Scheduling Coordinator. **Eligibility:** None. **Fees/Insurance:** Call for details. **Area served:** Kent County.

Families and Schools Together (FAST). A school-based, collaborative, family-focused program designed to increase the self-esteem and improve the school performance of at-risk elementary school children by supporting the natural strength of the family unit.

Program hours: Various times during the school year.

Application: Contact Admissions Coordinator. **Eligibility:** None. **Fees/Insurance:** Sliding fee scale. Call for details.

Area served: Kent County and surrounding counties.

FOCUS. Offered in joint effort with the Kent County Friend of the Court, this program is designed for parents who are going through divorce, child custody/support, and paternity matters. This four-hour class covers child development, effective communication problem solving, conflict resolution, and emotion management; the main focus is to assist parents to be able to help their children and themselves as they go through the transition of family separation.

Program hours: By appointment only. **Application:** Contact Nancy Trew. **Area served:** Kent and surrounding counties.

Grandparent Resource Center. Includes support, information and education services to grandparents raising grandchildren. Through a six-week class, both grandparents and grandchildren receive support for their unique situations. Discussions include custody issues, finances, health care, substance abuse prevention, and school problems. Grandparent caregivers also can call our Warm Line for peer support, information and community referrals.

Program hours: Groups are scheduled throughout the year.

Application: Call for information. **Eligibility:** None. **Fees/Insurance:** Call for details. **Area served:** Kent County. and surrounding counties. **Contact:** Kelley Worth (616) 774-9548 ext. 243 kworth@lifeguidenceservices.org

LinkAges. An in-home counseling program designed to meet the individualized needs of older adults (60+) and their families. Counselors are specially trained in older adult issues including care giving, illness, adjustment to death of a spouse, retirement, depression and anxiety related to life adjustment, substance abuse, change in living arrangements, and many other issues.

Program hours: 8-9, M, TU, W; 8-6, TH; 8-5, F.

Application: Call Admissions Coordinator for an appointment. **Eligibility:** None. **Fees/Insurance:** Sliding fee scale. Call for details. **Area served:** Kent County. **Contact:** Donna Kuiper (616) 774-0633 dkuiper@lifeguidenceservices.org

Methodone Treatment Program. Serves persons who are determined to be medically and psychologically appropriate for Methodone treatment and who express a willingness to attempt detoxification over a two-year time span, and who either have an ability to pay, health insurance coverage, or authorization from a Michigan Department of Community Health Coordinating Agency.

Program hours: Dosing: 6 am-9:30 am, M-SAT; Counseling by appointment, M-F. **Application:** Call Contact Center at (616) 776-0891. **Fees/Insurance:** Most insurances accepted. **Area served:** Kent County and surrounding counties. **Contact:** Mike McMahon (616) 776-0891 ext. 451 mikemcmahon@projectrehab.org

Minors in Possession. Provides services for adolescents ages 13-17 who have been involved in an alcohol and other drug related incident such as drinking and driving, intoxication, etc. as an alternative to school suspension or further court action. Includes assessment, education, and skill building groups and a program exit interview. A parent/guardian must accompany the youth to all phases of the program.

Program hours: 8:30-8, M-W; 8:30-5, TH, F. **Application:** Appointment, referral, can be family referred. **Eligibility:** Call for details. **Fees/Insurance:** \$150. **Area served:** Kent, Montcalm and Ionia counties. **Contact:** Tara Herman (616) 776-0891 taraherman@projectrehab.org

One * Two * Three Stop Smoking. Offers a program that can work in as few as three easy steps, using both hypnosis and acupuncture to assure success. In addition, the program offers ongoing assurance of success with the use of provided audio tapes and further optional acupuncture sessions.

Program hours: 8-9, M-W; 8-6, TH; 8-5, F. **Application:** Call Scheduling Coordinator for appointment. **Fees/Insurance:** \$295. **Area served:** Kent and surrounding counties.

Play Therapy. Professional child play therapy, and filial play therapy utilizing modern play therapy environment.

Program hours: 8-9, M-W, 8-6 TH, 8-5, F. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County and surrounding counties. **Contact:** Donna Kuiper (616) 774-0633 dkuiper@lifeguidanceservices.org

Project Charlie. Provides a comprehensive substance abuse prevention program targeting elementary age youth. Includes training for facilitators, volunteer support, newsletter for volunteers. Call for details.

Program hours: 8:30-5, M-F. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County. **Contact:** Joy McNabb (616) 776-0891 ext. 217 joymcnabb@projectrehab.org

Project Charlie/Special Me. Provides training and support for adults wishing to implement a substance abuse prevention program targeting preschool age children.

Program hours: 8:30-5, M-F. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County. **Contact:** Joy McNabb (616) 776-0891 ext. 217 joymcnabb@projectrehab.org

Project TNT. Provides an educational program targeting middle school age youth to reinforce and keep them from becoming tobacco users. This program consists of 10 one-hour sessions. Locations will vary.

Program hours: 8-5, M-F. **Application:** Call for availability of program. **Eligibility:** Middle school-aged youth. **Fees/Insurance:** None. **Area served:** Ionia, Kent, Newaygo and Montcalm counties. **Contact:** Tracy Metcalfe (616) 776-0891 ext. 221 tracymetcalfe@projectrehab.org

Rites of Passage. Provides an Africentric life enrichment program designed to emulate the African tradition of adulthood training and preparation. The curriculum teaches practical life skills, personal responsibility, African history, cultural and ethnic pride. Respect for self and for others is an integral part of the program. Substance abuse prevention information is also included. The program meets twice a week for twelve weeks. Youth completing the program participate in a graduation ceremony with family and the community invited. Locations depend upon funding available.

Program hours: Call for details. **Eligibility:** African American youth ages 9-12. **Fees/Insurance:** None. **Area served:** Grand Rapids. **Contact:** Willie Booker (616) 776-0891ext. 227

🗣️ (Spanish)

SAFEKIDZ. A unique child abuse prevention program offering a fun and non-threatening approach to learning personal safety for children ages 3 to 6. Children learn how to say “no”, get away and tell a helper. The program is offered to area schools, day care centers, churches and community organizations.

Program hours: Program offered on site of requestor at any time. **Application:** Call for an appointment. Programs done on site. **Eligibility:** None. **Fees/Insurance:** None. NA. **Area served:** Kent County and surrounding counties. **Contact:** Susan Kamm (616) 774-9548 ext. 229 skamm@lifeguidanceservices.org

Single Parenting Class. Offers information for anyone interested in learning more about single parenting issues. Consists of a six-part series that covers a wide range of single parenting issues. The group is held weekly. Program offered in the fall and winter.

Program hours: Call for class times. **Eligibility:** None. **Fees/Insurance:** \$5 non-refundable registration fee. **Area served:** Kent County. **Contact:** Laura Castle (616) 454-1097 lcastle@lifeguidanceservices.org

Wellness Therapies. Offers treatment modalities such as Auricular Acupuncture, Reiki, Hypnotherapy, EMDR, Thought Field Therapy, and CranioSacral Therapy to help restore healthy functioning of the body, mind, and spirit.

Program hours: Call for details. **Application:** Call Scheduling Coordinator for appointment. **Area served:** Kent and surrounding counties.

Women's Circle. Provides a stress management program consisting of ten 3-hour sessions. Primarily targeting women, other groups can be done by arrangement. Life skills are practiced and discussed in a supportive environment. Locations vary. Transportation and childcare may be available for some groups.

Program hours: 8:30-5, M-F. **Eligibility:** Targets low income participants. **Fees/Insurance:** Most groups have none. **Area served:** Ionia, Kent, Montcalm, and Newaygo counties. **Contact:** Rose Hildenbrand (616) 776-0891 ext. 208 rosehildenbrand@projectrehab.org

Women's Outreach Program. This program offers specialized services to women whose mental health issues negatively impact their ability to maintain employment and perform daily routine functions. Women receive confidential counseling services, assistance in locating educational and community resources and learn job readiness skills.

Program hours: 8-9, M, TU, W; 8-6, TH; 8-5, F. **Application:** Contact Scheduling Coordinator. **Eligibility:** Call for details. **Fees/Insurance:** None. **Area served:** Kent

County and surrounding counties. **Contact:** Mary Viventi (616) 774-0633 mviventi@lifeguidanceservices.org

Yo Puedo (I Can). Provides a leadership program especially designed to help Hispanic students learn more about themselves and become more effective in the ways they work and socialize with their fellow students. This program includes group educational sessions and discussions, educational field trips and recreational activities. There is also a three-day retreat provided by a local college or university.

Program hours: Call for details. **Eligibility:** Call for details.

Area served: Kent County. **Contact:** Angel Rodriguez (616) 464-2946 ext. 193 arodriguez@lifeguidanceservices.org

🇪🇸 (Spanish)

Cherry Street Site

822 Cherry St. SE, Grand Rapids, MI 49506

Phone: (616) 776-0891 **Hours:** 8-5, M-F.

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Holland Site

2556 Van Ommen Dr., Holland, MI 49424

Phone: (616) 954-1991 **Hours:** By appointment.

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KC Friend of the Court

8 Ionia Ave NW, Grand Rapids, MI 49503

Hours: By appointment only.

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Leonard Street Site

1400 Leonard St. NE, Grand Rapids, MI 49505

Phone: (616) 774-0633

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North End Community Ministry

214 Spencer St. NE, Grand Rapids, MI 49505

Phone: (616) 454-1097 **Hours:** 9-1 pm, M, TU, W, F.

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Reed City Site

4361 220th Ave., Suite B, Reed City, MI 49677

Phone: (231) 832-3933 **Hours:** 8:30- 6, M-F.

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Riverview Center

678 Front Ave. NW, Suite 180, Grand Rapids, MI 49504

Phone: (616) 954-1991 **Hours:** 8:30- 6, M-F.

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LIFE SERVICES SYSTEMS

(800) 577-7661 / (616) 396-7566

lifeservicessystem.org

11172 Adams St., Holland, MI 49423

Main hours: 8-5, M-F

LSS Parent Information and Resource Center (PIRC).

Serves communities, school districts, and families throughout Michigan. Programs include Parents as Teachers, Communities in Schools and LSS Transportation Service (Ottawa County – work-related rides for special-needs people).

Program hours: 8-5, M-F. **Application:** Call for details.

Eligibility: Call for details. **Area served:** Ottawa County.

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LOWELL AREA SCHOOLS

(616) 897-8415

www.lowell.k12.mi.us

300 High St., Lowell, MI 49331

Main hours: 7:30-4:30, M-F

4 Year Old Readiness.

Program hours: 9-11:30 and 12:20-3:10, M-F. **Eligibility:**

Must be 4 years old as of December 1 of that school year.

Also must have 2 at-risk factors. **Fees/Insurance:** None.

Area served: Lowell area school district.

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Tots on Track for School. This early childhood program's goal is to help families provide opportunities for all children to begin school healthy and ready to learn. Offers links to community resources through TOTS Early Childhood Family Resource Center, parent education and support groups, play groups, parenting classes, and child and family workshops. Also provides a program Curiosity Corner to promote school readiness for 4's and 5's, Spring second-hand sale, newsletters with readiness information, new baby welcome bags, and Parents As Teachers home visitor for families with children 0-5 yrs.; baby shower for expectant mothers in Fall and Spring; Wiggle and Giggle movement; music workshops monthly; screenings in April for children with possible speech or developmental delays.

Program hours: 9-4, M-F. Some evening programs available for family nights, music programs, and parenting classes.

Eligibility: Lowell area children birth to 5. **Fees/Insurance:** Small fee, waived upon request. **Area served:** Lowell area school district. **Contact:** Kathy Cole (616) 897-1232

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Unity High School. This alternative high school for students from the ages of 15-19 with emphasis on career planning/job readiness.

Program hours: 7:50-2:30 or 4-8, M-F. **Application:**

Referral by counselor or principal and then screened by program director necessary. **Eligibility:** Must meet age requirements. **Fees/Insurance:** None. **Area served:** Lowell area school district. **Contact:** Roger Bearup (616) 987-2500 rbearup@lowellschools.com

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LUTHERAN CHILD AND FAMILY SERVICE OF MICHIGAN – GRAND RAPIDS

(616) 281-4601

www.lcfsmi.org

1715 Sutherland Dr. SE, Kentwood, MI 49508-5012

Main hours: 8:30-5, M-F

As an expression of God's love, providing hope through quality human services.

Foster Care. Services children and adolescents removed from their homes because of abuse or neglect. Foster parents, trained and licensed by the agency, provide care for children. Clinical case management and counseling provided by master level caseworkers. Individuals interested in becoming foster parents call for information.

Program hours: 8:30-5, M-F. **Eligibility:** Referral from DHS, courts or CMH only. **Area served:** Allegan, Barry, Ionia, Kent, Montcalm and other counties. **Contact:** Sonia Noorman (616) 281-4601 snoorman@lcfmi.org

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Outpatient Counseling Services. Offers counseling services for individuals and groups, marriage and pre-marriage couples, child and family counseling, sexual abuse counseling for victims.

Program hours: 8:30-5, M-F. **Eligibility:** Call for details.

Fees/Insurance: Sliding scale according to ability to pay (Children in foster care covered by Fair Market Rate contract).

Area served: Western Michigan. **Contact:** Connie Vander Schel (616) 281-4601 cvanderschel@lcfmi.org

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Therapy for Children, Teen, and Adult Victims of Sexual Abuse. Provides individual counseling for children and for adults who are victims of sexual abuse.

Program hours: 8:30-5, M-F. **Eligibility:** Victims of sexual abuse. **Fees/Insurance:** Sliding fee scale. **Area served:** Western Michigan.



Treatment for Emotionally Impaired Children and Teens. Provides foster care for emotionally impaired children and teens.

Program hours: 8:30-5, M-F. **Eligibility:** Emotionally impaired children and teens in need of treatment outside home ages 0-17. **Fees/Insurance:** Outside of home care, referrals and payment are from FIA or Juvenile Court **Area served:** Western Michigan. **Contact:** Sonia Noorman (616) 281-4601 snoorman@lcfmi.org

LUTHERAN SOCIAL SERVICES OF MICHIGAN

(616) 532-8286

www.LSSM.org

2976 Ivanrest Ave. SW, Suite 140, Grandville, MI 49418

To serve people as an expression of the love of Christ. Our vision is to create a community that upholds human dignity, decries complacency and affirms equality and justice.

Foster Care. Provides foster care for children removed from their homes due to abuse or neglect. Foster families are licensed, trained, and supervised by LSSM. Provides case management for children and their birth families to work toward a permanent home for the child. Contracts with FIA and CMH agencies for foster care and respite services.

Program hours: 8:30-5, M-F. **Application:** Must be referred by FIA or CMH for foster care. **Fees/Insurance:** Call for details. None. **Area served:** West Michigan. **Contact:** Sue Pals /Laura Mitchell (616) 532-8286

(Bosnian, Spanish)

Refugee Employment Services. Provides full and comprehensive employment services to refugees and to companies in Kent and Ottawa counties, with no charge to the employee or company. Free Vocational English Language Training is also available to companies (workplace ESL) and in community-based sites.

Program hours: 8:30-5, M-F. VELT available at flexible hours. **Application:** Call (616) 532-8286 for an appointment or for more information. **Eligibility:** Any refugee who has been in the country for less than a total of five years. No requirement for VELT instruction. **Fees/Insurance:** None. NA. **Area served:** Kent and Ottawa counties. **Contact:** Lynda Bar (616) 532-8286

(Bosnian, Spanish, Vietnamese) 14 Languages available

Supervised Independent Living. Support and case management services for youth in Supervised Independent Living. Youth live with approved Host Families, in foster homes or independently. LSSM assists youth in learning basic life skills to as they prepare to age-out of foster care.

Program hours: M-F, 8:30-5. **Application:** Referral from Department of Human Services or private agency staff, with DHS approval. Referring worker, youth and caregiver complete assessments. **Eligibility:** Must be between the ages of 16-18 years. **Fees/Insurance:** DHS funded. None. **Area served:** Kent, Ottawa, Muskegon, Ionia counties. **Contact:** Joan Lutke (616) 356-1934 jlutke@LSSM.org

Vocational English Language Training. Provides literacy class tailored to the needs of individual companies and their employees. Excellent recommendations from companies both locally and statewide. No charge ever to the company or the employee.

Program hours: Flexible hours to meet the needs of individual company. **Application:** Contact Lynda Bar, Program Coordinator at (616) 532-8286 **Eligibility:** **Fees/Insurance:** None. NA. **Area served:** Kent and Ottawa counties. **Contact:** Lynda Bar (616) 532-8286

(Bosnian, Spanish, Vietnamese) 14 Languages available.

MADISON AREA NEIGHBORHOOD ASSOCIATION

(616) 542-5327

1300 Madison Ave. SE, Suite A, Grand Rapids, MI 49507

Area served: Grand Rapids – southeast area



MADISON SQUARE CHRISTIAN REFORMED CHURCH

(616) 245-7791 / (616) 245-0146

1434 Madison Ave. SE, Grand Rapids, MI 49507

Main hours: 9:30-5:30, M-F

Food pantry. food supplies for families in need to help them in short-term crisis

Program hours: TH 5:30pm-6:30pm. **Eligibility:** Person who attends Madison and has been referred by Deacon or non-church person from community that has been referred by SECOM (452-7684). **Area served:** Madison Square area.

(Spanish)

MOPS. Offers a variety of classes for new moms.

Program hours: Call for details. **Fees/Insurance:** None. **Area served:** Grand Rapids – southeast area

MARCH OF DIMES BIRTH DEFECTS FOUNDATION—GRAND RAPIDS DIVISION

(616) 247-6861

www.marchofdimes.com/michigan

3330 Broadmoor Ave. SE, Suite B, Grand Rapids, MI 49512-2867

Main hours: 8:30-5:30, M-TH 8:30-Noon, F during summer 9-5, M-F during winter

To improve the health of babies by preventing birth defects, premature birth, and infant mortality. Offers lending library of public health education materials, including publications, educational kits, and audiovisuals targeted to students, school personnel, parents, health professionals, adults of childbearing age, pregnant women, and people in the workplace, to give them information about pregnancy, birth defects and related newborn health problems. No direct



ACCESS Key Resource Food Pantry serving area:
North of 28th St, South of Hall, East of 131 and West of Patterson

Aerobics Evening Classes in English/Spanish

After School and Summer Youth Programming

Parenting/Relationship Education

616-452-7684

1545 Buchanan SW Grand Rapids, MI 49507

patient services, financial assistance, or referrals. (Literature/ videos available in Spanish).



MARKETPLACE MINISTRY

(616) 919-4911

www.marketplaceministry.org

Call for Address, Grand Rapids, MI 49506

Main hours: 9-5, M-TH; 9-3 SAT

Christian Rap Center. Provides a place for the weary to find rest, the hopeless to discover hope, and the broken to find healing. Their commitment is to the emotional and spiritual well-being of the people God brings to them. This world does not value people. It uses them, breaks them down and the replaces them. People matter to God-PERIOD. Marketplace offers its services free-of-charge to anyone with counseling needs.

Program hours: 9-5, M-TH; 9-3 SAT. **Area served:** Kent County.



MARY FREE BED REHABILITATION HOSPITAL

(616) 242-0300

www.maryfreebed.com

235 Wealthy St. SE, Grand Rapids, MI 49503

Main hours: 8-6, M-F

To restore hope and freedom through rehabilitation to people with disabilities.

Center For Limb Differences. Provides a comprehensive diagnostic clinic for children ages 0-21 with congenital or acquired amputations. Consultations available by pediatric and orthopedic physicians, orthotist, social work, nurse, physical therapy, occupational therapy, prosthetist, dietician, genetics counselor, and psychologist.

Program hours: 9 -12, TH. **Application:** Appointment required. Referrals by self, physician, or agency. **Eligibility:** Age 0-21. **Fees/Insurance:** All. **Area served:** No restrictions. **Contact:** Mark Lubberts (616) 454-7988

(Spanish, Vietnamese) Will coordinate interpreter services for needy patients.

Outpatient Services. Includes adaptive equipment, custom seating, orthotics, prosthetics, feeding evaluation/treatment, communication equipment evaluations, gait analysis lab, occupational, speech and physical therapy, summer therapy services.

350 Lafayette Ave. SE, Grand Rapids, MI 49503

Program hours: 8-6, M-F. **Eligibility:** Prescription based services. **Fees/Insurance:** Based on service. Subsidy funds available based on income. All. **Area served:** Western Michigan. **Phone:** (616) 242-9244

(Spanish, Vietnamese) Other interpreters available.

Pediatric Clinics. Pediatric Program cares for children from infancy through adolescence with traumatic brain injury, anoxia, spinal cord injuries, scoliosis, stroke, cerebral palsy, complex orthopedic problems, meningitis, spina bifida, and other neurological deficits. Comprehensive evaluation and treatment programs are offered, as well as individual therapies. Specialized care is available in orthopedics, neurology, and physical medicine and rehabilitation.

Program hours: 8:30-5, M-F. **Eligibility:** Call for details.

Fees/Insurance: Call for details. **Area served:** No restrictions. **Contact:** Karen Miller (616) 242-0393



Pediatric Community Recreation Therapy. Offers a program designed to improve or enhance the independence levels of physically impaired children and adolescents in play, socialization, recreation, sport, or leisure. Programs include: adaptive swimming, wheelchair basketball, wheelchair tennis, adaptive golf and ski clinics, WOW (Winners on Wheels), scouting program for children who use wheelchairs, sport team participation, kid's club, teen club, workshops, special events, and yearly tournaments. Most programs are free or minimal charge; sponsored by the Kiwanis of Michigan and Mary Free Bed Hospital.

Program hours: 12-8, M-SAT. **Application:** No referral required, apply by phone to schedule appointment.

Eligibility: Child must have a physical disability, age 4-18 years old. **Fees/Insurance:** Generally free or very minimal.

NA. **Area served:** Western Michigan. **Contact:** Maria Besta or Tanya Campbell (616) 242-0352



Pediatric Therapy Services. Provides services for children presenting multiple therapy needs in a one to one setting. May focus on motor, cognitive or perceptual skills based on need.

Program hours: 8-5, M-F. **Application:** Call for application packet. **Eligibility:** Ages birth-17. **Fees/Insurance:** Call for details. **Area served:** Western Michigan.

(Spanish, Vietnamese)

Main Hospital Campus

Outpatient Therapy Center, 350 Lafayette SE, Grand Rapids, MI 49503

Phone: (616) 242-9244 **Hours:** 8-5, M-F



MASONIC LEARNING CENTER

(616) 776-6840

233 E. Fulton St., 5th Floor, Grand Rapids, MI 49503-3270

Main hours: Sept-Apr, M-TH, 2:30-7. Mid-Jun-Jul, M-TH, 9-Noon. Closed F.

Educational organization dedicated to treating children with dyslexia and improving the standards of care through research and education.



Free Tutoring for Dyslexic Children. Provides free one-to-one tutoring using the Orton-Gillingham approach to children ages 5-18 years who have been diagnosed as having dyslexia by a licensed psychologist.

Program hours: Sept-Apr, M-TH, 2:30-7. Mid-Jun-Jul, M-TH, 9- Noon. Closed F. **Application:** Call for an application form. Outside psychological testing by the school or an independent licensed psychologist must be completed before application. **Eligibility:** Ages 5-18, pre-tested as having dyslexia by a licensed psychologist. **Fees/Insurance:** None.

Area served: Western Michigan. **Contact:** Nina Gorak (616) 776-6840 tutorone@sbcglobal.net

MAYOR'S YOUTH COUNCIL – CITY OF GRAND RAPIDS

(616) 456-3558

www.grcity.us/ocyf

300 Monroe Ave. NW; Suite 480, Grand Rapids, MI 49503

Main hours: 8-5, M-F

The Mayor's Youth Council (MYC) is a 15-member council of youth in grades 9th – 12th who act as a voice to city government and experience first-hand how municipal government works and impacts their lives. They develop an understanding of the purpose and function of city government and the decision-making process on public policy. Students learn important life-long skills in leadership,

team-building, political strategy, public speaking, debate, and community organizing. Students spend over 80 hours of time in MYC activities throughout the year. The MYC is a program managed by the Office of Children, Youth & Families of the City of Grand Rapids.

Program hours: 4-5:30, TU; various subcommittee meetings and special events scheduled throughout the year; program runs October through mid-May. **Application:** Applications can be downloaded from the Office of Children, Youth & Families' website at www.grcity.us/ocyf, by calling 456-3558 or emailing sharris@grcity.us. Applications are due in September. Interviews are conducted in the fall. **Eligibility:** 9th through 12th-grade students who are Grand Rapids residents. **Fees/Insurance:** None. **NA.** **Area served:** City of Grand Rapids. **Contact:** Shannon L. Harris (616) 456-3558 sharris@grcity.us

MEALS AT HOME

(616) 241-9112
1239 Fuller Ave. SE, Grand Rapids, MI 49506

Main hours: 9:00-2:00, M-F

Meal delivery service; meals delivered from Blodgett Hospital.

Eligibility: Shut-in / home-bound resident of northeast or southeast Grand Rapids. **Area served:** Northeast and Southeast Grand Rapids.



MEL TROTTER MINISTRIES

(616) 454-8249

www.meltrotter.org


225 Commerce Ave. SW, Grand Rapids, MI 49503

Main hours: 8-5, M-F

Provides outreach ministry to the poor and homeless population of Grand Rapids. Mel Trotter Ministries is a licensed long-term substance abuse center for men, women and children. Services include support groups, education classes, worship, and emergency food, clothing and furniture.

Program hours: 24/7. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Grand Rapids and West Michigan.

Contact: Bill Merchut (616) 454-8249 ext. 231

 (Spanish)

Camping Department. Offers a week long, free residential camping experience for underprivileged youth. The camp is located in Hopkins, Michigan.

Program hours: June thru August, call for details.

Application: Call for details. **Eligibility:** Underprivileged children ages 8-15. **Fees/Insurance:** \$90 fee plus \$10 deposit. Scholarships are available. No one will be refused on their ability to pay. **Area served:** No restrictions

West Michigan Christian Legal Clinic. Provides free legal advice to low-income people.

Program hours: 2-4 and 5-7, W. **Application:** Call for appointment. **Eligibility:** Low-income. **Fees/Insurance:** None. **Area served:** West Michigan. **Contact:** Karen Mortz (616) 454-8249

Women's Emergency Shelter. Provides emergency shelter for women. Two meals provided (breakfast and supper). Women should be in the mission by 6:15 pm.

Program hours: 7 days a week. **Eligibility:** Needy women of any age. **Fees/Insurance:** None. **Area served:** No restrictions. **Contact:** (616) 454-8249 ext. 297

MEN'S RESOURCE CENTER

(616) 456-1178

www.menscenter.org

534 Fountain St. NE, Grand Rapids, MI 49503

Main hours: 8:30-5:00, M-F

Works to help men define and revision their masculinity, to experience their full humanity, and to establish respectful lives. This program seeks to provide awareness and growth through personal counseling, education, advocacy and experiential workshops. We offer an array of individual and group counseling and evaluation services to help men who are struggling with life adjustment, intimacy, domestic abuse, sexual addiction, substance abuse, and parenting. Their vision is men growing in mind and spirit and joining to create a caring, strong and safe community.

Program hours: 8:00-7:30, M-F. Also by appointment.

Group sessions weekly. **Application:** Call to set up appointment. **Eligibility:** None. **Fees/Insurance:** Sliding fee scale. None. **Area served:** Grand Rapids and surrounding area. **Contact:** Randy Flood (616) 456-1178 contact@menscenter.org

METROPOLITAN HOSPITAL

(616) 252-7200 /

Class Registration (616) 252-MOMS

www.metrohealth.net

1919 Boston SE, Grand Rapids, MI 49506

Main hours: 9-3

To improve the health and well-being of our communities.

Beginning With Baby. This one-time class prepares expectant parents for parenting during the first year. Topics include routine newborn tests and procedures, feeding, sleeping, crying, newborn senses and behaviors, immunizations, and a doctor's perspective. This class is part of the prepared childbirth series that many first time parents take, or can be registered for separately.

Program hours: Class – 7 pm-9:30 pm, offered one or two weekday evening per month. **Application:** Must register to attend class. **Eligibility:** None. **Fees/Insurance:** Included in fee for prepared childbirth series, or \$20 if registered for separately; will bill if insurance covers childbirth classes. **Area served:** West Michigan. **Contact:** Mary Lynn Wesorick, RN (616) 252-7183

Breast-Feeding Class. For expectant parents who want information on breast-feeding how-tos, working and breast-feeding, use of breast pumps, and getting off to a good start. Fathers are encouraged to attend.

Program hours: 1st TH evening of the month, 7-9 pm.

Application: Must register. **Eligibility:** None. **Fees/Insurance:** \$20 /Couple; will bill if insurance covers childbirth classes. Medicaid covers. **Area served:** West Michigan.

Contact: Mary Lynn Wesorick, RN (616) 252-7183

Breast-Feeding Support Group. As of August 2005, our once a month group session with certified lactation consultant is meeting every week on a trial basis. Meetings every TU, 6:30-8:00 pm. Babies and children welcome. A support group to help breast-feeding continue for the 1st year of baby's life. Call for room location (252-7612).

Program hours: 6:30-8 pm, every TU (new as of Aug, 2005). **Application:** Must register. **Eligibility:** None. **Fees/Insurance:** None. **NA.** **Area served:** West Michigan.

Contact: Mary Lynn Wesorick, RN (616) 252-7183

Prepared Childbirth Series. Provides complete childbirth program including breathing and relaxation techniques for expectant parents. This class is offered in 4 evening sessions or two longer consecutive SAT sessions. An additional class on newborn care is included with this series and offered on a weekday evening. A tour of the Childbirth Center is included.

Program hours: 7 pm-9:30 pm, four M or TU night classes; 9 am-1:30 pm, two consecutive SAT classes. **Application:** Must register. **Eligibility:** Expectant mothers and their support person(s). **Fees/Insurance:** \$90 per couple for the whole series; will bill if insurance covers. Medicaid covers.

Area served: West Michigan. **Contact:** Mary Lynn Wesorick, RN (616) 252-7183

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Sibling Classes. Helps children ages 3-6 prepare for the arrival of a baby. Parents attend classes with children, life-like dolls are used, and children get to meet new mom and baby. Children 6-10 can also benefit from the class. If enough requests, a class geared for 6-10 will be arranged.

Program hours: Classes – 5 pm-6 pm, once per month. **Application:** Must register to attend class. **Eligibility:** child at least 3 years of age. **Fees/Insurance:** \$20 per child, usually not covered by insurance. NA. **Area served:** West Michigan. **Contact:** Mary Lynn Wesorick, RN (616) 252-7183

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MICHIGAN 17TH CIRCUIT COURT – FAMILY DIVISION

(616) 632-5067

www.co.kent.mi.us

180 Ottawa Ave. NW, Grand Rapids, MI 49503

Main hours: 8-5, M-F

Adolescent Sex Offender Treatment. Provides assessment and treatment including individual, group and family therapy for adolescent and pre-adolescent sex offenders.

Program hours: 8-5, M-F. **Eligibility:** Adolescents (7-16) referred through Juvenile Court. **Fees/Insurance:** None. NA.

Area served: Kent County.

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Crisis Intervention. Provides a short-term (six sessions or less) family counseling program for families with youth who run away from home, are incorrigible, truant from school, or involved in domestic assault and family conflicts, or who are experiencing conflicts due to developmental issues.

Program hours: 9-5, M-F. **Eligibility:** Families with youths ages 12-17. **Fees/Insurance:** None. **Area served:** Kent County.

Juvenile Delinquency Diversion Counseling-Day Treatment/Night Watch Program. A 10-12 month program for youth with a history of problems with the law.

Eligibility: Youth with a history of problems with the law-wards of court. **Fees/Insurance:** None. NA. **Area served:** Kent County.

Personal Protection Order Office. Helps people caught in domestic violence or stalking situation get through court system without an attorney. Works with law enforcement and other service agencies to provide help in obtaining personal protection orders through the court pursuant to Michigan Statute. Specific criteria for eligibility in cases of domestic violence and stalking. Also available for speaking engagements on PPO process.

Program hours: Walk-in Interviews 9:00-2:30, M-F.

Application: No appointments. The initial paperwork and interview may take an hour to complete. **Eligibility:** Must be

18 years old or accompanied by adult, preferably a parent.

Fees/Insurance: None. NA. **Area served:** Michigan, primarily Kent County.

Kent County Courthouse

1501 Cedar NE, Grand Rapids, MI 49503

Phone: (616) 336-3749

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MICHIGAN ASSOCIATION FOR CHILDREN WITH EMOTIONAL DISORDERS

(248) 433-2200

www.michkids.org

30233 Soufiled Rd, Suite 219, Southfield, MI 48076

Main hours: 8:30-4:30, M-F

Advocacy organization of families, professionals, and others working to promote the welfare of children and adolescents with emotional disturbances and mental illness; to provide assistance to families; to increase public awareness; and to encourage improvement of services to such children.

MICHIGAN ASSOCIATION FOR THE EDUCATION OF YOUNG CHILDREN

(517) 336-9700

www.miaeyc.org

Suite 1D, Beacon Place, East Lansing, MI 48823

Main hours: 9-5, M-W

Membership organization of professionals and others that promotes high standards for the care and education of young children. Provides professional training and advocacy services. National affiliate: National Association for the Education of Young Children.

Program hours: M-W, 9-5. **Area served:** Statewide.

Contact: Keith Myers 517-336-9700 kmyers@miaeyc.org

MICHIGAN COMMISSION FOR THE BLIND

(616) 356-0180

www.michigan.gov/mcb

4th floor, 350 Ottawa Ave. NW, Grand Rapids, MI 49503

Main hours: 8-5, M-F

To provide opportunities to individuals with visual handicaps to achieve employability and/or function independently in society. Services include vocational rehabilitation, skills of independent living, and some adaptive equipment.

Program hours: 8-5, M-F. **Application:** Call (616) 356-0180. **Eligibility:** Must be legally blind in both eyes. **Fees/Insurance:** None. **Area served:** Michigan (MCB has field offices statewide). **Contact:** (616) 356-0180

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MICHIGAN COMMUNITY BLOOD CENTERS

(616) 774-2300

<http://www.miblood.org>

Grand Valley Blood Center, 1036 Fuller NE PO BOX 1704, Grand Rapids, MI 49501-1704

Main hours: M-Th 8AM-7PM, F 8-4, Sat 8AM-12PM.

Michigan Community Blood Centers is a nonprofit organization providing 100% of regular blood supply in four Michigan regions. Services include recruiting volunteer blood donors and blood drive sponsors, collecting blood at permanent donation centers and mobile blood drives, operating blood bus, testing, processing, storing and distributing donated blood, and hosting educational programs and clinical conferences and seminars.

Donor Services. Voluntary blood donation services including whole blood donations, platelet (apheresis) donation, cord blood bank, and marrow/stem cell program. Donations supply 100% of local hospital blood needs.

Program hours: Varies by site. **Area served:** West Michigan.



Allendale Location

Allendale Charter Township, 6676 Lake Michigan Dr, Allendale, MI 49401

Hours: 1st Th every other month Oct, Dec, Feb, April, 12PM-7PM.



Byron Center Location

Byron Center Ministries, 8250 Byron Creek Dr., Byron Center, MI 49315

Hours: 2nd M each month, 2PM-7PM.



Caledonia Location

American Legion Post #305, 9548 Cherry Valley Ave. SE, Caledonia, MI 49316

Hours: 4th M each month 12PM-7PM.



Cascade Location

KDL-Wisner Center-Friends Room, 2870 Jacksmith Ave SE, Grand Rapids, MI 49546

Hours: 4th M every other month Sept, Nov, Jan, 12PM-7PM.



Cedar Springs Location

Cedar Springs United Methodist Church, 140 S. Main St., Cedar Springs, MI 49319

Hours: 3rd T of each month 11:30AM-7PM.



Coopersville Location

Coopersville Reformed Church, 423 West Randall St., Coopersville, MI 49404

Hours: 4th F each month 12-6.



Dorr Location

Dorr Moose Lodge 2541, 4204 20th St., Dorrr Township, MI 49323

Hours: 1st Sat every other month May, July Sept, Nov, Jan, 12PM-4PM.



Forest Hills Location

Forest Hills Public Schools-Community & Aquatic Center, 660 Forest Hill Ave, Grand Rapids, MI 49546

Phone: (616) 493-8950 **Hours:** 3rd Fri every other month Oct, Dec, Feb, April, 1PM-7PM.



Grandville Location

Grandville United Methodist Church, 3140 Wilson Ave SW, Grandville, MI 49418

Hours: M, Th 12PM-7PM, Sat 8AM-12PM.



Hudsonville Location

Heritage Reformed Church, 4995 32nd Ave, Hudsonville, MI 49426

Hours: 1st Fri every other month June, Aug, October, Dec, 1PM-6PM.



Kentwood Location

Heritage Baptist Church, 1570 60th St. SE, Grand Rapids, MI 49508

Hours: 2nd and 4th Th of each month 12PM-7PM.



Lowell Location

King Memorial Youth Center, 225 South Hudson, Lowell, MI 49331

Hours: 2nd M each month, 12PM-7PM.



Pennock Location

Pennock Community Donor Center, 1009 West Green St., Hastings, MI 49058

Hours: 1st Fri each month 12:30-6.



Rockford Location

Community Cabin, 7 South Monroe St, Rockford, MI 49341

Hours: 1st Mon each month 12PM-7PM.



Sparta Location

United Methodist Church, 54 E. Division, Sparta, MI 49345

Hours: 3rd M every other month April, June, Aug, Oct, Dec, 1PM-7PM.



Walker Location

City of Walker Community Center #3-

Walker Fire Station #3, 1470 # Mile Rd, Walker, MI 49544

Hours: 2nd F each month, 12PM-7PM.



Wyoming Location

Wyoming City Hall, 1155 28th St. SW, Wyoming, MI 49509

Hours: 3rd Fri every other month Sept, Nov, Jan, 12PM-7PM.



MICHIGAN DEPARTMENT OF HUMAN SERVICES

(616) 247-6000 / (616) 247-6005

www.michigan.gov/dhs

415 Franklin St. SE, Grand Rapids, MI 49507

Main hours: 8-5, M-F; 24/7 for Protective Service complaints (616) 247-6300

Through community leadership, the FIA helps to improve the quality of life in Michigan by protecting children and vulnerable adults, delivering juvenile justice services, and providing support to strengthen families and individuals striving for independence. Helps individuals and families meet financial, medical, and social needs; assists people to become self-sufficient; and helps protect children and adults from abuse, neglect, and exploitation.

Program hours: 8-5, M-F. Child Protective Services.

complaints – 24/7. **Fees/Insurance:** None. **Area served:** Kent County.

(Spanish, Vietnamese, Dutch and German)

Adoption Services Program. FIA and private agencies work together to achieve timely adoptive placement of state wards (children in Michigan's foster care system).

Program hours: 8-12 and 1-4, M-F. **Application:** Call for details. **Eligibility:** Handicapped, older, or other hard-to-place children/youth birth to 17. **Fees/Insurance:** None.

NA. **Area served:** Kent County. **Contact:** Carol Kehoe (616) 247-6300

(Spanish, Vietnamese, Dutch and German)

Adult Community Placement. Provides community placement coordination for licensed, residential care for aged, physically handicapped, or developmentally disabled adults who are unable to live alone.

Program hours: 8-5, M-F. **Application:** Call for details.

Eligibility: Any adult unable to live alone. **Fees/Insurance:** None. NA. **Area served:** Kent County. **Contact:** Vicki Pickel (616) 247-6300

(Spanish, Vietnamese, Dutch and German)

Adult Protective Services. Responds to reports of suspected abuse, neglect, or exploitation of vulnerable adults. If need for protective services is determined, appropriate and least-restrictive services are provided to safeguard the welfare of the adult.

Program hours: 8-5, M-F. Emergencies only after hours.

Application: Call for details. **Eligibility:** Any adult in a situation of real or potential neglect or physical, sexual, or verbal abuse. **Fees/Insurance:** None. NA. **Area served:** Kent County. **Contact:** Vicki Pickel (616) 247-6300

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Child Day Care Program. Provides child care assistance to eligible clients to enable the parent/guardians to seek or maintain employment, participate in authorized training programs, resolve a social/health problem in the family, or participate in the protective services plan to resolve a neglect or abuse situation.

Program hours: 7-4, M-F; intake 7-10 only. **Application:** Must apply in person if not currently on assistance; if on assistance, contact your case worker. **Eligibility:** FIP recipients, income eligible groups, protective service clients, migrant families with children. **Fees/Insurance:** None. NA. **Area served:** Kent County.

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Child Foster Care Services. Contracts with local private agencies to provide foster family placement for children birth to 17 that are wards of the court.

Program hours: 8-12 and 1-4, M-F. **Application:** Call for details. **Eligibility:** Children, youth (birth-17) wards of the court. **Fees/Insurance:** None. NA. **Area served:** Kent County. **Contact:** Teresa Postema (616) 247-6077

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Child Protective Services Program. Services provided for the protection of the child and support of the family unit include immediate intervention, investigation, in-home treatment, arrangement for therapy, supportive services, foster care placement and adoption when necessary.

Program hours: 8-5, M-F. Emergencies only after hours.

Application: Call for details. **Eligibility:** Any child in a situation of real or potential neglect or physical, sexual, or verbal abuse. **Fees/Insurance:** None. NA. **Area served:** Kent County. **Contact:** Linda Wolthuis (616) 247-6300

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Child Support Unit -- Paternity Establishment. Works with custodial parents who receive public assistance, as well as custodial parents who do not receive any form of public assistance, in order to establish paternity and/or locate absent parents and help establish child support obligation.

Program hours: 8-12 and 1-4, M-F. **Application:** Call for details. **Eligibility:** Custodial parents eligible to receive child support payments/services. **Fees/Insurance:** None. NA. **Area served:** Michigan. **Contact:** Lansing Office (866) 540-0008

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Family Independence Program (FIP). Provides public financial aid of the basic care of families with children (or pregnant). Applications are processed as quickly as possible. Most FIP recipients are eligible for Medicaid, food stamps, and employment and training services. Applicants arriving after 10:00 am may file an application but will not be interviewed until the next business day. Agency recommends coming as early in the morning as possible to apply.

Program hours: 7-4, M-F; intake 7-10 only. **Application:** Apply in person or request application form by mail. **Eligibility:** Families meeting income and asset requirements with dependent children deprived of financial support. **Fees/Insurance:** None. NA. **Area served:** Kent County.

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Food Stamps/Expedited Food Stamps. Determines eligibility for coupons (food stamps) to supplement the food purchasing power of low-income families. Some households currently receiving food stamps may qualify for expedited service if they meet eligibility requirements. Applicants arriving after 10:00am may file an application but will not be interviewed until the next business day. Agency recommends coming as early in the morning as possible to apply.

Program hours: 7-4, M-F; intake 7-10 only. **Application:** Apply in person or request application form by mail.

Eligibility: Recipients must meet income and asset requirements. **Fees/Insurance:** None. **Area served:** Kent County.

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Independent Living Services (Home Help Program).

Provides funds to help pay for unskilled personal care services. Services may include assistance with grooming, dressing, laundry, meal preparation, shopping, light housework, etc. to enable Medicaid-eligible individuals with disabilities to remain in their homes.

Program hours: 8-5, M-F. **Application:** Call for details.

Eligibility: Must be Medicaid eligible. **Fees/Insurance:** None. NA. **Area served:** Kent County. **Contact:** Vicki Pickel (616) 247-6300

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Indian Outreach Program. Activities are designed to help break down barriers that inhibit economic and social self-sufficiency. Priorities may include outreach, case management, advocacy, evaluation, teaching/educating, mobilization, consultation, and community planning.

Program hours: 8-5, M-F. **Eligibility:** American Indian residents of Kent County. and their families. **Fees/Insurance:** None. NA. **Area served:** Kent County. **Contact:** Fran Compo (616) 247-6038

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Juvenile Justice Services. Provides supervision, placement, and counseling to youth determined delinquent by the courts and referred to FIA for supervision. Provides counseling to families of delinquent youth within a framework of balanced and restorative justice. Provides supervision and treatment for delinquent youth through community facilities, training schools, regional detention, and treatment facilities. Develops alternatives to residential care.

Program hours: 8-5, M-F. **Application:** Call for details.

Eligibility: As determined by the courts. **Fees/Insurance:** None. NA. **Area served:** Kent County. **Contact:** Henry Roukema (616) 247-6304

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Medicaid Assistance (MA). Determines eligibility for Medicaid Assistance for low-income families, children, and disabled adults. For assistance with explanation, enrollment, changes or problems regarding managed care (800) 301-1733. Medicaid Inquiry Patient Line (800) 638-6414. Medicaid Coverage Line (for providers) (800) 292-2550. Complaints, call KCHD (616) 336-4286. For lost or stolen Medicaid card (800) 642-3195.

Program hours: 7-4, M-F; intake 7-10 only. **Application:** Must apply in person. **Eligibility:** FIP/SSI persons and non-public assistance persons meeting financial and sometimes medical criteria. **Fees/Insurance:** None. NA. **Area served:** Kent County.

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Office of Children and Adult Licensing. Responsible for licensing and regulating Adult Foster Care and Homes for the Aged, Child Day Care Facilities, Child Caring Institutions, Children's Foster Care Homes, Child Placing

Agencies, Juvenile Court Operated Facilities and Children's or Adult Foster Care Camps in Michigan. Investigates citizen complaints regarding homes and centers, and allegations of abuse in licensed homes and centers. Offers consultation and technical assistance to homes and centers.

Program hours: 8-12 and 1-5, M-F. **Eligibility:** None. **Fees/Insurance:** Call for details. **Area served:** Kent, Ottawa, and Montcalm counties.

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Prevention Service – P21! Voluntary home-based counseling services for families at-risk for child abuse and neglect.

Program hours: 8-5, M-F. **Application:** Call for details. **Eligibility:** Any family with children. **Fees/Insurance:** None. NA. **Area served:** Kent County. **Contact:** Linda Wolthuis (616) 247-6300

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Sparta Migrant Center. Center is staffed on a full-time basis from approximately late April to late November. It is the intake center for all FIA services for migrant workers in Kent, Newaygo, Muskegon, and Eastern Ottawa County.

Program hours: 8-5, M-F. **Application:** Call for details. **Eligibility:** Migrant workers and their families. **Fees/Insurance:** None. NA. **Area served:** Kent County. **Contact:** Lucia Page (616) 887-5700

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State Emergency Relief (SER). Determines financial assistance for emergency shelter, heat and utility needs. Applicants arriving after 11:00 am may file an application, but may not be interviewed until the next business day.

Program hours: 7-4, M-F; intake 7-10 only. **Application:** MUST APPLY IN PERSON. **Eligibility:** Recipients must meet income and asset eligibility requirements. **Fees/Insurance:** None. NA. **Area served:** Kent County.

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Kent County Office

State Office Building, Unit #13, 350 Ottawa Ave. NW, Grand Rapids, MI 49503

Phone: (616) 356-0100 **Hours:** 8-12 and 1-5, M-F.

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MICHIGAN FAMILY RESOURCES

(616) 453-4145

www.michiganfamilyresources.org

2626 Walker Ave. NW, Walker, MI 49544

Main hours: 7:30-5, M-Th; 7:30-1:30, F

Michigan Family Resources' mission is to deliver comprehensive services to low-income children five and under and their families promoting their well being and development.

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Turn to the Circle for your counseling needs.

616-456-6571
www.arborcircle.org

Early Head Start. Provides comprehensive services to pregnant women and children from birth to age three from eligible low-income families. This service is provided through community partner locations throughout Kent County, as well as limited home-based services.

Program hours: Call for details. **Application:** Appointment required. **Eligibility:** Must meet family income guidelines.

Fees/Insurance: Family child care homes have varying fee schedules. Call for details. **Area served:** Kent County; N – Three Mile Rd.; S – 68th St.; E – Beltline/Patterson; W – Covell/Byron Center.

🗣️ (Spanish)

Head Start for Kent County. Provides comprehensive services to pregnant women and children from birth to age five from eligible low-income families. This service is provided at locations throughout Kent County.

Program hours: Call for details. **Eligibility:** Must meet family income guidelines. **Fees/Insurance:** None, if meet family income guidelines. **Area served:** Kent County.

🗣️ (Spanish) Translators available.

MICHIGAN HEPATITIS C FOUNDATION

www.mihepc.org

Main hours: 8-5, M-F

Providing public awareness, current information, and emotional support to all those affected by or with hepatitis C.

Program hours: 7-8:30 pm, 1st TH of each month.

Application: None. **Eligibility:** Everyone. **Fees/Insurance:** None. NA. **Area served:** Michigan.

St. Mary's-Lacks Cancer Center.

250 Cherry St., Grand Rapids, MI 49503

Hours: First TH of each month 7 PM-8:30 PM.

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MICHIGAN INDIAN CHILD WELFARE AGENCY – GRAND RAPIDS OFFICE

(616) 454-9221

1345 Monroe Ave. NW, Suite 220, Grand Rapids, MI 49505

Main hours: 8-4:30, M-F

The emphasis of the MICWA is to keep children in the homes of their parents, and thus maintain their Indian culture. When it is not possible, the Indian Child Welfare Act, P.L. 95-608, will be followed to place children in Indian adoptive homes. This insures the promotion of cultural identity, customs, and a way of life that complies with tribal, federal, and probate laws. **Eligibility:** Call for details. **Fees/Insurance:** None.

Area served: Grand Rapids and surrounding area.

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MICHIGAN INDIAN EMPLOYMENT AND TRAINING

(616) 538-9644

2367 Byron Center Ave. SW, Wyoming, MI 49509

Main hours: 9-12 noon and 1-5 pm, M-F

A state-wide agency assisting Native Americans to obtain employment and become economically self-sufficient. Provides career, guidance, job referral, and training.

Program hours: 9-12 and 1-5, M-F. **Application:** Call for appointment. **Eligibility:** North American Indian, proof of residency, income limitations. **Fees/Insurance:** None. **Area served:** Kent, Ottawa, and Montcalm counties. **Contact:** Mary Cody / Matthew Kay (616) 538-9644

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MICHIGAN LEAGUE FOR HUMAN SERVICES

517-487-5436

www.milhs.org

1115 S. Pennsylvania, Suite 202, Lansing, MI 48912

Main hours: M-F 8:30-5:30

To help low-income people achieve economic security. Promotes policies and programs that help to ensure the well being of children and families through research, analysis and data-based advocacy.

Kids Count in Michigan. Annual data book measuring the well being of Michigan's children by County and State.

Program hours: M-F 8:30-5:00. **Application:** Data book can be purchased. **Area served:** Statewide.

Contact: Jane Zehnder-Merrell 517-487-5436 janez@michleagueforhumansvs.org

♿ 🚗 🗣️ (Spanish)

MICHIGAN MIGRANT LEGAL ASSOCIATION

(616) 454-5055

648 Monroe Center, Grand Rapids, MI 49503

Provides legal assistance to migrant workers in Michigan.

Application: Call for details. **Eligibility:** Call for details.

Area served: Michigan.

♿ 🚗 🗣️ (Spanish)

MICHIGAN OAKS NEIGHBORHOOD ASSOCIATION

(616) 458-8934

35 Bel Aire Dr. NE, Grand Rapids, MI 49503

To protect and enhance the Michigan Oaks neighborhood in the City of Grand Rapids. Publishes a newsletter, provides crime watch and generally supports community.

MICHIGAN ORGANIZING PROJECT – GRAND RAPIDS CHAPTER

(616) 454-8122 /

317 S. Division Ave., Grand Rapids, MI 49503

Main hours: 9-4, M-F

MOP is a Direct Action, Multi-Issue neighborhood and faith-based community organization that brings the congregations and neighborhoods of our membership together to identify and address issues of social injustice.

Program hours: 9-4, M-F. **Eligibility:** Call for details. **Fees/Insurance:** None. **Area served:** Michigan.

♿ 🚗 🗣️ (Spanish)

MICHIGAN PROTECTION AND ADVOCACY SRVC

(517) 487-1755

www.mpas.org

4095 Legacy Parkway, Suite 500, Lansing, MI 48911

Main hours: 8:30-5, M-F

Assist people with disabilities throughout Michigan by providing advocacy information and rights protection through a variety of services

Program hours: M-F 8:30-5:00pm. **Eligibility:** People with disabilities who are residents of Michigan. **Fees/Insurance:** None. **Area served:** Michigan.

Client Assistance Program (CAP). Assists people who are seeking or receiving services from Michigan Rehabilitation Services, Consumer Choice Programs, Michigan Commission for the Blind, Centers for Independent Living, and Supported Employment and Transition Programs.

Program hours: M-F 8:30-5:00pm. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Michigan.

♿ 🗣️ (Spanish) Use translation service when needed

MICHIGAN STATE UNIVERSITY – COOPERATIVE EXTENSION SERVICE – KENT COUNTY

(616) 336-3265

<http://web4.msue.msu.edu/msuewc/kent/>

775 Ball Ave. NE, Grand Rapids, MI 49503

Main hours: 8-4:30, M-F

University/community partnership connecting education to life to meet the challenges of a changing and diverse society.

Breast Feeding Initiative (BFI). In collaboration with KCH WIC, peer counselor assists WIC-eligible women who are pregnant or breastfeeding.

Program hours: 8-4:30, M-F. **Application:** Call to register.

Eligibility: WIC-eligible women who are pregnant or breastfeeding. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Janet Gudino (616) 336-3265 gudino@msu.edu

♿ 👁️ 🗣️ (Spanish)

Expanded Food and Nutrition Education Program

(EFNEP). Nutrition education program for limited resource families with young children. Instruction provided in home or in small groups by MSU trained nutrition instructors. Assists families in stretching food dollars, enhancing family nutrition, and teaching families the benefits of healthy eating and physical activity.

Program hours: 8-4:30, M-F. **Application:** Call to register.

Eligibility: Limited income families. **Fees/Insurance:** None.

Area served: Kent County. **Contact:** Janet Gudino (616) 336-3265 gudino@msu.edu

🗣️ (Spanish)

Family Nutrition Program (FNP). Nutrition education program for persons eligible for or who receive food stamps. Instruction provided in home or in small groups by MSU trained nutrition instructors. Education includes basic nutrition, menu planning, food safety, budgeting, food selection and shopping.

Program hours: 8-4:30, M-F. **Application:** Call to register.

Eligibility: Must be eligible for or receiving food stamps.

Fees/Insurance: None. **Area served:** Kent County.

Contact: Janet Gudino (616) 336-3265 gudino@msu.edu

🗣️ (Spanish)

Financial Management. Provides a variety of classes to help people better manage their money. Classes available for individuals, groups, and Train-the-Trainer workshops for those who work with individuals or families around the issue of money. A basic money management course called "Dollar Sense" is offered periodically and is open to the public.

Program hours: 8-4:30, M-F. Evening classes available.

Application: Call to register. **Eligibility:** None. **Fees/Insurance:** None or minimal. **Area served:** Kent County.

Contact: Dave Treul (616) 336-3265 dtreul@msu.edu

Food Safety/Food Preservation Information. Extension educator available to answer food safety and preservation questions with current information from USDA and MSU campus food safety specialists. Written material mailed upon request.

Program hours: 8-4:30, M-F. **Application:** Call to register.

Eligibility: Must be eligible for or receiving food stamps.

Fees/Insurance: None. **Area served:** Kent County.

🗣️ (Spanish)

Grand Rapids Office. Provides educational programs on many topics including money management, food and nutrition, leadership development, positive communication, and stress management.

Program hours: 8-4:30, M-F. **Eligibility:** Call for details.
Fees/Insurance: Call for details. **Area served:** Kent County.
 🗣️ (Spanish) Some materials in Spanish

MICHIGAN'S CHILDREN

(517) 485-3500
<http://michiganschildren.org>
 428 W. Lenawee St., Lansing, MI 48933
Main hours: 9-5, M-F

Child Advocacy. Statewide, multi-issue advocacy organization which works to improve the quality of life for children and their families.

Application: Call for information. **Fees/Insurance:** None.
Area served: State of Michigan.

MIDTOWN NEIGHBORHOOD ASSOCIATION

(616) 732-9191
www.grna.org
 629 Michigan St. NE, Grand Rapids, MI 49503
Main hours: 9-3, M-F

Very active neighborhood association that publishes a quarterly newsletter, grows a community garden, conducts after-school and summer activities for children, is involved in national night out and healthy neighborhoods, and participates in many other events and activities.

Eligibility: Resident of area served. **Area served:** I196, Fuller, Fulton, and Union.

MILBROOK NEIGHBORHOOD ASSOCIATION

(616) 791-3577
 1804 Southampton SE, Grand Rapids, MI 49508
Main hours: Generally evenings and weekends
 To unite our neighborhood, encourage cooperation and insure continued quality of life; to have a unified community under a central organization; to have active members interested in working toward bettering our community; and to identify problems in zoning, safety and public improvements needed in the area.
Eligibility: Resident of area served. **Area served:** N – 32nd St., S – 44th St., E – Breton, and W – Kalamazoo.

MOMMY DRIVES INC

(616) 538-5418
Main hours: 8-6, M-F
 Offers full service transportation for all ages. Works with schools to provide transportation to families in shelters to allow children to continue school. Also provides vans, buses, and vehicles equipped with lifts. (This is a For Profit agency.)
Program hours: 5 am-8 pm, M-F; SAT upon special request.
Eligibility: Anyone is eligible for transportation. **Fees/Insurance:** Sliding scale depending on the number of people transported and the length of the trip. Discounts are given for additional children. Fees begin at \$14 per trip. Payments can be made using cash, personal checks, credit card, or insurance. Insurance is accepted for medical appointments, pre-authorization is required. Private and Medicaid. **Area served:** Western Michigan. **Contact:** Jean Ramos (616) 538-5418
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MOTHERS & MORE-GRAND RAPIDS

(616) 389-5376
www.grmothersandmore.org
Main hours: 24 hours
 Mothers & More is a non-profit organization dedicated to improving the lives of mothers through support, education

and advocacy. We address mothers' needs as individuals and members of society, and promote the value of all the work mothers do. Provides opportunities for mothers to connect with one another in ways that enable them to develop their unique identities as women and help them move more confidently through the transitions that affect their family, work and life. We also provide a network of support for moms through an environment in which friendships can be cultivated. We are there for each other whenever help is needed, or whenever we need someone to celebrate with!

Chapter Meetings. Meeting topics can include women's parenting, and work/sequencing issues, open discussions, and fun activities like Mother's and More Jeopardy and ice cream socials! There are also opportunities within each meeting to discuss current events or to just chat with other members and release some of that stress.

Program hours: The first M of every month 7-9 pm
 The third TH of every month 7-9 pm. **Fees/Insurance:** Non-members may attend up to 3 meetings or moms-only activities as a free, trial membership. After that, one year memberships are \$45. **Area served:** Grand Rapids Area.
Contact: Stacy Smith (616) 389-5376

Chapter Meeting Location

Davenport University's James & Clarine Lanting Welcome Center, 415 E. Fulton, Grand Rapids, MI 49503

Phone: (616) 389-5376 **Hours:** First M of every month 7-9pm, Third TH of every month 7-9pm.



Mothers & More Playgroups. Our group has weekly playgroups that are great for developing the children's social skills as well as providing some much needed adult conversation during the day for mom. We also schedule many outings to different locations such as parks, zoos, orchards, museums, etc.

Program hours: Infant Playgroup, Fs 10am-12pm; Toddler Playgroup, TUs 10am-12pm. **Eligibility:** Must be a member of Mothers & More to attend playgroups. **Area served:** Grand Rapids Area.

MOTHERS AGAINST DRUNK DRIVERS – KENT COUNTY

(616) 456-6233
 146 Monroe Center NW, Suite 704, Grand Rapids, MI 49503
Main hours: 8:30-4:30, M-F
 Offers services to stop drunk driving and to support victims of this violent crime. Speakers are available, and assistance through the criminal justice system is also given.
Program hours: 8:30-5, M-F. **Application:** **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Kent County.
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NATIONAL CENTER FOR MISSING AND EXPLOITED CHILDREN

(703) 247-3900
www.missingkids.com
 699 Prince St., Alexandria, VA 22314
Main hours: 9-5:30, M-F
 Toll Free hotline for missing and exploited children.
Program hours: 24 hour hotline; year round.
Eligibility: Missing and exploited children and anyone concerned. **Area served:** National.
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NATIVE AMERICAN FAMILY SERVICES

(616) 458-4078

www.itcml.org/nacsgr.html

Steepletown Center, 671 Davis Ave. NW, Suite 103, Grand Rapids, MI 49504

Main hours: 8-4:30, M-F; closed 12-1 pm for lunch
Provides resources such as employment, counseling, case management, and substance abuse prevention to Native American community. Offers other seasonal special events, presentations on culturally-related topics, a bi-monthly newsletter, and support groups for various ages. Also provides Maa'jtaag Mnoobmaadzid (Healthy Start) maternal support program.

Program hours: 8-12 and 1-4:30, M-F. **Eligibility:** Kent County Native American household. **Fees/Insurance:** Ability to pay, if applicable. **Area served:** Kent County. **Contact:** Betty Shelby (616) 458-4078 nacs@iserv.net

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Mental Health/Wellness Services. Provides confidential support services to individuals, families, and groups in the Native American community. Also provides REFERRALS for needs such as transportation, employment, housing, financial assistance, medical services, substance abuse treatment, and counseling.

Program hours: Office – 8-4:30, M-F. Call for appointment.

Eligibility: Kent County Native American household. **Fees/Insurance:** Call for details. NA. **Area served:** Kent County.

Contact: Sharlotte Campbell (616) 451-6767 ext.107 nafsmain@hotmail.com

🗺️ (Spanish)

Substance Abuse Prevention Services. Provides general information relevant to Native American lifestyles with primary focus on substance abuse prevention by phone, written request and/or in person. Offers presentations, consultation and special programs that address prevention issues.

Program hours: 8-12 and 1-4:30, M-F. **Eligibility:** Kent County Native American household. **Fees/Insurance:** Call for details. NA. **Area served:** Kent County. **Contact:** Deidre Bagay (616) 451-6767 ext. 129 eishak@itemi.org

🗺️ (Spanish)

NEIGHBORS OF BELKNAP LOOKOUT

(616) 458-8413

1042 Lafayette Ave. NE, Grand Rapids, MI 49501

Main hours: 9-5, M-F

Provides assistance with individual and neighborhood problems, including a neighborhood watch program.

Conducts strategic and annual planning for neighborhood improvement.

Program hours: 9-5, M-F. **Eligibility:** Live or work within area served. **Fees/Insurance:** Annual \$5 Resident households; Membership dues. **Area served:** Grand Rapids – Belknap neighborhood. N – Leonard; S – Crescent; E – College; W – Grand River.

NETWORK180 ACCESS CENTER

(616) 336-3909 /

(866) 411-0690 Customer Services

www.network180.org

833 Lake Drive SE, Grand Rapids, MI 49506

Main hours: M-F, 8-8; 24/7 for emergencies

We shape our community in ways that support the full potential and valued place of each person, especially those at risk of or impacted by developmental disability, emotional disorder, mental illness, and substance use disorder.

Network180 Access Line. Provides a “listening ear” for persons of all ages who wish to talk about any problems they may be experiencing. The well trained listeners help callers sort out their problems, make appropriate referrals to community resources and support groups, and can immediately access professional assistance if necessary.

Program hours: 24/7. **Area served:** Kent County.

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Onsite and Offsite Services. Provides immediate assessment, referral, and treatment for individuals seeking services for mental illness and/or substance use disorder. Services available to all ages, no appointment necessary. To determine eligibility for services, call the Network180 Access Center at (616) 336-3909.

Program hours: 24/7. **Application:** Emergencies always walk-in. Adult mental health and/or substance use, M-F, 8-8-call first suggested. Children and families call for appointment, if non-emergency. **Eligibility:** None if psychiatric emergency; must be a Kent County resident if not a psychiatric emergency. **Fees/Insurance:** Sliding fee scale. All; however, individuals should check with insurance to determine eligibility. **Area served:** Kent County.

🗺️ (Bosnian, Spanish, Vietnamese) Most languages

Thresholds Access Center. Provides assessment, referral, and support services for individuals with a developmental disability. Services available to all ages. To determine eligibility for services, call the Thresholds Access Center at (616) 235-6604.

1225 Lake Drive SE, Grand Rapids, MI 49506

Program hours: M-F, 8-5. **Application:** Call to determine eligibility for services and to schedule an appointment.

Eligibility: Must be a Kent County resident. **Fees/Insurance:** Sliding fee scale. All; however, individuals should check with insurance company to determine eligibility. **Area served:** Kent County. **Contact:** (616) 235-6604

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NEUROFIBROMATOSIS SUPPORT GROUP OF WEST MICHIGAN

(616) 451-3699

www.nfsupport.org

No office/private home, Grand Rapids, MI 49503

Main hours: Mon-Sat, 8am-8pm

To provide emotional support for persons affected by neurofibromatosis and their families and to assist them in finding appropriate medical care.

NF Clinic. The support group provides a patient advocate at weekly NF Clinics held at Spectrum Health DeVos Children's Hospital.

Program hours: F, 8:30-4. **Area served:** West side of the state. **Contact:** Rosemary Anderson (616) 451-3699 nfwestmich@aol.com

🗺️ (Spanish, Vietnamese)

NORTH EAST CITIZENS ACTION ASSOCIATION

(616) 454-0604 / (616) 458-9846

254 Homdene NE, Grand Rapids, MI 49503

1) To put into practice the reality of participatory democracy; 2) To continue to support effective integration in this area of the Second Ward; 3) To promote the stable development of the area; 4) To promote communication and cooperation among residents; 5) To maintain and improve the physical properties of the area; 6) To identify and ameliorate neighborhood problems and needs; and 7) To initiate programs to improve the quality of life of the residents of the

area. Provides planning, organization and development of the neighborhood and block clubs and a crime watch program

Eligibility: Resident of area served. **Fees/Insurance:**

Optional membership. **Area served:** N-Knapp, E-East Beltline, S-Michigan to Plymouth to I96, W-Fuller.

NORTH END COMMUNITY MINISTRY

(616) 454-1097

North End Community Ministry, 214 Spencer St. NE, Grand Rapids, MI 49505

Main hours: 9-2, M-F

Provides the key food pantry via ACCESS for the Northeast end of Grand Rapids, serving clients with food, clothing, holiday baskets, household items, personal needs, and baby items. Programs available: NE Supper House, Single Parent Classes and Skills for Living Cooking Classes. Also back to school new clothing program and supplies in August. Limited to NECM clients.

Program hours: 9-12:45, M, TU, W, F. Food Pantry – 9-12:45, M-W. NE Supper House meal program-TH, 5-6:30 pm. **Application:** No appointments necessary. Referral not required unless living out of NE area. **Eligibility:** Call for details. Must live within our service boundaries. Open to all, but must meet income requirements. **Fees/Insurance:** Most services free, some classes have fees. Call for details. Parenting classes are \$5 per session. No other costs. NA.

Area served: Grand Rapids – northeast. **Contact:** Laura Castle (616) 454-1077 castleinthesky7@aol.com

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Single Parenting Class (A program of Life Guidance Services). Offers information for anyone interested in learning more about single parenting issues. Consists of a six-part series that covers a wide range of single parenting issues. The group is held weekly. Program offered in the fall and winter.

Program hours: Call for class times. **Eligibility:** None. **Fees/Insurance:** \$5 registration fee. **Area served:** Kent County. **Contact:** Laura Castle (616) 454-1077 castleinthesky7@aol.com

NORTH END NEIGHBORHOOD ASSOCIATION

(616) 262-1351

912 Northwood St. NE, Grand Rapids, MI 49505

To promote friendship and cooperation among residents; to maintain and improve the property of the neighborhood; to assist local businesses to prosper in the community; to have a role in civic matters affecting our neighborhood and our community; and to initiate neighborhood programs for solving problems, providing services and promoting social activities.

NORTH KENT GUIDANCE SERVICES, LLC

616-361-5001

NKGS.com

5250 Northland Drive NE, Suite A, Grand Rapids, MI 49525

Main hours: M-F 8-8, Sat 8-12

To provide comprehensive outpatient mental health and substance abuse services to individuals, couples, and families utilizing caring, qualified professionals.

Mental Health Services. Services for mental health and substance abuse clients.

Program hours: M-F 8-8, Sat 8-12. **Fees/Insurance:** Most insurances accepted; call to verify. **Area served:** Kent and Montcalm County.

North Kent Guidance Services, LLC.

106 S. Greenville West Drive, Suite 3, Greenville, MI 48838

Phone: 616-754.2364

Hours: M-F 8-8 Sat 8-12.

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NORTH KENT SERVICE CENTER

(616) 866-3478

10075 Northland Dr., Rockford, MI 49341

Main hours: M-F from 8-4. No furniture available on M. Pantry of Choice “Emergency Food” is available, M, W, and F from 9- 2. Marketplace Household Shopping-M-F 8-4.

Operates a Pantry of Choice for families, provides a clothing bank, options for household items, furniture, and appliances. North Kent Service Center provides a Senior Pantry the 2nd and 4th TH of the month. Senior Meals on Wheels are delivered out of our agency daily to area seniors in Northern Kent County. We register families for Toys-4-Tots in Northern Kent County.

Eligibility: Federal poverty guidelines, proof of living in the NKSC service area. **Fees/Insurance:** None. NA.

Area served: Northern Kent County. S – 6 Mile; N – 22 Mile; E – Montcalm Ave.; W – Kenowa Ave. **Contact:**

Sandy Waite, Trish Mull or John Leale (616) 866-3478 sandywaite34@sbcglobal.net

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NORTHWEST CAREER PATHWAYS

(616) 771-2702 / (616) 771-2706

1138 Pine Ave. NW, Grand Rapids, MI 49504

Main hours: 7:30-4

Alternative middle school that ensures that all students are educated, self-directed and productive members of society.

Program hours: M-F 8-3. **Area served:** Grand Rapids Public Schools.

NORTHVIEW PUBLIC SCHOOLS

(616) 363-6861

www.nvps.net

4365 Hunsberger Ave. NE, Grand Rapids, MI 49525

Main hours: 7:30 AM-4:30 PM

Program hours: M-F 7:30-4:30. **Area served:** K-12.

NOTTAWASEPPI HURON BAND OF POTAWATOMI

(269) 729-5151

www.nhbpi.com

2221 1-1/2 Mile Rd., Fulton, MI 49052

To provide irrefragable leadership for Tribal members as well as serving as a model to other Native Americans in areas of self-government, self-reliance, and self-empowerment. The Nottawaseppi Huron Band of Potawatomi will strive to provide its membership the best of healthcare, educational opportunities, housing, and economic opportunities as a sovereign Native American nation. We are committed to relentless improvement and betterment of the Huron Potawatomi people.

Huron Potawatomi Head Start. Head Start program serving the needs of the Native American population in the Grand Rapids area. Transportation, breakfast, lunch and snacks provided. Must adhere to federally set income guidelines. This tribally sponsored program gives Native preference, if possible. 1801 Bristol NW, Grand Rapids, MI 49504

Program hours: During the school year 8-5; during the summer 8-3. **Application:** Complete enrollment packet available at site office. Children need to be seen by a doctor and dentist prior to enrollment. Parents need to document income, prove insurance for child, document tribal affiliation if necessary. **Eligibility:** Income eligibility set by the federal government; Native preference given assuming income requirements are met. **Fees/Insurance:** No fees or payment

required. NA. **Area served:** Grand Rapids area. **Contact:** Matt Blumke (616) 356-2197 / (616) 453-7680 odawamatt@yahoo.com

 (Spanish)

NHBP Health Department. Offers enrollment and administration of Indian Health Services to members only. Main tribal operations for this federally recognized Tribe (Nottawaseppi Huron Band of Potawatomi) are in Battle Creek.

4415 Byron Center Ave. SW, Wyoming, MI 49509

Program hours: 8:30-5, M-F. **Eligibility:** Membership, call for details. **Fees/Insurance:** None. **Area served:** Kent and six other counties. **Contact:** Mark Smit (616) 249-0159



OAKDALE NEIGHBORS

(616) 248-2848

www.oakdaleneighbors.org

1260 Kalamazoo Ave. SE, Grand Rapids, MI 49507

Main hours: M-W, 8-4

Oakdale Neighbors is creating a neighborhood of vitality and grace by discovering, developing, and connecting skills and resources in the neighborhood.



BizNiz Enterprise Development. Helps youth and other entrepreneurs learn basic business skills and business plans.

Program hours: M-W, 10-4. **Area served:** Kent County.

Contact: Tom Bulten (616) 248-2848

Financial Management. “The Money Map” is a 12-week financial management class that meets on WEDs Feb-May. In partnership with Macatawa Bank it offers a savings match.

Program hours: W, 7-8 PM. **Area served:** Kent County.

Contact: Larrine Reinhart (616) 248-2848

Free Tax Preparation. Tax returns are prepared for free (Feb-April) to help low-income families access tax credits and refunds. Oakdale Neighbors is part of the Kent County Tax Credit Coalition.

Program hours: M, 3-9. **Area served:** Kent County.

Contact: Tom Bulten (616) 248-2848

Home Ownership Counseling. Certified counseling is offered to those seeking a Michigan State Housing Development Authority loan for the purchase of a home.

Program hours: M-W, 8-2:30. **Area served:** Kent County.

Contact: Larrine Reinhart (616) 248-2848

Job Search Center. Computers with high speed internet access and staff assistance are available for job searching and resume development.

Program hours: M-W, 8-2:30. **Area served:** Kent County.

Contact: Larrine Reinhart (616) 248-2848

Life Group. Life skills class and support group that meets on WED evenings September through December or as requested.

Program hours: W, 7-8 PM. **Area served:** Kent County.

Contact: Larrine Reinhart (616) 248-2848




OCTAGON HOUSE (THE)

(616) 919-9006

www.octagonhousegr.com

3180 East Paris Ave. SE, Kentwood, MI 49512
Counseling services.

Area served: West Michigan. 

OFFICE OF CHILDREN’S OMBUDSMAN

(517) 373-3077

www.michigan.gov/oco

Main hours: 8-5, M-F

Investigates complaints about children in Michigan’s child welfare system and makes recommendations for changes in child welfare laws, rules and policies to the Governor, Legislature and Family Independence Agency (FIA). The Office of Children’s Ombudsman (OCO) is an independent government agency established by Public Act 204 of 1994.

OTHER WAY MINISTRIES (THE)

(616) 454-4011

www.theotherway.org

710 W. Fulton St., Grand Rapids, MI 49504

Main hours: 9am-4pm, M-F

closed holidays, weekends and for special events


Since 1967, “The Other Way” has put into practice our mission of “Working alongside urban neighbors, building a community of hope, extending the love of Christ” by reaching out to our neighbors in Westown (Grand Rapids near west side). We are a neighborhood-based Christian community development organization. Our desire is to respond to critical need on the west side of Grand Rapids with creative, preventative programming. Our aim is to strengthen the leadership capacity of women, men and youth and to support them to take action on the issues facing their families and community.

Program hours: Vary according to day and season.

Application: Simple registration forms. **Eligibility:** Varies according to specific programs. **Fees/Insurance:** No

registration fees, but occasional costs for activities. **Area served:** Near west side bordered by Front, Wealthy, Valley and 3rd St. Also, west to Standale for the food pantry.

Contact: Deb Borst (616) 454-4011 mail@theotherway.org

 (Spanish) Spanish-speaking staff available on Ws.

OTTAWA HILLS NEIGHBORHOOD ASSOCIATION

(616) 241-1511

Provides organization and development of the Ottawa Hills neighborhood.

Area served: Grand Rapids – Ottawa Hills neighborhood.

OUR COMMUNITY’S CHILDREN – CITY OF GRAND RAPIDS (Formerly Office of Children, Youth and Families)

(616) 456-3558

www.grcity.us/ocyf

300 Monroe Ave. NW, Suite 480, Grand Rapids, MI 49503

Main hours: 8-5, M-F




Evaluates public policy and promotes caring partnerships to ensure our children, youth and families thrive within the Grand Rapids community and hold promising futures. OCYF manages the Expanded Learning Opportunities Network that works to ensure every child has access to quality after school programs. OCYF also manages the Mayor’s Youth Council which provides 9th -12th-grade students an opportunity to be a voice to city government. In addition, the OCYF convenes community meetings with neighborhood associations, school and government officials, faith-based organizations, parents and community leaders to ensure young people have the resources they need to be successful.

Program hours: 8-5, M-F. **Application:** NA. **Eligibility:** NA.

Fees/Insurance: NA. **Area served:** Kent County. **Contact:** Lynn Heemstra (616) 456-4353 lheemstr@grcity.us



OUR HOPE ASSOCIATION

(616) 451-2039
www.ourhopeassociation.org
324 Lyon St. NE, Grand Rapids, MI 49503
Main hours: 9-5, M-F; 24 hour staff
The mission of Our Hope is to provide a recovery program for women with alcohol and other drug dependencies in a residential or outpatient setting.
Program hours: 9-5, M-F office hours. 24/7 supervision by staff for residential program. **Application:** State funded clients are referred by Network 180 and Bay Arenac /Access Alliance. All others contact directly. **Eligibility:** Women, 18 years and older. State funding is for Kent, Montcalm, Bay, Arenac, Huron, Tuscola, and Shiawassee counties. **Fees/ Insurance:** Private pay-to be determined at time of interview. No insurance accepted. **Area served:** State funds limited to Kent, Montcalm, Bay, Arenac, Huron, Tuscola and Shiawassee counties. **Contact:** Christine Walkons (616) 451-2039 christinewalkons@aol.com
   (Spanish)

PARENTS, FAMILIES, AND FRIENDS OF LESBIANS AND GAYS


(616) 336-1382 / (616) 336-8189 Helpline
www.pflaggrandrapids.org
Promotes the health and well-being of gay, lesbian, bisexual, and transgender persons, their families, and friends through: support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and to secure equal civil rights.
Program hours: Call for details. **Eligibility:** None. **Fees/ Insurance:** None. **Area served:** Kent County. and surrounding counties.


PARKINSON'S ASSOCIATION OF WEST MICHIGAN

616-954-8077
www.pawm.org
260 Jefferson Ave. SE; Ste. 210, Grand Rapids, MI 49503
Main hours: M-F, 10:00AM-4:30PM
We are a local and independent not-for-profit 501(c)3 organization whose mission is to help Parkinson's patients, their families and health care professionals to learn about and cope with Parkinson's disease. We facilitate support groups for people with Parkinson's throughout Kent and Ottawa counties plus Muskegon. We rely entirely on local funding sources, including memorial contributions, bequests, and charitable giving by the community to continue our work. All proceeds are used to provide services right here in West Michigan.
Caregiver's Support Group. Monthly meetings to give support and information to Caregivers of people with Parkinson's disease. Caregivers can include family members, paid aides, and friends. Caregiver's groups meet in Grand Rapids and Muskegon.
Program hours: Second TU of each month. Call the office for further information. **Application:** Call the office for reservations. **Eligibility:** None. **Fees/Insurance:** Self pay for lunch. NA. **Area served:** West Michigan. **Contact:** Mary Chubinski 616-954-8077 pawmmtc@iserv.net
   
Parkinson's Support Groups. Facilitate multiple support groups for people with Parkinson's disease and their families and allied health professionals. Provide education and support services to enable people with Parkinson's to have a better quality of life.

Program hours: Varied. **Application:** Call the office. **Eligibility:** Open. **Fees/Insurance:** None. NA. **Area served:** West Michigan. **Contact:** Mary Chubinski 616-954-8077 pawmmtc@iserv.net

PARTNERS IN PARENTING

(616) 459-2578
2025 E. Fulton St., Grand Rapids, MI 49503
Main hours: Hours are flexible, M-F
Offers sessions geared towards teaching parenting skills. Sessions are flexible to meet the needs of participants: a single session or a series of sessions on various topics. Small group or individual sessions are held on our site, or the mobile unit can go to an agency, school or church site or other location.
Program hours: Hours are flexible, M-F. **Application:** Call to set up appointment to plan sessions. **Fees/Insurance:** Call for details. **Area served:** Kent County and surrounding areas. **Contact:** Marguerite Cool, OP or Jean Kramer, OP (616) 459-2578 parentng@iserv.net


PARTNERSHIP FOR LEARNING – WONDER YEARS

(800) 832-2464
www.partnershipforlearning.org
321 N. Pine, Lansing, MI 48933
Main hours: 9-5, M-F
Helps schools and communities work together to boost learning from birth through college. This nationally award-winning, non-profit partnership publishes reports, conducts trainings, and coordinates programs as a non-position-taking collaborative resource. Services include publications, interactive website, education news service, and speakers who provide hands-on workshops on topics ranging from reading to technology to getting your child ready for college.
Program hours: 9-5, M-F. **Eligibility:** NA. **Fees/Insurance:** Web site is free, magazines by subscription. **Area served:** Michigan. **Contact:** Jan Mason (517) 374-4083 janc@partnershipforlearning.org

PATHWAYS

(616) 396-8151
www.crn.nu
Suite 250, 710 Chicago Dr., Holland, MI 49423
Main hours: 8-5, M-W, F; 8-7, TH
We advocate for children in the community by improving and expanding quality services to children and their families.
Child Care Referrals/Family Support Services. Provides a wide range of services to children and their families. Offers child care referrals, child abuse and neglect prevention and treatment coordination services.
Program hours: 8:30-5, M-F. **Eligibility:** None. **Fees/ Insurance:** None. **Area served:** Allegan, Lake, Mason, Muskegon, Oceana, and Ottawa counties. **Contact:** Mariann Strong-Goelz (616) 396-8151
    (Spanish)
Parent Aide. Offers support and guidance to parents by acting as mentors and role models. Parent Aide helps parents understand the developmental needs of their children while learning how to manage their home environment more effectively.
Program hours: 8:30-5, M-F. **Application:** Referral by FIA. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Allegan, Lake, Mason, Muskegon, Oceana, and Ottawa counties. **Contact:** Mike Kersman (231) 728-7152 mkersman@crn.nu
 (Spanish)

Children's Resource Network/4C -- Muskegon Site

1050 W. Western, Suite 302, Muskegon, MI 49441

Phone: (231) 728-7152 Hours: 8:30-5, M-F.

PATHWAYS PARENT COACH, LLC

(616) 499-3376

<http://www.pathwaysparentcoach.com>

Main hours: M-F, 9-5

Provides life coaching for busy parents.

Parent Coaching with Certified Parent Coach, Jennifer Wolf.

Certified Parent Coach, Jennifer Wolf, provides individual parent coaching and ongoing support to busy, overwhelmed parents. A graduate of The Parent Coaching Institute in partnership with Seattle Pacific University, Jennifer works to help parents identify their family's unique strengths and create positive, lasting changes. Common topics include discipline, self-care, making transitions, and mediating the influence of our media-saturated culture.

Program hours: Generally 9-5 M-F, some evenings.

Application: Call (616) 499-3376 or visit <http://www.pathwaysparentcoach.com> to schedule a free consultation.

Eligibility: Open to all parents. **Fees/Insurance:** \$60 per 45-minute coaching session. None. **Area served:** Kent County. **Contact:** Jennifer Wolf (616) 499-3376 jen@pathwaysparentcoach.com

Parenting Workshops With Certified Parent Coach, Jennifer Wolf.

Certified Parent Coach, Jennifer Wolf, is available to present parenting workshops at your facility. Topics include discipline, self-care, basic parenting, media awareness, Christian parenting, and more.

Program hours: Generally 9-5 M-F, some evenings.

Application: Contact Jennifer Wolf at (616) 499-3376 to discuss your group's presentation needs and schedule an upcoming workshop. You can also visit the Pathways Web site at <http://www.pathwaysparentcoach.com> for more detailed information. **Eligibility:** Open to all parents. **Fees/Insurance:** Presentation fees vary depending on preparation time required, travel, and length of presentation. NA. **Area served:** Kent County. **Contact:** Jennifer Wolf 616-499-3376 jen@pathwaysparentcoach.com

PINE REST CHRISTIAN MENTAL HEALTH SERVICES

(616) 455-9200

www.pinerest.org

300 68th St. SE, Grand Rapids, MI 49548

Pine Rest Christian Mental Health Services is committed to bringing the best in behavioral health care to those in need, aged 4 to 104. We provide outpatient therapy at over 20 locations, inpatient and partial hospitalization, residential services for adults with developmental disabilities, residential substance abuse treatment for adults, sub-acute detox, residential services for teens, and older adults with Dementia, traditional outpatient substance abuse treatment, workshops, and classes. This also includes programs of prevention and education, psychological assessment, employee and church assistance programs, intensive outpatient programming for substance abuse, psychiatric home health care, consultation liaison services, and more. If you are experiencing anxiety, grief, or some other life-changing event, Pine Rest is in your community and can help.





Program hours: The Contact Center is available 24/7- for referral or access to services information. **Eligibility:** None.

Fees/Insurance: Yes; call for details. Most. **Area served:** Grand Rapids Metropolitan area. **Contact:** Contact Center (616) 455-5000

    (Spanish)

Inpatient Services. Provide a safe, structured setting to help children, adolescents, adults, or older adults experiencing acute behavioral health crises. A multidisciplinary team identifies the problems and treatment options, stabilizes the patient, and develops an aftercare plan with the patient and family, including appropriate referrals.

Eligibility: None. **Fees/Insurance:** Yes; call for details. Most. **Area served:** Grand Rapids Metropolitan area.

    (Spanish)

Outpatient Services. Offer outpatient, ambulatory care at over 20 locations throughout West Michigan. Our clinicians provide a broad spectrum of quality care across the age continuum in convenient, non-restrictive environments. In addition to traditional outpatient care, Pine Rest also provides a variety of specialty services, including the ADD Institute, IOP substance abuse services, court-related services and assessments, Psychiatric Home Health Care, workshops, classes, support groups, and more. Individual, family, and group counseling for children, adolescents, adults, and older adults, as well as community resources and referrals.

Program hours: Varies per location. **Eligibility:** None. **Fees/Insurance:** Yes; call for details. Most. **Area served:** Grand Rapids, Wyoming, Walker, Grandville, Rockford, Greenville, Grand Haven, Zeeland, Muskegon, Holland, Traverse City, Caledonia, Hastings, Lake Odessa and Kalamazoo. **Contact:** Professional Practice Group (616) 455-5270 or (866) 457-6363

    (Spanish)

Partial Hospitalization Services. Also known as day programming, this is short-term, intensive treatment for individuals experiencing significant mental and/or emotional problems. Our goal is to provide intensive treatment to assist patients and families in managing these problems. The target population includes children, adolescents, adults who meet the criteria for admission and cannot be adequately treated through traditional outpatient services. Treatment modalities are psychiatric assessment, treatment and discharge planning. Treatment groups include: anger, anxiety, and stress management, assertion training, co-occurring addiction, medication education, individual, family, and group therapy, trauma, and more. Must have own transportation to and from the program.

Eligibility: None. **Fees/Insurance:** Yes; call for details. Most. **Area served:** Grand Rapids Metropolitan area.

    (Spanish)

Residential Services. Provide faith-based residential services to adults with developmental disabilities through Pine Rest Christian Homes, utilizing person-centered planning, a compassionate care model, and a mentoring program. Highly trained staff works regularly with residents on daily living, social, and other skills, plus integrating into local community. On-site medical, psychiatric, and psychological treatment for all residents. The Center for Psychiatric Residential Services is part of Pine Rest's continuum of care, providing acute, intense, residential psychiatric services for adolescents on an emergent basis. Each resident participates in a variety of group therapies specific to his or her psychiatric needs. Activity therapy is also provided to assist residents in developing confidence, cooperation, teamwork, and coping skills. Pine Rest Christian Addictions Services is part of Pine Rest's continuum of care, providing residential treatment throughout greater Grand Rapids. A supportive housing service is offered for people who need safe and sober housing after residential treatment. Persons experiencing addictions can receive the necessary holistic tools, support and inspiration they need to achieve recovery within a healing, therapeutic environment. Specialized programming is available for persons who are also involved in the criminal

justice system. Pine Rest's Dementia Living Center is a 12-bed residential home for individuals 55 and up, experiencing dementia and significant need-driven behavior that cannot be treated in the individual's residence.

Program hours: 24/7. **Eligibility:** None. **Fees/Insurance:** Yes; call for details. Most. **Area served:** Grand Rapids Metropolitan area. **Contact:** Susan Langeland (616) 222-5180 or 1-(888) 641-7917
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Belknap Commons

751 Lafayette Ave. NE, Grand Rapids, MI 49503
Phone: (616) 742-9940 **Hours:** 8:30-5, M-F.

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Caledonia Clinic

9090 S. Rodgers Ct. SE, Suite D, Caledonia, MI 49316
Phone: (616) 891-8770 **Hours:** 9-9, M; 9-8, TU; 9-6, W-TH; 9-4, F.

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Campus Clinic

300 68th St SE, Grand Rapids, MI
Phone: (616) 455-5270 **Hours:** 8-8 M-Th, 8-5 F.

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Grand Haven Clinic

1445 Sheldon Road, #303, Grand Haven, MI 49417
Phone: (616) 847-5145 **Hours:** 8 a.m.-5 p.m. M-F.

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Greenville Office

First Congregational Church, 126 East Cass St, Greenville, MI 48838
Phone: (616) 754-5878 **Hours:** By appointment only.

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Hastings Office

1005 W. Green Street, #301, Hastings, MI 49058
Phone: (616) 891-8770 **Hours:** By appointment only.

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Holland Clinic

926 South Washington, #210, Holland, MI 49423
Phone: (616) 820-3780 **Hours:** 8 a.m.-5 p.m. M-F.

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Kalamazoo Clinic

1530 Nichols Road, Kalamazoo, MI 49006
Phone: (269) 343-6700 **Hours:** 8 a.m.-5 p.m. M-F.

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Lake Odessa Office

4294 Laurel Drive, Lake Odessa, MI 48849
Phone: (616) 891-8770 **Hours:** By appointment only.

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Mercy-Muskegon Clinic

1150 East Sherman Blvd, Muskegon, MI 49444
Phone: (231) 733-8231 **Hours:** 8 a.m.-5 p.m. M-F.

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Northeast Clinic

Suite 240, 1700 E. Beltline NE, Grand Rapids, MI
Hours: 9-7 M W TH, 9-6 T, 9-2 F.

Northwest Clinic

550 Three Mile Rd. NW, Grand Rapids, MI 49504
Phone: (616) 222-3720 **Hours:** 8-7, M; 8-8 TU, W; 8-6, F; 8-5, SAT.

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Rockford Clinic

4685 Belding Rd, Rockford, MI 49341
Phone: (616) 364-1500 **Hours:** By appointment only.

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Southwest Clinic

4211 Parkway Place, #100, Grandville, MI 49418
Phone: (616) 222-3700 **Hours:** 8-9 M-W; 8-5, TH, F.

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Suttons Bay Clinic

93-B 4th, Suttons Bay, MI 49682
Phone: (231) 947-2255 **Hours:** By appointment only.

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Traverse City Clinic

1050 Silver Drive, Traverse City, MI 49684
Phone: (231) /947-2255 **Hours:** 8 a.m.-5 p.m. M-F.

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Wyoming Clinic

2215 44th St. SW, Suite 200, Wyoming, MI 49509
Phone: (616) 252-8371 **Hours:** 8-5, M-F.

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Zeeland Clinic

8333 Felch Street, #201, Zeeland, MI 49464
Phone: (616) 741-3790 **Hours:** 8 a.m.-5 p.m. M-F.

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PINE REST FAMILY INSTITUTE

(616) 455-5279

www.grmarriagepolicy.org

300 68th St. SE, Grand Rapids, MI 49548

Main hours: 8-4, M-F

Offers workshops and trainings whose purposes are building and strengthening marriages and families. Programs include: Secrets for Successful Marriage Premarital Workshop, Keys for Couples Premarital Workshop, Marriage and Family Building Series, Family Well Training, and FOCCUS Inventory Training. They are taught year 'round at the Family Institute by experienced professionals.

Application: Call for details. **Eligibility:** Varies by class.

Fees/Insurance: Call for details. **Area served:** Grand Rapids.

Keys for Couples Premarital Workshop. Offers workshop that is a prerequisite to marrying in the Kentwood District Court. Couples will learn skills about relationship expectations, family background influences, communication, conflict resolution, finances, gender differences, and intimacy in marriage.



Protect. Empower. Serve.

Miller Canfield

—proudly supports the—

**CHILD AND FAMILY
 RESOURCE COUNCIL**

For more than 155 years, Miller Canfield has been dedicated to serving the public good in order to support and strengthen our community.

IT'S MORE THAN JUST THE LAW.

**MILLER
 CANFIELD**

millercanfield.com

Program hours: Workshop – 6 pm-10 pm, alternate TU, and 8:30 am -12:30 pm, SAT. **Application:** Call to register. **Eligibility:** Offered as a prerequisite to marriage in the Kentwood Court. **Fees/Insurance:** \$20 for 4-hour class, scholarships available. **Area served:** Grand Rapids. **Contact:** Marlene Olson (616) 455-5279

Secrets for Successful Marriage Premarital Workshop.

Offers a workshop taught by experienced marriage professionals and is for couples who want to grow their relationship in preparation for marriage. It teaches couples healthy relationship skills that will benefit them throughout their lives together.

Program hours: Feb-June and Sept-Oct – 3 SAT sessions offered. **Application:** Call for brochure or to register for workshop. **Eligibility:** None. **Fees/Insurance:** \$95 for 3 sessions, scholarships available. **Area served:** Grand Rapids. **Contact:** Sharon Chapin (616) 831-2622

PINE RIDGE BIBLE CAMP

(616)696-8675 / (616)696-9147

www.pineridgecamp.com

8415 17 Mile Rd. NE, Cedar Springs, MI 49319

Main hours: M-F, 9:00-5

Pine Ridge Bible Camp exists to share and model the message of Jesus in a safe, innovative, and relational outdoor setting.

Summer Camp Sessions for Children and Youth. Pine Ridge offers 1 night to 5 night sessions for children and youth grades 1-12. Activities include swimming, fishing, boating, go carting, archery, riflery, basketball, petting farm, horse riding, water slide, arts & crafts, rock climbing, group games, and much more. Children and youth are placed into cabin groups with an adult cabin leader and appropriate state approved child to adult supervision ratios. Pine Ridge also provides an RN on site to care for dispersing of medications and first aid needs. Children are required to attend our chapel sessions which include singing and age appropriate lessons from the Bible.

Program hours: M-Sat am. **Application:** Registration on our website or request a brochure to be mailed. **Fees/Insurance:** Published on our website. **Area served:** Kent County., West Michigan, Michigan. **Contact:** Steve Hulet (616)696-8675 steve@pinridgecamp.com

PLANNED PARENTHOOD CENTERS OF WEST MICHIGAN

(616) 774-7005

www.plannedparenthood.org

425 Cherry St. SE, Grand Rapids, MI 49503

To promote and ensure reproductive health, responsibility and freedom.

Community Education. Education and training programs for professionals, teens, classrooms, agencies and faith communities.

Program hours: Varies by request. **Application:** Call for information. **Eligibility:** None. **Fees/Insurance:** Negotiable. **Area served:** Kent County.

Medical Services. Provides cancer screening, birth control, sexually transmitted infections treatment, HIV testing, mid-life services.

Program hours: 9 am-7 pm, M-TH; 9 am-4:30, F; 10-1, SAT. **Application:** Call for information. **Eligibility:** None. **Fees/Insurance:** Sliding scale; donations appreciated. Call for details. **Area served:** Ionia, Kent, Muskegon, Mecosta, Newaygo, and Oceana counties.

    (Spanish)

Parent Packs. Provides special kits designed to help educate children about growth and development, puberty changes, and sexuality-related issues, like conception, contraception, and sexually transmitted infections using the parents' values and beliefs in the privacy of their own home. Kits contain videos, books, pamphlets, and reading lists, and are organized by age levels. Kits available in Spanish and special needs.

Program hours: 9-4:30, M-TH; 9-12:15 pm, F for pick up.

Eligibility: None. **Fees/Insurance:** \$5 for 10 days. **Area served:** Ionia, Kent, Muskegon, Mecosta, Newaygo, and Oceana counties.

    (Spanish)

Peer Education. Provides an after-school or summertime 40-hour training for adolescents ages 13-17 on all teen concerns. Trained teens design programs, educate peers, and speak to parents.

Program hours: Call for training dates. **Eligibility:** Teens ages 13-17. **Fees/Insurance:** None. **Area served:** Kent and Muskegon counties.

    (Spanish)

POSITIVE OPTIONS

(616) 241-5554

710 Eastern Ave. SE, Grand Rapids, MI 49503

Main hours: 4-6, M-W

Provides intensive support services and skill-building training for youth and young adults in the area of violence prevention. The focus is on anger management, peaceful conflict resolution, improving communication skills, choices and consequences, building positive self-esteem, changing attitudes and negative behaviors and developing positive options and alternatives.

Eligibility: Low income families. **Fees/Insurance:** None.

Area served: Grand Rapids – Baxter neighborhood. N – Wealthy; S – Franklin; E – Fuller; W – Eastern.



POTTER'S HOUSE (THE)

(616) 241-5202 / 616-241-5720

www.pottershouseschool.org

810 Van Raalte Dr. SW, Grand Rapids, MI 49509

Main hours: 8-4, M-F during school year; 7:30-3:30, M-F, during summer

An inner-city, Christian school in a multi-cultural, urban setting. Interdenominational purpose is to provide solid, Christ-centered education for a broad range of children who normally might not attend a Christian school due to economic or cultural reasons.

Program hours: 8:25-3:35, M, TU, TH, F; 8:25-1:15, W.

Application: Open application, however because of grade level waiting lists we cannot guarantee enrollment. **Fees/Insurance:** Sliding scale based on annual family income. NA. **Area served:** Grand Rapids – Roosevelt Park neighborhood area.

    (Spanish, Hindi, Laotian)

The Potter's House High School

2500 Newport St. SW, Wyoming, MI 49519

Phone: (616) 249-8050 **Hours:** 8-4, M-F during school year.

PREGNANCY RESOURCE CENTER

(616) 456-6873 / 1-877-697-7247

www.prcgr.org

415 Cherry St. SE, Grand Rapids, MI 49503

Main hours: M,W, Th 9a-4p, Tues 9-7. Closed from 12p-1p for lunch Fri open 10a.m.-2 p.m.

Free pregnancy tests (results while you wait), information

about abortion and alternatives, referrals for medical care, social services and practical resources in the community. All services are free. Walk-ins welcome.

Program hours: M, W, Th 9 AM- 4 PM, closed from 12- 1 for lunch, T, 9 AM- 7 PM, closed from 12- 1 for lunch, F, 10 AM- 2 PM. **Eligibility:** None. Each client is met with while test is being done. Sessions take from 20 to 45 minutes depending on the clients needs. **Fees/Insurance:** None.

Area served: Ottawa, Kent and surrounding counties.

    (Spanish)

Pregnancy and Material Services. Provide free pregnancy tests, information regarding abortion, abortion alternatives, STD's, and the morning-after-pill. Free counseling services, and free housing and medical service referrals. Provide assistance with formula, diapers, baby and maternity clothes, and baby furnishings at our 28th St., Wyoming office.

Program hours: M, W 9:30 am-4:30 pm





Th 1:00 pm-7:00 pm. **Application:** None. **Eligibility:** Call for eligibility requirements. **Fees/Insurance:** Services are all FREE. No insurance is necessary. **Area served:** Greater Grand Rapids and Wyoming areas, and beyond. **Contact:** Pregnancy Services Coordinator 616-261-0014 south@prcgr.org

    (Spanish)

Wyoming Site. Clients make appointments for baby supplies and items for infants up to size 4T. Item availability depends on supplies on hand.

Program hours: M, T, W, 9 AM-4 PM; Th, 1 PM- 7 PM; F, CLOSED. **Application:** Call Ahead for an appointment.

Appointment includes assessment of client needs and well being. **Eligibility:** None. Appointment necessary. **Fees/ Insurance:** None. **Area served:** Ottawa, Kent, and surrounding counties.

    (Spanish)

Pregnancy Resource Center

425 Cherry St. SE, Grand Rapids, MI 49503

Hours: 9-5.

Pregnancy Resource Center South

2438 28th St SW, Wyoming, MI 49519

Phone: (616) 261-0014 **Hours:** Mon., Tues., and Wed. from 9:00 am-4:00 pm, Thurs. from 1:00 pm-7:00 pm, Fri. CLOSED.



PROACTION BEHAVIORAL HEALTH ALLIANCE

(616) 776-0891

www.ProactionAlliance.org

330 Eastern Ave. SE, Grand Rapids, MI 49503

Main hours: 8-5, M-F

Proaction Behavioral Health Alliance, a leader in healthcare, is passionate and dedicated to improving the lives of individuals, families, and communities.

Corporate Services. Provides operational support to Proaction Behavioral Health Alliance members, which include Project Rehab, Life Guidance Services, EAC Employee Assistance Center, and Community Treatment Centers.

Program hours: 8-5, M-F. **Area served:** Michigan. **Contact:** Michael Reagan (616) 776-0891 x103 michaelreagan@proactionbehavioralhealth.org

    (Spanish)

Life Guidance Services. Outpatient counseling and treatment.

Program hours: M-F, 8-7. **Area served:** Kent County.

    (Spanish)

Life Guidance Services Medication Assisted Treatment.

We help patients recover from substance use and co-occurring disorders by teaching tools and providing support for the necessary life changes that promote recovery. Services include medication assisted treatment for opiate addiction, individual outpatient counseling for substance use and co-occurring disorders, intensive outpatient group counseling addressing chemical dependence issues, health monitoring, counseling support and crisis management to opiate addicted patients, and psychopharmacological treatment of co-occurring disorders.

Program hours: M-F, 8-5. **Area served:** Kent County.

    (Spanish)

Life Guidance Wellness & Prevention Services.

We develop and lead initiatives aimed at preventing drug and alcohol abuse in individuals, families, and communities. We teach parenting skills to adults and sexual abuse avoidance skills to children, consult with communities in the planning and implementation of prevention programs, lead alcohol, tobacco and other drug prevention programs for school-aged children, provide leadership skill training for youth, and provide alcohol abuse interventions for teens and their families.

Program hours: Varies. **Area served:** Kent, Ionia, and Montcalm counties.

    (Spanish)

Life Guidance Services

822 Cherry SE, Grand Rapids, MI 49506

Hours: M-F, 8-6.

Life Guidance Services

3351 Claystone SE, Grand Rapids, MI 49546

Hours: M-F, 8-8.

Life Guidance Wellness & Prevention Services, Montcalm County

129 E. Main, Stanton, MI 4888

Phone: (989) 831-4591 **Hours:** M-F, 8-5.

Life Guidance Wellness & Prevention Services, Ionia County

220 W. Main, Ionia, MI 48846

Hours: M-F, 8-5.

Project Rehab Community Alternatives Program. Offers a work-release alternative to incarceration that provides treatment for substance use and mental disorders and other rehabilitation services to help support clients as they successfully reenter the community.

801 College SE, Grand Rapids, MI 49503

Program hours: 24/7. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Call for details.

Area served: Statewide. **Contact:** Thurman Walker (616) 776-0891 x275 thurmanwalker@projectrehab.org

    (Spanish)

Project Rehab Hispanic Residential Program. Provides treatment of substance use and/or co-occurring disorders for Hispanic adults in a bilingual and culturally-sensitive environment.

Program hours: 24/7. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Call for details.

Area served: Statewide. **Contact:** Antonio Ruban (616) 776-0891 x260

    (Spanish)

Project Rehab Men's Recovery Center. The Project Rehab Men's Recovery Center provides residential treatment of substance use and co-occurring disorders.

Program hours: 24/7. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Covered by insurance, Medicaid, public substance abuse funding, and sliding fee scale. Call for details. **Area served:** Statewide. **Contact:** Cheryl Buckley (616) 776-0891 x414 cheryl@projectrehab.org

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Project Rehab Transitional Services. In addition to providing transitional housing services, Project Rehab provides those re-entering the community after incarceration with services to help them successfully integrate by providing employment preparation and placement, counseling, life skills, and other basic services.

Program hours: M-F, 8-5. **Area served:** Michigan.

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Project Rehab Women's Recovery Center. The Project Rehab Women's Recovery Center provides gender-specific residential treatment of substance use and co-occurring disorders and other supportive services.

Program hours: 24/7. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Covered by insurance, Medicaid, public substance abuse funding, and sliding fee scale. Call for details. **Area served:** Statewide. **Contact:** Cheryl Buckley (616) 776-0891 x414 cheryl@projectrehab.org

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750 Cherry SE

750 Cherry SE, Grand Rapids, MI 49503

Hours: M-F, 8-5.

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822 Cherry SE

822 Cherry SE, Grand Rapids, MI 49503

Hours: 24 hours/day, 7 days/week.

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Recovery Campus

200 Eastern SE, Grand Rapids, MI 49503

Hours: 24 hours/day, 7 days/week.

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PROVIDER GROUP

(616) 698-0299

www.providergroup.com

4760 Meadow Lake Dr. SE, Kentwood, MI 49512

Main hours: By appointment only

Our program helps individuals / families with a loved one experiencing a disability plan for their independence. We focus on: Governmental (Federal, State and Other), Financial (helping properly plan for the supplemental needs), Social (School, Employment, Life Goals, Recreational), Legal (Advising on proper use of Special Needs Trusts, and other) aspects of life of the individual with the disability to help prepare them and their family for a higher quality of life and independence.

Program hours: M-F. **Application:** By appointment only.

Eligibility: Anyone with a disability and their family. **Fees/ Insurance:** Based on the type and amount of assistance needed. None. **Area served:** Michigan and Illinois. **Contact:** Michael E. Frantz (877) 483-0426 or (616) 698-0299

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PUBLIC MUSEUM OF GRAND RAPIDS

(616) 456-3977 / (616) 456-3587

www.grmuseum.org

272 Pearl St. NW, Grand Rapids, MI 49504

Main hours: 9-5, M-SAT; 12-5, SUN

The Public Museum of Grand Rapids is an educational institution whose mission is to collect, preserve, and present the natural, cultural, and social history of the region.

Van Andel Museum Center. Provides displays where sights and sounds of centuries gone by come to life. Permanent displays: Habitats, The Furniture City, Streets of Old Grand Rapids, and Anishinabek. Also offers carousel rides, sky shows at the planetarium, and museum Curiosity Shop.

272 Pearl St. NW, Grand Rapids, MI 49504

Program hours: Mon-Fri 9-4; Sat 10-4; Sun 12-4.

Eligibility: None. **Fees/Insurance:** General Admission: \$7 adults, \$5 senior citizens, \$2.50 ages 3-17, under 3 are free.

Area served: West Michigan.

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Voigt House Victorian Museum. Offers tours of an 1895 historic home. Three floors are open to guests, furnishings are original to the Voigt family. Also provides seasonal programs. Heritage Hill Tour of Homes (October), Home for the Holidays (Christmas program, November-January), Mother's Day, other Victorian Theme programs, gift shop.

115 College Ave. SE, Grand Rapids, MI 49503

Program hours: 11-3, TU; and 1-3 pm, 2nd and 4th SUN

of every month. **Eligibility:** None. **Fees/Insurance:** \$3 for adults, \$2 for seniors and children (6-17). NA. **Area served:** West Michigan. **Contact:** Christy L. Ham (616) 456-4600 cham@ci.grand-rapids.mi.us

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RELIEF AFTER VIOLENT ENCOUNTER – IONIA/MONTCALM, INC.

(616) 527-3351 / (800) 720-SAFE (7233)

Main hours: 8-4:30, M-F

Comprehensive, free and confidential services to adult and child victims of domestic and sexual violence including 24-hour, toll-free crisis line and emergency shelter for women and child survivors. Services also are available to non-residential survivors of domestic and sexual violence. Services include comprehensive case management, individual counseling, advocacy support, legal information, assistance with personal protection orders, support groups, parenting education, cell phone loan program, and an advocate team who responds to domestic and sexual assault crime scenes. RAVE also provides community education and training on domestic and dating violence and sexual assault.

Program hours: Crisis line – 24/7. Office– 8-4:30, M-F.

Application: Call ahead if possible; walk-in welcome. No referrals necessary. **Eligibility:** Age 18 and over (emancipated or married if under 18) for emergency shelter. Alternative shelter arrangements are made on an as-needed basis for male survivors of domestic or sexual violence. **Fees/ Insurance:** None. **Area served:** Ionia, Montcalm counties.

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Relief After Violent Encounter (RAVE), Inc. Clinton/ Shiawassee.

RAVE's Shelter sees women and children throughout the year who need temporary shelter for themselves and their children. While this living environment is not perfect, it is free from violence and allows the clients there to receive emotional and physical healing while simultaneously meeting their physical needs of shelter and food. While at the shelter, families have access to all RAVE's services including child, adult and group counseling, legal advocacy and transportation.

Legal Advocacy is a crucial component of RAVE. It can be a very difficult process to properly utilize the courts to their fullest; especially in the midst of dealing with stalking, physical abuse or sexual assault. Trials and settlements for the family can have long term consequences, good or bad. It is helpful to have someone by your side through hearings, trials and meetings. We strive to ensure safety and peace for our clients and their children. Prevention and Education happens throughout the year. It is an important key in ending violence. Through speakers and RAVE staff we are in contact with community schools and other organizations to lend information and resources about domestic and sexual violence.

The Transitional Supportive Housing Program secures safe housing in Clinton and Shiawassee counties. for families over the course of a two year time period. This part in a survivors journey gets them off to an independent start while continuing to offer all of RAVE's services to them.

Domestic Violence and Sexual Assault Programs operate to provide counseling services to child and adult survivors. Abuse affects not only the physical body, but also a person's social and emotional well-being. Many feelings are experienced while coping with assault or abuse. Through both individual and group counseling, survivors are assisted in identifying the abuse in their life and the fact that they are not to blame. Then, take steps to ensure that they and their children are safe. Healing requires time, support and courage. Reaching out is just the beginning.

The 24 Hour Crisis Line is operated seven days a week, 365 days a year. It is often the first step that many survivors take in learning about how to escape the violence in their lives. RAVE is there whenever someone needs information, reassurance or help.

Program hours: Office M-F 8-5; Shelter 24/7. **Application:** None. **Eligibility:** None. **Fees/Insurance:** None. **NA. Area served:** Clinton County, Shiawassee County, surrounding areas.



RESTORER'S INC.

(616) 243-1984
1413 Madison Ave. SE, Grand Rapids, MI 49507

Main hours: 9-3, M-F

To show Christ's love by promoting long-term, sustainable changes in families/neighborhoods through unified, committed relationships between community and church so that greater dignity and quality of life are achieved. This organization serves the Madison/Hall neighborhood community. Teaches courses on financial literacy, English as a second language (ESL), Healthy Marriage Healthy Relationship workshops, Middle and High School after-school tutoring and employment assistance.

*Promoting justice and self-determination
through the peaceful resolution of disputes
for individuals, families and businesses.
Serving the community with mediation
services since 1986.*



Dispute Resolution Center of West Michigan

678 Front Ave NW, Ste 250
Grand Rapids, MI 49504-5368

(616) 774-0121 • (800) 873-7658
(616) 774-0323 Fax
info@drcwm.org • www.drcwm.org

Program hours: 9-3, M-F. **Application:** Call for details.
Eligibility: Call for details. **Fees/Insurance:** Call for details.
NA. Area served: Grand Rapids.



ROCKFORD PUBLIC SCHOOLS

(616) 863-6557

www.rockfordschools.org

350 N. Main St., Rockford, MI 49341

Main hours: 8:30-4:30, M-F

Early Childhood Program. Provides parenting support and information groups for parents of preschoolers with special needs. Offers one day time group, and one evening group on a drop in basis. Seasonal program.

8100 Courtland Dr., Rockford, MI 49341

Program hours: Call for details. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Kent County – Rockford.
Contact: Sheila Schindler (616) 863-6342 ext. 2712



ROOSEVELT PARK COMMUNITY CHRISTIAN REFORMED CHURCH

(616) 243-5875

811 Chicago Dr. SW, Grand Rapids, MI 49509

Main hours: M-F 9-3. SUN Worship 10:00 AM.

Program hours: SUN Worship for English and Spanish Speakers 10:00 AM (nursery and children's church provided), Summer Sports Camps for grades 1-6 (also volunteer opportunities for teens and adults), Food Truck food distribution on the 2nd SAT of every month, Food Pantry, October through May ministries: Small Groups for Adults (meet at varying times), W Kid Power at 6:30 PM for Grades 1-6 (activities and Bible stories), TH Crossover for Teens and Young Adults at 7:00 PM (Worship, Prayer Support, games), English Classes for Adults on TUs and THs from 5:30-7:00 PM (also volunteer opportunities for teens and adults) **Application:** None. For English Classes, Call Pastor Pablo Canché at (616) 780-0055. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Grand Rapids and Kent County.

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ROOSEVELT PARK MINISTRIES

(616) 475-5881

1530 Grandville Ave. SW, Grand Rapids, MI 49503

Main hours: 9-5, M-F

Helps improve the quality of life in the Roosevelt Park neighborhood. This Christian community development and human service organization embraces a holistic approach of community development, addressing both material needs and spiritual needs. Programs include free translation and interpretation service; a job referral and placement service; a cooperative effort with Godfrey-Lee Community Education to provide English as a Second Language classes; indigenous leadership development through mentoring, youth outreach, small groups, special events, one-on-one mentoring; bilingual professional family counseling; a supplemental food pantry; and special seasonal events such as coat drives in the fall and a Christmas "store".

Program hours: 8-5, M-F. **Eligibility:** Call for details.

Fees/Insurance: None. **Area served:** Roosevelt Park Neighborhood, city of Grand Rapids.

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Why Are Childhood Vaccines So Important?

It's true that newborn babies are immune to many diseases because they have antibodies they get from their mothers. However, the duration of this immunity may last only a month to about a year. Further, young children do not have maternal immunity against some vaccine-preventable diseases, such as whooping cough.

If a child is not vaccinated and is exposed to a disease germ, the child's body may not be strong enough to fight the disease. Before vaccines, many children died from diseases that vaccines now prevent, such as whooping cough, measles, and polio. Those same germs exist today and a small number

of children are hospitalized right here in our community for vaccine-preventable diseases like meningococcal meningitis and hepatitis B. Because vaccines are so successful, we do not see these diseases often; however it is important not be lulled into a false sense of security. Immunizations are very important to the health of a child and the health of everyone in the community.

In the past few years, there have been reports that some parents and families of children with autism believe that the Measles/Mumps/ Rubella (MMR) vaccine caused their children's autism. The National Institutes for Health (NIH) reports that there has been no conclusive, scientific evidence that any part of a vaccine, nor any combination of vaccines causes autism. Nor is there conclusive data that any type of preservative (i.e., thimerisol) used during the manufacture of vaccines plays any role in causing autism or other health concerns. Thimerisol is no longer used as a preservative in the making of vaccines. In 2001, the Institute of Medicine (IOM) and the American Academy of Pediatrics (AAP) released findings from their separate reviews of the available evidence on a possible link between vaccines and autism. Both groups found, independently of one another, that existing evidence does not support such a connection.

Locally, the Kent County Health Department has six clinic locations throughout the county where immunizations may be obtained for children and adults. All clinics are open Monday through Friday, however hours vary by location. Free and low-cost vaccines are available to qualifying families. Please see the Kent County Health Department entry on page XX for more information.

Sources: Dept. of Health & Human Services Centers for Disease Control and Prevention, the National Institutes for Health and the Kent County Health Department.

ROOSEVELT PARK/GRANDVILLE AVENUE NEIGHBORHOOD ASSOCIATION

(616) 243-2489

1251 Grandville Ave. SW, Grand Rapids, MI 49509

Main hours: 8:30-4, M-F

Neighborhood improvement and crime prevention.

Parent Support Services. Assists residents with housing and other neighborhood concerns; organizes a crime watch program; works with youth and teens of the area; spearheads the Grandville Avenue Development Committee.

Program hours: 8:30-4, M-F. **Application:** NA. **Eligibility:**

All residents. **Fees/Insurance:** None. **NA. Area served:** Grand Rapids -- N-Wealthy, E-Century, S-Burton, W-Clyde Park and Godfrey. **Contact:** Julie Niemchick (616) 243-2489 rooseveltparkna@yahoo.com

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SAFE HAVEN MINISTRIES

(616) 452-6664

www.safehavenministries.org

3501 Lake Eastbrook Blvd. SE, Suite 335, Grand Rapids, MI 49546

Main hours: 8-5, M-F

Motivated by Christ's love, our mission is to end domestic violence.

Protective Hands. Offers counseling, education and support for abused women and their children. Services include support groups, case management, advocacy, resource library, and information and referral.

Program hours: 8-5, M-F. **Eligibility:** None. **Fees/Insurance:** Sliding scale fee for counseling only. No fees

for other services. Call for details. **Area served:** Western Michigan – primarily Kent County. **Contact:** Kylene Dalton-Koons (616) 452-6664 kdaltonkoons@safehavenministries.org 🗺️ 🗣️ (Spanish)

Raise Hope. An outreach program aimed at raising awareness, informing, supporting and educating the community on issues of domestic abuse.

Program hours: 8-5, M-F. **Eligibility:** NA. **Fees/Insurance:** NA. **Area served:** Western Michigan – primarily Kent County.

Contact: Sarah TenBroek (616) 452-6664 stenbroek@safehavenministries.org

Ramoth House. Offers shelter for abused women and their children. Provides a safe house, case management, a children's program, and referral services for women.

Program hours: 24/7. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Western Michigan – primarily Kent County. **Contact:** Sara Stachon (616) 452-6664 sstachon@safehavenministries.org

SAFE KIDS GREATER GRAND RAPIDS

(616) 391-SAFE

www.grandrapidsafekids.org

100 Michigan St. NE, Grand Rapids, MI 49503

The Safe Kids Coalition of Greater Grand Rapids is dedicated solely to the prevention of unintentional injury-the number one killer of children ages 14 and under. Provides educational materials and hosts community safety events.

Program hours: Call for details. **Eligibility:** Call for details.

Fees/Insurance: Call for details. **Area served:** West and Northern 37 counties of Michigan.

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**SAINT JOSEPH THE WORKER
CATHOLIC CHURCH**

(616) 456-7982
334 Rumsey SW, Grand Rapids, MI 49503
Main hours: Worship services on: SAT from 5-6pm, SUN Spanish only 8am and 10am, SUN English at noon.
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SAINT MARY'S HEALTH CARE

(616) 752-6000
www.smmmc.org
200 Jefferson Ave. SE, Grand Rapids, MI 49503
We serve together in Trinity Health, in the spirit of the Gospel, to heal body, mind and spirit, to improve the health of our communities and to steward the resources entrusted to us. Provides full range of acute and tertiary inpatient and outpatient care as well as a full range of primary care services including internal medicine, family practice, ob/gyn, pediatrics, and pharmaceutical care. Clinical areas of excellence include cancer, neuroscience, integrative medicine, wound care, endoscopy, diabetes, obstetrics, and neonatal.
Program hours: 24 hours/day, 7 days/week. **Application:** **Eligibility:** **Fees/Insurance:** All accepted; call for details.
Area served: Michigan.
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Breast-Feeding and Back to Work Breast-Feeding. Offers prevention of breast-feeding problems through a teaching of correct positioning and latch-on techniques. The optional second class covers the pumping and storing of breast milk as well as practical advise on returning to the workplace.
Program hours: Call for details. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County.
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Comprehensive Childbirth. Offers class designed for first-time parents, this childbirth program covers breathing and relaxation techniques, and stages of labor.
Program hours: Call for details. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County.
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Emergency Department. Provides emergency, trauma, and fast track services.
Program hours: 24/7. **Area served:** Western Michigan.
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Family Education Services. Provides childbirth and family education programs that include expectant parent education, preparation for childbearing, sibling separation, cesarean birth/VBAC (vaginal birth after cesarean), and infant and child CPR.
Program hours: Call for details. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County.
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Financial Counseling.
Area served: Kent County. **Contact:** Diane Clement (616) 752-6159 or (616) 752-6697
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Infant and Child CPR. Offer class of infant and child CPR, management of the choking child, child safety and hands-on practice.
Program hours: Call for details. **Application:** Call 752-6442 to schedule class. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County.
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Preparation for Childbirth. Offers 3-session class consisting of small groups concentrating on labor preparation. A fee is charged.
Program hours: Call for details. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County.
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Sparta Health Center. Offers Family Practice health care services including obstetrics. Focus is on the migrant farm community.
Program hours: 8:30 am-7:30 pm, M & W; 8:30-5, TU & TH; 8:30-1, F. **Application:** Call for details. **Area served:** Sparta and surrounding area.
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Teen Pregnancy Education. Offers class designed for the special needs of teens (and their labor partners) who are preparing for childbirth. Breathing and relaxation techniques are covered. A tour of the Birthing Center is included. Clients releasing their babies for adoption are offered individual sessions.
Program hours: Call for details. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County.
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Teen Smart Start Program. Offers program for parents of pre-teens and teenagers, and focuses on developing and improving their parenting skills. Three-week series includes: Understanding Adolescence, Communication Styles, Conflict Resolution, Active Listening, and Diet and Behavior. Available for parent groups at schools, churches, and local agencies, and for professionals working with teens.
Program hours: Call for details. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Kent County.
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Browning Claytor Health Center
1246 Madison Ave. SE, Grand Rapids, MI 49507
Phone: (616) 913-8300 **Hours:** 9-4:30, M-F.
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Center for Diabetes and Endocrinology
300 Lafayette Ave. SE, Suite 2045, Peter M. Wege Center, Grand Rapids, MI 49503
Phone: (616) 752-6079
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Clinica Santa Maria Health Center
730 Grandville Ave. SW, Grand Rapids, MI 49503
Phone: (616) 913-8400
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East Hills Athletic Club
1640 East Paris SE, Grand Rapids, MI 49546
Phone: (616) 224-5400 **Hours:** 5:30 am-10 pm, M-TH; 5:30-9 pm, F; 6:45 am-9 pm, SAT; 7:45 am-8 pm, SUN.
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Heartside Clinic
61 Commerce Ave. SW, Grand Rapids, MI 49503
Phone: (616) 235-2612
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McAuley Health Center

245 Cherry St. SE, Suite 306, Grand Rapids, MI 49503

Phone: (616) 913-8200 **Hours:** 9-4:30, M-TH;
8:30-12 noon, F; closed 12-1 pm for lunch.

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Michigan Athletic Club

2500 Burton St. SE, Grand Rapids, MI 49546

Phone: (616) 956-0944 **Hours:** 5:15 am-10 pm, M-TH;
5:15-9 pm, F; 7 am-8 pm, SAT; 8 am-8 pm, SUN.

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Orchard Hills Swim and Sports Club

115 Crahen NE, Grand Rapids, MI 49525

Phone: (616) 224-8700 **Hours:** 6:30 am-10 pm, M-TH;
6:30-9 pm, F; 7:45 am-9 pm, SAT; 9:45 am-8 pm, SUN.

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Wege Institute for Health and Learning

300 Lafayette Ave. SE, Suite 2014, Grand Rapids, MI 49503

Phone: (616) 752-6923

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SAINT MARY'S PREGNANCY CRISIS CENTER

(616) 897-9393

402 Amity St., Lowell, MI 49331

Main hours: 5:30-7:30 M, 11-3 TH

St. Mary's Pregnancy Crisis Center is a non-profit, non-sectarian and non political agency. We work to establish a close relationship with each client through face-to-face contact and supply practical assistance and care. Free pregnancy tests available in a confidential environment. Free infant food, clothing and other needs are provided. For smaller children limited clothing is available. We can help you find medical, legal, educational, financial and social resources. Other related services may be available.

Program hours: 5:30-7:30 M, 11-3 TH.

SAINT VINCENT DePAUL THRIFT STORE

(616) 452-1408

1260 S. Division Ave. SW, Grand Rapids, MI 49507

Main hours: 10-5, M-F; 10-4, SAT

Provides food, clothing, furniture and other resources available to anyone with an area referral.

Program hours: 10-5, M-F, 10-4, SAT. **Application:** **Eligibility:** Must have a referral. **Fees/Insurance:** Up to two items of each kind for free.

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SALVATION ARMY (THE) – BOOTH FAMILY SERVICES

(616) 459-9468

1215 E. Fulton St., Grand Rapids, MI 49503

Main hours: 8:30-4:30, M-F

Child Development Center. Provide child care for children two weeks-12 years. Children are enrolled in developmentally appropriate classrooms. The center is licensed by the State of Michigan.

Program hours: 6:30 AM-11:00 PM, M-F. **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** West Michigan.

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Emergency Assistance Program. Provides basic crisis assistance for individuals and families in need of food, first month's rent, utility and personal needs assistance. Food pantry open every afternoon.

Program hours: 8:30-4:30, M-F. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Kent County.

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HAP Homeless Assistance Program. Offers an assessment and referral service that links homeless and near homeless individuals and families with available interim placement and provides assistance with permanent housing opportunities.

Program hours: All hours for emergency housing needs; 8:30-4:30, M-F for permanent housing. **Eligibility:** Call for details. **Fees/Insurance:** None. **Area served:** Kent County.

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Health Clinic. Provides prenatal and family practice to young women and their children. Staff promotes health maintenance through education and counseling. Special "group prenatal care" is offered.

Program hours: 8:30-4:30, M-F. **Eligibility:** Call for details.

Fees/Insurance: Call for details. **Area served:** Kent County.

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Independent Living-Housing for Teens. Provide housing for teens ages 17-19 that are temporary or permanent wards of the court. Education, life skills, and additional support services are offered to the teens in the program. The program is licensed by the State of Michigan.

Program hours: 8:30-4:30, M-F. **Application:** Call for details. **Eligibility:** Females ages 17-19, call for specific admissions criteria. **Fees/Insurance:** Placement funded by DHS, Juvenile Court, or private pay. **Area served:** Call for details.

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Proud Father/Proud Parents. The Proud Father/Proud Parents program is a 14 week and 10 week program, respectively. The program provides activity based curriculum that focuses on connecting fathers to their children and teaching healthy co-parenting skills.

Program hours: 8:30-4:30, M-F. **Eligibility:** Proud Fathers-Males that are currently parenting, interested in becoming a father, and/or are involved in the lives of children in some capacity. Proud Parents-Any two individuals that are involved in parenting a child together (they do not have to be married or currently involved in a relationship). **Fees/Insurance:** Free.

Area served: Kent County.

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Teen Parent Center (Residential Care/Transitional Housing/Outreach Services). Offers a residential program for pregnant and parenting teens ages 13-19 and their children in the crisis of homelessness. Also, offers residential programming for pregnant and parenting teens that are temporary or permanent wards of the court. Teens live in the program to focus on their education, independent living skills, parenting skills, and permanent housing. The center is licensed by the State of Michigan.

The Teen Parent Center also provides Outreach Services for intensive case work services that include parenting skills, support, life skills, and referral assistance for pregnant and/or parenting teens.

Program hours: 8:30-4:30, M-F. **Eligibility:** Call for details.

Fees/Insurance: Call for details. **Area served:** Kent County.

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SALVATION ARMY (THE) – GR ARC / FAMILY STORE

(616) 452-3133

1491 S. Division St., Grand Rapids, MI 49507

Main hours: 8-5, M-F for office. For intake/treatment 24 hours a day.

Sells to the public reusable items at low prices.

Program hours: 9-8, M-SAT. **Fees/Insurance:** Small cost depending on purchase. **Area served:** West Michigan.

Adult Rehabilitation Center. Offers 24 hour intake of persons with drug and alcohol addiction needs; will take people off the streets. No referrals necessary. A six month program with three components: spiritual, work therapy and rehabilitation/treatment. Provides AA, NA chemical dependency group, anger management, relapse prevention, computer training and life skills classes. Health seminars and on-site medical care is available for residents.
Program hours: 8-5, M-F office hours. For intake/treatment 24 hours a day. **Fees/Insurance:** No fees. **Area served:** Kent County.
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SALVATION ARMY (THE) – TURNING POINT

(616) 742-0351
 72 Sheldon Blvd SE, Grand Rapids, MI 49503
Main hours: Admissions -- 365 days, 24/7.
 Offers substance abuse clinicians and nurses, with a physician, dietitian, support staff and chaplain, provide sub-acute medical and detoxification, intensive residential treatment and intensive outpatient treatment programs at an affordable rate.
Program hours: 365 days, 24/7. **Application:** Call for intake appointment. **Eligibility:** Age 18 and older who have been assessed as clinically appropriate. **Fees/Insurance:** Call for details. Most major insurances. **Area served:** Multiple counties and states. **Contact:** Jill Krause (616) 742-0351
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SAMARITAN CENTER OF WEST MICHIGAN

(616) 975-0756
www.samaritancenter.net
 2758 Orange St. SE, Grand Rapids, MI 49546
Main hours: 9-5, M-F

Counseling, Education, Consultation Services. Offers a range of services for persons experiencing depression, fear or anger, difficulty adjusting to life's changes, problems in parenting, loneliness or insecurity, unresolved difficulties at work or in personal relationships, estrangement from loved ones and marital problems.

Program hours: 9-5, M-F. **Area served:** Greater Grand Rapids. **Contact:** Dr. Donald Topp Psy. D. (616) 975-0756
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SECOND HARVEST GLEANERS FOOD BANK OF WEST MICHIGAN

(616) 784-3250
www.wmgleaners.org
 864 West River Center NE, Comstock Park, MI 49321-8955
Main hours: 8:30-4:30, M-F
 To reduce/eliminate hunger in West Michigan by supplying surplus food gleaned from the food industry to churches and charity agencies who assist the needy.
Program hours: 8:30-4:30, M-F. **Application:** Churches and non-profits fill out a 2-page application and are visited by food bank staff. **Eligibility:** Churches and 501(C)(3) nonprofit organizations only. No service directly to individuals. **Fees/Insurance:** Agencies and churches pay a handling fee of 6 to 16 cents/pound for food drawn from the food bank. NA. **Area served:** Western third of lower peninsula, entire upper peninsula – 40 counties. **Contact:** John Arnold (616) 784-3250 jarnold@wmgleaners.org
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SENIOR MEALS PROGRAM

(616) 459-3111
 1279 Cedar St. NE, Grand Rapids, MI 49503
Main hours: 8:30-4:30, M-F
 To provide nutritional services so as to enable seniors to remain healthy and independent in their own homes.

Senior Meals on Wheels Program, Inc. Provides home delivered meals (up to 2-meals a day) for seniors and some eligible spouses.

Program hours: Office, 8:30-4:30, M-F. **Application:** Call main office. **Eligibility:** Must be 60 years or older, homebound or disabled Kent County residents. **Fees/Insurance:** \$1.75 donation per meal. **Area served:** Kent County and surrounding areas. **Contact:** Mike DeVriendt (616) 459-3111 mdevriendt@seniormealsonwheels.org
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Senior Meals Pantry. Offers seniors balanced, nutritious foods; nutrition education; home delivered pantry sack on an every other week basis.

1930 Fuller, NE, Suite B, Grand Rapids, MI 49505
Program hours: 10-2:45, M and W; 10-3:45, TH. **Eligibility:** Must be 60 years or older. **Fees/Insurance:** Donations appreciated. **Area served:** Kent County. **Contact:** Danielle Simmons (616) 364-1104 dsimmons@seniormealsonwheels.org
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SENIOR NEIGHBORS

(616) 459-6019
www.seniorneighbors.org
 820 Monroe Ave. NW, Suite 460, Grand Rapids, MI 49503-1442
Main hours: 8:30-5, M-F

Case Management, Minor Home Repairs, and General Senior Information. Promotes independent living for older people. Services include: housing information and counseling, information and referral, home chore service, crisis intervention (i.e. disconnected utilities, eviction notices, etc.), prescription assistance, daily meals at Kent County locations, home delivered meals, health screening, transportation, nutrition and health education, senior center activities and volunteer opportunities through the Retired and Senior Volunteer Program.

Program hours: 8:30-5, M-F. **Application:** A phone call to intake worker for case management services at (616) 459-6019. A visit to centers for senior center participation. **Eligibility:** Must be 60 years or older. **Fees/Insurance:** Donations appreciated. **Area served:** Kent County. **Contact:** Robert Barnes (616) 459-6019
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Senior Neighbors Centers. Promotes independent living for older people. Services include: housing information and counseling, information and referral, home chore service, crisis intervention (i.e. disconnected utilities, eviction notices, etc.), prescription assistance, daily meals at Kent County locations, home delivered meals, health screening, transportation, nutrition and health education, senior center activities and volunteer opportunities through the Retired and Senior Volunteer Program.

Program hours: Various. **Application:** A phone call to intake worker for case management services at (616) 459-6019. A visit to centers for senior center participation. **Eligibility:** Must be 60 years or older. **Fees/Insurance:** Donations appreciated. **Area served:** Kent County. **Contact:** Robert Barnes 616-233-0277
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Downtown Office

44 Ionia SW, Suite 2, Grand Rapids, MI 49503
Phone: (616) 459-3040 **Hours:** 9-2, M-F.
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Grandville Office

3380 Division SW, Grandville, MI 49418

Phone: (616) 531-5250 **Hours:** 8:30 am-4:30 pm, M-F.



Lowell Office

314 South Hudson, Lowell, MI 49331

Phone: (616) 897-5949 **Hours:** 8:30 am-1:30 pm, M-F.



Sparta Office

Harvest Way, 100 Ida Rd, Sparta, MI 49345

Phone: (616) 887-1273 **Hours:** 8:30 am-2:30 pm, M-F.



Walker Office

1101 Wilson Ave. NW, Walker, MI 49544

Phone: (616) 453-0739 **Hours:** 10 am-2 pm, M-F.



SEVENTH DAY ADVENTIST CHURCH

(616) 452-3704

728 Shamrock St. SW, Grand Rapids, MI 49507

Program hours: Seventh Day Adventist Church provides worship services on SAT beginning at 9:30 am. English and Spanish services run parallel at same time. Prayer meeting on W from 7:30-8:30pm. Youth program SAT evening from 6-7:30pm. **Fees/Insurance:** No fees.

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SILENT OBSERVER PROGRAM

(616) 454-9110-confidential /

(717) 774-2345-tip line not confidential

www.silentobserver.org

Provides a channel of communication and rewards for anonymous information that leads to the arrest and binding over of those committing crimes. Silent Observer assists law enforcement by encouraging citizen and business support which helps to insure a safer community.

Program hours: Tip line, answered 24/7. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Chris Cameron (616) 454-9110 cameronc@grandrapids.org

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SOCIAL SECURITY ADMINISTRATION (THE)

(616) 742-2373

www.socialsecurity.gov

50 College Ave. SE, Grand Rapids, MI 49503

Main hours: 9-4, M-F

Administers the Social Security and Supplemental Security Income (SSI) programs. This Federal Government agency provides assistance for completing applications for retirement, survivor, disability, and SSI benefits, and Medicare. Make appointments to file by calling 1-800-772-1213 from 7:00 am-7:00 pm or file on the Internet at www.socialsecurity.gov.

Program hours: Office, 9-4, M-F. **Application:** In office, by phone, or on website. **Eligibility:** Varies. **Fees/Insurance:** FREE. **Area served:** Seven local county areas including Kent County.

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SOUTH EAST COMMUNITY ASSOCIATION (SECA)

(616) 245-4398

www.grna.org

1408 Madison Ave. SE, Grand Rapids, MI 49507

Main hours: 8-5, M-F

Neighborhood association, revitalization organization

Area served: Inside the radius of Madison, Wealthy, 131 and Cottage Grove **Contact:** Jim Steenberg (616) 245-4398

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SOUTH END COMMUNITY OUTREACH MINISTRIES (SECOM)

(616) 452-7684

www.secomministries.org

1545 Buchanan Ave. SW, Grand Rapids, MI 49507

Main hours: M-F 8:30-12:00; 1:00-5:00

Helping today, building hope for tomorrow.

Aerobics. Offers a variety of Aerobic activities presented in group classes.

Program hours: M & T 6:00-7:00 W & Th 6:30-7:30.

Application: Pre-register. **Eligibility:** Over 18, or over 14 with parental permission. **Fees/Insurance:** \$10/month for up to 3 classes per week, \$12/month for 4 classes per week. None. **Area served:** Kent County. **Contact:** Sherry Storie 616-452-7684 x 3017 health@secomministries.org

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EFF-Encouraging Family Foundations. Provides parenting classes for single parents of newborns and toddlers in Kent County in six week sessions. Spanish-speaking presentations at this site.

Program hours: TU 10:00 am- 2:00 pm. **Application:** Leave message for a return call with details. **Eligibility:** Parent with child under 3 years old. Spanish-speaking at this site. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** (616) 452-7684 x3006 program@secomministries.org

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Food Distribution. Offers emergency food (Part of ACCESS food pantry system) (baby formula and foods and personal care items as available).

Program hours: M, W, F 9:30-11:30 am (open doors at 9:00 am); 1st & 3rd Tu 6:00-7:30 pm (only for clients working during the day- must show check stub). **Application:** Complete an identification, demographic, and financial application. **Eligibility:** Meet poverty guidelines or in emergency situation. Must live in service area: Patterson to US-131, Hall to 28th St. Must live in Kent County. **Fees/Insurance:** None. **Area served:** Grand Rapids – south end area **Contact:** Mariana Tzintzun (616) 452-7684 ext. 3004 pantry@secomministries.org

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Not Afraid to be Healthy. Provides referrals or connections to clinics, Medicaid program, prescription assistance for the elderly, and community health care services for low-income persons and families.

Program hours: Leave message any time for Sherry to return your call. **Application:** Contact Sherry for applications or call for appointment. **Eligibility:** Must have a need for medical care and not have or be able to obtain medical insurance.

Area served: Kent County. **Contact:** Sherry Storie 616-452-7684 x 3017 health@secomministries.org

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STATE FARM INSURANCE COMPANIES
HOME OFFICES: BLOOMINGTON, ILLINOIS

KIMBERLY A. HUGHES

Agent

GREGG A. HUGHES

Office Manager

22143 Wealthy SE
E. Grand Rapids, MI 49506

Bus.: (616) 458-4994
Fax: (616) 458-3584

Pride for Parents. Provides a program in which participants earn Christmas gifts for their children by completing volunteer hours throughout the year. SECOM also has a similar program for parents to earn summer camp tuition for their children.
Program hours: Arranged with managers. **Application:** Complete an application and interview. **Eligibility:** Parents of children 14 years old or younger who live south of Hall, north of 28th St., east of US 131 and west of Patterson.
Fees/Insurance: None. **Area served:** South of Hall, north of 28th St., east of US 131 and west of Patterson.
Contact: Cher Blattner or Mariana Tzintzun (616) 452-7684 administrativeassistant@secomministries.org
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Teen Parents Program. Concentrates on the development of the child. Focuses on the Ages and Stages Questionnaire, implementing activities for the child's developmental needs. Also encourages parents with positive parenting guidelines, goal setting, and peer and mentor support.
Program hours: W evenings. **Application:** Call to enroll. **Eligibility:** Teen parent or pregnant teen. **Fees/Insurance:** None. **Area served:** Kent County. **Contact:** Cher Blattner (616) 452-7684 administrativeassistant@secomministries.org
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SOUTH HILLS NEIGHBORHOOD ASSOCIATION

(616) 452-5782 / (616) 246-9978

SOUTHEAST END NEIGHBORHOOD ASSOCIATION
 (616) 247-0900
 900 Fuller Ave. SE, Grand Rapids, MI 49506
Main hours: 10-5, M-F
 A non-profit community organization representing resident, businesses, schools, and churches in the South East Area. SEENA is dedicated to preserving and rejuvenating the quality of neighborhood living in a multi-racial and urban setting. SEENA works towards accomplishing these goals through organizing crime prevention strategies, neighborhood improvement initiatives, education, and advocacy in civic matters.
Program hours: 9-5, M-F. **Eligibility:** Residents of Martin Luther King Park Neighborhood, the Mulick Park Neighborhood, and the Boston Square Business Area. **Area served:** South East Area and Boston Square Neighborhoods.
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SOUTHWEST AREA NEIGHBORS (SWAN)

(616) 456-9190

www.iserv.net/~grswan
 705 W. Fulton St., Grand Rapids, MI 49504
Main hours: 10-6, M-F
 To enhance and preserve quality of life for individuals and families on the Westside; to foster and support a racially, ethnically, economically and socially diverse community; to design and enforce standards for the social, economic, and physical characteristics of the Westside; and to build relationships with individuals and other organizations in support of the SWAN mission.
Area served: Grand Rapids – west side.
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SPARTA AREA SCHOOLS

(616) 887-8253
www.spartaschools.org
 465 S. Union St., Sparta, MI 49345
Main hours: 7:30-4:30, M-F
Area served: Kent County – Sparta.
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SPECIAL OLYMPICS MICHIGAN

989.774.3911
www.somi.org
 Central Michigan University, Mount Pleasant, MI 48859
Main hours: 8-5, M-F
 Provides year-round sports training and athletic competition in a variety of Olympic-type sports for all children and adults with intellectual disabilities, giving them continuing opportunities to develop physical fitness and demonstrate courage.
Program hours: 8-5, M-F. Competition, training and fundraising activities take place outside of normal business hours. **Application:** Application for Participation (health appraisal) form required. Code of Conduct form required. **Eligibility:** Minimum age is 8 years. Person must have intellectual disability or closely-related disability. **Fees/Insurance:** FREE **Area served:** Kent and Barry counties.
Contact: Diane House (616)583-1202 diane_house@juno.com
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SPECIALIZED LANGUAGE DEVELOPMENT CENTER

(616) 361-1182

www.sldread.org
 525 Cheshire Dr. NE, Grand Rapids, MI 49505
Main hours: 8-3, M-TH; 8-1, F
 To help individuals experience success by development of lifelong language skills.

Orton Gillingham Tutoring. Orton-Gillingham based one-to-one tutoring and training classes for tutors.
Program hours: Scheduled to accommodate student (before, during or after school). **Application:** Call for details. **Eligibility:** Call for details. **Fees/Insurance:** Sliding scale, based on family size and gross income. **Area served:** West Michigan.
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SLD Learning Center, Kalamazoo
 504 S. Westnedge Ave., Kalamazoo, MI 49007
Phone: (269) 345-2661
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SPECTRUM HEALTH – BLODGETT HOSPITAL

(616) 771-7444

www.spectrum-health.org
 1840 Wealthy St. SE, Grand Rapids, MI 49506
Main hours: 7 Days/week
 To improve the health of the community by serving each individual family with superior quality personal care. An acute care hospital with outpatient facilities. Spectrum Health's two Grand Rapids hospitals provide a full-range of tertiary and acute inpatient and outpatient care. Clinical areas of expertise include comprehensive medical and nursing care in orthopedics, cancer, digestive disease, neuroscience, emergency/trauma services.
Program hours: 24/7. **Eligibility:** None. **Fees/Insurance:** Call for details. All. **Area served:** Michigan – thirteen west central counties.
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S.O.U.L Blodgett Hospital-(Sharing Our Untimely Losses). Offers parent support groups for those who have experienced a miscarriage, ectopic pregnancy, stillbirth, or neonatal death. These groups provide an opportunity to meet in a supportive environment with others who have experienced a similar loss. This help is available free of charge at any time-weeks, months, or years-after the loss.
Program hours: Meets one evening per month. **Eligibility:**

Available for families at any point (weeks, months or years) after their loss. Call for details. **Area served:** Michigan – thirteen west central counties.

SPECTRUM HEALTH – BUTTERWORTH HOSPITAL

(616) 391-1774 / (616) 391-1896

www.spectrum-health.org

100 Michigan St. NE, Grand Rapids, MI 49503

Main hours: 7 day/week

To improve the health of the community by serving each individual family with superior quality personal care. An acute care hospital with outpatient facilities. Spectrum Health's two Grand Rapids hospitals provide a full-range of tertiary and acute inpatient and outpatient care. Clinical areas of expertise include comprehensive medical and nursing care in orthopedics, cancer, cardiovascular, digestive disease, neuroscience, obstetrics, high-risk obstetrics, neonatal, emergency/trauma services and women's health services.

Program hours: 24/7. **Eligibility:** None. **Fees/Insurance:** Call for details. All. **Area served:** Michigan – thirteen west central counties.

(Bosnian, Spanish, Vietnamese) Interpreters/translation provided to patients free of charge.

S.O.U.L. Butterworth Hospital-(Sharing Our Untimely Losses). Offers parent support groups for those who have experienced a miscarriage, ectopic pregnancy, stillbirth, or neonatal death. These groups provide an opportunity to meet in a supportive environment with others who have experienced a similar loss. This help is available free of charge at any time-weeks, months, or years-after the loss.

Program hours: Call for details. **Eligibility:** Available for families at any point (weeks, months or years) after their loss. Call for details. **Area served:** Michigan – thirteen west central counties.

SPECTRUM HEALTH – COMMUNITY PARTNERS

(616) 391-1000

www.spectrum-health.org

100 Michigan St. NE, Grand Rapids, MI 49503

To improve the health of the community by serving each individual family with superior quality personal care.

MOMS/Parent to Parent Program. A registered nurse, nutritionist, medical social worker, community health worker, and peer volunteer from similar social, economic and pregnancy backgrounds are matched for information, support, referrals and friendship with a woman currently pregnant and at risk for pre-term birth or having a complicated pregnancy. Phone, clinic, and home calls are made.

Program hours: 8:30-5, M-F. **Application:** **Eligibility:** **Fees/Insurance:** **Area served:** Kent County and surrounding area. **Contact:** Christie Peck (616) 391-3628

(Spanish) Translation available for all languages with notice.

Sheldon Location

75 Sheldon Ave. SE, Grand Rapids, MI 49507

Phone: (616) 391-3628

SPECTRUM HEALTH – HEALTH CLINICS

(616) 391-1774

www.spectrum-health.org

100 Michigan St. NE, Grand Rapids, MI 49503

Main hours: 24/7.

To improve the health of the community by serving each individual family with superior quality personal care.

Developmental Assessment Clinic. Provides screening and evaluation for children's developmental progress between ages 6 months and 5 years.

426 Michigan St. NE, Grand Rapids, MI 49503

Program hours: . **Application:** **Eligibility:** **Fees/**

Insurance: Call for details. **Area served:** Michigan – thirteen west central counties. **Phone:** (616) 391-8810

(Bosnian, Spanish, Vietnamese) Translation available for all languages with notice.

SPECTRUM HEALTH – HEALTHIER COMMUNITIES

(616) 391-5000

www.spectrum-health.org

Mail Code: 129, 320 Michigan St. NE, Grand Rapids, MI 49503

Main hours: 9-5, M-TH; 9-4, F

To improve the health of the community by serving each individual family with superior quality personal care.

Baby and Me: Our Morning Out. Nurture the bond between you and your baby and join other moms to go beyond the basics of baby care. Learn valuable tips from health care and community professionals on making the most of your time with your little one. This series covers infant massage, baby's development, sleep patterns and feeding. Your baby needs a healthy, happy mom, so we've included suggestions to nurture you as well-information on adjusting to your new role, getting into shape, and exercise and fitness tips from a certified personal trainer and physical therapist.

Program hours: TU mornings. Call for details. **Application:** Registration required. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. **Area served:** Michigan – thirteen west central counties.

Belknap Commons. Offer for Belknap neighborhood residents: phones, computers, food pantry, laundry services, fax machine, and copy machine.

Program hours: 9 am-12 noon, 1 pm-4 pm, M, W, F; 10 am -12 noon, 1 pm-4 pm, TU, TH. **Application:** Prefer residents of Belknap neighborhood, but accept referrals from other agencies. **Eligibility:** Proof of income and residency for food pantry. **Fees/Insurance:** NA. **Area served:** Belknap neighborhood: N–Leonard, S–Michigan, E–College, W–Division. **Contact:** Katherine Borkowski and Andrea Reynolds (616) 742-9955 andrea.reynolds@spectrum-health.org

Breastfeeding Services. SPECTRUM HEALTH'S FAMILY BIRTHPLACE staff is trained to help you with breastfeeding. If a special situation requires assistance, you can be referred to a certified lactation consultant. Outpatient lactation services including pump rentals and sales are also available. Please call (616) 391-9437. A fee may be charged for these services.

Program hours: Varies. **Area served:** Michigan – thirteen west central counties.

Breastfeeding Support Group: Information and Support for Success. An opportunity for breastfeeding mothers to come with baby to share questions and concerns and work with certified lactation counselors and consultants. The group offers a chance to gain more information, support and confidence in the early weeks of breastfeeding. Daytime and evening sessions available, no fee or registration is required. You are welcome to attend during your pregnancy. Please call for schedule and any changes around major holidays or inclement weather.

Program hours: Nights, Biweekly. Call for details.

Application: None. **Eligibility:** None. **Area served:** Michigan – thirteen west central counties.



Educational Classes. Provides a wide range of informational classes on pregnancy, parenting, children's, women's health issues and senior issues.

Program hours: Varies, M-F, mostly evenings. Call for details. **Application:** Registration required at (616) 391-5000 **Eligibility:** None. **Fees/Insurance:** Call for details. Call for details. **Area served:** Michigan – thirteen west central counties.



Grandparenting: A Nurturing Journey. INFORMATION AND DISCUSSION FOR GRANDPARENTS AND GRANDPARENTS-TO-BE who would like to know about current trends in prenatal care, childbirth, infant care and ways to offer support to the new family before and after baby's birth. Whether the pregnant family lives across the city or across the country, this provides an opportunity for involvement in the childbearing experience. Registration is required, and a fee is charged.

Program hours: Varies. **Application:** Registration is required. **Fees/Insurance:** Please call for details. **Area served:** Michigan – thirteen west central counties.



Healthy Happenings-Educational Programs for Adults.

A variety of educational programs for adults including information about physical health, emotional well-being, relationships, safety and more.

Program hours: Locations and hours vary. Daytime hours. Call for details. **Application:** Call for details. **Fees/Insurance:** None. **Area served:** Michigan – thirteen west central counties.



Infant Car Seat Safety Class. This session is a must if you are an expectant parent. Motor vehicle crashes are the leading cause of death and injury to young children. A properly installed infant car seat can reduce the risk of death by nearly 71 percent! Make sure you know how to safely transport your baby. This interactive session will help you properly install your baby's car seat including answering your tough car seat questions so you feel safe and confident when transporting your most precious cargo. You can even bring your baby's car seat to the class. Please call (616) 391-5000 for registration or call (616) 391-5060 for more information. There is no fee.

Program hours: Evenings, please call to register.

Application: Registration required. **Area served:** Michigan – thirteen west central counties.



Infant-Child CPR and Other Emergencies. Do you know what to do if your baby or child is choking or stops breathing? Do you know basic information to help your baby in other emergencies? This class is also helpful for grandparents. This class covers CPR and choking in the

infant and child; discussion; demonstration and practice with mannequins. You will also learn how to create a safer environment for your baby as well as prevent and handle common emergencies. This class is not for certification.

Program hours: Call for details. **Application:** Registration required. **Eligibility:** None. **Fees/Insurance:** Call for details.

Area served: Michigan – thirteen west central counties.



Pointers From a Pediatrician for Expectant Parents.

A Helen DeVos Children's Hospital pediatrician addresses common concerns, questions and expectations of parents in the early weeks of their baby's life. Registration is required for this informal session. This is a free class.

Program hours: Varies. **Application:** Registration is required. **Fees/Insurance:** Free. **Area served:** Michigan – thirteen west central counties.



Postpartum Depression Support Group. This free program offers support to new mothers who are experiencing extended baby blues or who are finding it difficult to adjust to the many demands of new motherhood.

Program hours: Call for details. **Application:** Call for details. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Michigan – thirteen west central counties.



Preparing for Childbirth. This class will help you and your support person prepare for your baby's birth. Learn exercises, comfort measures, positions, tips for relaxation, and breathing patterns for labor and birth. Basic skills to help with feeding (including breastfeeding) and care of your baby in the early weeks after delivery are also included. Videos and demonstrations help you understand the birthing and postpartum experience. Morning, evening and weekend classes available. Registration is required, and a fee is charged. Please ask about a tour of the Family Birthplace when registering. This class is also offered in Spanish, please ask when registering.

Program hours: Varies, evenings, M mornings, weekends. Call for details. **Application:** Registration required at (616) 391-5000. **Eligibility:** None. **Fees/Insurance:** Call for details. **Area served:** Michigan – thirteen west central counties.



Preparing for Childbirth: Teen Classes. Addresses specific needs and questions of teens. Consists of discussions centered on concerns regarding pregnancy, labor, delivery, care of babies and infant feeding. Prenatal exercises and techniques for labor are included.

Program hours: Varies, mostly evenings. Call for details.

Application: Registration required at (616) 391-5000

Eligibility: None; call for enrollment. **Fees/Insurance:** Call for details. **Area served:** Michigan – thirteen west central counties.



Programa Puente (Latino Network). This program provides services for one year to individuals and families in the Hispanic community. Immigrants who are new to Kent County and have been in the United States less than one year are the target population. Services, which are provided in the client's home, include education on preventive care, nutrition, risk behaviors and access to community resources. Clients are encouraged to learn the English language and receive assistance in locating suitable employment. Case managers also coordinate translation services and transportation needs for clients. Located at 75 Sheldon SE, Grand Rapids, MI

Program hours: Vary. **Application:** Please call (616) 391-6199 for details. **Eligibility:** Please call (616) 391-6199 for details. **Area served:** Grand Rapids.

(Spanish) Translation services available.

Sibling Class for Big Brother, Big Sister. An opportunity for children, with their parents, to learn about baby's development, care, feeding, and ways to be a great big brother or big sister. A very tasteful, award-winning video, produced for children, briefly shows labor and baby's birth. Children and parent attend a single session according to age level. A short tour of the Family Birthplace is included.

Program hours: Varies, M-TH evenings. Call for details.

Application: Registration required. **Eligibility:** None. **Fees/Insurance:** Call for details. **Area served:** Michigan – thirteen west central counties.

Strong Beginnings. Provides support and education for pregnant African American women and their families living in Grand Rapids.

Program hours: Varies. **Application:** For more information or to enroll, please call 616-331-5838. **Eligibility:** African-American women living in the city of Grand Rapids who are pregnant or the mother of a child zero to two (0-2) years of age. **Fees/Insurance:** NA. NA. **Area served:** City of Grand Rapids **Contact:** Margaret (Peggy) Vander Meulen 616-331-5838 peggy.vandermeulen@spectrum-health.org

Twins, Triplets and More. When expecting more than one baby, this session will give information on preparing for the babies, their arrival, physical and emotional adjustments, and practical hints for care.

Program hours: Varies, M-Thurs., evenings. Call for details.

Application: Registration required. **Eligibility:** Pregnant woman having more than one baby. **Fees/Insurance:** Call for details. **Area served:** Michigan – thirteen west central counties.

Urban Health-West Michigan. Urban Health-West Michigan is a grassroots neighborhood partnership for community health improvement. The purpose is to substantially improve the overall health of urban neighborhoods in West Michigan. Possible services include access to care, chronic disease management, health education, neighborhood action plans, health screenings, health information fairs, health improvement activities, resource referrals, neighborhood resource guide. Located at 75 Sheldon St, Grand Rapids, MI 49503

Program hours: Varies. **Application:** Please call (616) 391-6167 for more information. **Area served:** Baxter neighborhood, Belknap/Creston neighborhood, Black Hills neighborhood and the S.W.A.N. neighborhood.

Women's Healthy Heart Program. Most women think that cancer is their leading killer. They're wrong. It's heart disease. In fact, each year, nearly twice as many women in the United States die from cardiovascular disease as from all forms of cancer. The Spectrum Health Women's Healthy Heart Program is designed to increase awareness of heart disease and help women recognize the risk factors, learn what questions women should ask their doctor and reduce their risk for heart disease. Educational events are also held throughout the year. Call (616) 391-5000 for more information.

Program hours: Varies. **Application:** Registration is required. **Area served:** Michigan – thirteen west central counties.

Sheldon Location

75 Sheldon Street, Grand Rapids, MI 49503

Hours: M-F, 8:30-5.

Lafayette Ave. NE Location

751 Lafayette Ave. NE, Grand Rapids, MI 49503

Phone: (616) 742-9955

Healthier Communities

MC 129, 320 Michigan St. NE, Grand Rapids, MI 49503

Phone: (616) 391-5000 **Hours:** M thru TH 9-5, F 9-4.

SPECTRUM HEALTH – KENT COMMUNITY HOSPITAL

(616) 486-3000

www.spectrum-health.org

750 Fuller Ave. NE, Grand Rapids, MI 49503

Main hours: 24/7.

To improve the health of the community by serving each individual family with superior quality personal care. Provides long-term acute care, sub acute care, long-term care, Balance Center, Mild Brain Injury, Adult Neurological Rehab and Inpatient/Outpatient Rehab.

Program hours: Call for details. **Eligibility:** Call for details.

Fees/Insurance: Call for details. All. **Area served:** Michigan – thirteen west central counties.

(Bosnian, Spanish, Vietnamese) Translation available for all languages with notice.

SPECTRUM HEALTH – SOUTH PAVILION

(616) 391-8202

www.spectrum-health.org

80 68th St. SE, Grand Rapids, MI 49548

Main hours: 9-5, M-F

Provides full-service outpatient services, diagnostic, urgent care, rehabilitation, home equipment, primary and specialty physician offices. Also includes outpatient surgery center.

Program hours: varies call for hours. **Area served:** West Michigan.

SPECTRUM HEALTH – URGENT CARE

(616) 391-1774 / (616) 391-1896

www.spectrum-health.org

100 Michigan St. NE, Grand Rapids, MI 49503

Provides convenient access for same-day treatment of non-life-threatening injuries or illness.

Program hours: 8 am-10 pm, 7 days/week. **Application:** None. **Eligibility:** None. **Fees/Insurance:** Call for details. Most Insurances. Billed. **Area served:** Michigan – thirteen west central counties.

Spectrum Health South Pavilion

Urgent Care Center, 68th St.

80 68th St SE, Grand Rapids, MI 49548

Phone: (616) 391-8242 **Hours:** 8 AM-10 PM, 7 days/week.

Spectrum Health Urgent Care, Broadmoor

3350 Broadmoor Ave, S.E., Kentwood, MI 49512

Phone: (616) 391-8020 **Hours:** 8 am-10 pm, 7 days/week.

Spectrum Health Urgent Care Center, Alpine

2332 Alpine Ave. NW, Grand Rapids, MI 49544

Phone: (616) 391-6220 **Hours:** 8 AM-10 PM, 7 days/week.

Spectrum Health Urgent Care Center, Plainfield

5378 Plainfield Ave NE, Grand Rapids, MI 49525

Phone: (616) 391-6230 **Hours:** 8 am-10pm, 7 days/week.



Spectrum Health West Pavilion Urgent Care Center

6105 Wilson St SW, Wyoming, MI 49418

Phone: (616) 486-5100 **Hours:** 8 am-10pm, 7 days/week.



SPECTRUM HEALTH – WEST PAVILION

616-486-5000

www.spectrum-health.org

6105 Wilson Ave SW, Wyoming, MI 49418

Main hours: 8 am-10 pm

Provides full-service outpatient facility designed to bring health care services close to home. This facility offers physician offices, urgent care, physical therapy, occupational health, and a range of diagnostic services.

Program hours: Varies; call for hours. **Area served:** West Michigan.



SPECTRUM HEALTH REGIONAL BURN CENTER (BLODGETT HOSPITAL)

(800) 554-2876 / (616) 774-7670

www.spectrum-health.org

1840 Wealthy St SE, Grand Rapids, MI 49506

Main hours: 24/7.

To improve the health of the community by serving each individual family with superior quality personal care.

Burn Center Clinic. Offers outpatient treatment of burns and information over the telephone.

Program hours: M through F-varying day shift hours.

Application: Call for details. **Eligibility:** Call for details.

Fees/Insurance: Call for details. All. **Area served:** West Michigan. **Contact:** Dione Antes, RN (800) 554-2876 or (616) 774-7670 dione.antes@spectrum-health.org

(Bosnian, Spanish) Language translation available upon request.

West Michigan FireMatch. Education, prevention and intervention for juvenile fire-setters. Provide education and mental health counseling for juveniles who misuse fire.

Program hours: 8-4, M-F. **Application:** Call for details.

Eligibility: None. **Fees/Insurance:** No charge for education; call about mental health counseling. **Area served:** West Michigan.

ST. JOHN'S HOME

(616) 361-5227

www.stjohnshome.org

2355 Knapp St. NE, Grand Rapids, MI 49505

Main hours: 8:30-5, M-F

To insure that all abused and neglected children receive the love and care needed to develop skills and tools that will make them successful community citizens. Provides therapy, education, family services, and health care in a residential setting for children and adolescents with emotional, behavioral, and psychiatric disorders.

Program hours: 24/7. **Application:** Please call first to begin referral process. **Eligibility:** Male and Female ages 7-17, call for specific admission criteria. **Fees/Insurance:** Placement funded by FIA, Juvenile Court, or private pay. **Area served:** Michigan. **Contact:** Jennifer Bareno (616) 361-5227 jbareno@stjohnshome.org

(Spanish)

Discovery Program. Designed to help Grand Rapids area families struggling with adolescent drug and alcohol use -- combines an intensive eight-week day recovery program with a unique, sober "recovery school" through a partnership with Forest Hills Northern High School.

Program hours: 8:30-5, M-F. **Area served:** Kent County.

Contact: Whitney Johnson (616) 361-5227 wjohnson@stjohnshome.org

(Spanish)

STATE OF MICHIGAN – MICHIGAN WORKS!

(616) 336-4100

www.michworks.org

144 E. Fulton, Grand Rapids, MI 49503

Main hours: 8-5, M-F

To link the community of employers and job seekers by providing education, training and employment opportunities.

Program hours: 8-5, M-F. **Application:** None. **Eligibility:** Open to all. **Fees/Insurance:** None. **Area served:** Michigan. **Contact:** Sandra Lancaster (616) 336-4460 slancast@grcc.edu

(Spanish)

Grand Rapids Community College – Tassell M-TEC

622 Godfrey Ave. SW, Grand Rapids, MI 49503

Phone: (616) 234-3398



Leonard Office

1560 Leonard St. NE, Grand Rapids, MI 49505

Phone: (616) 336-4460



Sparta Office

36 Applewood Dr., Sparta, MI 49345

Phone: (616) 887-2690



STEEPLETOWN CENTER

(616) 451-4215

671 Davis Ave. NW, Grand Rapids, MI 49504

Main hours: 8-4:30, M-F

To promote neighbor helping neighbor live with hope and dignity. Multi-agency service site for Westside Grand Rapids residents. Steepletown Neighborhood Services, Catholic Social Services, West Side Operation Weed and Seed, the WORD Project, West Grand Development Corporation, and Native American Community Services provide a variety of programs and services for children, youth, and families.

Program hours: Call for details. **Application:** Eligibility: West Side residents of Grand Rapids. **Fees/Insurance:** None. **Area served:** Grand Rapids – west side.

(Spanish)

www.gvsu.edu/SSW/



**GRAND VALLEY
STATE UNIVERSITY™**
SCHOOL OF SOCIAL WORK

3rd Floor, DeVos Center
401 West Fulton Street
Grand Rapids, MI 49504

Office Hours: 8 a.m. - 5 p.m.
Office: (616) 331-6550
Fax: (616) 331-6570
Field Director: (616) 331-6563

Emergency Financial Assistance. Families/individuals who need emergency financial assistance for utilities, rent/housing/transportation, can apply for a one-time grant of up to \$300. As part of this outreach effort, volunteers from area churches are assigned as mentors who offer support and encouragement to those seeking financial assistance. Time is spent listening, working on household management and budgeting, and setting personal goals. Participation in the mentoring program is voluntary, although assistance may be based on willingness to participate.

Program hours: 8-4:30, M-F. **Application:** Intake interview required. **Eligibility:** West Side residents of Grand Rapids.

Fees/Insurance: None. **Area served:** Grand Rapids – lower northwest (N.-Butterworth SW, W. of river to Valley, S.-Richmond NW). **Contact:** (616) 451-4215

🗺️ 🚗 🗿 (Spanish)

Steepletown Neighborhood Services. Provides emergency financial assistance to Westside residents. Adult volunteers are paired as mentors with those seeking assistance. Also, Youth Services such as camping and job training.

Program hours: 8-4:30, M-F. **Application:** Call for appointment is preferred. **Eligibility:** West Side residents of Grand Rapids. **Fees/Insurance:** None. **Area served:** Grand Rapids – lower northwest (N.-Butterworth SW, W. of river to Valley, S.-Richmond NW). **Contact:** Eileen Kochevar (616) 451-4215

🗿 (Spanish)

Steepletown Neighborhood Services-Youth Services.

Offers a summer day-camp experience called the Peace Club, which focuses on developing skills to peacefully resolve conflict through a variety of games, activities, art projects, etc. Steepletown is also the site for the Sierra Club's Inner City Outings Program, which offers canoeing, overnight camping, orienteering, hiking, creek cleanup projects (Adopt-A-Stream), and other fun events which focus on the environment.

Program hours: Call for details. **Eligibility:** West Side youth of Grand Rapids ages 8-15. **Fees/Insurance:** None. **Area served:** Grand Rapids – west side. **Contact:** Marcus Fuller (616) 451-4553

🗿 (Spanish)

Youth Employment Strategy (YES Program). Offers program structured to provide West Side teens 20 hours of job readiness training and life-skill development. After completion of the training, teens will be given assistance in connecting with employment opportunities with businesses and community agencies on the West Side.

Program hours: Varies, call for details. **Application:** Contact by phone. **Eligibility:** Youth ages 14-17 who live on the West Side. **Fees/Insurance:** None. **Area served:** Grand Rapids – west side. **Contact:** Marcus Fuller (616) 451-4553

🗿 (Spanish)

SUNSHINE SENIOR ASSISTANCE

(616) 464-1509

www.leisure-living.com

3075 Orchard Vista Dr. SE, Suite 200, Grand Rapids, MI 49546

Main hours: 8-4:30, M-F

Provides in-home health care for older adults and special needs persons enabling independence at home/respite for caregivers. Home health aids, CNAs/CENAs provide care tailored to the specialized needs of the clients. Includes bathing, medication supervision, supervision for safety, assistance with ADLs, light cleaning, meal preparation, laundry, etc. Also provides transportation services.

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TELAMON CORPORATION

(616) 887-0180

www.telamon.org

38 Applewood Dr. NW, Sparta, MI 49345

Main hours: 8-4:30, M-F

To propose, develop, and administer programs to serve those in need, especially agricultural workers.

Migrant Head Start. Provides comprehensive pre-school services to children from eligible low-income families at seasonal Head Start centers in Sparta, Conklin, Kent City, Newaygo, and New Era.

Program hours: 8-4:30, M-F. **Application:** Walk-ins welcome. **Area served:** Northern Kent, southern Newaygo, northern Ottawa and southern Oceana counties.

🗺️ 🗿 (Spanish)

National Farmworker Job Program (NFJP). Assist migrant and seasonal farm workers with Employment and Training or Emergency Assistance.

Program hours: M-F 8:00-4:30. **Application:** Walk-ins welcome. **Eligibility:** Authorization to work, draft registration (male), work history, income level. **Fees/Insurance:** NA. NA. **Area served:** Kent, Oceana, Ionia, Montcalm, Muskegon, Newaygo and Mason counties.

🗿 (Spanish)

THE CREATIVE LEARNING CENTER

(616) 956-5558

www.creativelearningchildcare.net

3972 Rowland Ave. SE, Grand Rapids, MI 49546

Main hours: M-F 7:00-6:00

At the Creative Learning Center we believe that children flourish in a child-centered environment where they are respected and nurtured as individuals and are encouraged to grow in a secure, comfortable and happy community. In our center, we provide experiences that foster an excitement for learning, a respect for one another and awareness of the world around us. We advocate the importance of ongoing communication and an open cooperative partnership between home and center, so that all children may grow to their maximum potential. Creative Learning Center's program is based on the High/Scope curriculum and Philosophy. High Scope is an organization based in Ypsilanti, Michigan developed by educators to incorporate five elements into child care programs: Active Learning, Adult-Child Interactions, Learning Environment, Daily Routine and Assessment. Our teachers use the High/Scope Curriculum and plan daily activities around children's interests. Our High/Scope program allows children many opportunities throughout the day to choose their own play, make decisions, and reflect back on what they have done. Through encouragement and child-directed "floor-time" play, our staff helps children develop their potential.

Program hours: M-F 7:00 am-6:00 pm. **Area served:**

Kent County. **Contact:** Lisa Lea 616 956-5558 lisa@creativelearningchildcare.net

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THE RAPID

(616) 456-7514 /

Information Line: (616) 776-1100

www.ridetherapid.org

300 Ellsworth Avenue SW, Grand Rapids, MI 49503

Main hours: 8-4:30, MF

Fixed Route. Serves the metropolitan six-city area and portions of some surrounding townships.

Program hours: Have routes 7 days/week. **Fees/Insurance:** \$1.30 per ride, 10 tickets for \$10 or unlimited 31-day bus pass

for \$35. Reduced fare tickets available for students, seniors and people with disabilities. **Area served:** Grand Rapids metropolitan area.



GO! Bus. Provides service for eligible persons with disabilities who, because of their disability, are prevented from riding the regular fixed-route bus. Also serves eligible, non-disabled senior citizens. Reservations must be made in advance. All vehicles are specially equipped to carry wheelchairs.

Program hours: 5:15 am-11:15 pm, M-F; 6:30 am-9:30 pm, SAT; 8 am- 7 pm, SUN. **Application:** Required. **Eligibility:** Certified under ADA regulations. **Fees/Insurance:** Fare is \$2.60 each way. Senior citizens over age 65, cost is \$7 each way, unless approved to qualify for ADA eligibility at lower rate. **Area served:** Grand Rapids metropolitan area.



PASS. Provides pick-up and delivery service for individuals living outside regular bus service routes. Vans take individuals from their homes to fixed-route bus system via connection centers. Serves six-city area including East GR, Grand Rapids, Grandville, Kentwood, Walker, and Wyoming. There is a fee for this service and some restrictions apply. Must schedule a ride 24 hours in advance.

Program hours: Have routes 7 days/week. **Eligibility:** Anyone. **Fees/Insurance:** PASS fare is \$2.60 cash only, includes a transfer to fixed-route bus system. **Area served:** Grand Rapids metropolitan area.



The Rapid Travel Training Program. Offers one-on-one instruction for people who want to learn to ride route service. A free service and anyone can participate, including seniors and students. Training includes: route information and issuing reduced Fare Cards (if appropriate), reading bus schedules or finding out where to get information, boarding techniques, stranger awareness, street crossing skills, suggestions for appropriate social behaviors, landmark identification, Transit Center training, wheelchair lift securement, and case management and home provider consultation.

Program hours: 8-4:30; alternate times can be arranged. **Eligibility:** Anyone can use this service. Not limited to those with disabilities. **Fees/Insurance:** None. **Area served:** Grand Rapids metropolitan area.

THERAPY CLINIC (THE)

(616) 949-3335

2882 Thornhills Ave., Grand Rapids, MI 49546

Main hours: 9-6, M-F

Offers counseling and therapy for families with hard to treat adolescents and young children. Specialties include attachment and bonding therapy; support groups for parents and teens; and treatment for self-destructive behavior, survivors of abuse and trauma, sexualized behavior.

Area served: West Michigan. **Contact:** Leah Brouwers, Vic Steinbach (616) 949-3335 thetherapyclinic@aolcom

THIRD COAST COUNSELING CENTER, LLC

(616) 451-3008

1514 Wealthy Street SE, Suite 260, Grand Rapids, MI 49506

Main hours: 8:30 AM to 8:30 PM

Providing mental health care for the West Michigan community in a warm, confidential, spiritually sensitive environment.

Outpatient therapy. Group, couples, and individual therapy for adults, children, and adolescents.

Program hours: 8:30 AM to 8:30 PM. **Fees/Insurance:**

Sliding scale and/or most insurances. **Area served:** Western Michigan. **Contact:** Cecilia Skidmore, MA, LPC (616) 451-3008



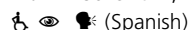
THORNAPPLE KELLOGG SCHOOLS

(616) 795-3313

www.tk.k12.mi.us

10051 Green Lake Rd., Middleville, MI 49333

Main hours: 8-4, M-F **Area served:** Middleville.



THRESHOLDS

(616) 774-0853

www.thresholds-dd.org

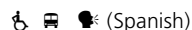
1225 Lake Dr. SE, Grand Rapids, MI 49506

Main hours: 8-5, M-F

To enable children and adults with developmental disabilities to live as productively and independently as possible in the community.

Access Center. Offers comprehensive assessment services for individuals with developmental disabilities and their families including case management, family support, foster care, home support, respite care, and support coordination for both children and adults. Referral is then made to Thresholds' various program divisions or other appropriate community resources.

Program hours: 8-5, M-F. **Application:** Referral required; appointment required. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. None. **Area served:** Kent County.



Adult Housing. Offers various services for individuals with developmental disabilities and their families including case management and support coordination.

Program hours: 8-5, M-F. **Application:** Referral must be made through Thresholds' Assess Center at (616) 774-0853. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. None. **Area served:** Kent County.



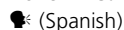
Family Support. Offers services for individuals with developmental disabilities and their families including case management, family support, foster care, home support, respite care, and support coordination.

Program hours: 8-5, M-F. **Application:** Referral must be made through Thresholds' Assess Center at (616) 774-0853. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. None. **Area served:** Kent County.



Life Consultation Center. Offers various services for individuals with developmental disabilities and their families including case management and support coordination.

Program hours: 8-5, M-F. **Application:** Referral must be made through Thresholds' Assess Center at (616) 774-0853. **Eligibility:** Call for details. **Fees/Insurance:** Call for details. None. **Area served:** Kent County.



Kalamazoo Avenue Center

4255 Kalamazoo Ave. SE, Grand Rapids, MI 49508

Phone: (616) 455-0960



TOMORROW'S CHILD / MICHIGAN SIDS

(517) 485-7437

www.tomorrowschild.mi.org

112 E. Allegan, Suite 500, Lansing, MI 48933

Main hours: 8-5, M-F

Offers programs for prevention of infant mortality and provides grief services to anyone affected by an infant death. **Program hours:** M-F, 8-5. **Application:** Call for information.

Fees/Insurance: None. **Area served:** No restrictions.

Contact: Sandra J. Frank, JD, CAE (517) 485-7437 info@tomorrowschild.mi.org

TOPSOCCER OF GRAND RAPIDS

(616) 245-6973 / (616) 464-1000 ext. 19

920 Cambridge SE, Grand Rapids, MI 49506

Main hours: NA

Offers a soccer program, run by volunteers, for mentally and/or physically disabled kids ages 8 through 19. They practice once a week during the fall and spring seasons and periodically throughout the winter. Kids of all abilities play! 3701 32nd St. SE, Kentwood, MI 49512

Program hours: NA. **Application:** Call to apply. **Eligibility:** ages 8-19. **Fees/Insurance:** \$20 per year. **Area served:** Greater Grand Rapids area.

TOUCHSTONE INNOVARE

(616) 459-0255

201 Sheldon Blvd. SE, Grand Rapids, MI 49503

Main hours: 8-4:30, M-F

Offers full continuum of psychiatric and mental health services to adults over 18 and residents of Kent County.

Referrals received through Cornerstone Mental Health.

Application: Must be referred through Cornerstone Community Mental Health at (616) 336-3909. **Eligibility:**

Kent County resident, over age 18, must be referred by Cornerstone CMH. **Area served:** Kent County.

TRINITY UNITED METHODIST CHURCH – COMMUNITY SERVICES

(616) 456-7168





www.grtumc.org

1100 Lake Dr. SE, Grand Rapids, MI 49506

Main hours: 8:30-5, M-F

To give God's children a safe place to be where they can feel God's love through consistent caring adults.

Area served: Grand Rapids – East Hills and Baxter neighborhoods. **Contact:** Donna Shirey (616) 456-7168 dshirey@grtumc.org

TURNING PAGES

(616) 243-READ (7323)

www.turningpages.org

3140 Three Mile Rd. NE, Grand Rapids, MI 49525

Main hours: 9-3, M-F

Provides tutoring services for children and adults with learning disabilities in reading, spelling and writing using multi-sensory techniques. Other programs include fluency, comprehension and basic math.

Program hours: Tutoring hours are flexible. **Application:** Call for application for scholarships. **Eligibility:** Open to anyone ages kindergarten through adult. **Fees/Insurance:** Call for details. **Area served:** Kent and Ottawa counties.

Contact: Sally Berry (616) 243-7323 sberry@turningpages.org

UICA

(616) 454-7000

www.uica.org

41 Sheldon Blvd. SE, Grand Rapids, MI 49503

Main hours: 9-5, M-F

The Urban Institute for Contemporary Arts is a dynamic arts center fostering cultural dialogue and creative experience through innovative and diverse events and services.

ArtWorks at UICA. ArtWorks is an innovative job-training program for youth ages 14-21 that offers real-life job opportunities in the arts.

Program hours: Hours vary. **Application:** Applications for current programs are available at www.uica.org **Eligibility:** Ages 14-21 living in the greater Grand Rapids area. **Fees/Insurance:** None. **Area served:** Grand Rapids and surrounding areas. **Contact:** Janet Teunis (616) 454-7000 jteunis@uica.org

Expressive Arts Program. Provides the community unique opportunities to use the creative process of art making to enhance the physical, emotional and mental well-being of its participants. Working with other human service agencies, we strive to provide underserved and marginalized populations the benefits of our process-orientated, studio-based programs. Our programs have helped hundreds of people develop stronger interpersonal skills, heighten self-esteem, manage behavior, reduce stress and improve creative thinking skills.

Program hours: M-F 9am-5pm. **Fees/Insurance:** Call for information. **Area served:** City of Grand Rapids. **Contact:** Elizabeth Goddard (616) 454-7000 ext. 25 therapy@uica.org

UNITED CHURCH OUTREACH MINISTRY

(616) 241-4006

www.ucomgr.org


Smith Memorial Church, 631 Hall St. SW, Grand Rapids, MI 49503

To provide material and educational assistance in a supportive and compassionate manner to children and families from the Grandville Ave./Hall St. area to enhance their self-sufficiency and contributions to the broader community.

Food Pantry and Support Services. Supports children and families in Grandville/Hall area with food pantry, mobile pantry, holiday baskets, Toys for Tots, and tax form preparation.


Program hours: 10-2:30, W; 12-2, F. **Eligibility:** Less than 160% of poverty, live west of 131; south of Grand River.

Area served: Grand Rapids – Hall St. and Grandville Ave. and southwest Kent County. **Contact:** Diana DeYoung (616) 241-4006

 (Spanish)

Homework House – Hall Elementary. Supports children in Grandville/Hall area with tutoring.

Program hours: 2:45-4:15 pm, TU, W, TH. **Application:** Call UCOM/Homework House Office **Eligibility:** Student all Hall School or in the neighborhood. **Area served:** Grand Rapids – Hall St. and Grandville Ave. **Contact:** Shawn Keener (616) 241-4006

 (Spanish)

Preparando Para Su Futuro. 10-hr five week program of financial skills in Spanish.

Program hours: Varies; at main location and other venues

throughout Kent County. Call for current class times and locations. **Application:** Contact Vanessa Rybik, attend first session. **Fees/Insurance:** None. NA. **Area served:** Kent County. **Contact:** Vanessa Rybik (616) 241-4006 x30 vanessa.rybik@umcomgr.org

🇪🇸 (Spanish)

UNITED METHODIST COMMUNITY HOUSE

(616) 452-3226

umchousegr.org

904 Sheldon Blvd. SE, Grand Rapids, MI 49507

Main hours: 6-6, M-F

Works with families to build strong and healthy communities. Provides Child Development Programs i.e. childcare, toddler, school-age care, before/after school programs, Head Start and kindergarten enrichment, Youth Development Programs, Senior Citizen Outreach and Assistance, advocacy, support, Congregate and Home Delivered Meals and transportation, health education and wellness, Family Development i.e.: support for parents and families, (ESL) English as a Second Language, Women's Programs through First Step House.

Program hours: 6-6, M-F. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Call for details.

Area served: Grand Rapids – Downtown area. **Contact:** Anita Christopher (616) 452-3226 achristopher@umchousegr.org

🇪🇸 (Spanish)

Child Development Center. Children are enrolled in age-appropriate classrooms. School-age children attend Community House before and after school during the school year and when GR Public Schools are closed. Hope Community Child Care Center is UMCH's second site and serves children birth through 12 years. Program is licensed by the State of Michigan for children from birth through grade 6. UMCH received National Accreditation for our Child Care and Youth Program.

Program hours: 6-6, M-F. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Call for details.

Area served: Greater Grand Rapids area. **Contact:** Vicki Yarber (616) 452-3226 vyarber@umchousegr.org

🇪🇸 (Spanish)

Shalom Senior Center. Persons 55 years and older are welcome for food, fun and fellowship, 10-1, M-F. Congregate meals are provided on-site. Meals are delivered to home-bound seniors. Seniors 60+ years are eligible for medical assistance. A handicapped-accessible van can pick up those unable to drive. Activities include speakers, games, exercise, medical counseling and services, field trips, special events and birthday parties.

Program hours: 10-1, M-F. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Call for details.

Area served: Grand Rapids – Southeast area. **Contact:** Carol Saxton (616) 452-3226 csaxton@umchousegr.org

🇪🇸 (Spanish)

Teen Programs. Academic development activities include tutoring and college preparation. Other activities include health fairs, leadership and job opportunities, service projects, recreation and cultural outings to local and regional pro sports teams, plays, concerts, and museums. Team sports: basketball teams for girls and boys in grades 7 and 8; other team sports including volleyball, bowling, football and softball.

Program hours: 6-6, M-F. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Call for details.

Area served: Grand Rapids – Downtown area **Contact:** Vicki Yarber (616) 452-3226 vyarber@umchousegr.org

🇪🇸 (Spanish)

UMCH's Other Programs. SWAPP(Social Work and Police Partnership) program for prostituted women, First Step House-Housing for women who have been victimized by prostitution and drug addiction, providing intense counseling, mentoring, in a structured program designed to assist women in making positive life style changes.

Program hours: 6-6, M-F. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Call for details.

Area served: Grand Rapids – Downtown area. **Contact:** Rose Simmons (616) 452-3226 rsimmons@umchousegr.org

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Youth Development and Discovery Center. Academic development through homework help, tutoring and mentoring. After-school (2:30-5) program for youth ages 6-12. A variety of sports teams for both boys and girls. Girl Scouts, Del Teens, Summer Youth Program, Monday - Friday, 6-6. Rites of Passage program for young men ages 9-15 meets 12 weeks during the summer.

Program hours: 6-6, M-F. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Call for details.

Area served: Grand Rapids – Downtown area. **Contact:** Vicki Yarber (616) 452-3226 vyarber@umchousegr.org

🇪🇸 (Spanish)

UNITED METHODIST METROPOLITAN MINISTRY OF GREATER GRAND RAPIDS

(616) 245-6512

www.grmetroministry.org

207 E. Fulton St., Suite 3102, Grand Rapids, MI 49503

Main hours: 9-5, M-F

Creating new outreach/service programs, resources and referrals, organizing training events, advocacy, and justice education.

Program hours: M-F, 9-5. **Area served:** Greater Grand Rapids. **Contact:** Susan Hansen (616) 245-6512 susan@grmetroministry.org

🇪🇸 (Spanish)

UNLIMITED ALTERNATIVES, INC.

(616) 235-9529 / (616) 235-9611

1115 Taylor Ave. N, Grand Rapids, MI 49503

Main hours: 8-4, M-F

A drop-in center for persons with mental illness; offers computer classes, hygiene, nutrition and cooking classes. They have a friendship support group, Nicotine Anonymous, substance abuse group, bible study, arts, crafts, movies, games, sewing, and outings.

Program hours: 8am-4pm, M-F. **Application:** Walk in.

Eligibility: Adults with mental illness. **Fees/Insurance:**

None. NA. **Area served:** Kent County. **Contact:** Fawn Preston (616) 235-9529 ua.director@comcast.net

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VISITING NURSE ASSOCIATION OF WESTERN MICHIGAN

(616) 774-2702

www.vnawm.org

1401 Cedar St. NE, Grand Rapids, MI 49503

Main hours: Office, 8-8, M-F; 8-5, SAT, SUN; Phone coverage, 24/7.

To provide home health and rehabilitation services to all, enabling patients to stay at home and achieve independence.

Visiting Nurse Association Rehabilitation Program.

Provides home-based rehabilitation services using rehab nurses, occupational therapists, physical therapists, and speech and language pathologists, based on patient's needs.

Program hours: 24/7. **Application:** Referral from physician.

Eligibility: Referral from physician. **Fees/Insurance:** Sliding fee scale. Most insurances, Medicaid, Medicare, BCBS, etc. **Area served:** Barry, Ionia, Kent, Montcalm, northern Allegan, and eastern Ottawa counties.

 (Spanish, Vietnamese, Dutch, Filipino)

Visiting Nurse Home Health and Hospice. Provides comprehensive nursing assessment and follow-up in the home, including teaching individuals and families, administering treatments, monitoring unstable conditions, and recommending other community resources. Other services include hospice, aides, homemakers, physical and occupational therapists, speech pathologists, and medical social workers. Services range from periodic visits to around-the-clock care.

Program hours: 24/7. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Call for details. Most insurance, Medicaid, Medicare, etc. **Area served:** Barry, Ionia, Kent, Montcalm, and Ottawa counties.


 (Spanish, Dutch, German)

Visiting Nurse Services – Greenville Office. Provides comprehensive nursing assessment and follow-up in the home, including teaching individuals and families, administering treatments, monitoring unstable conditions, and recommending other community resources. Other services include hospice, aides, homemakers, physical and occupational therapists, speech pathologists, and medical social workers. Services range from periodic visits to around-the-clock care.

Suite A, 108 N. Lafayette, Greenville, MI 48838

Program hours: 24/7. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Call for details. Most insurance, Medicaid, Medicare, etc. **Area served:** Ionia, Kent, Montcalm counties. **Contact:** (616) 225-2955

 (Spanish, Dutch, German)

VOICES FOR HEALTH, INC.

(616) 233-6505

www.voicesforhealth.com

1000 Monroe NW, Grand Rapids, MI 49503

Main hours: M-F, 8-5 ET

To improve access to quality health care, education and social services through comprehensive language and culture solutions. Professional membership: MITIN, ATA, NCIHC and IMIA.



Consultation & Research. Experts available for consultation with regard to language access, including language accommodation audit, development of policies and procedures, and staff training. Multicultural research services include interviewer/moderator recruitment and training, instrument development, participant recruitment, focus group coordination and moderation, interviews and data analysis.

Program hours: M-F, 8-5 ET. **Fees/Insurance:** Please contact us to discuss project specifications and obtain quote.


Area served: Nationwide. **Contact:** Michelle Scott, RN, MA 616-233-6505 / 800-VFH-3347 michelle@voicesforhealth.com

Education Programs. Medical and dental Spanish classes, including our “Spanish Language & Culture” and “Basic Functional Spanish” series. Lectures for health care providers on a range of topics, including: Immigrant Health, Hispanic Culture, Language Accommodation Mandates, Effective Use of Medical Interpreters. Training for medical interpreters, including basic skill sets and continuing education topics. Speakers available for staff in-services and conferences. All programs can be offered at the sponsoring agency; a Calendar of Events is also available on website.

Program hours: M-F, 8-5 ET. **Fees/Insurance:** Please email to inquire about program options and rates. **Area served:** Nationwide. **Contact:** Michelle Scott 616-233-6505 / 800-VFH-3347 michelle@voicesforhealth.com

Medical Interpreting. Over 100 spoken languages and sign language available on-site (at clinical location or in the home) or by phone. Assignments can be scheduled in advance, but are also available “on-call” for urgent or unforeseen appointments. All interpreters are carefully screened, assessed and trained. Sign language interpreters are MI QA-2, MI QA-3 or RID certified. Voices For Health upholds the Code of Ethics and Standards of Practice of the National Council of Interpreters in Health Care.

Program hours: Interpreting scheduler available 24 hours / 365 days (for established customers). Regular business hours M-F, 8am-5pm ET. **Fees/Insurance:** Please contact our office for a proposal including rate information. **Area served:** All of West Michigan. Also have office and language teams in the Lansing area. **Contact:** Erica Manning 616-233-6505 / 800-VFH-3347 erica@voicesforhealth.com

 (Spanish) Over 100 languages.

Translation. Conversion of written documents from English to over 25 languages. Translation teams are carefully screened, assessed and trained for qualifications and experience with health care material. In addition to standard services, Voices For Health offers enhanced services, including plain language review, medical review, cultural review, typesetting and graphic design. We are a member of the American Translators Association and are proud to uphold their ethical and business standards.

Program hours: M-F, 8-5 ET. **Fees/Insurance:** Please contact us for rates tailored to your specific needs. **Area served:** Nationwide. **Contact:** Scott VanTil 616-233-6505 / 800-VFH-3347 scott@voicesforhealth.com



VOLUNTEERS IN SERVICE

(616) 459-7500

www.visgr.org

2303 Kalamazoo Ave. SE, Suite 200, Grand Rapids, MI 49507

Main hours: 9-3, M-F

Connects hurting people to a network of area churches that find volunteers to make friendly visits, provide mother's helper and parenting support services, become a Big Brother/Big Sister, minor home repair, and other friendship support services. Targets families that do not have a church connection for support and families that are receptive to church volunteer assistance.

Program hours: 9am-3pm, M-F. **Application:** Referral by social worker. **Eligibility:** None. **Fees/Insurance:** None. **Area served:** Kent County.



WEDGWOOD CHRISTIAN SERVICES

(616) 942-2110

www.wedgwood.org

3300 36th St. SE, Grand Rapids, MI 49512

Main hours: 8:30-5, M-F

Extending God's love to youth and families through professional counseling and educational services. Offers residential services for boys and girls ages 10-17, secure and residential/open treatment foster home, in-home, substance abuse, outpatient counseling, and employment training services, supervised independent living, an adjudicated sex offenders program, and respite care.

Program hours: 8:30-5, M-F. **Application:** Call for details. **Eligibility:** Determined by Admissions Department. **Fees/**

Insurance: Call for details. Participate with various companies

Area served: Grand Rapids, and Traverse City.



In-Home Intervention. Offers an advanced and supervised independent living program, juvenile justice diversion and reintegration services, and wraparound services.

Program hours: 8:30-5, M-F. **Application:** Contact Community Program Office for details. **Eligibility:** Contact Community Program Office for details. **Fees/Insurance:** Contact Community Program Office for details. Contact Community Program Office for details. **Area served:** West Michigan.



Outpatient Counseling and Adolescent Intensive

Outpatient Substance Abuse Group. Offers outpatient counseling for children and adults of all ages. Also have an award-winning Adolescent Intensive Outpatient Substance Abuse group.

Program hours: 8:30-5, M-F. **Application:** None.

Eligibility: None. **Fees/Insurance:** Sliding scale fee for those without insurance. Medicaid and private insurances. **Area served:** Grand Rapids and surrounding communities.

Prevention and Education. Includes a mentoring program with the juvenile court system, during and after-school Life Skills Program, Neighborhood Youth Programs at four locations, and the Michigan Teen Outreach Program at 29 sites. Dynamic and interactive presentations on topics related to youth, parenting, spiritual development, and mental health also offered to the community through the Speakers Bureau.

Program hours: 8:30-5, M-F. **Application:** None.

Eligibility: None. **Fees/Insurance:** No fees for youth programming; sliding fee scale for Speakers Bureau. NA.

Area served: West Michigan.



Residential and Foster Care Services. Offers residential services for boys and girls ages 8-17 with severe mental and emotional health issues. We offer secure and open treatment homes. Specialized services are offered for substance abuse treatment, sexual behavior problems, family empowerment, crisis and respite care. Also, offer intensive/specialized foster care.

Program hours: 8:30-5, M-F. **Application:** Contact Admissions for details. **Eligibility:** Contact Admissions for details. **Fees/Insurance:** Contact Admissions for details. Contact Admissions for details. **Area served:** West Michigan



WEST GRAND NEIGHBORHOOD ASSOCIATION

(616) 451-0150

www.grna.org

625 Broadway Ave. NW, Grand Rapids, MI 49504

Main hours: 9-5, M-F

Community Organizing/Crime Prevention. Community Organizing: Working to organize community around issues, housing and property maintenance. Crime Prevention: Working with Grand Rapids Police Department to provide Neighborhood Watch and other crime prevention programs. Also provides VIN etching on automobiles and auto theft monitoring.

Program hours: 9-5, M-F. **Eligibility:** NA. **Fees/Insurance:** NA. **Area served:** Grand Rapids – West Grand neighborhood. I-96 west of Stocking and Bridge Street east of Stocking on the south, Valley to Walker to Bristol on the

west, the City limits on the north, and the Grand River on the east. **Contact:** Rachel Hood and Nola Jenner Steketee (616)

451-0150



WEST MICHIGAN BRAIN INJURY ASSOCIATION

(616) 949-1100 ext 247

www.biami.org

3600 Camelot Drive SE, Grand Rapids, MI 49456

Main hours: T, TH, 10-2

To provide support and provide information for the brain injured community, family and friends.

Program hours: T, TH, 10-2. **Area served:** West Michigan.

Contact: Philip M. Sarnicola or Maggie Koch 616-949-1100 ext 247 ggrbia@dakc.us



WEST MICHIGAN CAREGIVERS ALLIANCE

(616) 235-8501

www.wmichcare.com

Suite 222, 233 E. Fulton, Grand Rapids, MI 49503

Main hours: 9-5, M-TH

Private practice, therapy, education and consultation

Fees/Insurance: Not accepted. **Area served:** Greater

Grand Rapids. **Contact:** Hanni Epp (616) 235-8501 hanni@wmichcare.com



WEST MICHIGAN LEARNING DISABILITIES FOUNDATION, INC.

(616) 464-3330

www.wmldf.org

2428 Burton St. SE, Grand Rapids, MI 49546

Main hours: 7:30-4, M-F

Lake Michigan Academy. Private school for students with Learning Disabilities and ADHD in grades 1-12.

Program hours: 7:50-2:45, M-F, full-time student; 7:50-11:25, M-F, part-time student. **Application:** Admission application required; \$25 application fee. **Eligibility:** Student must have a diagnosed learning disability or attention deficit disorder, and meet program criteria. **Fees/Insurance:** Full-time Elementary, Middle and High School programs-\$9,900/yr.; part-time High School program-\$7,200/yr. **Area served:** West Michigan and surrounding areas. **Contact:** Andrea Goetz (616) 464-3330 agoetz@wmldf.org



WEST MICHIGAN MILITARY FAMILY SUPPORT GROUP

(616) 554-3989

www.wmmfsg.com

Main hours: M-F evenings & Sat-Sun all day

The West Michigan Military Family Support Group, working with The Salvation Army, provides active support for military families in West Michigan, especially those families with a loved one deployed overseas. The Support Group also provides active support for US troops deployed overseas through Operation Pillow Talk (OPT). This event, held twice a year in the spring and fall, allows West Michigan residents to decorate pillows with Messages from Home to send to US troops deployed around the world. New members are welcome to help with OPT and fund raisers throughout the year to support this mission.

Operation Pillow Talk (OPT). Two yearly events (spring and fall) at Woodland Mall in Grand Rapids. Operation Pillow Talk (OPT) allows West MI residents to decorate pillows

with Messages from Home to send to US troops deployed overseas. The Support Group supplies the pillows and covers the postage through donations at OPT and other fund raising events throughout the year.

Program hours: Sat. 10 AM to 5 PM- events are scheduled in the spring and fall of each year. Contact the Support Group by phone, e-mail, or at www.wmmfsg.com, for exact dates each year. **Application:** None. **Eligibility:** Available to all ages. **Fees/Insurance:** No required cost- the Support Group does accept monetary donations and donations of pillows and other items and supplies to ship pillows and other items overseas. **Area served:** West Michigan – Kent County, and surrounding counties. **Contact:** Rena Guttrich (616) 554-3989 westmiasmcfamilysupport@netscape.com

WEST SIDE CONNECTION

(616) 453-3313

P.O. Box 140412, Grand Rapids, MI 49504

Main hours: 9-5, M-F

Seeks to define and solve the problems facing this community; also seeks and takes action from time to time as permissible under law in order to maintain and improve the neighborhood in the areas of crime, housing, communications, business, education, social action, community affairs and other areas.

Program hours: NA. **Area served:** West side of Grand Rapids. **Contact:** Barbara Sue Damore and Virginia Meyers (616) 453-3313.

WESTERN MICHIGAN UNIVERSITY

(616) 771-4171

www.wmich.edu/cecp.ccps.html

Western Michigan University Building, 200 Ionia Ave. SW, Grand Rapids, MI 49503

Main hours: 8am-9pm, M-TH, 8-5, F

Exists to provide 1) low cost counseling services to the community, 2) counselor training opportunities for advanced graduate students in the Dept. of Counselor Education and Counseling Psychology and 3) research opportunities for faculty and students interns.

Center for Counseling and Psychological Services.

Offers confidential individual counseling, relationship and couples counseling, family counseling, career counseling and psychological assessment. Services are provided by advanced graduate students in the Department of Counseling Psychology or Counselor Education at Western Michigan University.

Program hours: 8am-9pm, M-TH, 8-5, F. **Application:**

Clients may phone or walk in to schedule initial appointment.

Eligibility: None. **Fees/Insurance:** Affordable appointment fees are based on a sliding scale. Typically clients pay \$10-\$20 per session. None at this time. **Area served:** Grand Rapids.

Contact: Dr. Eric Sauer, Ph.D. (616) 771-4171

WESTTOWN JUBILEE HOUSING

(616) 458.4841

www.wjhousing.org

724 W. Fulton, Grand Rapids, MI 49504

Main hours: TU, W and TH, 10am-4pm

Offers a home-ownership program, as well as an apartment-rental program, a housewares/furniture donation program, money management classes, and referrals to helping agencies from our social worker on staff.

Program hours: TU, W and TH, 10am-4pm. **Application:**

Complete an application in the Westtown office. **Eligibility:** Must have some sort of steady income, whether it be

employment, SSI, SSD, a Section 8 Voucher, or income from DHS. A credit report and criminal background check will be run on applicants, although “bad” credit doesn’t necessarily rule the applicant out of gaining residency with Westtown.

Area served: Westside neighborhood of Grand Rapids, also known as Westtown. Boundaries: US-196 to the North, Butterworth Avenue SW to the South, US-131 to the East, and John Ball Zoo to the West. **Contact:** Christina Adam (616) 458.4841 wjh@iserv.net

WOMEN’S HEALTH BOUTIQUE

(616) 364-5431

www.w-h-b.com

Pulmonary Home Care, 5150 Plainfield Ave. NE, Grand Rapids, MI 49525

Main hours: 9-5, M-F

Provides a comprehensive line of women’s health-related merchandise: maternity (including rental and sales of breast pumps and sales of a full range of breastfeeding supplies and of maternity supports), bras for everyone up to size 50K, mastectomy products, wigs and turbans, mastectomy swimwear, compression stockings, skin care products, and incontinence.

Program hours: 9-5, M-F. **Fees/Insurance:** Medicare, Medicaid, most insurance carriers. **Area served:** Western Michigan.

WOMEN’S RESOURCE CENTER

(616) 458-5443

www.grwrc.org

678 Front Ave. NW, Suite 180, Grand Rapids, MI 49504

Main hours: Mon/Wed/Thurs: 9:00 a.m.-5:00 p.m. Tues:

9:00 a.m.-8:00 p.m. Fri: 9:00 a.m.-12:00 Noon

To improve women’s workplace and economic opportunities.

Comprehensive Employment Services. Comprehensive employment assistance including job readiness skills training, testing, career planning, list of job openings, displaced homemaker services, and a media library containing occupational information. Other services include workshops, information and referral to legal and other community resources, and a working women’s clothes closet.

Program hours: same as above. **Fees/Insurance:** None.

Area served: All counties.

Women’s Resource Center. Employment development services including career interest testing, creation of individualized career/employment plan, job seekers support group, resume assistance, career coaching, job-seeking skill development, nontraditional careers orientations, resource library with computers, clothing for job seeking, and listings of job openings. Other services include assistance with personal action plans, divorce information and topical workshops, and information and referral to community resources.

Program hours: Call for details. **Application:** Services are offered on an appointment basis. Call WRC to schedule appointment or for more information. **Eligibility:** Some services may have eligibility requirements, some are open to any interested individual. Call WRC for information. **Fees/Insurance:** None. **Area served:** All counties.

WORD PROJECT ESL (WRITING OPPORTUNITIES READING DISCOVERIES)

(616) 454-4874

grdominicans.org

Main hours: M & W, 8:45 a.m. to 3 p.m., T & Th 5:45 to 9 p.m.

The WORD Project (Writing Opportunities Reading Discoveries) aims to provide an intergenerational literacy program of services to enable individuals to improve the quality of their lives and their community. Vision: By providing programs that meet the needs of literacy, The WORD Project hopes to empower individuals to help alleviate their poverty, enrich the quality of their lives, and become involved in community action toward a reconstructed, improved and viable neighborhood environment and beyond.

Program hours: M & W 8:45 a.m. to 3 p.m. T & Th 5:45 p.m. 9 p.m. **Application:** Call 454-4874 or stop in for an application form. **Eligibility:** Adults English as a Second Lanugate. Primary population in the 49504 area but open to all. **Fees/Insurance:** None. **Area served:** Grand Rapids – northwest. **Contact:** Sr. Carmen Rostar, O.P. (616) 454-4874 scresl@altelco.net

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WYOMING PARKS AND RECREATION DEPT.

(616) 530-3164

ci.wyoming.mi.us

1155 28th St. SW, Wyoming, MI 49509

Main hours: 8-5, M-F

Provides leisure and recreation opportunities by developing and maintaining green space, facilities, and programs to enrich the quality of life for the citizens of Wyoming. Programming is provided for all ages in the areas of sports, enrichment, fitness and special events.

Program hours: Vary. **Application:** Call for details.

Eligibility: Varies with program interest. **Fees/Insurance:** Free, subsidized, and at cost programs. **Area served:** City of Wyoming and Greater Grand Rapids area. **Contact:** Eric Tomkins (616) 530-3164 tomkinse@ci.wyoming.mi.us

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Wyoming Senior Center. Offers a wide variety of recreational, leisure, and enrichment classes, educational, and social service programs, including bingo, bowling, line dancing, softball, golf, tennis, a pool league, shuffleboard, swimming, exercise, crafts, coffee shop, trips, special events, lectures, and pre-retirement seminars. GO Bus tickets offered (ability to pay basis). Also, have Senior Meals Program, Blood Pressure Screening Program, Legal Consultation Program, Tax Assistance Program, and Stepping Stones in-home recreation program.

2380 DeHoop SW, Wyoming, MI 49509

Program hours: Varies. **Application:** Call for details.

Eligibility: Call for details. **Fees/Insurance:** Free, subsidized, and at cost programs. **Area served:** City of Wyoming and Greater Grand Rapids area. **Contact:** Jason Horan (616) 530-3190

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WYOMING PUBLIC SCHOOLS

(616) 530-7550

www.wyoming.k12.mi.us

3575 Gladiola Ave. SW, Wyoming, MI 49509

Area served: Kent County.

YMCA OF GREATER GRAND RAPIDS

(616) 458-1147

www.grymca.org

Suite 201, 40 Monroe Ave. NW, Grand Rapids, MI 49503

Main hours: 8-5, M-F

To put Christian principles into practice through programs that build healthy spirit, mind and body for all.

Downtown Branch. Seeks to build healthy spirit, mind, and body. Programs include fitness, aquatics, child care, youth sports, and kids gym. Other programs are specifically for inner city children and their families.

33 Library St. NE, Grand Rapids, MI 49503

Program hours: 5:30 am-9:30 pm, M-F; 7 am-5:30 pm, SAT; 1 pm-5:50 pm, SUN. **Application:** Call for details.

Eligibility: Kent County resident. **Fees/Insurance:** Call for details.NA. **Area served:** Kent County. **Phone:** (616) 222-9622

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Generations Child Care. Accredited center offering a variety of enriching activities. Serving infants through age five.

3600 E. Fulton St., Grand Rapids, MI 49546

Program hours: 6:30-6, M-F. **Application:** Appointment suggested, not required. **Eligibility:** Kent County resident

Fees/Insurance: Call for details. NA. **Area served:** Ada, Forest Hills, Grand Rapids, and Kentwood. **Contact:** Nicole Pratt (616) 940-4049

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Lowell Branch. Offers 3 different child care programs for children infant through school age. A variety of activities including Youth Sports, Family Wellness Program, and Karate are also available.

823 W. Main St., Lowell, MI 49331

Program hours: 6:30-6, M-F. **Application:** Call for details.

Eligibility: Kent County resident. **Fees/Insurance:** Call for details. NA. **Area served:** Lowell. **Contact:** Beth Eggleston (616) 897-8455

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South Branch. Seeks to build healthy spirit, mind, and body. Programs include fitness, aquatics, child care, youth sports, and kids gym. Other programs are specifically for inner city children and their families.

3540 Fairlanes SW, Grandville, MI 49418

Program hours: 5:30 am-9:30 pm, M-F; 7 am-5:30 pm, SAT; 1 pm-5:50 pm, SUN. **Application:** Call for details.

Eligibility: Kent County resident. **Fees/Insurance:** Call for details. **Area served:** Kent County. **Phone:** (616) 530-9199

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Southeast YMCA. Seeks to build healthy spirit, mind, and body. Programs include fitness, aquatics, child care, youth sports, and kids gym. Other programs are specifically for inner city children and their families.



**Grandville Avenue
Academy for the Arts**

Expanding your child's horizons one class at a time.

The Arts Academy offers a variety of classes in art, pottery, dance, theater, fabric arts and music throughout the year.

644 Grandville Avenue SW (616) 742-0692 www.gaah.org

730 Forest Hills Rd. SE, Grand Rapids, MI 4954

Program hours: 5:30 am-10 pm, M-TH; 5:30 am-9 pm, F; 6 am-7 pm, SAT; 1 pm-5 pm, SUN. **Application:** Call for details. **Eligibility:** Kent County resident. **Fees/Insurance:** Call for details. **Area served:** Kent County. **Phone:** (616) 285-9077



West Branch. Offers a variety of activities including Family Wellness Program, Aquatics, Sports Programs, Teen Center and Active Older Adults Programs. Also Childcare Program: infant, toddler, preschool, kindergarten, school age care for children 6 weeks to 12 years; transportation available to and from school.

902 Leonard St. NW, Grand Rapids, MI 49504

Program hours: 5:30 am-6 pm, M-F. **Application:** Call for details. **Eligibility:** Kent County resident. **Fees/Insurance:** Call for details. NA. **Area served:** Grand Rapids – west side. **Contact:** Wendy Mester (616) 458-1147 ext.109

(Spanish)

YOUNG WOMEN UNITED MENTOR PROGRAM

(616) 243-1984

1413 Madison Ave. SE, Grand Rapids, MI 49507

Young Women United Mentor Program. A mentor program designed to help reduce the rate of teen pregnancy and high school dropouts in Kent County.

Program hours: Group meets twice per month on SATs.

Application: **Eligibility:** Women ages 13-18 yrs. **Fees/Insurance:** Free. **Area served:** Kent County. **Contact:** Chanel Woods (616) 243-1984



YWCA WEST CENTRAL MICHIGAN

General Information (616) 459-4681 / (616) 451-2744

Domestic Violence Hotline (616) 776-RAPE

www.ywcawcmi.org

25 Sheldon Blvd. SE, Grand Rapids, MI 49503

Main hours: M-F, 8:30-5

Girls Incorporated at the YWCA West Central Michigan.

Offers programs for girls ages 9-18 designed to build self-esteem and reduce vulnerability to violence. Focus is on teen pregnancy prevention, safety, resisting peer pressure, leadership, media and financial literacy and career opportunities.

Program hours: Varies, call for details. **Application:** Call for information. **Eligibility:** Girls ages 9-18. **Fees/Insurance:** Call for information. **Area served:** Kent County. **Contact:**

Anika Smith (616) 459-7062 ext. 160

asmith@ywcawcmi.org



Men Choosing Alternatives to Violence. A 26 session psychoeducational group program offering help in stopping abusive behavior.

Program hours: Call for details. **Application:** Appointment required. **Eligibility:** Men. **Fees/Insurance:** \$80/hr-sliding fee scale. Call for details. **Area served:** Kent County.

Project H.E.A.L. (Housing, Employment, Advocacy, Legal Services). Provides transitional housing and support service for women and children leaving domestic violence. Sites located throughout Grand Rapids.

Program hours: M-F, 8:30-5. **Application:** Specific referral not required. **Eligibility:** Victim of domestic violence. **Fees/Insurance:** Housing fees 30% of adjusted gross income. **Area served:** Kent County.

Interpreting and translating services provided.

YWCA Child Sexual Abuse Treatment Program. Provides individual, family, groups and support group counseling for families who have experienced child sexual abuse.

Program hours: M-F, 8:30-5. **Application:** Referral by Children's Protective Services, Community Mental Health, self-referral. **Eligibility:** Call for information. **Fees/Insurance:** Call for details. Call for information. **Area served:** Kent County. **Contact:** Julie Schaefer-Space (616) 459-4652 jspace@ywcawcmi.org

(Spanish) Interpreters provided

YWCA Domestic Crisis Center. Provides 24-hour crisis intervention and emergency shelter services for battered women and their dependent children. Also offers support services; multi-faceted advocacy services; assessment and counseling.

Program hours: 24/7. **Application:** 24 hour access by phone; intake (face- to-face) **Eligibility:** Victim of domestic violence. **Fees/Insurance:** None. NA. **Area served:** No restrictions **Contact:** Eileen McKeever (616) 451-2744

Interpreters will be provided

YWCA Domestic Violence Services. Provides non-residential counseling services for survivors of domestic violence; support groups; psycho-educational groups for men choosing alternatives to violence.

Program hours: M-TH, 8-6; 8:30-5, F. **Application:** Appointment required for individual counseling. Support group is open. **Eligibility:** Call for information. **Fees/Insurance:** Call for details. Call for information. **Area served:** Kent County. **Contact:** Julie Schaefer-Space (616) 459-7062 ext. 119 jspace@ywcawcmi.org

(Spanish) Interpreters provided

YWCA Sexual Assault Services. 24-hour crisis support, counseling, support groups, and short-term respite for victims who are unable to immediately return home following an assault. We also provide medical-forensic examinations for patients who are 13 years and over.

Program hours: Crisis intervention, 24/7. Counseling, M-TH, 8-6; F, 8:30-5. **Application:** Call for information. **Eligibility:** None. **Fees/Insurance:** Call for details. Call for information. **Area served:** Kent and surrounding counties. **Contact:** Patti Haist (616) 459-4652

Interpreters provided for foreign and sign languages

YWCA West Central Michigan. Programming (prevention/ intervention services for girls) for victims of violence – Domestic Violence, Sexual Assault, Child Sexual Abuse **Program hours:** Vary by program. **Eligibility:** None. **Fees/Insurance:** Many YWCA services are free or based on ability to pay. We accept most private insurance, some Medicaid and government reimbursement. **Area served:** Kent County.

www.FamilyResourceGuide.info

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Amanda Miralrio, Battle Creek, MI - international relations major
For more about academic excellence at Grand Valley, visit www.gvsu.edu/profiles

Healthcare you can trust

with your most precious treasures.



Your family is as important to us as they are to you. We're here for all the sniffles, sneezes, aches and pains, and everything else life brings. We specialize in the health of your entire family.

Grand Valley Health Plan (GVHP) offers pediatrics, obstetrics, internal medicine, and minor surgery. For family convenience, GVHP has extended office hours, same day appointments, and a Family Health Center right in your neighborhood. Grand Valley Health Plan has been a trusted name in family health care for over 25 years. *For more information on joining Grand Valley Health Plan, call Customer Service at (616) 949-2410.*



Grand Valley Health Plan
(616) 949-2410 or www.gvhp.com



40 pediatric specialties. (that's like a gazillion.)

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