



# Parent Resource Guide

## **Ingham GSC Mission:**

Every family has access to a universal, comprehensive, and collaborative system of community-based early childhood programs, services, & supports.

Ingham Great Start Collaborative  
[www.inghamgreatstart.org](http://www.inghamgreatstart.org)  
517-244-1267

For updates or corrections, please contact:  
[InghamGSCparents@gmail.com](mailto:InghamGSCparents@gmail.com)

**Ingham Great Start Collaborative  
Parent Resource Guide (August 2018)**



This Parent Resource Guide is the result of ongoing interagency efforts among the Ingham Great Start Collaborative (GSC) partners. The Parent Resource Guide was the idea of the Ingham GSC Parent Education Workgroup. The Workgroup acted on the idea and started the project by gathering the initial information. With support from an Early Childhood Investment Corporation (ECIC) Implementation Grant, additional resources were dedicated to the completion of the project. The goal of the Resource Guide is to give parents information about a variety of education, supports and services that help strengthen the vital roles families play in their children's development.

The Parent Resource Guide is a work in progress. Community resources and programs are always changing. Please let us know about any additions or corrections by emailing [InghamGSCparents@gmail.com](mailto:InghamGSCparents@gmail.com). We use the term parent to generically refer to any significant adult caregiver in a young child's life including grandparents, foster parents and significant others. Over the years, we have developed a basic criteria for the resources offered in this guide, including free or low cost, fun, and family oriented, as evaluated by the parents who are raising (a) child(ren) prenatal through age eight.

The information in this Parent Resource Guide will be shared with the community through a variety of media. It can be viewed at [inghamgreatstart.org/parent-resource-guide/](http://inghamgreatstart.org/parent-resource-guide/). The information in this directory is also being included in the Central Michigan 2-1-1 Community Agency database, which can be accessed by dialing the mid- Michigan area 211 or at [www.centralmichigan211.org](http://www.centralmichigan211.org). If you wish to print sections of the Parent Resource Guide or the entire document, the PDF files are available at the Ingham GSC website ([InghamGreatStart.org](http://InghamGreatStart.org)).

The Parent Resource Guide is divided into six sections by category: Prenatal Education; Parenting Classes; Parent Support Groups; Parenting Resources; Home Visitation; and Parent-Child Activities. In order to efficiently use the publication space, we have listed each agency based on its primary or basic service. All the programs listed have services that are focused on families with children ages birth to eight.

The Ingham GSC Mission is that *every family has access to a universal, comprehensive, and collaborative system of community-based early childhood programs, services, and supports*. It is our intent this Parent Resource Guide will help us move another step forward toward this goal.

# PRENATAL EDUCATION

Childbirth preparation and prenatal information.



## The Birthing Center at McLaren Greater Lansing Medical Center

401 West Greenlawn, Lansing, MI 48910  
(517) 975-7300

**Services:** Birth center tours, birthing education and support classes offered through the **Expectant Parents Organization (EPO)**, prenatal care, labor and delivery, infant hearing screenings

**Eligibility:** Open to all expectant parents

**Main website:** <http://www.mclaren.org/Lansing/Lansing.aspx>

**Birthing Center Website:** <https://www.mclaren.org/lansing/birth-center-services.aspx>

**Contact:** Darcy Tyrrell - [darcy.tyrrell@mclaren.org](mailto:darcy.tyrrell@mclaren.org)

## The Lansing Doula Network

**Description:** The Lansing Doula Network (LDN) is a collaboration of independent birth professionals who provide education and support to families during pregnancy, birth, and postpartum. The LDN recognizes the role of birth doulas as being part of the interdisciplinary healthcare team. The doulas who participate in this network live in and serve the tri-county area. The LDN is a branch of the **Willow Tree Family Center**.

**Services:** During your pregnancy, birth doulas help you prepare for your birth and create a birth plan. During labor, birth doulas stay with you and provide reassurance, encouragement and physical support.

**Eligibility:** The Lansing Doula Network is made up of independently practicing doulas. Fees, services, training and experience of listed doulas vary greatly.

**Website:** <http://lansingdoulanetwork.com>

**Facebook Page:** [www.facebook.com/LansingDoula/](http://www.facebook.com/LansingDoula/)

**Contact:** [lansingdoulanetwork@gmail.com](mailto:lansingdoulanetwork@gmail.com) or **Feedback Form** through website. No phone number.

## **Expectant Parents Organization (EPO)**

3575 Fernwood Lane, Mason MI , 48854  
(517) 337-7365 / Open 9 a.m.-1 p.m. Monday-Thursday

**Description:** The Expectant Parents Organization (EPO) is a nonprofit organization serving families in the mid-Michigan area. EPO offers a wide variety of classes to meet the needs of parents. Classes are held in several locations in the greater Lansing area.

**Programs offered:** Classes providing information about pregnancy, childbirth and parenting your newborn.

**Ongoing classes include:** Prenatal Series (Labor & Delivery, Newborn Care & Feeding/Breastfeeding – can be taken in a 3-week, 1-day, or online format), Breastfeeding Class, Private Class, Best Newborn Care Class Ever, Breastfeeding and Returning to Work, Infant Safety with Infant CPR, tours of Sparrow Hospital's Maternity Unit, FREE drop-in support group Capital Area Baby Café for breastfeeding and expectant mothers and support persons (dads welcomed). Fees and class schedules vary. Call for more information.

**Eligibility:** Open to all expectant parents and parents seeking education about pregnancy or carrying for a new born. Financial assistance is available for qualifying mothers.

**Website:** [www.epobaby.org](http://www.epobaby.org)

**Facebook Page:** [www.facebook.com/EPObaby](https://www.facebook.com/EPObaby)

**Contact:** Bonnie Gustavison- [bonnieg@epobaby.org](mailto:bonnieg@epobaby.org)

## **Healthy Beginnings Childbirth Classes**

Ingham County Health Department  
5303 South Cedar, Lansing, MI 48911  
(517) 887-4322

**Description:** A FREE four-week prenatal class offered at the Ingham County Health Department (ICHD). Class topics will focus on: labor/delivery, newborn care and feeding, postpartum care, family planning, healthy behaviors, exercise/relaxation and nutrition.

**Eligibility:** First-time mothers who are Medicaid eligible and their support person.

**Contact:** Sarah Rowe – [srowe@ingham.org](mailto:srowe@ingham.org)

## **Pregnancy in College Resource Guide**

**Description:** An online resource guide for pregnant and parenting college students that helps student parents find the right resources for themselves and their children. This guide provides information about pregnancy, breast feeding support, legal rights during pregnancy including student health insurance options and financial aid, how to access those resources, and more.

**Website:** <https://www.affordablecollegesonline.org/college-resource-center/pregnancy-in-college/>

## **Pregnancy Services of Lansing**

**Services:** Offers many FREE services including – pregnancy testing, counseling, limited ultrasounds, referrals for insurance and child birth education classes, pregnancy information, support services and baby supplies. See website for entire range of services offered.

**Eligibility:** Open to all.

**Website:** [www.pregnancylansing.com](http://www.pregnancylansing.com)

**West Side location:** 420 Elmwood, Lansing, MI 48917 (One block south of Saginaw, across from Meijer); Phone: (517) 580-8185; Hours: 10:30 a.m.-4:30 p.m. Monday to Friday

**East Side location:** 1045 E. Grand River, East Lansing, MI 48823 (Next to MSU Campus, across from the 2-story McDonalds); Phone: (517) 332-0633; Hours: 10-4 p.m. Monday to Friday

**South Side location:** 6810 S. Cedar Suite C, Lansing, MI 48911 (across from Lowes, just south of the expressway); Phone (517) 889-5135; Hours: Noon to 6 p.m. Monday to Friday

**Contact:** Main Phone: (517) 332-0633, Text 24/7: (616) 987-0712, E-mail: [pregnancychoices@gmail.com](mailto:pregnancychoices@gmail.com), Guys only text: 313-451-2084, Guys only e-mail: [pregnancylansing4guys@gmail.com](mailto:pregnancylansing4guys@gmail.com)

## Shared Pregnancy Women's Center

503 North Walnut, Lansing, MI 48933

Phone: (517) 484-1882, Text: (517) 618-1753

Open 9 a.m. to 4 p.m. Monday – Thursday (other times by appointment only)

**Description:** Shared Pregnancy is a non-profit ministry helping and offering a wide range of support services for pregnant women and women and men with babies in Lansing and the surrounding area.

**Services:** Offers many FREE services including – pregnancy tests, limited non-diagnostic ultrasounds, confidential counseling, maternity clothes, referrals for medical care, housing, adoption and post-adoption counseling. See website for entire range of services offered.

**Learn and Earn Program:** A series of parenting and life skill classes and videos in which parents can earn points by attending classes and watching videos. Points are then traded in for items for their baby.

**Eligibility:** Open to expectant parents (moms and dads) and parents with young children.

**Website:** [www.sharedpregnancy.org](http://www.sharedpregnancy.org)

**Facebook Page:** <https://www.facebook.com/sharedpregnancy/>

**Contact:** Sarah Gilliland -[sharedpregnancy@msn.com](mailto:sharedpregnancy@msn.com)

## Willow Tree Family Center

3333 S. Pennsylvania Ave. Suite 101, Lansing, MI 48910

(586) 806-WTFC (9832)

**Description:** Willow Tree Family Center is a not-for-profit organization that is dedicated to growing strong, empowered families by providing support groups and educational services for pregnancy, birth and beyond.

**Resources Offered:** Willow Tree provides services such as childbirth, parenting, breastfeeding, and nutrition classes; a provider directory, a blog and newsletter, a lending library of books and videos, a doula program (**The Lansing Doula Network**), resources for home birth midwives and families, and various free support groups for parents based on their needs.

**On-going Classes:** Childbirth Preparation Course, Comfort Measures for Labor Refresher Class, Infant Care, Breastfeeding, I'm Pregnant, Now What?, Nutrition in Pregnancy, What is a Doula, and more

**On-going Free Groups:** Birth Chat, Black Breastfeeding Sisterhood, Capital Area Baby Café, Mom's Group (Pregnant Mamas, Newborns, Rural Moms, Student Moms, Working Mamas), Dad's Group (Willow Tree Family Fathers), Mid-Michigan Babywearers, HOPING Group, Shades of Motherhood Perinatal Mood & Anxiety Support (PMP Support, Crawlers Group, Cesarean (C-section) Birth Support Group, Blended Families Group, Le Leche League Meetings, and more.

**Eligibility:** Open to all parents and caregivers.

**Website:** [www.willowtreefamily.com](http://www.willowtreefamily.com)

**Facebook Page:** <https://www.facebook.com/WillowTreeFamily/>

**Email:** [support@willowtreefamily.com](mailto:support@willowtreefamily.com)

# PARENTING CLASSES

Local resources to help parents, caregivers, children, and families.



## CACS Head Start and Early Head Start

Capital Area Community Services, Inc.

Head Start and Early Childhood Development Programs

101 E. Willow Ave., Lansing, MI 48906

(517) 482-1504

**Proud Fathers Program:** An 8-week parenting course for fathers (grandfathers, stepfathers, and very important males). This program will help strengthen the significant role that fathers and very important males play in the successful development of their children. Includes free meals, child care, and a gift for course completion.

**Reflections:** An interactive program designed to empower women to approach their life and that of their family in a proactive manner. Women celebrate womanhood and discuss topics such as self-care, goal setting, dressing for success.

**Sweet Dreamzzz:** Parents learn about bedtime essentials and take home tools necessary to help get their children a good night's sleep.

**Ready! For Kindergarten:** Parents learn strategies and take home tools to help prepare their children for success in school.

Other class topics include **Love and Logic Parenting classes, Establishing Rules and Routine**, and more. See website or contact the office for program schedules.

**Eligibility:** Be a parent or caregiver of a child enrolled in the Head Start (preschool) or Early Head Start (home based or center based) programs or an interested community member.

**Website:** <http://cacsheadstart.org>

**Contact:** Sharon Rogers- (517) 999-2730 or [sharon.rogers@cacsheadstart.org](mailto:sharon.rogers@cacsheadstart.org)

## **Child Abuse Prevention Services (CAPS)**

Child and Family Services  
4287 Five Oaks Drive Lansing, MI 48911  
(517) 882-4000

**Description:** A division of the Child and Family Services, CAPS provides a variety of support services and parent education classes to single parents and families in Ingham County.

**Parenting Classes:** Becoming a Love & Logic Parent, Stress Management, and other relevant topics.

**Eligibility:** For parents of children of all ages.

**Website:** <http://childandfamily.org>

**Facebook Page:** <https://www.facebook.com/ChildandFamilyCharities/>

**Contact:** Rachael Prosen – (517) 484-8444 or [rachelprosen@childandfamily.org](mailto:rachelprosen@childandfamily.org)

## **Cristo Rey Community Center**

1717 N. High St. Lansing, MI 48906  
(517) 372-4700 / Open Monday-Friday 8-5 p.m.

**Family Nurturing Program (Parent Program):** A 10-week parenting program for parents of infants, toddlers and young children (ages 0 – 8 years). Topics include healthy communication, how to address different stages of development, positive discipline. Classes are ongoing throughout the year and participants may begin at any time. Classes are Mondays (10 a.m.-12 p.m.), (2:30 p.m.-4:30 p.m.), (5:30 p.m.-7:30 p.m.). Cost is \$10 per class or is free with a DHS worker referral. A CATA bus (Route 10, Stop #4045) stops right outside the center.

**Eligibility:** Open to all parents of infants, toddlers and young children (ages 0 – 8 years).

**Roots and Wings:** A parent and teen (ages 9 -16 years) program that helps strengthen families by teaching them how to build healthy and clear communication skills. Classes meet Wednesday nights from 5:30 p.m.-7:30 p.m. and are FREE! Please call to register. A CATA bus (Route 10, Stop #4045) stops right outside the center.

**Eligibility:** Open to all parents of teens and teens (ages 9-16 years).

**Website:** <http://cristoreycommunity.org>

**Facebook Page:** <https://www.facebook.com/cristoreycommunity/>

**Contact:** Kimberle Kwasnick - (517) 372-4700 Ext. 140

## **Eaton Regional Education Services Agency**

1790 East Packard Highway, Charlotte, MI 48813  
(517) 541-8711 or (517)541-8760

**Parenting Classes:** Becoming a Love & Logic Parent, Family Nurturing (for parents of infants, toddlers and young children), Proud Fathers.

**Eligibility:** Open to all parents and caregivers in Clinton, Eaton and Ingham Counties.

**Website:** <http://www.eatonresa.org/services/prevention/>

**Contact:** Jodi Anthony – [janthony@eaton.k12.mi.us](mailto:janthony@eaton.k12.mi.us) or (517) 541-8765

## **Willow Tree Family Center**

3333 S. Pennsylvania Ave. Suite 101, Lansing, MI 48910  
(586) 806-WTFC (9832)

**Description:** Willow Tree Family Center is a not-for-profit organization that is dedicated to growing strong, empowered families by providing support groups and educational services for pregnancy, birth and beyond.

**On-going Classes:** Baby Sign, Love and Logic, Breastfeeding, Infant Care, Preschool Nutrition, Child Development Series – Ages and Stages, Choosing a Preschool, and more

**Eligibility:** Open to all parents and caregivers.

**Website:** [www.willowtreefamily.com](http://www.willowtreefamily.com)

**Facebook Page:** <https://www.facebook.com/WillowTreeFamily/>

**Email:** [support@willowtreefamily.com](mailto:support@willowtreefamily.com)

# PARENT SUPPORT GROUPS

Support groups for parents and caregivers of young children.



## **The Capital Area Down Syndrome Association (CADSA)**

808 W. Lake Lansing Road, Suite 101, East Lansing, MI 48823  
(517) 333-6655

**Description:** The Capital Area Down Syndrome Association (CADSA) is a nonprofit organization that supports people with Down syndrome and their families in the Mid-Michigan area. As a support group for parents of children with Down Syndrome, it provides resources, education, advocacy, awareness to parents and our community. If your child or someone you know has recently been diagnosed with Down Syndrome, and you would just like someone to chat with or ask questions, many of our members are parents of children with Down Syndrome and are happy to share their insight.

**Eligibility:** Open to all.

**Website:** [www.cadsa.org](http://www.cadsa.org)

**Facebook Page:** <https://www.facebook.com/CADSA21/>

**Email:** [info@cadsa.org](mailto:info@cadsa.org)

## **The Capital Area Mothers of Multiples Club**

**Description:** A non-profit support and social group for mothers of multiples (twins, triplets, or more). Our monthly meetings always include "Multiple Mania," a lively discussion of the challenges of raising multiples. Yearly activities include: family parties four times a year, a garage sale, a Mom's Night Out and a Parent's Night Out. Contact for more details about meeting times and dates.

**Eligibility:** To join, all you need to do is come to a meeting.

**Website:** [www.micamomc.webs.com](http://www.micamomc.webs.com)

**Contact:** Please contact us at [info@camomc.org](mailto:info@camomc.org) or through our facebook group [Capitol Area Mothers of Multiples Club](#).



## **Kinship Care Support Group**

Family Growth Center (A Program of **Child and Family Charities**)  
Bethlehem Lutheran Church  
549 East Mt. Hope Avenue, Lansing, MI 48910

**Description:** A support group offering caregivers a place to share their concerns about kinship issues, kinship care experiences, and make connections with other kinship families. Meetings are held monthly at the **Family Growth Center** with child care and food provided. Call for more information about meeting details.

**Contact:** Francine Watts - (517) 763-4251 or [waggiewatts@gmail.com](mailto:waggiewatts@gmail.com)

## **La Leche League of Delta-Waverly**

Delta Presbyterian Church  
6100 W. Michigan Avenue, Lansing, MI 48917

**Meeting info:** Currently, three meetings are held monthly. Series meeting in the morning (2nd Wednesday at 10am.), Series meeting in the evening (3rd Tuesday at 6:30 p.m.), Question and Answer meeting (4th Wednesday at 10am, except in December). Please check cite or contact leaders for changes in meetings times and dates.

**Eligibility:** All breastfeeding mothers and mothers- to-be interested in breastfeeding are welcome to come to a meeting or call one of the leaders for breastfeeding help or information. Babies are welcome, and meetings are free and open to all.

**Website:** <http://laldeltawaverly.weebly.com/>

**Leader Contacts:** LLL leaders are available by phone whenever you have breastfeeding questions or concerns. Please contact either Mary Ann - (517) 321-1818 or [rt\\_marti@sprynet.com](mailto:rt_marti@sprynet.com); Alexia – (248)-766-6988 or [aliwayout@yahoo.com](mailto:aliwayout@yahoo.com); or Jessi – (989) 598-4404 or [jdellibovi827@aol.com](mailto:jdellibovi827@aol.com)

## **La Leche League of East Lansing**

**Meeting info:** Series meetings are on the first Thursday of the month at 6:30pm. Meetings take place at First Christian Church on 1001 Chester Road in Lansing, 48912. Question and Answer meetings are on the third Thursday of the month at 6:30pm. Meetings take place at the **Willow Tree Family Center** (3333 S. Pennsylvania Ave. Suite 101, Lansing, MI 48910). Please check cite or contact leaders for changes in meetings times and dates.

**Eligibility:** All breastfeeding mothers and mothers- to-be interested in breastfeeding are welcome to come to a meeting or call one of the leaders for breastfeeding help or information. Babies are welcome, and meetings are free and open to all.

**Website:** [www.lalecheeastlansing.com](http://www.lalecheeastlansing.com)

**Facebook Page:** <https://www.facebook.com/lalecheeastlansing/>

**Leader contacts:** LLL leaders are available by phone whenever you have breastfeeding questions or concerns. Please contact either Lindsey - (586) 801-3763 (If possible, please text first and your call will be returned ASAP); or Laura - [laura@ericprojects.com](mailto:laura@ericprojects.com);

## **Mothers of Preschoolers (MOPS)**

**Description:** Meet on a regular basis to celebrate the joys of motherhood and to encourage each other through the challenges of parenting. MOPS groups are chartered through local faith-based organizations and church ministries.

**Eligibility:** Mothers with preschool age children.

**To find a group in your area, check out** [www.mops.org](http://www.mops.org)

August 2018, there were no locations in Lansing, and several in various communities in the Lansing area. Please use the website to confirm current locations.

## Teen Parents

Youth for Christ

5222 Dumond Ct., Lansing, MI 48917

(517) 322-2091

**Description:** Group provides support and guidance to pregnant and parenting youths (ages 13 – 21). Call or check the website for details and when support groups meet.

**Website:** <http://lansingyfc.net>

**Contact:** Mary Kay Sauer – [teenparentslan@comcast.net](mailto:teenparentslan@comcast.net) or (517) 282-7175

## Willow Tree Family Center

3333 S. Pennsylvania Ave. Suite 101, Lansing, MI 48910

(586) 806-WTFC (9832)

**Description:** Willow Tree Family Center is a not-for-profit organization that is dedicated to growing strong, empowered families by providing support groups and educational services for pregnancy, birth and beyond.

**On-going Free Groups:** Birth Chat, Black Breastfeeding Sisterhood, Capital Area Baby Café, Mom's Group (Pregnant Mamas, Newborns, Rural Moms, Student Moms, Working Mamas), Dad's Group (Willow Tree Family Fathers), Mid-Michigan Babywearers, HOPING Group, Shades of Motherhood Perinatal Mood & Anxiety Support (PMP Support, Crawlers Group, Cesarean (C-section) Birth Support Group, Blended Families Group, Le Leche League Meetings, and more.

**Eligibility:** Open to all parents and caregivers.

**Website:** [www.willowtreefamily.com](http://www.willowtreefamily.com)

**Facebook Page:** <https://www.facebook.com/WillowTreeFamily/>

**Email:** [support@willowtreefamily.com](mailto:support@willowtreefamily.com)

# PARENTING RESOURCES

Local resources to help parents, caregivers, children, and families.



## Cerebral Palsy Resources

### Michigan Cerebral Palsy Guide

**Description:** An interactive resource guide that helps Michigan families find the right resources for their children with disabilities. The guide includes easy-to-navigate resources related to treatment, care, education, finances, and more.

**Website:** <https://www.abclawcenters.com/michigan-cerebral-palsy-guide/>

### CerebralPalsyGuide.com

**Description:** Cerebral Palsy Guidance was created to provide answers and assistance to parents of a child with cerebral palsy. Provides the public with accurate and up to date information on the many aspects of cerebral palsy and associated disorders from symptoms, causes, and treatment, to daily living information, such as communication and transitioning to adulthood articles.

**Contact:** (866) 579-8495 or [Contact Form](#) through website.

## Expanded Food & Nutrition Program

Ingham County MSU Extension

5303 South Cedar St. Lansing, MI 48911

(517) 887-4588

**Description:** A FREE nutrition education program that offers training in basic nutrition, meal planning and preparation, stretching dollars, food safety, healthy eating and feeding infants and children.

**Eligibility:** Low income residents of Ingham County with children 0-19 years of age.

**Website:** [http://www.canr.msu.edu/snap\\_ed/](http://www.canr.msu.edu/snap_ed/)

## Family Learning Connections

**Description:** Developed through a partnership of local school districts and the [Ingham Intermediate School District \(ISD\)](#), the Family Learning Connections was created to help parents stay connected to their child's education. It provides information and resources to parents that can help support your child's education at home and their overall experience and achievement in school. Parents can search by a specific grade (birth to grade 12), subject (math, reading, or behavior), and topic.

**Website:** <https://www.inghamisd.org/flc/>

## Find a Meetup Group Near You

**Website:** [www.meetup.com/find/](http://www.meetup.com/find/)

**Description:** Meetup is the world's largest online network of local groups. Meetup makes it easy for anyone to organize a local group or find one of the thousands already meeting up face-to-face.

**How to use:** Click the link above. Type in Lansing or your zip code into the search bar. You can also type in keywords such as "parenting," "playgroup," "moms," or "dads." There are already groups set up in the Lansing area, but you can also start your own group.

## Great Start To Quality

Michigan Dept. of Education Office of Great Start

**Description:** Great Start To Quality is the best place for families to search for quality licensed preschool and child care for children (ages 0 to 12).

**Services:** Every licensed and registered program and provider is listed in an easy-to-use search engine including Head Start and Great Start Readiness Programs. Families can search by zip code, hours of operation or something even more specific. If a child has a food allergy or a special need for example, families can search using that detail and find a program that meets their needs.

**Website:** [www.greatstarttoquality.org](http://www.greatstarttoquality.org)

## Inghampreschool.org

**Description:** This website provides information about preschool program options, many of which are tuition free. The application on the website is the first step in the process for families to apply for preschool placement for their child and helps connect families with the program they feel best meets their families' needs. A preschool application can also be completed by calling (855) 644-7735 (interpreters available).

**Completion of this preschool application does not guarantee a program placement.**

**Eligibility:** Children who turn three years old by September 1 of the upcoming school year and meet income guidelines are eligible for Head Start placement. Children who turn four years old by September 1 of the upcoming school year and meet eligibility guidelines may be considered for Head Start or Great Start Readiness Program placement.

**Website:** [www.inghampreschool.org](http://www.inghampreschool.org)

**Contact:** Wendy Boyce - (517) 244-1246 or [wboyce@inghamisd.org](mailto:wboyce@inghamisd.org)

## Ingham Great Start Collaborative (GSC)

**Description:** A coalition of human service agencies, coalition of parents, and other partners working together to develop a system of early education and care providers to support children and families in Ingham County.

**Meetings:** The Ingham GSC meets monthly on Wednesdays from 1pm-3:00pm at Grace United Methodist Church (1900 Boston Blvd, Lansing, MI 48910). FREE licensed childcare is available during meetings at the Family Growth Center (549 East Mt. Hope Avenue, Lansing, MI 48910) by advance reservation only. For a complete list of meeting dates and for more information about childcare, please see website.

**Get Involved:** Visit our website to learn about Ingham **GSC workgroups**, the **Early Childhood Action Agenda**, and other efforts to advocate on behalf of young children in Ingham County. All are welcome to attend meetings.

**Website:** [www.inghamgreatstart.org](http://www.inghamgreatstart.org)

**Facebook Page:** [www.facebook.com/InghamGreatStart](http://www.facebook.com/InghamGreatStart)

**Contact:** [InghamGSC@gmail.com](mailto:InghamGSC@gmail.com) or (517) 244-1267

## Ingham Great Start Family Coalition

**Description:** A network of parents, parent groups, parent organizations, and caregivers of young children willing to help, plan and support the Ingham Great Start Collaborative (GSC) efforts. The members of the Family Coalition serve as key contacts to a broad range of parent groups in order to facilitate the exchange of information between parents, parent groups and the Ingham GSC.

**Meetings:** The Ingham Family Coalition meets monthly in the evening at The Family Growth Center (549 East Mt. Hope Avenue, Lansing, MI 48910). For a complete list of meeting dates and times, please see website. Dinner along with FREE licensed childcare through the Family Growth Center is provided during meetings with advance reservations. At the meetings, we share resources about early childhood education, get up-to-date information on community events in Ingham County, and have candid discussions about various topics chosen by parents and other issues of interest (Parent Café).

**Get Involved:** Visit our website to learn about the Ingham Family Coalition. All parents and caregivers of young children who live anywhere in Ingham County are welcome to attend meetings.

**Website:** <http://inghamgreatstart.org/parent-coalition/>

**Contact:** Jessica Baker – (517) 899-4754 (call or text) or [inghamgscparents@gmail.com](mailto:inghamgscparents@gmail.com)

## Kinship Care Resource Center

MSU School of Social Work

655 Auditorium Rd

Baker Hall, Room 254

East Lansing, MI 48824

(517) 355-9600 or 1-(800) 535-1218 / [kinship@msu.edu](mailto:kinship@msu.edu)

**Description:** The Kinship Care Resource Center provides support for the physical, emotional, cultural and social well-being of kinship families in the state of Michigan.

**Services:** Linking families to community resources, providing kinship care related technical support and consultation to agencies.

**Website:** [www.kinship.msu.edu](http://www.kinship.msu.edu)

**Facebook:** <https://www.facebook.com/MIkinship/>

**Contact:** Passionique Presberry - [bracypas@msu.edu](mailto:bracypas@msu.edu)

## March of Dimes

**Description:** A nonprofit health organization that focuses on improving the health of babies by preventing birth defects, premature birth and infant mortality. Offers educational materials for expecting and new parents about these concerns. For specific information about local events, visit the website or the March of Dimes Michigan Facebook Page.

**Facebook Page:** <https://www.facebook.com/MarchofDimesMichigan/>

**Main Website:** [www.marchforbabies.org](http://www.marchforbabies.org)

## Student Parent Resource Center

Michigan State University

1199 Garden City Road, Room 107

East Lansing, MI 48823

(517) 432-3745 / [sprc@msu.edu](mailto:sprc@msu.edu)

**Description:** The MSU Student Parent Resource Center (SPRC) provides support, resources, campus and community connections for all MSU student parents through graduation and beyond.

**Services Offered:** SPRC provides a variety of services and supports for student families including advocacy for student families, academic and family support, financial assistance for child care (infant to age 12), Pre-finals child care, a Community Resource Guide, and more. The SPRC also provides parenting classes and workshops for parents on a variety of topics.

**Eligibility:** Open to all MSU faculty, staff, and students who are parents with children (ages 1-12).

**Website:** <http://studentparents.msu.edu/>

**Contact:** Kimberly Steed-Page - (517) 884-0195 or [steedkim@msu.edu](mailto:steedkim@msu.edu)

## **Willow Tree Family Center**

3333 S. Pennsylvania Ave. Suite 101, Lansing, MI 48910  
(586) 806-WTFC (9832)

**Description:** Willow Tree Family Center is a not-for-profit organization that is dedicated to growing strong, empowered families by providing support groups and educational services for pregnancy, birth and beyond.

**Resources Offered:** Willow Tree provides services such as childbirth, parenting, breastfeeding, and nutrition classes; a provider directory, a blog and newsletter, a lending library of books and videos, a doula program (The Lansing Doula Network), resources for home birth midwives and families, and various free support groups for parents based on their needs.

**On-going Classes:** Childbirth Preparation Course, Comfort Measures for Labor Refresher Class, Infant Care, Breastfeeding, I'm Pregnant, Now What?, Nutrition in Pregnancy, What is a Doula, and more

**Eligibility:** Open to all parents and caregivers.

**Website:** [www.willowtreefamily.com](http://www.willowtreefamily.com)

**Facebook Page:** <https://www.facebook.com/WillowTreeFamily/>

**Email:** [support@willowtreefamily.com](mailto:support@willowtreefamily.com)

## **WKAR Education Services**

Michigan State University

404 Wilson Rd.

Communication Arts & Sciences Bldg. Room 283

East Lansing, MI 48824 283

**Description:** WKAR Education supports families, teachers and learners of all ages.

### **Services:**

**PBS Learning Media** – Your destination for easy, instant access to thousands of classroom-ready, digital resources. Free for educators.

**Teacher Line** – High quality online professional development courses for PreK-12 teachers in Michigan.

**Ready to Learn** - Works with community partners helping mid-Michigan families prepare children to become successful learners throughout their lives.

**Education Resource Connections** - Agencies and information tied to education in mid-Michigan. Includes

**PBS Parents** (Parenting resources, tips and advice, plus ideas for planning birthday parties & kids activities) and **PBS Kids** (A safe place for young kids to explore and play fun educational games with their favorite characters).

**Eligibility:** Open to all.

**Website:** <http://wkar.org/topic/wkar-education-services>

# HOME VISITATION

Home visits provide parents with additional support and assistance in order to enhance healthy childhood growth and positive parent-child relationships.



## CACS Early Head Start

Capital Area Community Services, Inc.- Head Start  
727 North Jenison, Lansing, MI 48915  
(517) 372-9411

**Description:** Weekly home visits are provided to program families, prenatal to age 3. Visits focus on positive parent-child interactions, healthy child growth and developments. Parents and children are invited to two monthly socializations.

**Eligibility:** Pregnant women or parents of an infant/toddler (up to age 3) must meet 100% of Federal Poverty guidelines or is homeless, are TANF eligible or in foster care.

**Website:** [www.cacsheadstart.org](http://www.cacsheadstart.org)

**Contact:** Kelly Uhlmann – (517) 999-2730 or [Kelly.uhlmann@cacsheadstart.org](mailto:Kelly.uhlmann@cacsheadstart.org)

## Early On

Ingham Intermediate School District  
2630 W. Howell Rd., Mason, MI 48854  
(517) 244-4514

**Program Description:** Provides services for children ages birth to three with developmental delays or who are at risk of developing delays due to medical or mental health conditions or disability. Staff work as partners with families to help them find the support they need for their child to grow, develop, and address their special needs. Services are provided within a family's daily routine, so families might be seen at home, at daycare or at a community playgroup. Home visits range from once a month, weekly, or twice a week depending on the needs of the family and child.

**Eligibility:** Determined through assessment and developmental evaluation. If eligible and parents desire services, an Individualized Family Service Plan is developed. Services are free for eligible children (birth to age 3) and their families. There are no income requirements.

**Website:** <https://www.inghamisd.org/ouracademics/earlychildhood/earlyon/>

**Contact:** Michelle Nicholson – (517) 244-1384 or [mnichols@inghamisd.org](mailto:mnichols@inghamisd.org)

## Family Outreach Services

Ingham County Health Department  
Maternal Child Health Division  
5303 S. Cedar Street Lansing, MI 48911  
(517) 887-4322

**Description:** Provides weekly to monthly home-based services which focus on improving health outcomes for pregnant women and families with young children. Staff do this by ensuring that families are enrolled and connected to Medicaid and other programs, accessing prevention-based services, and connecting families to community-based resources that support positive health outcomes. Transportation to support medical appointments can be provided.

**Eligibility:** Must be an Ingham County resident (or Eaton or Clinton county resident with a Lansing address); Pregnant or parenting a child under the age of three, and be eligible to enroll in Medicaid.

**Website:** <http://hd.ingham.org/ForParents/HomeVisiting.aspx>

**Contact:** Lisa Chambers – (517) 272-4122 or [lchambers@ingham.org](mailto:lchambers@ingham.org)

## Great Parents, Great Start

Ingham Intermediate School District  
2630 W. Howell Rd., Mason, MI 48854  
(517) 244-1433

**Description:** Program offers parent and child activities, parent education and developmental screenings for children birth through age five. Program connects families to community resources, promotes school readiness, and supports high quality early education and care, and more. Home visits occur at least twice a month and provide parents information on child development, age-appropriate learning activities, and FREE developmental screenings for their children.

**Eligibility:** Parents with children ages birth to 5 (or before kindergarten entry). There are no income or other eligibility requirements.

**Website:** <https://inghamisd.org/ouracademics/earlychildhood/gpgs/>

**Contact:** Michelle Nicholson – (517) 244-1384 or [mnichols@inghamisd.org](mailto:mnichols@inghamisd.org)

## ICHD Maternal Infant Health Program (MIHP)

Ingham County Health Department  
Maternal Child Health Division  
5303 S. Cedar Street Lansing, MI 48911  
(517) 887-4432

**Description:** Ingham County Health Department's MIHP provides Public Health Nurses, Social Workers, and Nutritionists to help families address health issues including well baby visits, immunizations, and medical care. MIHP provides home visits during pregnancy and following delivery. The program also links families with community agencies and resources. Transportation services may be arranged.

**Eligibility:** Must be an Ingham County resident; Families must be a Medicaid recipient; Pregnant women and women with children up to age 1.

**Website:** <http://hd.ingham.org/ForParents/HomeVisiting.aspx>

**Contact:** Missy Challiss – (517) 887-4322 or [mchalliss@ingham.org](mailto:mchalliss@ingham.org)



## **Native American Outreach Program**

Ingham County Health Department  
Maternal Child Health Division  
5303 S. Cedar Street Lansing, MI 48911  
(517) 887-4322

**Description:** The NAOP provides home-based services which focus on improving health outcomes for pregnant women and families with young children. Staff do this by ensuring that families are enrolled and connected to Medicaid and other programs, accessing prevention-based services, and connecting families to community-based resources and events that are culturally relevant to Urban Indian, Alaskan Native, and First Nations population and that support positive health outcomes.

**Services:** Home visits include parent coaching and child development information, applying for community programs and services, referrals, and establishing culturally appropriate care plans.

**Website:** <http://hd.ingham.org/ForParents/HomeVisiting.aspx>

**Contact:** For more information or questions about eligibility, contact Jaclynn Lloyd – (517) 272-4130

## **Nurse Family Partnership**

Ingham County Health Department  
Maternal Child Health Division  
5303 S. Cedar Street Lansing, MI 48911  
(517) 887-4432

**Description:** Nurse Family Partnership is a comprehensive program focusing on improved prenatal health and child health outcomes. The nurses also provide supportive services that connect families to area resources. Weekly to bi-weekly home visits are made by the nurse during pregnancy and for up to the first two years of the child's life.

**Eligibility:** Ingham County residents (or Eaton or Clinton residents with a Lansing address); Families must be Medicaid eligible, first time moms, and who enroll in the program before the mother's 28th week of pregnancy.

**Website:** <http://hd.ingham.org/ForParents/HomeVisiting.aspx>

**Contact:** Celeste Davison – (517) 887-4324

## **Parent-Infant Program**

Community Mental Health Authority of Clinton Eaton Ingham Counties  
838 Louisa St., Suite D Lansing, MI

**To request services :** (517) 346-8318 or 1(888) 800-1559

**Description :** Home-based assessment and interventions to help families meet their infant's and toddler's emotional and developmental needs. A therapist works with the family to identify strengths and remove obstacles in order to achieve goals such as strengthening parent-child relationship, assuring child's safety, building parents' daily living skills and helping the parent cope effectively with stress.

**Services provided:** In home assessments, counseling, support, stress management and parenting ideas individualized to each family's needs. A plan for service is made by the parent/caregiver together with the therapist. Families are connected with community services as needed. Families receive services at least weekly. Families receive services at least weekly.

**Who visits:** Mental health professionals with specialized training and experience in working with infants, toddlers, preschoolers and their families.

**Eligibility:** Families who have a child under 4 years old or are expecting a baby. Parent, infant or toddler

## **Parent-Infant Program (continued from previous page)**

has Medicaid or MIChild insurance. The infant or toddler's parent(s) is having difficulty in effectively nurturing, soothing or managing the baby's day to day needs and/or behaviors; or the infant or toddler is displaying concerning social-emotional behaviors.

**Area Served:** Clinton, Eaton and Ingham counties.

**Website:** <http://www.ceicmh.org/services/kids/early-intervention-services>

**Contact:** Fran Jozefowicz – [jozefowi@ceicmh.org](mailto:jozefowi@ceicmh.org) or (517) 887-5250

## **Parent-Young Child Program**

Community Mental Health Authority of Clinton Eaton Ingham Counties

838 Louisa St., Suite D Lansing, MI

**To request services :** (517) 346-8318 or 1(888) 800-1559

**Description :** Home-based assessment and interventions to help families meet their preschooler's emotional and developmental needs. A therapist works with the family to identify strengths and remove obstacles to achieve goals such as strengthening parent-child relationship, assuring child's safety, helping parents cope effectively with stress, increasing the child's ability to behave age-appropriately, to manage emotional distress and to function in daycare/preschool.

**Services Provided:** Assessments and counseling are provided in the family home and/or at the child's childcare/preschool site. A plan for service is made by the parent/caregiver together with the therapist. Counseling approaches may include, play therapy, parent-child therapy, trauma treatment, psychiatric evaluation, connections to needed community services, parent skill training and crisis intervention. Families receive service at least weekly.

**Who Visits:** Mental health professionals with specialized training and experience in working with infants, toddlers, preschoolers and their families.

**Eligibility:** Families with a child ages 3 through 6 years displaying significant behavioral, emotional and/or social distress. Child must have Medicaid or MIChild insurance.

**Area Served:** Clinton, Eaton and Ingham counties.

**Website:** <http://www.ceicmh.org/services/kids/early-intervention-services>

**Contact:** Fran Jozefowicz – [jozefowi@ceicmh.org](mailto:jozefowi@ceicmh.org) or (517) 887-5250

## **Sparrow Maternal Infant Health Program (MIHP)**

Sparrow Women's Health

1200 E Michigan Ave. Ste. 345

Lansing MI 48912

(517)364-5610

**Description:** Sparrow's MIHP provides prenatal support and home visits that focus on healthy pregnancy outcomes for mothers and babies.

**Services:** Up to 9 visits from a registered nurse or licensed social worker during pregnancy.

**Eligibility:** Families must be Medicaid beneficiaries who receive prenatal care at Sparrow Women's and Perinatal Center (Mother Baby Center).

**Contact:** Sue Kalchik – [suzanne.kalchik@sparrow.org](mailto:suzanne.kalchik@sparrow.org) or (517) 364-5882 ; Tracie Strand – (517) 364-5210 or [tracie.strand@sparrow.org](mailto:tracie.strand@sparrow.org)

## Stepping Up Together MI-APPP

ERESA Prevention Program Services serving Ingham, Eaton, & Clinton Counties  
1790 East Packard Highway, Charlotte, MI 48813  
(517) 541-8767

**Description:** The Lansing based Stepping Up Together program provides case management services to teen parents with the goal to reduce repeat pregnancies, strengthening family connection, and support the health and wellbeing of their child. The program also encourages teen growth and development in several areas including: staying in school or returning to school; developing effective parenting skills; obtaining social and economic independence; prioritizing personal goals, including family planning; building self-esteem; and fostering supportive adult relationships. In addition to case management, Stepping Up Together partners with community organizations and agencies to provide teen friendly classes, trainings, events, activities, and groups based on the expressed wants and needs of teen parents. Examples of these supplemental services included: parenting class, Financial Capabilities class, employability skills training, co-parenting and relationship skills training, and more.

**Services:** Services are tailored to teens' expressed interests and needs. Home visits are delivered in face to face meetings with teens at home, school, or a community site. At least two home visits per month.

**Eligibility:** Lansing area pregnant or parenting teen mothers and fathers; Teen moms referred by age 19 and teen dads referred by age 21. No charge for services. No income eligibility.

**Website:** [www.steppinguptogether.org](http://www.steppinguptogether.org)

**Facebook Page:** <https://www.facebook.com/steppinguptogether/>

**Contact:** Kendra Gibbs - [kgibbs@eatonresa.org](mailto:kgibbs@eatonresa.org) or text/call 517-231-4204; Travis R. Neller - [tneller@eatonresa.org](mailto:tneller@eatonresa.org) or text/call 517-927-4106

## Strong Start | Healthy Start

Ingham County Health Department  
Maternal Child Health Division  
5303 S. Cedar Street Lansing, MI 48910  
(517) 887-4322

**Description:** Strong Start | Healthy Start (SSHS) is an initiative of the Ingham County Health Department to enhance the health of Ingham County families and improve birth outcomes in Ingham County. Through family support, parent coaching, education and case management, Healthy Start works to promote health and decrease infant deaths in our community.

**Services:** SSHS provides services which include home visiting for expectant and parenting moms and expectant and parenting dads with a child up to age two. SSHS also offers free health education and fatherhood workshops that are open to inform and educate pregnant and parenting women, expectant and parenting fathers, families, and the community.

**Eligibility:** Families must be Medicaid eligible, resident of Ingham county, expectant or parenting fathers, pregnant women or parents of a child under two years of age.

**Website:** <http://hd.ingham.org/ForParents/HomeVisiting.aspx>

**Contact:** Jonathan Lawrence – [jlawrence2@ingham.org](mailto:jlawrence2@ingham.org); Dana Watson – [dwatson@ingham.org](mailto:dwatson@ingham.org)

## **Willow Tree Family Center**

3333 S. Pennsylvania Ave. Suite 101, Lansing, MI 48910  
(586) 806-WTFC (9832)

**Description:** Willow Tree Family Center is a not-for-profit organization that is dedicated to growing strong, empowered families by providing support groups and educational services for pregnancy, birth and beyond.

**Flourishing Families:** This is a FREE postpartum support home visit program for mom with a newborn. Families/new mothers are paired with a support person based on needs and compatibility for weekly home visits to aid the mother in her adjustment to a new baby and support healthy attachment. Every family receives a screening for perinatal mood disorders and 12 weeks of home visits. Home visits are 1 to 3 hours depending on the family's needs. Together, Willow Tree Family Center and [MomsBloom](#) partner to provides services.

**Eligibility:** Open to new moms with a baby ages 0-6 months.

**Website:** [www.willowtreefamily.com](http://www.willowtreefamily.com)

**Email:** [support@willowtreefamily.com](mailto:support@willowtreefamily.com)

# PARENT-CHILD ACTIVITIES

Ongoing activities parents, caregivers, and children can attend together.



## Capital Area District Library (CADL)

401 S. Capitol Ave. Lansing, MI 48901

(517) 367-6300

**Description:** CADL operates 13 branches and a Bookmobile in Ingham County, located in the communities of Aurelius, Dansville, Haslett, Holt, Leslie, Lansing (3 locations), Mason, Okemos, Stockbridge, Webberville and Williamston. Find details at [cadl.org/hours](http://cadl.org/hours). Library cards are free to residents of CADL's service area, and available for an annual fee to non-residents.

**Parent-Child Activities:** Events geared toward young children include story-times for babies, toddlers and preschoolers. Also offers activities for school aged children and adults which include book clubs for all ages, Lego Club, game nights, movie and music series, seasonal events and activities, and more. See website for current events and activities, hours, and locations.

**Main Website:** [www.cadl.org](http://www.cadl.org)

**Facebook Page:** [www.facebook.com/cadlibrary](http://www.facebook.com/cadlibrary)

**Twitter:** <https://twitter.com/cadl>

## East Lansing Parks, Recreation & Arts

410 Abbot Rd., East Lansing, MI 48823

(517) 319-6809

**Parent and Child Activities:** Include family swim classes (Water Tots) and family exercise classes (Family Yoga). Also offers a variety of aquatics, arts, dance, enrichment and fitness classes to community members of all ages each fall, spring/winter and summer. See website for current events and activities and hours.

**Eligibility:** Classes are for both city residents and non-residents (pay higher fee).

**Website:** <https://www.cityofeastlansing.com/parks>

## East Lansing Public Library

950 Abbot Rd. East Lansing, MI 48823

(517) 351-2420

**Parent-Child activities:** Includes Story Time and Toddler Time, cooking classes (Cooking with Kids), and other family activities and activities for children. See website for current event and activities and hours.

**Website:** [www.elpl.org](http://www.elpl.org)

**Facebook Page:** [www.facebook.com/elpubliclibrary/](http://www.facebook.com/elpubliclibrary/)

**Twitter:** <http://twitter.com/elplibrary>

## Impression 5 Science Center

200 Museum Drive, Lansing, MI 48933

(517) 485-8116 / Open 10 a.m. – 5 p.m. Tuesday – Saturday, 12 p.m. – 5 p.m. Sunday

**First Impressions Room:** A room designed to offer safe, inspirational space where young children (ages birth to 4) and their parents can play and explore.

**Exhibits:** Various exhibits designed for children and their families to explore. Pop! A Bubble Experience, Flow: A Water Experience, and rotating exhibits. See website for current events and activities and information on membership fees.

**Website:** [www.impression5.org](http://www.impression5.org)

**Facebook:** [www.facebook.com/impression5](http://www.facebook.com/impression5)

**Twitter:** [www.twitter.com/impression5](http://www.twitter.com/impression5)

## Ingham Play and Learn Groups

Ingham Intermediate School District

2630 W. Howell Rd., Mason, MI 48854

(517) 244-1267

**Playgroups:** Playgroups are offered at various locations through Ingham County. Provides activities for families to play alongside their children and support their child's development in areas such as sensory experiences, peer/social interactions, language skills and more. Activities include story time, music and singing, creative/art activities, and more. Information on topics related to young children and parenting is shared, as well as connections to community resources. See website for current schedule with locations, times, and to register.

**Eligibility:** Parents with children ages birth to 4 (or through kindergarten entry)

**Website:** <http://inghamgreatstart.org/play-and-learn-groups/>

## Lansing Parks and Recreation

124 W. Michigan Ave. Lansing, MI 48933

(517) 483-4277

**Parent and Child Activities:** Include family swim classes, and family exercise (Karate). Also offers a variety of aquatics, arts, dance, enrichment and fitness classes to community members of all ages each fall, spring/winter and summer. See website for current events and activities, locations, and hours.

**Website:** <https://lansingmi.gov/park>

**Eligibility:** Classes are for both city residents and non- residents (pay higher fee).

## Mason Community Education

1001 S. Barnes St. Mason, MI 48854

(517) 244-6416

**Mason Aquatic Center:** Offers family swim classes (Water Babies 6 months – 3 years, Fin Buddies 3 – 4 years) and Open Swim. Call for details and current schedule.

## **MSU Community Music School**

4930 South Hagadorn Road, East Lansing, MI 48823  
(517) 355-7661

**Early Childhood Music Classes:** An infant/toddler class is offered for children ages 3 and younger where children attend music class with a parent or caregiver. Music classes are also available for children ages 3 – 5 years (Preschool Music Classes) and school aged children ages 5 – 7 years (Making Music) and older youth. See website for call for class schedules and fees. Financial assistance is available.

**Website:** [www.cms.msu.edu/el/children/early.php](http://www.cms.msu.edu/el/children/early.php)

**Email:** [commusic@msu.edu](mailto:commusic@msu.edu)

## **PLAY**

4972 Northwind Dr. East Lansing, MI 48823  
(517) 708-8746

**Description:** East Lansing's own eco-friendly, membership-based indoor playspace full of activities for infants, toddlers and children up to 6. Classes include Baby and Me, Movers Shakers, and Stories on the Move. See website or call for details about classes, costs, and hours.

**Cost:** Membership is required. Call for details.

**Website:** [www.playeastlansing.com](http://www.playeastlansing.com)

**Facebook Page:** <https://www.facebook.com/playeastlansing/>

**Contact:** [info@playeastlansing.com](mailto:info@playeastlansing.com)

## **YMCA of Lansing**

**Eligibility:** Activities are for members. Non-members pay higher fee.

**Parent-Child Activities:** Activities include Mom & Baby Yoga, Mom & Tot Gymnastics, Kids Gym, Parent-Child swim classes, and more. Activities vary by branch and time of the year. Contact your nearest branch for specific program details.

**Main Website:** [www.ymcaoflansing.org](http://www.ymcaoflansing.org)

### **Downtown YMCA Wellness Center**

119 N. Washington Sq. Lansing, MI 48933;  
(517) 827-9640

[www.ymcaoflansing.org/downtown](http://www.ymcaoflansing.org/downtown)

### **Oak Park Branch**

900 Long Blvd., Lansing, MI 48911  
(517) 827-9700

[www.ymcaoflansing.org/oak-park](http://www.ymcaoflansing.org/oak-park)

### **Parkwood Branch**

2306 Haslett Rd., East Lansing, MI 48823  
(517) 827-9680

[www.ymcaoflansing.org/parkwood](http://www.ymcaoflansing.org/parkwood)

### **Westside Community Branch**

3700 Old Lansing Rd., Lansing, MI 48917  
(517) 827-9670

[www.ymcaoflansing.org/westside](http://www.ymcaoflansing.org/westside)