



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
517-244-1267

For updates or corrections, please contact:
inghamgscparents@gmail.com

**Ingham Great Start Collaborative
Parent Resource Guide (8/3/16)**



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. 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/. 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.centalmichigan211.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).

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



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.

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>

Contact: [Feedback Form](#) through website. No phone number.

Expectant Parents Organization (EPO)

PO Box 4790 East Lansing, MI 48826
(517) 337-7365 / Open 9-1 p.m. Monday-Thursday

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 3-week, 1 day or online format), Breastfeeding Class, Private Class, Best Newborn Care Class Ever, Tours of Sparrow Hospital's Obstetrical units. Free drop-in support group Capital Area Baby Café for breastfeeding and expectant mothers.

Eligibility: Open to all expectant parents. Financial assistance is available.

Website: www.epobaby.org

Facebook Page: www.facebook.com/EPObaby

Contact: Bonnie Gustavison- [bonnieg \[at\] epobaby \[dot\] org](mailto:bonnieg[at]epobaby[dot]org)

Healthy Beginnings Childbirth Classes

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

Description: A four-week prenatal class offered at the 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: Public Health Services 517-887-4322, Sarah Rowe – [srowe \[at\] ingham \[dot\] org](mailto:srowe@ingham.org)

Pregnancy Services of Lansing

Services: Offers free of charge – pregnancy testing, counseling, limited ultrasounds, referrals for insurance, pregnancy information, support services and baby supplies. See website for entire range of services offered. West side location only offers referrals, free pregnancy testing, limited ultrasounds, pregnancy information and counseling. Learn and Earn clients are referred to the East Lansing location.

Eligibility: Open to all.

Website: www.pregnancylansing.com

Lansing location: 420 Elmwood (One block south of Saginaw, across from Meijer); (517) 580-8185; Hours: 10:30-4:30 p.m. Monday to Friday; Contact: [psglwest \[at\] gmail \[dot\] com](mailto:psglwest@gmail.com)

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

South Lansing location: 6810 S. Cedar Suite C (across from Lowes, just south of the expressway); (517) 889-5135, noon to 6 pm Monday through Friday, and noon to 3 pm Saturdays

Contact: [pregnancychoices \[at\] gmail \[dot\] com](mailto:pregnancychoices@gmail.com) or text: 517-256-2923

Shared Pregnancy

503 North Walnut, Lansing, MI 48933
(517) 484-1882 or text: (989) 854-1344

Services: Free pregnancy tests, non-diagnostic ultrasound, confidential counseling, maternity clothes, referrals for medical care, housing, adoption and post-adoption counseling. Open Monday through Thursday from 9 a.m. to 4 p.m.

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

Website: www.sharedpregnancy.org

Contact: [sharedpregnancy \[at\] msn \[dot\] 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, 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: Pregnant Mamas, Birth Chat, Black Breastfeeding Sisterhood, Dad's Group, Babywearers, Trying to Conceive, HOPING, Shades of Motherhood PMP Support, International Playgroup, Newborn Group, Crawlers, Movers, Toddlers, C-section Support Group, Blended Families Group, Le Leche League Meetings, and more

Eligibility: Open to everyone

Website: www.willowtreefamily.com

Email: support@willowtreefamily.com

PARENTING CLASSES



CACS Head Start

Capital Area Community Services
101 E. Willow Ave., Lansing, MI 48906
(517) 482-1504

Proud Fathers Program: A 10-week parenting course for fathers. Includes free meals, child care, and a gift for course completion.

Reflections: An interactive 6-week series designed to empower women to approach their life and that of their family in a proactive manner.

Successful Parents, Successful Kids: A 6-week series on building resilient children. Parents learn strategies on effective parenting, teaching protective factors and setting high expectations.

Eligibility: Be a parent/caregiver of a child enrolled in the Head Start program or an interested community member.

Website: <http://cacsheadstart.org>

Contact: Sharon Rogers – [sharon.rogers \[at\] cacsheadstart \[dot\] org](mailto:sharon.rogers@cacsheadstart.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: A 10-week parenting program for parents of infants, toddlers and young children. Classes are ongoing throughout the year and participants may begin at any time. Cost is \$10/session or is free with a DHS worker referral. A CATA bus stops right outside the center.

Eligibility: Open to all parents of infants, toddlers and young children.

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

Contact: Sara Loza (517) 372-4700 Ext. 140 or [sloza\[at\]cristoreycounseling\[dot\]org](mailto:sloza@cristoreycounseling.org)

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: www.eatonresa.org/prodevelopment

Contact: Melissa Ridge – [mridge \[at\] eatonresa \[dot\] org](mailto:mridge@eatonresa.org) / (517) 541-8749

Willow Tree Family Center

3333 S. Pennsylvania Ave Ste 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 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

Email: [support \[at\] willowtreefamily \[dot\] com](mailto:support@willowtreefamily.com)

PARENT SUPPORT GROUPS



The Capital Area Down Syndrome Associate (CADSA)

Services: A support group for new parents of children with Down Syndrome in Mid-Michigan. 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.com

Lansing location: 808 W. Lake Lansing Road, Suite 101, East Lansing, MI 48823; [\(517\) 333-6655](tel:5173336655), Tuesdays and Thursday 8:30 am to 3:30 pm

Contact: [info \[at\] cadsa \[dot\] org](mailto:info@cadsa.org)

Capital Mothers of Multiples Club

Website: www.micamomc.webs.com

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.

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

Contact: Please contact us at [info \[at\] camomc \[dot\] org](mailto:info@camomc.org)

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

(517) 763-4251

Description: A support group offering caregivers a place to share concerns and make connections with other kinship families. Call for meeting details.

Contact: Francine Watts [\(517\) 763-4251](tel:5177634251) [waggiewatts \[at\] gmail \[dot\] com](mailto:waggiewatts@gmail.com)

La Leche League of Delta-Waverly

Delta Presbyterian Church

6100 W. Michigan Avenue, Lansing, MI 48917

Hotline: (517) 321-1818

Meeting info: Series meeting in the morning (2nd Wednesday at 10am.), Series meeting in the evening (3rd Tuesday at 7:00pm), Question and Answer meeting (4th Wednesday, except in December, at 10am).

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://lldeltawaverly.weebly.com/>

E-mail: [rt_marti \[at\] sprynet \[dot\] com](mailto:rt_marti@sprynet.com)

Leader Contacts: Mary Ann (517-321-1818), Anna Marie (517-256-5944), Alexis (517-646-7605)

La Leche League of East Lansing

Hotline: (517) 484-5005

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.

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

Leader contacts: LLL leaders are available by phone whenever you have breastfeeding questions or concerns. Please contact either Jodi at (517) 648-0432 or [Laura \[at\] ericsprojects \[dot\] com](mailto:Laura@ericsprojects.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

August 2016, there were no locations in Lansing, and several in various communities in the Lansing area. Please use the website to confirm current locations.

Mother to Mother Program

MSU Extension Breastfeeding Initiative

240 Agriculture Hall, East Lansing, MI

(517) 432-3243

Program Description: Mother-to-Mother Peers are trained to provide women with breastfeeding information, encouragement and support. They are available to see mothers in person or by telephone, in the home, the hospital or the WIC clinic.

Eligibility: All WIC and Food Stamp eligible women.

Contact: Pat Benton - [bentonpa \[at\] msu \[dot\] edu](mailto:bentonpa@msu.edu)

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)..

Website: <http://lansingyfc.net>

Contact: call or check the website for details and when support groups meet

Willow Tree Family Center

3333 S. Pennsylvania Ave Ste 101, Lansing, MI 48910
586-806-WTFC

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: Essential Oils, Baby Sign, Cloth Diapering and Baby Carrying, Natural Family Living, Love and Logic, Peaceful Parenting, Breastfeeding, Infant Care, Preschool Nutrition, Nutrition for Teens and Tweens, Child Development Series – Ages and Stages, Choosing a Preschool, and more

Eligibility: Open to all parents and caregivers

Website: www.willowtreefamily.com

Email: [support \[at\] willowtreefamily \[dot\] com](mailto:support@willowtreefamily.com)

PARENTING RESOURCES



Expanded Food & Nutrition Program

Ingham County MSU Extension
5303 South Cedar St. Lansing, MI 48911
(517) 887-4588

Description: Program 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://msue.anr.msu.edu/program/info/snap_ed

Contact: Annette Sokolnicki – [sokolni2 \[at\] anr \[dot\] msu \[dot\] edu](mailto:sokolni2@anr.msu.edu)

Family Resource Center

Michigan State University
1407 S. Harrison, Suite 225, East Lansing, MI 48823
(517) 432-3745

Programs offered: Classes and workshops for parents on a variety of topics. The Center also publishes a “Community Resource Directory” and “Things to Do at MSU: An Activity Guide for Families.”

Parenting Classes/Workshops: Sponsored by MSU Health4U, visit their [webpage](#) for a calendar.

Eligibility: Open to all MSU faculty/staff/student who are parents with children (ages 1-12).

Website: www.frc.msu.edu

Contact: Lori Strom, FRC Coordinator [strom \[at\] hr.msu.edu](mailto:strom@hr.msu.edu)

Find a Meetup Group Near You

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.

Website: www.meetup.com/find/

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 child care and preschool.

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

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: Ingham GSC usually meets on the second Wednesday of each month at Grace United Methodist Church from 1-3 pm. Orientations to the systems work we do are held in July and December.

Get Involved: Visit our website to learn about Ingham GSC workgroups and other efforts to advocate on behalf of young children in Ingham County.

Website: www.inghamgreatstart.org or www.facebook.com/InghamGreatStart

Ingham Great Start Family Coalition

Description: A network of parent groups, parent organizations and parent members 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.

Website: www.inghamgreatstart.org (Click on the icon at the bottom of the page).

Contact: Jessica Baker- [inghamGSCparents \[at\] gmail \[dot\] com](mailto:inghamGSCparents@gmail.com)

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

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

Kinship Care Resource Center

MSU School of Social Work
254 Baker Hall, East Lansing, MI 48824
(517) 355-9600 or (800) 535-1218

Resources for families: The mission of the center is to provide support for the physical, emotional, cultural and social well-being of kinship families in the state of Michigan.

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

Website: <http://kinship.msu.edu>

Contact: [kinship \[at\] msu \[dot\] edu](mailto:kinship[at]msu[dot]edu)

Cerebral Palsy Symptoms.com

Resources for families: Our mission is to provide the public with accurate and up to date information on the many aspects of cerebral palsy and other birth injury complications. Our team strives to maintain a comprehensive free resource so those interested or concerned about their children can take actions to protect them.

Website: <http://cerebralpalsysymptoms.com>

Contact: [info \[at\] cerebralpalsysymptoms \[dot\] com](mailto:info[at]cerebralpalsysymptoms[dot]com)

March of Dimes

Lansing Division
2450 Delhi Commerce Dr. Suite 11, Holt, MI 48842
(517) 699-4863

Description: March of Dimes mission is to improve the health of babies by preventing birth defects, premature birth and infant mortality.

Local services: Offers educational materials (English and Spanish) for expectant parents. Holds the March for Babies Walk every April. For specific information, visit www.marchforbabies.org

Website: <http://www.marchofdimes.com/michigan/programs.html#>

Willow Tree Family Center

3333 S. Pennsylvania Ave Ste 101, Lansing, MI 48910
586-806-WTFC

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, and nutrition classes, a provider directory, a blog and newsletter, a lending library of books and videos, a doula program, resources for home birth midwives and families, and various free support groups for parents based on their needs.

Eligibility: Open to all expecting parents, parents and caregivers

Website: www.willowtreefamily.com

Email: [support \[at\] willowtreefamily \[dot\] com](mailto:support[at]willowtreefamily[dot]com)

WKAR Education Services

Michigan State University, 283 Communication Arts Bldg. East Lansing, MI 48824

Description: WKAR 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.

TeacherLine - 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.

Eligibility: Open to all.

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

HOME VISITATION



Early Head Start

Capital Area Community Services - Head Start
727 North Jenison, Lansing, MI 48915
(517) 372-9411 ext. 1

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

Eligibility: Pregnant women or parents of an infant/toddler must meet 100% of Federal Poverty guidelines or is homeless, TANF eligible or in foster care.

Website: www.cacsheadstart.org

Contact: Wendy McBride - [wendy \[dot\] mcbride \[at\] cacsheadstart \[dot\] org](mailto:wendy.mcbride@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 conditions or disability. Staff work as partners with families to help them find the support they need for their child. Services are provided within a family's daily routines so families might be seen at home, at daycare or at a community playgroup.

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 and their families. There are no income requirements.

Website: <http://www.inghamisd.org/academic-services/earlychildhoodeducation/earlyon/>

Contact: Michelle Nicholson - [mnichols \[at\] inghamisd \[dot\] org](mailto:mnichols@inghamisd.org)

Family Outreach Services

Ingham County Health Department
5303 S. Cedar Street Lansing, MI 48911
[\(517\) 272-4122](tel:(517)272-4122)

Description: Provides home-based services which focus on improving health outcomes with 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.

Eligibility: Must be an Ingham County resident (or Eaton/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/FamilyOutreachServices.aspx>

Contact: Lisa Chambers - [lchambers \[at\] ingham \[dot\] org](mailto:lchambers@ingham.org)

Great Parents, Great Start

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

Description: Offers parent and child activities, parent education and developmental screenings for children birth through age five, as well as connecting families to community resources, promoting school readiness, and supporting high quality early education and care. Home visits done at least twice a month and provide parents information on child development, age-appropriate activities for their children and developmental screenings.

Eligibility: Parents with children ages birth to 5.

Website: <http://www.inghamisd.org/academic-services/earlychildhoodeducation/gpgs/>

Contact: Jodi Spicer - [jspicer \[at\] inghamisd \[dot\] org](mailto:jspicer@inghamisd.org)

ICHD Maternal Infant Health Program (MIHP)

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

Description: Ingham County Health Department's CHD's MIHP provides Public Health Nurses, Social Workers, and Nutritionists to help families address health issues including well baby visits, immunizations, and medical care. The program also links families with community agencies and resources.

Services: MIHP provides home visits during pregnancy and following delivery.

Eligibility: Families must be a Medicaid recipient.

Contact: Regina Traylor – [rtraylor \[at\] ingham \[dot\] org](mailto:rtraylor@ingham.org)

Ingham Healthy Families

Ingham Intermediate School District
2630 W. Howell Rd., Mason, MI 48854
(517) 244-1428

Description: Ingham Healthy Families is a voluntary home visiting program that connects expectant parents and caregivers of newborns to parenting support in their home. Families receive regular home visits by one of our highly-qualified Parent Educators who provide support and encouragement to caregivers by building confidence, reducing stress and maximizing the joys of being a parent. Home visits can take place every week, every two weeks, or once a month depending on the family's needs.

Eligibility: Expectant parents and caregivers of newborns

Website: <http://www.inghamisd.org/academic-services/earlychildhoodeducation/ingham-healthy-families/>

Contact: Jodi Spicer - [jspicer \[at\] inghamisd \[dot\] org](mailto:jspicer@inghamisd.org)

Nurse Family Partnership

Ingham County Health Department
5303 S. Cedar Street Lansing, MI 48911
(517) 887-4324

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.

Services: 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: Families must be Medicaid eligible first time parents who enroll in the program before the mother's 28th week of pregnancy.

Contact: Nola Schramm – [nschramm \[at\] ingham \[dot\] org](mailto:nschramm@ingham.org)

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. Families receive services at least weekly.

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

Area Served: Clinton, Eaton and Ingham counties.

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.

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

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

Contact: Fran Jozefowicz - [jozefowi \[at\] ceicmh \[dot\] org](mailto:jozefowi[at]ceicmh[dot]org) - (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.

Eligibility: Families with a child ages 3 through 5 years displaying significant behavioral, emotional and/or social distress. Child must have Medicaid or MIChild insurance. For Eaton county residents there is no insurance requirement.

Area Served: Clinton, Eaton and Ingham counties.

Parent-Young Child Program (continued from previous page)

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.

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

Contact: Fran Jozefowicz - [jozefowi \[at\] ceicmh \[dot\] org](mailto:jozefowi@ceicmh.org) - (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 eligible.

Contact: Sue Kalchik – [suzanne.kalchik \[at\] sparrow \[dot\] org](mailto:suzanne.kalchik@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, encourage teen growth and development, strengthening family connection, connect community support services, identify teens' parenting needs, and support the health and wellbeing of their child.

Services: Services are delivered in face to face meetings with teens at home, school, or a community site. The Adolescent Family Life Program- Positive Youth Development (AFLP-PYD) model is used to allow the focus of services to be on the individual teen parents' strengths, interests, needs, and goals. Services are tailored to teens' expressed interests and needs but involve a focus on several key areas:

- strengthening access to and completion of secondary education
- improving maternal/paternal and child health outcomes
- strengthening family connections and teen adult support systems
- increasing family stability
- increasing access to employment and career opportunities.

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, job fairs, sporting events, etc. These opportunities are open to all teen parents without the need to be enrolled in case management services.

Eligibility: Pregnant or Parenting Teen mothers and fathers, Teen moms referred by age 19 and teen dads referred by age 21, Open to all teen parents without charge regardless of income level or Medicaid eligibility.

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

Contact: Isaias Solis, LLMSW – [isolis \[at\] ingham \[dot\] org](mailto:isolis@ingham.org)

Willow Tree Family Center

3333 S. Pennsylvania Ave Ste 101, Lansing, MI 48910
586-806-WTFC

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.

MomsBloom: 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 weekly visits.

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

Website: www.willowtreefamily.com

Email: [support \[at\] willowtreefamily \[dot\] com](mailto:support@willowtreefamily.com)

PARENT-CHILD ACTIVITIES



Capital Area District Library

401 S. Capitol Ave. Lansing, MI 48901

(517) 367-6300

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. Library cards are free to residents of CADL's service area, and available for an annual fee to non-residents.

CADL's collection for young children includes board books, picture books, audiobooks, music CDs, DVDs and backpacks filled with items that promote early literacy. Digital services include eBooks, animated picture books, and iPads loaded with early literacy apps. Events geared toward young children include story-times for babies, toddlers and preschoolers. CADL also partners with Impression 5 Science Center for a monthly science story-time. Their website dedicated to young readers and their parents is available at cadl.org/RaisingReaders.

Main Website: www.cadl.org

Facebook: www.facebook.com/cadlibrary

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

East Lansing Parks, Recreation & Arts

410 Abbot Rd. Room 211, East Lansing, MI 48823

(517) 319-6809

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

Parent and Child Aquatics (Ages 6 months +): An introduction to the water for children.

Website: www.cityofeastlansing.com/1182/classes-programs

East Lansing Public Library

950 Abbot Rd. East Lansing, MI 48823

(517) 351-2420

Parent-Child activities: Baby Storytime (up to 2 yrs.). Check www.elpl.org/events/kids for current events and activities.

Main Website: www.elpl.org

Facebook: www.facebook.com/elpubliclibrary

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

Holt Community Education

5885 West Holt Rd., Holt, MI 48842

(517) 694-3411

Website: www.hpsk12.net/parent-student-resources/community-ed

Impression 5 Science Center

200 Museum Drive, Lansing, MI 48933

(517) 485-8116

First Impressions Room: A room designed to offer safe, inspirational space where infants, toddlers and their parents can play and explore.

Summer Sprouts: Summer Sprouts is a science-based playgroup for children ages 2 to 4! Choose the day of the week that works best for your schedule and then enjoy 45 minutes (9:15-10:00 a.m.) of themed science play with your child in our First Impression Room.

Website: www.impression5.org

Facebook: www.facebook.com/impression5

Twitter: www.twitter.com/impression5

Ingham Play and Learn Groups

Ingham Intermediate School District

2630 W. Howell Rd., Mason, MI 48854

(517) 244-1267

Playgroups: Provides activities for families to play alongside their children and explore many developmental domains including sensory experiences, motor skills, and language skills. Information on topics related to young children and parenting is shared, as well as connections to community resources. Groups are offered in a variety of locations across the Ingham service area.

Eligibility: Parents with children ages birth to 4

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

Contact: (517) 244-1267

Lansing Parks and Recreation

124 W. Michigan Ave. Lansing, MI 48933

(517) 483-4277

Visit the Lansing Parks and Recreation's Things to Do page and view their current activity guide for parent-child activities.

Website: www.lansingmi.gov/things_to_do

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 is pleased to offer swim lessons, which support the American Red Cross NEW Learn to Swim Program.

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.

Children attend music class with a parent or caregiver.

Website: www.cms.msu.edu/el/children/early.php

Contact: commusic@msu.edu - (517) 355-7661

PLAY

4972 Northwind Dr. East Lansing, MI 48823

(517) 708-8746

East Lansing's own eco-friendly, membership-based indoor playspace full of activities for infants, toddlers and children up to 6.

Cost: membership required. Call for details.

Website: www.playeastlansing.com

Contact: [info \[at\] playeastlansing \[dot\] com](mailto:info@playeastlansing.com)

YMCA of Lansing

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

Parent-Child Activities: Activities vary by branch and time of the year. Contact your nearest branch for specific program details.

Main Website: www.ymcaoflansing.org

Downtown YMCA Wellness Center

119 N. Washington Sq. Lansing, MI 48933;

(517) 827-9640

Mom & Baby Yoga

www.ymcaoflansing.org/downtown

Oak Park Branch

900 Long Blvd., Lansing, MI 48911

(517) 827-9700

Mom & Tot Gymnastics (1-4)

Pre-Pike: Parent/Child Swim (2-4)

www.ymcaoflansing.org/oak-park

Parkwood Branch

2306 Haslett Rd., East Lansing, MI 48823

(517) 827-9680

Family Time: Kids Gym (Parents/Kids ages 0-3) Parent Tot

Swim: (ages 0-3)

www.ymcaoflansing.org/parkwood

Westside Community Branch

3700 Old Lansing Rd., Lansing, MI 48917

(517) 827-9670

Pre-Pike: Parent/Child Swim (ages 2-4)

Swim Lessons: Parent/Child (ages 0-2)

www.ymcaoflansing.org/westside