

A user-friendly GUIDE TO

Parenting

FOR FAMILIES in Macomb County



About This Book

This *Small Book* is designed to assist families in locating free or low-cost community services in Macomb County and is designed to be user-friendly.

The book first lists a "SITUATION" followed by a short descriptive phrase about each of the known services listed for that situation, an explanation of the services and eligibility requirements (if applicable), and finally, the telephone number for the service.

This book lists services by a service category, not by agency. This helps to speed the finding of needed services. For the most part, only Macomb County resources are listed. Exceptions to this are out-of-county resources included if a Macomb County facility is filled or county or state services that may be accessed in Macomb County.

To aid you in your use of this book, you will notice the following format: Each "*Situation*" is enclosed in a black box to differentiate it from other situations.

The symbol (~) is placed in front of each new service under that category. All known services for a situation are grouped under it regardless of what agency offers those services.

As names of agencies and programs frequently change, please note that the former name is indicated in brackets { }.

Every effort has been made to assure that the information is up-to-date and accurate. Due to the dynamic nature of organizations, information changes often.

We hope that you enjoy this resource and that you are able to locate help more quickly. For your information, *Small Books* are available on the following topics:

| | |
|---------------------------------|-----------------------------|
| Adoption | Literacy |
| Child Abuse | Mental Health |
| Child Care | Parenting |
| Dementia | Recreation/Leisure |
| Dental | Runaway Services |
| Domestic Violence | Senior Citizen Services |
| Employment & Training Services | Sexual Assault |
| Fetal Alcohol Spectrum Disorder | Special Needs |
| Financial Assistance | Substance Abuse |
| Food | Suicide Prevention |
| Gambling Addiction/Problems | Support Groups |
| Resources | Teen Pregnancy Service |
| Health | Transportation |
| Homeless Services | Utility Assistance |
| Housing | Vision and Hearing Services |
| Legal Issues | Glossary |

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PARENTING SERVICES

SITUATION: A parent with a child or children needs help in any of a variety of parenting issues.

PARENTING CLASSES FOR PARENTS OF YOUNG CHILDREN

- ❖ **Parenting Young Children** is designed for parents with children 5 years of age and under and focuses on temperament, stages of development, expectations and age appropriate behavior. Call for fees and class schedule. The fee is waived if the parents have an active Medicaid card in their name. The book *Parenting Young Children* by Dinkmeyer and McKay is required and available at local bookstores and CARE. The classes are two hours a week for eight weeks. Available from CARE* - Parent Education Program, (586) 541-0033 or visit their website at www.careofmacomb.com
- ❖ **Parenting School-Aged Children** is designed for parents of children aged 6 -12 and looks at issues of homework, bedtime routines, chores and sibling conflict. Call for fees and class schedule. The fee is waived if the parents have an active Medicaid card in their name. The book *The Parents Handbook* by Dinkmeyer and McKay is required and available at local bookstores and CARE. The classes are two hours a week for 8 weeks. Available from CARE* - Parent Education Program, (586) 541-0033 or visit their website at www.careofmacomb.com.
- ❖ **Nurturing Parenting Program** emphasizes the importance of rearing children in a warm, trusting and caring household. it is founded on the belief that children who are cared for develop the capacity to trust, care and respect themselves, other people and living creatures, and the environment. Available from Macomb Family Services, (586) 752-9696 ext. 212.

PARENTING CLASSES FOR PARENTS OF TEENAGERS

- ❖ **Parenting Teenagers** is designed for parents of teenagers ages 13 - 18 and looks at the challenges encountered by adolescents: independence, communication and peer pressure. Call for fees and class schedule. The fee is waived if the parents have an active Medicaid card in their name. The book *Parenting Teenagers* by Dinkmeyer and McKay is required and available at local bookstores and CARE. The classes are two hours a week for 8 weeks. Available from CARE* - Parent Education Program, (586) 541-0033 or visit their website at www.careofmacomb.com.

PARENTING CLASSES FOR DIVORCING PARENTS

- ❖ **Divorce Education for Parents and Children 3 - 16** focuses on reducing children's risk of post-divorce stress by reducing the loyalty conflicts experienced by children. Ideas on parent-child bonding, parental cooperation, personal responsibility, anger management and communication skills are addresses. Call for the class fees and schedule. The classes are one and a half hours a week for six weeks. Available from CARE* - Parent Education Program, (586) 541-0033 or visit their website at www.careofmacomb.com.

PARENTING CLASSES FOR TEEN PARENTS

- ❖ **Free parenting classes for pregnant teens or recent birth mothers ages 13 - 19.** Topics include: prenatal care, nutrition, child development, parent's self-awareness, appropriate behavior, management skills, communication skills, substance abuse and prevention. 8 sessions. Available from the Teen Pregnancy and Parenting Program at Macomb Family Services*, (586) 468-2656.

PARENTING CLASSES FOR SINGLE PARENTS

- ❖ **Single Parenting*** classes address support systems, custody, and discipline in two different households. Call for fees and class schedule. The fee is waived if the parents have an active Medicaid card in their name. The book *The Parents Handbook* by Dinkmeyer and McKay is required and available at local bookstores and CARE. The classes are two hours a week for 8 weeks. Available from CARE* - Parent Education Program, (586) 541-0033 or visit their website at www.careofmacomb.com.

PARENTING CLASSES FOR PARENTS IDENTIFIED AS HIGH RISK FOR CHILD ABUSE/NEGLECT

- ❖ **Families First** is an intensive 4 - 6 week in-home program for parents to prevent out-of-home placement of children or early reunification of the family. Issues dealt with include parenting, child management, family counseling, housing, and other skills development. The risk of removal of the child must be imminent for a family to be eligible for this program and they **MUST** be DHS* clients. There is no fee. For more information about this program, call Orchards Children's Services*, (586) 997-3886.
- ❖ **Parent-to-Parent** is a 6 month in-home program for at-risk families identified by DHS*. Trained volunteers visit at least once a week to help the families deal with such issues as discipline,

self-esteem, communication, home management, budgeting, and nutrition. The parents **MUST** be DHS* clients. There is no fee. For more information about this program, call Macomb County MSU Extension*, (586) 469-7139 or 469-5931.

ADVANCED PARENTING CLASSES

- ❖ **The Next STEP*** looks deeper into issues such as self-esteem, life style, beliefs that impact parenting and stress as it affects family decision making. Call for fees and class schedule. The fee is waived if the parents have an active Medicaid card in their name. The required book may be purchased on the first night of class. The classes are two hours a week for eight weeks. Parents must have attended a STEP* class before taking the **Next STEP***. Available from CARE* - Parent Education Program, (586) 541-0033 or visit their website at www.careofmacomb.com.

PARENTING CLASSES FOR BLENDED FAMILIES

- ❖ **Strengthening Your Stepfamily** focuses on the special needs of blended families including sibling rivalry, visitation and realistic expectations. Call for fees and class schedule. The fee is waived if the parents have an active Medicaid card in their name. The classes are two hours a week for eight weeks. Available from CARE* - Parent Education Program, (586) 541-0033 or visit their website at www.careofmacomb.com.

PARENTING CLASSES FOR ALCOHOL AND OTHER DRUG PREVENTION

- ❖ **Substance abuse prevention information and materials** are provided in all CARE* parenting classes or available through the CARE* office, (586) 541-0033 or visit their website at www.careofmacomb.com.
- ❖ **Parenting classes designed to keep kids drug free** are available from some local school districts and PTAs. These parenting models include: Talking With Your Kids About Alcohol (TWYKAA), Parenting for Prevention, Common Sense, and Preparing for the Drug Free Years. Contact your local school district/PTA for times and dates.

PARENTING CLASSES FOR PARENTS IN RECOVERY

- ❖ **Exploring Relationships** focuses on the special needs of blended families including sibling rivalry, visitation and realistic expectations. Call for fee and class schedule. The classes are two hours a week for eight weeks. Available from CARE* - Parent Education Program, (586) 541-0033 or visit their website at www.careofmacomb.com.

PARENTING CLASSES FOR NON-CUSTODIAL PARENTS

- ❖ **24-week parenting class** (STEP* and therapeutic issues relating to abuse and neglect) designed to assess and meet the educational needs of parents who do not currently have custody of their children. The program has a revolving 24-week curriculum specifically structured to address issues related to abuse and neglect. Sliding fee scale. Available from Macomb Family Services* - Mt. Clemens, (586) 468-2656.

PARENTING CLASSES FOR RECOVERING CODEPENDENTS

- ❖ **Parents Who Want to Explore Codependent Issues** focuses on the special needs of parents who are working through their own recovery issues and need help in making positive changes in themselves and their children. Cost: \$38.00 per person/\$53.00 per couple for materials. (To get the fee waived, the client must have an up-to-date Medicaid* card; if pregnant, a Healthy Kids*; or a letter from their DHS* worker stating that they are unable to pay for the classes). The classes are two hours a week for eight weeks and are available from CARE* - Parent Education Program, (586) 541-0033 or visit their website at www.careofmacomb.com.

PARENTING CLASSES FOR SPECIAL NEEDS KIDS

- ❖ **Do You Need A Hug?** is a free series designed for parents of children with physical and other health limitations. Sibling supports (5-10 year olds) and free child care are available. Classes are 1½ hours a week for six weeks. Available from CARE* - Parent Education Program, (586) 541-0033 or visit their website at www.careofmacomb.com.

PARENTING CLASSES FOR KINSHIP CARE PROVIDERS

- ❖ **Grandparents Raising Grandchildren** provides four sessions of information for grandparents rearing their grandchildren, including community resources, support systems, parenting skills, taking care of yourself, and financial and legal issues as they relate to guardianship, custody and adoption. Free. Child supervision available on a limited basis. Available twice a year from the Macomb County Senior Citizen Services*, (586) 469-6315.

OTHER PARENTING SERVICES AVAILABLE

**MACOMB HELP LINE FOR PARENTING ISSUES
(866) 4MACOMB**

COUNSELING SERVICES

ATTACHMENT ISSUES

- ❖ **In-home visits for families with infants and children to age 3 where there is an attachment problem between caregiver and child.** Available from Macomb County Community Mental Health, Infant Mental Health program. To refer a potential client, call the CMH Access Center*, (586) 948-0222.

POST-ABORTION COUNSELING

- ❖ **Counseling for women who have undergone an abortion conducted by a counselor and/or priest** and designed to help a female with post-abortion reconciliation including help in sorting through her feelings and dealing with unresolved conflict.

Available to any female, regardless of faith from Catholic Services of Macomb* - Project Rachel, (586) 416-2300.

PREGNANT TEENS

- ❖ **Counseling Services for pregnant teens** is a *free* program for any female planning to keep their child or give it up for adoption. Outreach service available. Topics include support resources, grief and issues around the unplanned pregnancy. Available from Catholic Services of Macomb*, Clinton Twp., (586) 416-2300.

SINGLE PARENTS OF PRESCHOOL CHILDREN

- ❖ **Counseling for Single Parents of Preschool Children** is an individual counseling service for single parents of preschool children. Outreach service available. Sliding fees. Topics include parenting and relationship issues. Available from Catholic Services of Macomb*, Clinton Twp. (586) 416-2300.

PARENT GROUPS

- ❖ **Birth Mothers Support Group** is a free monthly support group for mothers who have given up their child for adoption. The group meets the first Wednesday of each month at Catholic Services of Macomb* - Clinton Twp. Site, (586) 416-2300.

- ❖ **Family Support Network of Michigan is for families with special needs children** which offers peer support on a one-to-one basis with a support parent who lives as near as possible and whose child has similar needs. Group meetings are also available. Available from The Children's Special Health Care Services, (800) 359-3722.
- ❖ **Prenatal Support Group and well-baby classes.** Available from Mt. Clemens Regional Medical Center* and Catholic Services of Macomb*. For more information, call (800) 779-7178.
- ❖ **Support group for stay-at-home mothers** meets on the third Wednesday of each month from 7:30 P.M. – 9:30 P.M. No child care is available. Activities include: guest speakers; monthly "moms night out"; weekly play groups. An annual fee of \$45.00 covers the costs of speakers and a group newsletter. Available at Mt. Clemens Regional Medical Center* in Mt. Clemens. Contact: Debbie Croud, (586) 779-7716 or Debbie Ellinger, (586) 264-3528.
- ❖ **Educational group for all caregivers (birth parents, adoptive, or foster parent) of drug-exposed infants** provides an educational support group for all caregivers of infant and children who were prenatally exposed to alcohol and/or other drugs. Available from CARE* (586) 541-0033 or visit their website at www.careofmacomb.com.

SURROGATE BROTHERS AND SISTERS

- ❖ **Surrogate big brothers or big sisters** is a free program which matches children aged 8-12 from one parent families with volunteers who act as surrogate brothers or sisters. The youth are signed up for the program until their 14th birthday but their relationship with a big brothers or big sister* is monitored until they are 18 years old. Volunteers are asked to make a long-term commitment (6 months to a year) to the child. There is constant monitoring of the family and referrals for problems that arise in the family. Available from Big Brothers/Big Sisters*, (248) 569-0600 (Southfield), or www.bbbs.org.

FATHERING RESOURCES

- ❖ The **Center for Fathers and Families'** mission is research in fatherhood. Developing a database on fathering issues, research has led to isolating factors crucial for effective fathering. Academic orientation. c/o University of Pennsylvania, 3700 Walnut St., Box 58, Philadelphia, PA 19104-6216. Telephone: (215) 573-5500; FAX: (215) 573-5508.

- ❖ The **Fatherhood Project** is a broad research program that is examining how all of our social systems – including the workplace, social services, and the law – affect men’s connection to kids. Early emphasis on involving fathers in early childhood training. Families and Work Institute, 330 7th Avenue, 14th Floor, New York, New York 10001 (212) 465-2044 or www.fatherhoodproject.com.
- ❖ The **National Center for Fathering** seeks to be a clear voice championing the role of fathering to this generation. By equipping fathers directly and by training professionals and other groups working to strengthen fathers, they desire to help men to realize the great power they have as fathers and encourage them to become more active in their children’s lives. 10200 W. 75th Street, Suite 267, Shawnee Mission, Kansas 66204-2223. Telephone: (800) 593-DADS.
- ❖ **National Fatherhood Initiative** is working to deploy a national work force for the purpose of restoring the meaning and personal commitment to fatherhood. 101 Lake Forest Blvd. Suite 360, Gaithersburg, MD 20877. Telephone: (301) 948-0599.
- ❖ The **Washington State Father’s Network** advocates for fathers and families of children with special needs. Goals of the network include sharing ideas and concerns, developing father support and mentoring programs, developing monographs and videos, assisting professionals in building inclusive programs for fathers and men in the health care delivery system, networking through a tri-yearly newsletter and promoting fathers as important, caring people in their children’s and family’s lives. 16120 N.E. Eighth St., Bellevue, WA 98008, (425) 747-4004, ext. 218 or www.fathersnetwork.org.
- ❖ **National Institute for Responsible Fatherhood and Family Revitalization’s** mission is to help young men become responsible nurturing resourceful fathers who create environments that are nurturing to their children. They have developed a program on modeling and interventions for African-American fathers. 9500 Arena Drive, Suite 400, Largo, MD 20774 or at www.fatherfamilylink.gse.upenn.edu.
- ❖ **National Center for Strategic Non-profit Planning and Community Leadership (NPCL)** is a national non-profit corporation which designs, manages and evaluates initiatives that aim to help young people, especially those from poor families, increase their capabilities to lead productive lives. 2000 L Street NW, Suite 815, Washington , DC 20036, (888) 528-6725. **Information line: (248) 799-9933.**

OTHER SERVICES AVAILABLE

CLOTHES

- ❖ **Baby clothes and baby furniture** are sometimes available from the Macomb County Community Services Agency Community Action Centers*:

| Macomb County Community Services Agency Community Action Centers* | | | |
|--|------------------|---------------|----------------|
| North Center | 58144 Gratiot | New Haven, MI | (586) 749-5146 |
| Central Center | 18 Market Street | Mt. Clemens | (586) 469-6964 |
| South Center | 22856 Ryan | Warren, MI | (586) 759-9150 |

- ❖ **Baby clothes and baby furniture** are sometimes available at Second Hand Rose Resale Shop*, 158 S. Main, Mt. Clemens, MI 48043 (586) 468-3083.
- ❖ **Baby clothes** are available at Children's Resale Shops throughout Macomb County. Check the yellow pages for locations.
- ❖ **Maternity clothes, baby layettes, infants clothing size 2 and under, high chairs, car seats, etc.** are available for youth experiencing a crisis pregnancy. Proof of need is required (e.g., Medicaid* card, etc.). Available from Birth Right of Macomb County*, (586) 254-5930.

NEWSLETTERS

- ❖ **Adoptive Parents Magazine** To order, call (800) 372-3300.
- ❖ **Metro Parent magazine** is a publication for parents. It is published 11 times a year. Subscriptions are \$25.00 for first class and \$15.00 for bulk rate per year. To order, write to Metro Parent, 24507 Northwestern Hwy, Suite 150, Southfield, MI 48075. (248) 352-0990.
- ❖ **STEPping Stones** is a quarterly newsletter about parenting issues. Available from CARE* - Parent Education Program. Cost: \$10.00/2 year subscription for mailing. To order, call (586) 541-0033 or visit their website at www.careofmacomb.com to obtain the newsletter via e-mail.

RESALE EVENTS CALENDAR

❖ **Mom-to-Mom Resale Events Calendar** is available at *Website: www.mom2momlist.com*

FAMILY RESOURCE CENTER

❖ **A learning and support center for parents providing counselors, interviewers and teachers who are committed to helping families grow.** Services include: parenting resources, job skills programs, family support systems, coping skills, counseling services, agency referrals, parenting workshops. Located in Born Academic Center, 23340 Elmira, Room 26, St. Clair Shores. For more information, call Terri Charison (586) 285-8774 or Joanne Morris (586) 263-8372.

ACKNOWLEDGEMENTS

This booklet has been developed from *"Making the Right Connection"*, a project of the Macomb County Inter Agency Council and its Youth Council Subcommittee.

For the complete Resource Directory, please go to www.misd.net/connection





GREAT PARENTS MACOMB*
Serving families with children birth to age 5

For information on other resources for families of children
age birth to 5 years, please call:

1.866.4MACOMB

1.866.464.2662

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