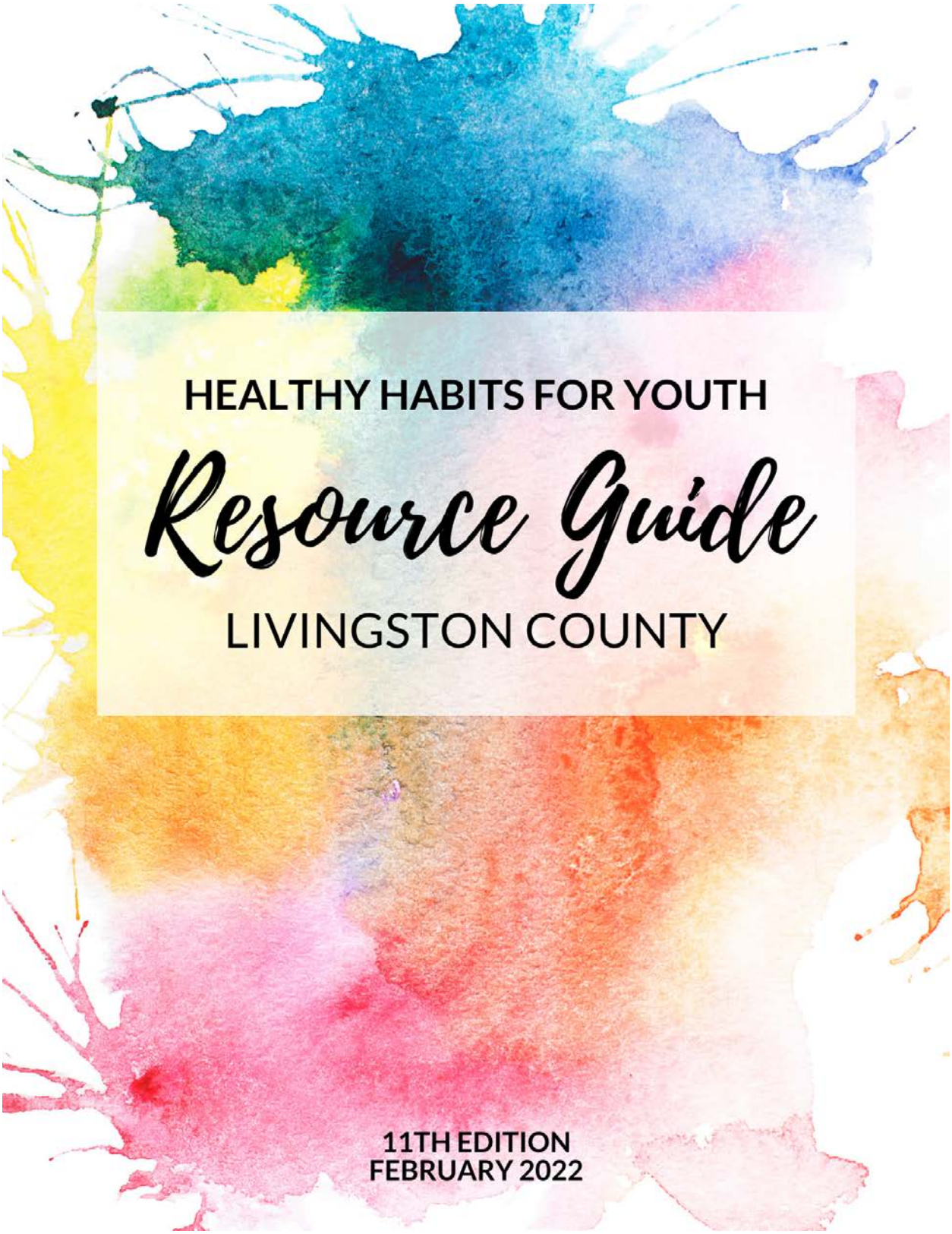
HEALTHY HABITS FOR YOUTH
Resource Guide
LIVINGSTON COUNTY
11TH EDITION
FEBRUARY 2022

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Nutrition Education

IHA Nutritionists

IHA nutritionists offer one-on-one nutrition counseling with easy to follow healthy eating plans. They focus on prevention and management of chronic disease (diabetes) through dietary and lifestyle changes. Additionally, they will help you and your family with whatever your dietary goals and needs may be.

Location: 2305 Genoa Business Park Dr., Suite 200 Brighton, MI 48114

Contact Information: (810) 494-6840

Website: http://www.ihacares.com/specialties/nutrition-services

Michigan Model for Health™

The Michigan Model for Health™ is a comprehensive and sequential K-12 health education curriculum that aims to give school-aged children (ages 5-19 years) the knowledge and skills needed to practice and maintain healthy behaviors and lifestyles. It provides age-appropriate lessons addressing the most serious health challenges facing school-aged children, including social and emotional health; nutrition and physical activity; alcohol, tobacco, and other drugs; personal health and wellness; safety; and HIV. This Michigan Model for Health™ facilitates learning through a variety of interactive teaching and learning techniques.

It is designed for implementation as a component of the core school curriculum, with each of the lessons lasting 20-45 minutes in length. The lessons may be integrated in various disciplines such as language arts, science, social studies, etc. Furthermore, some lessons include activities to facilitate parental and family involvement beyond the classroom. The curriculum can be implemented in public, private, or alternative schools.

With support from the State of Michigan Healthy Michigan Initiatives Fund, LESA/WISD has

been able to offer training and curriculum for schools implementing the Michigan Model for Health™. Ongoing support and technical assistance is available from the Regional School Health Coordinator/Health Education Consultant, Mary Beno, at 517-540-6838 or marybeno@livingstonesa.org.

MSU Extension: Nutrition and Physical Activity

To help youth be healthy, Michigan State University Extension delivers relevant evidence based education to serve the needs of youth in the community. Programs for youth in grades prekindergarten to twelfth grade with age-appropriate, literacy-based education in areas of nutrition, food safety, physical activity, body image and media influence on health choices.

For more information, contact Shelley Frazier at 517-546-3950

PE-Nut

(Physical Education and Nutrition Education Working Together)

PE-Nut is a nutrition and physical education program that uses a whole-school approach to motivate students, parents and educators to be physically active and eat healthier. PE-Nut is designed to improve health behaviors in a school environment by presenting simple, consistent nutrition and physical activity messages via multiple approaches. These approaches include classroom instruction, parent engagement activities, school-wide nutrition and physical activity messages, take-home activities, and physical education with nutrition concepts. Academic achievement improves when students receive a healthful diet and when they can be physically active throughout the school day. In PE-Nut, physical educators, classroom teachers and school administrators' work together to improve nutrition and physical activity in K–5 school settings. It fits nicely with the Coordinated School Health (CSH) approach in schools. Note: schools must be over 50% free or reduced lunch to

receive this program. For more information, contact Mary Beno, Regional School Health Coordinator/Health Education Consultant for LESA, at (517) 540-6838 or marybeno@livingstonesa.org.

Shapedown®

Saint Joseph Mercy Health System offers Shapedown®, a national weight management program for families. Parents and children work together as a team with a social worker, registered dietitian, and exercise specialist to learn how healthy eating, an active lifestyle, and effective communication promote weight loss and family unity. The program starts with ten weekly two-hour classes. May be covered in part by certain insurances. Scholarships are available. Visit www.stjoesannarbor.org/shapedown for more information.

UMHS Nutrition Counseling Centers

Our Nutrition Counseling Centers are designed for non-hospitalized patients and are staffed by registered dietitians who have expertise in adult, pediatric, prenatal and geriatric nutrition. We address a variety of nutrition-related conditions, including diabetes, blood lipids (cholesterol and triglycerides), hypertension, kidney disease before dialysis, polycystic ovarian syndrome, hypoglycemia, gluten intolerance (celiac disease), irritable bowel syndrome, gastroesophageal reflux disease and obesity. We offer medical nutrition therapy by appointment only, with same-day openings available occasionally. Self-referrals are welcome. For an appointment, call (810) 227-9510 (Brighton Health Center) or (517) 548-1020 (Howell Pediatrics/ Howell Health Center).

Food Assistance

Emergency Food Assistance Program (TEFAP) and Shared Harvest Pantry

OLHSA, in partnership with Gleaners Community Food Bank provides food assistance and information about other services available through OLHSA and Gleaners, to Livingston County residents in need. Call 517-546-8500 for more information. To make an emergency food assistance appointment to visit Shared Harvest Pantry, please call 517-548-3710.

Food Assistance Program

Temporary food assistance for eligible low-income families and individuals is available through the Department of Health and Human Services and increases the food purchasing power of the household. Food Assistance benefits decrease as income increases.

Use MI Bridges, www.michigan.gov/mibridges, or call 888-642-7434, to apply for assistance, check your eligibility status and manage your account online. More information is available at http://www.michigan.gov/mdhhs/0,5885,7-339-71547_5527---,00.html.

Summer Lunch Bunch

The Salvation Army Summer Lunch Bunch is a collaborative community meals program that meets all over Livingston County during the summer recess. Through a diverse offering of one-time, daily and weekly meetings at host sites around the county, families with children are ensured access to plentiful food all summer long. Most of the community residents are within 15 minutes of a Summer Lunch Bunch site. Although the primary purpose of the program is to alleviate summer meal gaps for children, the program is not just about free food!

Unique opportunities for free family fun happen all summer long, and fun activities are paired with the served meals. Programming is sought with a focus on literacy, physical education, nutrition education, science, art and of course--fun. The program even offers free family field trips throughout the summer. All of this is 100% free to families, although donations are accepted.

The program is coordinated by The Salvation Army of Livingston County, with collaboration and support of The Livingston Hunger Council, and is supported through the Livingston County United Way, USDA Summer Food Service Program, and generous community donations. For information, please email Ashley Longstreet Ashley.Longstreet@usc.salvationarmy.org or call 517-295-4348.

WIC Program

WIC is a health and nutrition program that has demonstrated a positive effect on pregnancy outcomes, child growth, and development. WIC provides supplemental food, nutritional counseling, and support, as well as connections with beneficial community resources. Call (517) 546-5459 for more information or visit www.livgov.com/health/ph/Pages/wic.aspx.

Mental Health/Substance Abuse Treatment and Prevention

Assoc. Counseling and Neurofeedback

Susan Carter, LMSW, ACSW

Location: 409 W. Main Suite 300 Brighton, MI 48116

Contact Info: 810-220-7974

Advanced Counseling Services

Marta Elody, MD / Patty Yerke / Malini Shenava, MD

Location: 7600 Grand River, Suite 290 Brighton, MI 48114

Contact Info: 810-220-2787

Al-Anon and Alateen

Location: 312 Prospect St. Howell MI 48843

Contact Info: 517-546-9350

Website: https://al-anon.org/al-anon-meetings/

Arc Livingston/Agency for Persons with Developmental Disabilities

Location: 2980 Dorr Rd. Brighton MI 48116

Contact Info: 517-546-1228

Dianne Arman MSW, Marriage, Family

Location: 6165 Island Lake Dr. Brighton, MI 48116

Contact Info: 810-229-9679 or 586-246-3355

Olga Bachman, PhD

Location: 325 E. Grand River, Ste 7 Brighton, MI 48116

Karen Bergbower & Assoc.

Location: 10291 Grand River Ste. B Brighton, MI 48116

Contact Info: 810-229-9550

Brighton Center for Pediatric Neurodevelopment

Mark Bowers PhD

Location: 2250 Genoa Business Park Dr., Suite 100 Brighton, MI 48116

Brighton Family Center

Location: 10315 Grand River Suite 104 Brighton, MI 48116

Contact Info: 810-229-0844

Website: www.brightoncounselingmi.com

Burnes & Burnes Psychotherapy and Counseling Services

Providing mental health and substance abuse services to children, adolescents, adults, individuals, couples, and families. No participation fee (cost would be covered by participant's insurance policy).

Location: 794 W. Grand River Avenue, Brighton

Contact Info: 248-231-3568

Celebrate Recovery

Location: Brighton Nazarene Church 7669 Brighton Rd. Brighton, MI 48116

Contact Info: 810-227-6600

Children's Addiction Prevention Program

This is a FREE addiction prevention program at Ascension Brighton Center for Recovery designed to break the multi-generational cycle of addiction. The Children's Program is a day camp lasting three days, followed by on-going support including a book-of-the-month club and an alumni group.

This program is beneficial for children who have a family member with an alcohol or drug

problem or who is active in recovery. Children ages 7-12 learn about the disease of addiction in age appropriate ways while meeting other children who are in a similar situation. This prevention program is also beneficial for kids who have not witnessed the effects of addiction in their family.

The Ascension Brighton Children's Addiction Prevention Program helps children build upon their strengths and deepen their resilience so they can face any daily challenges at home or at school in a healthy, positive way. They learn a variety of healthy coping skills, such as, identifying and expressing feelings, problem-solving tools, resistance to peer pressure and self-care strategies.

Classes fill quickly! To register, contact Pat Schafer at 810-220-1807.

Location: 12851 Grand River Road, Brighton MI 48116

Contact Info: 810-227-1211

Website: www.brightonrecovery.org

Complete Counseling Center

Bart Norman

Location: 721 E. Grand River Howell, MI 48843

Contact Info: 517-546-4445

Diversified Finances & Health Services

Mark Mitchell LMSW & Kelly Shuler LMSW

Location: 1225 W. Grand River Brighton, MI 48116

Contact Info: 517-292-6966

Marni Gauci PhD, LP, PLLC

Location: 7960 W. Grand River Ave. Brighton, MI 48116

Contact Info: 810-772-0574

Gentle Strength Counseling & Holistic Center

Location: 8700 N 2nd St. Brighton, MI 38116

Contact Info: 810-225-0463

Deborah Gottlieb-Porlick, LMSW

Location: 766 W. Grand River-Mill Pond Parke Bldg. Brighton, MI 48116

Contact Info: 810-923-5365 or 810-229-1630

Email: Deborah.gottliebporlick@yahoo.com

Website: www.marriagecounselinginbrightonmi.com

Highfields-Multisystemic Theory (MST)

Becky Womboldt LMSW

Location: 204 S. Highlander Way Howell, MI 48843

Contact Info: 517-262-0874

Email: bwomboldt@ghighfields.org

Key Development Center, Inc.

Key Development Center, Inc. is a 501(c)3 nonprofit, CARF accredited, licensed substance abuse prevention and treatment provider with over 16 years' experience in the Livingston County area. KDC offers a wide range of substance abuse services, including prevention, education, outpatient treatment, screening, assessment (SARF, Driver's license), referral and follow-up, and dual enhanced treatment. Please visit our website www.keycenters.org for more information.

Women's Specialty Services that offer, Weekly Individual Sessions: The client attends weekly 50-minute individual sessions; Weekly Group: The client attends a weekly 90-minute group education session; Weekly meeting with Case manager; Weekly Women's Support groups. We offer Childcare services and transportation.

Children Affected by Addiction Livingston (CAAL) The Children Affected by Addiction Livingston (CAAL) program is a free program designed for children between the ages of 7 and 17 who have been affected by their parent(s) addiction.

For further information or to register for this program, contact aandrews@keycenters.org 810-220-8192.

Debbie Koeltzow, Ed. D. LP

Location: 810 Grand River Suite 101 Brighton, MI 48116

Contact Info: 810-588-4236

LACASA

LACASA provides individual, group counseling, advocacy, and support to survivors of domestic violence, sexual assault, and child abuse at no cost to the survivor.

24/7 Helpline: Call: 866.522.2725 Text: 517.777.8005

www.lacasacenter.org

Administrative Offices: 517-548-1350 or TTY: 517-548-0781 Fax: 517-548-3034

Location: 2895 W. Grand River Avenue, Howell, MI 48843

Jacqueline Lisiecki, MSW

Peter Lisiecki PHD

Location: 7960 W. Grand River Suite 120 Westage Office Center Brighton, MI 48114

Contact Info: 810-227-1999

Livingston County Catholic Charities

Livingston County Catholic Charities, a local 501(c)3 nonprofit with over 37 years of experience, provides mental health and substance abuse counseling and prevention services for children, youth, adults, and families. The agency is accredited by the Council on Accreditation and is licensed by the State of Michigan. Many insurances are accepted and a sliding-fee-scale is available for the uninsured. Additional information is available at www.LivingstonCC.org or at 517-545-5944.

Livingston County Community Alliance

The Livingston County Community Alliance (LCCA) is a county-wide, anti-drug coalition that raises awareness of substance abuse and misuse in Livingston County. The LCCA releases mini-grants throughout the year to fund adolescent planned and implemented drug awareness projects or activities in Livingston County. Other volunteer opportunities are available, regardless of age. For more information call 517-545-5944, extension 123 or visit www.drugfreelivingston.com.

Livingston County Community Mental Health Authority

Services and programs for Children, Youth and Families include:

-Parent Support Partner
-Child and Family Case Management
-Parent Infant Program
-Respite
-Child and Family Therapy
-Home Based Services
-Psychiatric Services
-Wraparound

These address a child's ability to control his or her emotions or behaviors or to use information. Examples of problems include depression, bi-polar disorders, post-traumatic stress disorder, anxiety disorders, attention deficit disorders, and conduct disorders. Services support the parent/caregiver with skill building, learning new strategies, and helping build on strengths within the family.

Services for Individuals (including children and youth) with Developmental Disabilities include: Parent Navigator, Case Management, Community Supported Living, Respite, Access to Clinical Services, Personal Emergency Response System. Some examples of developmental disabilities include autism, cognitive impairment and Down Syndrome.

LCCMHA also provides services for adults with mental illness, on-site pharmacy, substance use services, and emergency services. If you are interested in or want to know whether you qualify for services, please call 517-546-4126 and ask for the Intake and Access Department or visit www.cmhliv.org. Access and 24-hour crisis number: 517-546-4126 or (toll free) 1-800-615-1245.

Consumer Action Panel

Livingston County Community Mental Health has a consumer Action Panel which meets monthly. This committee has representation from all of our populations served, and also has youth representation. The purpose of the committee is to ensure that all consumer and family voices are heard and to advocate effectively for individuals with mental health needs.

Youth Mental Health First Aid

Livingston County Community Mental Health Authority provides training to individuals who work with youth regarding mental health. This training, called Youth Mental Health First Aid, is intended to assist youth who may be experiencing mental health concerns, helping the youth connect with a therapist or other assistance as appropriate.

Mental Health Awareness Committee

Livingston County Community Mental Health Authority has a Mental Health Awareness Committee which provides workshops to 7th grade health classes and to other classes in schools in the community. This committee is responsible for helping teach youth to reach out for help, to reduce stigma, and to increase awareness. The committee welcomes youth membership.

Livingston County United Way

Location: 2890 Dorr Road Brighton, MI 48114

Contact Info: 810-494-3000

Website: www.lcunitedway.org

Livingston Family Center

Livingston Family Center (4736 East M-36 in Pinckney) 810-231-9591

Outpatient counseling services to children, adolescents and families. We accept most major insurances and have a sliding fee scale based on household income.

The Connection Youth Services (616 W. Grand River Ave in Howell).

24/7 Information and Help Line: 866-440-7233. The Connection Youth Services offers a variety of services to youth ages 11-21 and their families. The Connection provides

emergency shelter and transitional living opportunities to homeless and at-risk youth ages 11-21 on a short-term basis while individual, group, and family therapy is put in place to help youth work through challenges they are facing. Staff are present around the clock to supervise youth and maintain the daily schedule. In addition to receiving treatment services, youth continue to attend their school and complete chores daily. Youth ages 16-21 who do not have a safe and stable living option may choose to apply to the Transitional Living Program (TLP). TLP provides housing for up to 18 months while youth participate in services to develop the skills to live independently. Youth ages 11-21 and their families may participate in therapy, case management, groups, or social activities at The Connection even if housing is not needed. Group are offered Monday-Thursday focused on helping youth develop coping skills, learn life skills, improve communication and make healthier choices. All services are free, confidential, and available regardless of health insurance coverage. Therapy services are provided by licensed clinicians.

The Family Connection Center (121 S. Barnard St. in Howell) 517-376-6459

Supervised visitation for families affected by domestic violence. Children and adolescents up to 17 years old. Services are based on a sliding fee scale.

LOVE, INC. of the Greater Livingston Area

Location: 820 E. Grand River Ave. Howell, MI 48844

Contact Info: 517-552-3620

Website: www.livingstonloveinc.org

Mailing Address: P.O. Box 558 Howell, MI 48843

Mentor Livingston (Formerly Big Brothers Big Sisters)

Shari Davis-Schoech, Executive Director

915 N. Michigan Ave Howell, MI 48843

517-546-1140

bbbslc@sbcglobal.net

www.mentorlivingston.org

NAMI-National Alliance on Mental Illness

Tina Cougan (President)

Location: 8730 Clubhouse Dr. Brighton, MI 48116

Contact Info: 810-552-3687

NA- Narcotics Anonymous

P.O. Box 1867 Brighton, MI 48116

Contact Info: 1-800-230-4085 (press #2, then #3) LCASCNA@ygmail.com

Jeremy Novak PhD

Location: 780 W. Grand River Brighton, MI 48116

Contact Info: 810-225-1670

Email: jeremynovak@metropsychonline.com

Website: www.metropsychonline.com

Oakland/Livingston Human Service Agency- OLSHA

Location: 2300 E. Grand River, Suite 107 Howell MI, 48843

Contact Info: 517-546-8500

Website: www.olhsa.org

Jenny Parmenter ACSW, LMSW

Location: 1086 Charles H Orndorf Drive Brighton, MI 48116

Contact Info: 810-623-1628

Perspectives Therapy Services, LCC

Perspectives Therapy Services (PTS) is a multi-site outpatient mental, emotional, and relationship health practice that prides itself on providing extraordinary care to people of all ages. They treat a wide range of concerns that youth face today, including depression, anxiety, school and work stress, divorce adjustment, ADHD/attention difficulties, and low self-esteem. Our clinical teams include experienced, compassionate, and creative therapists with backgrounds in psychology, marriage and family therapy, professional counseling, and social work. In addition to traditional counseling, PTS sets to redefine mental health care by implementing engaging and innovative therapeutic methods, including art therapy, play therapy, animal-assisted therapy, yoga-incorporated therapy, and mindfulness coaching. For more information on the services offered at PTS, or to schedule an appointment, please contact an intake specialist at 810-494-7180, or visit their website at www.perspectivestherapyservices.com.

Perspectives Therapy Services Clinic Locations

Brighton, MI: 2200 Genoa Business Park Drive, Suite 100

Fenton, MI: 1100 Torrey Road, Suite 100

Highland, MI: 2628 South Milford Road

Lansing, MI: 1701 Lake Lansing Road, Suite 120

Jackie Price LMSW

Location: 1086 Orndorf Dr. Brighton, MI 48116

Contact Info: 810-220-0271

Email: djackipricemsw@gmail.com

Project SUCCESS

Project SUCCESS, a SAMHSA model program, is a program that prevents and reduces adolescent substance use and abuse. It works by placing highly trained professionals in the schools to provide a full range of substance abuse prevention and early intervention services. In our community, a Project SUCCESS Counselor is placed for one day in each of our local public high schools and middle schools. They primarily work with adolescents individually and in small groups, conduct large group prevention/education discussions and programs, train and consult on prevention issues with school staff, coordinate the substance abuse services and policies of the school, and refer and follow up with students and families needing substance abuse treatment or mental health services in the community. Dates and times vary by location, but you may contact Karen Bergbower at karen@kbamichigan.com or 810-225-9550 for specific information.

Lauren Radtke-Rounds PhD

Location: 2516 Harte Drive, Brighton, MI 48114

Contact Info: 248-962-5064

Website: www.drlaurenradtkerounds.com

Relationship Center of Michigan

Location: 5841 Whitmore Lake Rd., Brighton, MI 48116

Contact Info: 810-227-6218

Website: www.relationship-center-mi.com

Renewed Relationships

Courtney Klaus, LLPC

Location: 8700 N. Second St, Suite 202 Brighton, MI 48116

Contact Info: 810-552-0785

Website: www.renewedrelationships.com

The Salvation Army

Location: 503 Lake Street Howell, MI 48844

Contact Info: 517-546-4750

Email: Prezza.Morrison@usc.salvationarmy.org

St. Joseph Mercy Hospital

Outpatient Behavioral Services

Location: 2300 Genoa Business Park Drive, Suite 180 Brighton, MI 48114

Contact Info: 840-844-7300

Michelle Sunny, MS, LLP

Location: 1086 Charles H. Ordorf Dr. Brighton, MI 48116

Contact Info: 734-377-1124

UMHS Integrated Mental Health Clinics in Primary Care

Provides brief mental health and substance abuse counseling and referrals for children and adolescents (and their parents), adults, and families. Specializing in anxiety, depression, grief, divorce, trauma, relationship concerns, postpartum support, caregiver support, and coordinating care across clinics/departments of the Health System. Self-referrals are welcome.

Brighton Health Center, mental health and substance abuse counseling to children, adolescents, and adults. Specialties including perinatal mood and anxiety disorders, depression, anxiety, counseling to families affected by substance abuse, grief and loss, chronic pain. Call for more information; ask for social work 810-227-9510.

Howell Pediatrics/ Howell Health Center, mental health and substance abuse counseling to children, adolescents and families. Specialties including perinatal mood and anxiety disorders, play therapy, stress reduction, depression, anxiety, grief and loss, counseling to families affected by substance abuse. Social worker and child psychologist available. Social worker is also fluent in American Sign Language and is able to see/consult for people who are Deaf or have a hearing loss. Call for more information 517-548-1020.

UM Child & Adolescent Psychiatry

Inpatient: 734-763-5444
Outpatient: 743-764-0250
U of M Children's Psychiatric Hospital: 734-764-0231

Dodi Viola LMSW

Location: 1086 Charles Orndorf Drive Brighton, MI 48116

Contact Info: 810-220-3571

Youth Sports

Livingston County offers a wide range of high quality sports and recreation opportunities. The programs and leagues vary in length of time, level of skill, and price. In an effort to organize the listings in a clear way, we have listed the providers from community based through private companies. This is not to imply knowledge of skill level, cost, and/or quality.

Archery

Livingston Conservation and Sports Association - 810-227-2917 or www.lcsa.info

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Sky Archery—810-225-9085

Van's Archery Center—734-449-4306

Baseball

Fowlerville Community Recreation– 517-223-6481 or www.fowlervilleschools.org

Hartland Area Youth Athletic Association—www.hayaasports.com/

Howell Area Junior Baseball Association—www.howellbaseball.org

Michigan Sports Academy—517-552-9000 or www.msa-livingston.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

SWAT Elite Sports—517-540-0601 or www.swatsports.com

The Legacy Center—www.legacycentermichigan.com

Basketball

Fowlerville Community Recreation– 517-223-6481 or www.fowlervilleschools.org

Hartland Area Youth Athletic Association—www.hayaasports.com/

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Tri-County AAU Basketball—810-429-1274 or www.tricountytigersaau.com

Biking

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Cheerleading / Pom

Brighton Bulldogs—www.bulldogsfootballandcheer.com

Byron Youth Football and Cheerleading—www.byronyouthfootball.com

Champion Cheerleading—810-632-9717 or www.championcheerleading.com

Fowlerville Community Recreation– 517-223-6481 or www.fowlervilleschools.org

Hartland Area Youth Athletic Association—www.hayaasports.com/

Hartland Sports Center—810-632-7222 or www.hartlandsportscenter.com

Howell Area Junior Football and Cheer—517-518-2836 or www.hajfl.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Dance

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Fountain Dance Ministry—810-229-7690 or www.fountainballetacademy.com

Ginny's Danceworks—810-229-2743 or www.ginnysdanceworks.com

Glenns School of Dance—517-546-9787 or www.glennsschoolofdance.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Park and Recreation—517-546-0693 or www.howellrecreation.org

Karen's Dance Academy—517-546-3450 or karensdanceacademy.org

Maria's School of Dance—517-223-0036 or www.mariasschoolofdance.com

Michelle's Academy of Dance—810-229-5678 or www.madpacdance.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Flag Football

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Football

Brighton Bulldogs—www.bulldogsfootballandcheer.com

Byron Youth Football and Cheerleading—www.byronyouthfootball.com

Fowlerville Community Recreation– 517-223-6481 or www.fowlervilleschools.org

Hartland Area Youth Athletic Association—www.hayaasports.com/

Howell Area Junior Football and Cheer—517-518-2836 or www.hajfl.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

The Legacy Center—www.legacycentermichigan.com

Gymnastics

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Hartland Gymnastics Academy—810-626-2170 or www.hartlandgymnasticsacademy.com

Hartland Sports Center—810-632-7222 or www.hartlandsportscenter.com

High Flyers Educational Gymnastics—810-229-7740 or www.highflyersgym.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Infinity Gymnastics Academy—810-229-4966 or www.infinitygymnastics.com

Livingston County Gymnastics—517-672-6062 or www.livingstongymnastics.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Hockey

Kensington Valley Hockey Association—810-229-6087 or www.kvhockey.org

Livingston County Hockey—517-548-4355 or www.livingstonhockey.com

Horseback Riding

Brighton Riding Stable—810-534-5063 or www.brightonrecridingstable.com

Mac Meadows—517-404-3823 or www.macsmeadows.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Jump Rope

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Jumpin' All-Stars—www.jumpinallstars.org

Karate

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Neff Martial Arts—517-672-1444 or www.neffmartialarts.com

Ohana Karate—517-545-5557 or www.ohanakarate.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

PKSA Karate Brighton—810-227-0064 or www.pksa.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Lacrosse

Hartland Area Youth Athletic Association—www.hayaasports.com/

Howell Junior Lacrosse—517-881-9094 or www.howelljrlacrosse.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

The Legacy Center—www.legacycentermichigan.com

Roller Hockey

Rollerama Skating Center—810-227-2010 or metroskating.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Skiing

Mt Brighton Ski Area—810-229-9581 or www.mtbrighton.com

Soccer

Fowlerville Community Recreation– 517-223-6481 or www.fowlervilleschools.org

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Kicks and Sticks—517-545-7778

Livingston County Family YMCA—248-685-3020

Michigan Alliance—734-260-1907 or www.michiganalliancefc.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

The Legacy Center—www.legacycentermichigan.com

Soccer Shots—517-376-1068 or www.soccershots.org

United Brethren -- 517-223-9490 or www.fowlervilleub.org

Softball

Fowlerville Community Recreation– 517-223-6481 or www.fowlervilleschools.org

Hartland Area Youth Athletic Association—www.hayaasports.com/

Howell Area Junior Baseball Association—www.howellbaseball.org

Michigan Sports Academy—517-552-9000 or www.msa-livingston.com

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

SWAT Elite Sports—517-540-0601 or www.swatsports.com

The Legacy Center—www.legacycentermichigan.com

Special Olympics

Area 27 serves 200 athletes in Livingston County. For more information visit http://www.somi.org/area27/ or email area27@somi.org.

Swim

Best Livingston Area Swim team—www.howellswimming.org

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Area Aquatic Center—517-540-8355 or www.howellrecreation.org/aquatic-center/

Tennis

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Track

Fowlerville Community Recreation– 517-223-6481 or www.fowlervilleschools.org

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Volleyball

Fowlerville Community Recreation– 517-223-6481 or www.fowlervilleschools.org

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Southeast Livingston County Recreation Authority (SELCRA) - 810-299-4140 or www.selcra.com

Top Gun Volleyball Club—517-548-0024 or www.topgunvbc.com

Wrestling

Brighton Wrestling Club—810-231-4942 or www.brightonwrestlingclub.org

Fowlerville Community Recreation– 517-223-6481 or www.fowlervilleschools.org

Hartland Wrestling Club—www.eteamz.com/hartlandwrestlingclub

Pinckney Wrestling Club—www.pinckneywrestling.com

Pinckney Youth Wrestling—www.pinckneyyouthwrestling.com

Youth Activities

Art

Acorn Arts—517-545-3031 or www.acornarts.org

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Paint and Pour—313-338-8411 or www.thepaintandpour.com

The Ceramic Studio Etc.—517-548-5386 or www.theceramicstudioetc.com

Bowling

Bowl E Drome—517-546-0820 or www.bowledrome.com

Brighton Bowl—810-227-3341 or www.brightonbowl.com

Striking Lanes Bowling—810-632-6920 or www.strikinglanesbowling.com

Camp Fire

Camp Fire has a large variety of age appropriate programs. All of our programs focus on high quality age appropriate activities which incorporate problem solving and critical thinking. Programs listed below are offered by Camp Fire. Other enhancement activities such as yoga, theatre improve etc. would be contracted to outside vendors but at this time cannot guarantee availability so they are not included in the list:

- Wise Kids: Camp Fire's Wise Kids Outdoors health and wellness programs uses the simple theory of "energy in = energy out" to teach children about eating healthy and

living a healthy lifestyle

- Building Blocks: Building Blocks provides an exciting approach for youth to learn about science, technology, and mathematics
- Arts & Crafts: Age appropriate craft projects designed to spark creativity
- Music: Youth will experience different elements of music through song, dance and drumming. Participants will make simple musical instruments and learn about how music is made through hands on experiences
- Taking Care of Me and I'm Peer Proof: This program is designed to teach kids basic hygiene and life skills with emphasis on anti-bullying techniques
- InterACTION: Communication with peer groups and adults is crucial to thriving and success for youth today. Camp Fire's InterACTION focuses on healthy communication skills and helping youth learn simple conflict resolution approaches.
- In Defense of Food: In partnership with Public Television this program explores nutritional aspects of food with cooking lessons and other valuable, age appropriate information.

Clubs also available for youth and families:

- Classic Clubs: Youth from preschool to high school move progressively through the Classic Cub program in groups according to their grade levels. The small group program offers a mix of fun activities, projects, events & experiences to help develop planning & decision making skills.
- Family Clubs: Families can form their own clubs. Since the Camp Fire program is flexible, the specifics of each individual program can be customized to meet the needs of each family. Families in the community come together monthly to participate in activities and to recognize accomplishments.

For more information contact: kids@camfiresem.org or visit www.camfiresem.org

Phone: (248) 382-8382 Address: 9750 Milford Rd. Holly, MI 48442

The Connection Youth Services Youth Leadership Council

Youth Leadership Council members work as part of a team on community service projects, youth event planning, advocacy, and program development. Youth utilize leadership skills, youth voice, youth service, youth action, and youth organizing to effect positive social change in our community and improve conditions for themselves and others.

This group meets weekly at The Connection Youth Services' Drop-In Center located in Howell. Call 1-866-440-7233 for more information. Youth ages 14-20 years old are welcome.

The Connection Youth Services' Umbrella Initiative

The Umbrella Initiative focuses on providing a safe space for LGBTQ+ youth and their allies (and any other youth interested in learning more about LGBTQ+ topics). The Umbrella Initiative's goal is to support, educate, and advocate for LGBTQ+ youth. This group meets weekly at The Connection Youth Services' Drop-In Center located in Howell. Call 1-866-440-7233 for more information. Youth ages 14-20 years old are welcome.

Cooking

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Cromaine District Library Programs

Chess Club. Second Thursday of the month, 6-8pm. Tweens and Teens

- Chess players with all levels of experience are welcome to participate in our new Chess Club. Come play against other members or learn the rules and strategies from scratch. Grades 5 and up. Visit www.cromaine.org for more information.

Children story times, weekday mornings starting in September.

- Three separate story time programs designed specifically for the cognitive abilities in each age group: birth to 18 months, two year old toddlers and preschoolers 3 years and up. Visit www.cromaine.org for time and registration information.

Prime Time Family Reading Time Fridays in September, 6pm – 7pm. Grades 1-4.

- Prime Time Family Reading Time is a six-week series that provides the participating families a delicious meal followed by storytelling and an opportunity to discuss literature with your elementary-age students. Preschool siblings are offered a separate program with a trained facilitator as well. This Grant-funded event affords families and enjoyable way to learn how to talk with their youngsters about values and choices, helping them share their own guidance. Visit www.cromaine.org for information times and signing up.

Teen Advisory Board @ Hartland's Cromaine Library. First Thursday of the month, 3:30pm – 4:30pm grades 7 and up.

- Join TAB and help plan and carry out library programs, work on projects, select books for the Teen section, talk about books, music, and movies, and meet other teens. For grades 7 through 12. Snacks provided. Visit www.cromaine.org for more information.

Tween Nights at the Library. Second and Fourth Monday of the month, 6:30-7:30pm. Grades 5-6.

- Join other 5th and 6th graders for a programs such as a Zombie Party, Percy Jackson event, Emoji Party, craft wars and more! Visit www.cromaine.org for more information

Engineering/Science

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Fitness

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Fit Zone—517-552-1530 or fitzonehowell.com

Hamburg Fitness Center and Camp—810-231-4169 or www.hamburgfitness.net

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

My Stronger Self Fitness and Dance—810-844-1650 or www.mystrongerself.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

PFP Crossfit of Howell— 989-928-4092 or www.paleoforpower.com/crossfit.html

Pure Heat Yoga and Fitness—517-552-1520 or www.pureheatyoga.com

TITLE Boxing Club of Brighton—810-626-5673 or brighton-grandriver.titleboxingclub.com/

Top Dog Fitness—248-730-5865 or www.topdog-training.org

Total Fitness Center—517-552-4983 or www.totalfitnessmi.com

TruFit Fitness Studio—517-546-7100 or www.trufitfitnessstudio.com

Gaming

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Great Start Parent Coalition

Great Start Livingston supports ALL families in Livingston County who are taking care of children from the prenatal period through age 8.

Our Parent Coalition meets monthly on the third Thursday each month. Join us! www.greatstartlivingston.org

Hamburg Township Parks and Recreation

Hamburg Township Parks and Recreation invites you to come and play! Come and enjoy the number of local facilities to enjoy:

- Manly W. Bennett Memorial Park: approved by the Township Board for specific local non-profit sports groups to offer programming and community events. Park land is located on both the east and west sides of Merrill Road. This 384-acre recreational facility includes baseball/softball/t-ball diamonds, soccer fields, playgrounds, football practice areas that accommodate rugby, a model airplane runway/flying field, picnic areas, hiking, and biking trails, and a newly added Disc Golf Course.
- The "Gulch" Disc Golf Course: This course is 18 am holes and 9 pro, and winds through the woods of Manly Bennett Park West. The course includes some hilly terrain, and benches have been placed along the way to provide resting areas while you play.
- Lakelands Trail: One of four linear state parks in the Michigan State Park System that have been converted from under the ownership of the DNR. The 6.5 mile Hamburg Township section of the Trail was a former abandoned railroaded route that was redeveloped into a 16 foot wide, non-motorized pathway with a 10 foot wide e paved section for walking, bicycling, rollerblading, running, and cross-country skiing, and a 6 foot wide turf lane for equestrians.

For more information, contact: Deby Henneman, Parks & ADA Coordinator Hamburg Township at (810) 222-1124.

Howell Carnegie District Library

Howell Carnegie District Library offers a variety of activities for all ages.

- Family Place Library – programs and materials for parents/caregivers and children birth through age 3, including the Parent Child Workshop, the Family Place Parenting Collection and the play area in the Youth Services Department.
- Early Literacy Classes- programs for children birth through entering kindergarten and their parents/caregivers focusing on establishing the skills needed for entering school and learning to read.
- Build It Room – collection of games, materials, manipulatives, puzzles and toys to inspire discovery and dramatic play.
- Summer Reading Program – a variety of special events and a reading game during the summer months to keep all ages (birth through adult) engaged in reading and learning.
- Special School Year Programs – various special events, some educational and some just fun.
- Teen Volunteer Program - teens (grade 6-12 during the school year and grades 7-12 in the summer) assist the Youth Services staff.
- Materials available – kits, eBooks/eAudios (downloadable and/or streaming), DVDs, audiobooks, online resources and books to meet your educational, informational, and recreational needs.

For more information (517) 546-0720 or www.howelllibrary.org

LACASA Volunteer Opportunities

Position: Teen Advisory Council (TAC) Member

- Description: LACASA's TAC is made up of local high school students representing all of Livingston County's school districts. Teens work with LACASA staff to create an annual awareness campaign hosted in all local high schools. Campaigns address the issues of dating violence and sexual assault awareness as well as other prevention and education projects for teens.
- Training: Teens receive ongoing training as a part of the TAC Meetings.
- Time Commitment: Meetings are held twice a month after school hours and teens are asked and encouraged to attend at least one meeting a month. There are other opportunities throughout the year for teens, which members are invited to attend.

Position: Cinderella's Closet Representative

- Description: Cinderella's Closet is a semi-annual awareness opportunity hosted by LACASA which works to build self-esteem and empowerment of local teens. Twice per year, near Homecoming and Prom, LACASA hosts a pop-up boutique at LACASA Collection in Howell and offers suits, dresses, gowns, and jumpers for only $25 each. The boutique carries a wide variety of sizes and styles. Teen guests are given information on healthy relationships, safety, and self-love while doing something good for both LACASA (all proceeds support LACASA's prevention education efforts) and the environment (repurposing formalwear which might otherwise be discarded).
- High school aged volunteers are needed to help promote the boutique on their social media, assist in a photo shoot, and help with an annual formalwear drive competition.
- Training: New representatives are asked to attend an informal meeting to become more familiar with LACASA, our programs, and services, and what is expected from our reps.
- Time Commitment: Approximately 10 hours per boutique at the teen's availability.

Position: LACASA Collection Volunteer (16 & older please)

- Description: Volunteers will be sorting and organizing donations generously given to LACASA for the LACASA Collection (our resale boutique in Howell) which is designed to enable clients to shop with dignity and provide ongoing and sustainable funding for LACASA's critical programs. Volunteers are needed to hold customer service positions (sorting, organizing, merchandizing, tagging, and sales.
- Training: Volunteers will be asked to complete an orientation as well as on-the-job training on location.
- Time Commitment: Flexible; Time Commitment: Flexible; we are currently scheduling volunteers to assist on work crews on a weekly or bi-weekly shift on location, or based on their availability.

Interested in volunteering? Contact: volunteering@lacasacenter.org

Let's Get Moving

Develop your child's brain through songs, music, dance, and rhyme. Gross motor skills help even youngest learners get ready to read. Dance with simple instruments, crawl through tunnels, and experience parachute play, fun for the whole family! Open play concludes the program. All ages with a caregiver. Drop-in. A free ticket is available 15 minutes before the program. Space is limited.

Location: Brighton District Library, 100 Library Drive, Brighton, MI 48113

Times: 10:15-11:15 Fridays, throughout the school year

Contact Info: 810-229-6571 ext. 223

Livingston ESA

Livingston ESA offers *FREE** high-quality preschool programs to children throughout Livingston County.

Livingston ESA preschool programs utilize a research-based curriculum in a supportive learning environment to assist children with the development of the skills needed to be

ready for kindergarten and beyond. The curriculum is focused on helping preschoolers develop the early reading and math skills needed to be successful in school. Additionally, attention to the whole child includes a focus on social and emotional development. Children learn skills to negotiate, problem solve, and develop empathy, as they interact with their peers and other adults in early childhood settings. Activities to develop gross and fine motors skills are included on a daily basis to make sure all five of the dimensions of readiness are addressed. Parent involvement during the preschool years is encouraged and all programs provide multiple opportunities for parents to participate in their child's experience. Livingston ESA provides high-quality health, oral health, mental health, and nutrition services that will support each child's growth and school readiness.

Decisions for enrollment into Head Start and Great Start Readiness Program classrooms are based on individual family experiences; one or more of these experiences may qualify your child:

- Family Income
- Concerns about your child's development
- Challenging behavior
- English as a second language
- Family school difficulties
- Environmental Risk (Abuse, Addiction, Mental Health)
- Single parent home due to divorce, deployment, incarceration, illness
- Change in guardianship

Great Start Readiness Program (GSRP) and Head Start classrooms are located throughout the county, in each of the local school districts: Brighton, Fowlerville, Hartland, Howell, and Pinckney.

* *Must meet eligibility requirements.*

MSU Extension: 4-H

The 4-H program aims to educate youth ages 5-19 in arts and sciences, and to encourage fellowship, service opportunities, and grow future leaders. 4-H continues to develop new projects for its members to study agriculture and animal husbandry, photography,

conservation, cooking, public speaking, clothing and textiles, service learning, shooting sports, history, art, robotics, junior master gardener, and other pursuits.

For more information call 517-546-3950.

MSU Extension: Early Childhood

Michigan State University Extension's Early Childhood Education offers research-based programs, series of educational classes and information for parents, caregivers and child care providers on a variety of early childhood development topics including:

- Literacy development
- Science and math
- Positive discipline
- Dealing with anger
- Social and emotional health
- School readiness
- Nurturing parenting

For more information contact Carrie Shrier at 517-546-3950.

Music! Movement! Make-&-Take!

Join us for a lively time of stories about music, time for moving to the music, and making your own musical instruments to take home! For ages three to 5. Call (810) 632-5200 to register or visit www.cromaine.org for more details.

The Salvation Army

The Salvation Army offers numerous programs for youth of all ages including:

- Teen Night - Fun, Educational and Service Projects
- Character Building programs for elementary students

- Volunteer opportunities for youth
- Summer overnight camps

If you would like information on any of the above, contact Major Prezza Morrison at: 517-546-4750 Ext. 341 or Prezza.Morrison@usc.salvationarmy.org

Shapedown®

Saint Joseph Mercy Health System offers Shapedown®, a national weight management program for families. Parents and children work together as a team with a social worker, registered dietitian, and exercise specialist to learn how healthy eating, an active lifestyle, and effective communication promote weight loss and family unity. The program starts with ten weekly two-hour classes. May be covered in part by certain insurances. Scholarships are available. Visit www.stjoesannarbor.org/shapedown for more information.

Roller-skating

Rollerama Skating Center—810-227-2010 or www.metroskating.com

Tae Kwon Do/Tai Chi

ATA Martial Arts—810-623-3312 or www.ataonline.com

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Kil's Tae Kwon Do—810-227-1991 or www.kilsmartialarts.com

Neff Martial Arts—517-672-1444 or www.neffmartialarts.com

Teen Center

Hartland Next Door Teen Center — 810-991-0050 or www.nextdoorhtc.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Toe-Tappin' Tuesdays

Awaken your child's imagination and get ready to move and interact with your child through music, movement, and more! For all ages and their caregiver. Call the Brighton District Library for more information and specific dates at (810) 229-6571 or visit www.brightonlibrary.info

Wednesday Wigglers

Stimulate your active toddler with books, music, and movement. This activity is best suited to toddlers who enjoy rolling, creeping, stretching, and moving. Call the Brighton District Library for more information and specific dates at (810) 229-6571 or visit www.brightonlibrary.info

YMCA Summer Day Camp

Summer day camp programming with transportation to the Carls Y in Milford. Program hours are 8:30 a.m. to 4 p.m. with before and after care available. Daily program includes multiple opportunities for outdoor physical activity, games, sports skills, nature walks, nutrition, and care character values activities. Call (248) 685-3020 for more information or visit www.ymcadetroit.org

Yoga

Bent Yoga—248-491-8565 or www.bentyogastudio.com

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Fusion Pilates and Yoga—810-588-4461 or www.fusionpilatesandyoga.com

Good Karma Yoga Studio LLC—810-991-1927 or www.goodkarmayogastudio.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Pure Heat Yoga and Fitness—517-552-1520 or www.pureheatyoga.com

Yoga Center for Healthy Livings—810-225-1288 or www.yogacenterbrighton.com

Zumba

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Howell Area Aquatic Center—517-540-8355

Kil's Tae Kwon Do—810-227-1991 or www.kilsmartialarts.com

My Stronger Self Fitness and Dance—810-844-1650 or www.mystrongerself.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

TruFit Fitness Studio—517-546-7100 or www.trufitfitnessstudio.com

Zumba Joanie—www.zumbajoanie.com

Youth Safety

Boater's Safety

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

ONLINE—www.boat-ed.com/michigan

Hunter's Safety

Livingston Conservation and Sports Association - 810-227-2917 or www.lcsa.info

Livingston County Wildlife and Conservation Club—810-231-1811 or www.lcwcc.org

ONLINE—www.hunter-ed.com/michigan

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Self-Defense

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Kil's Tae Kwon Do—810-227-1991 or www.kilsmartialarts.com

Neff Martial Arts—517-672-1444 or www.neffmartialarts.com

Ohana Karate—517-545-5557 or www.ohanakarate.com

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

PKSA Karate Brighton—810-227-0064 or www.pksa.com

Snow Mobile Safety

Brighton Community Education—810-299-4130 or www.brightoncommunityed.com

Hartland Community Education—810-626-2150 or www.hartlandcommunityed.com

Howell Parks and Recreation—517-546-0693 or www.howellrecreation.org

ONLINE—www.snowmobile-ed.com/michigan

Pinckney Community Education—810-225-3950 or www.pinckneyonline.org

Physical & Sexual Health

Affirmations

Affirmations provides a welcoming space where people of all sexual orientations, gender identities & expressions, and cultures can find support and unconditional acceptance, and where they can learn, grow, socialize and have fun.

Location: 290 W. Nine Mile Rd. Ferndale, MI 48220

Contact Info: 248-398-7105

Website: www.goaffirmations.org

Child Abuse and Neglect

To report suspected child abuse and/or neglect, call 855-444-3911. The identity of the reporting person is confidential.

The Connection Youth Services' Umbrella Initiative

The Umbrella Initiative focuses on providing a safe space for LGBTQ+ youth and their allies (and any other youth interested in learning more about LGBTQ+ topics). The Umbrella Initiative's goal is to support, educate, and advocate for LGBTQ+ youth. This group meets weekly at The Connection Youth Services' Drop-In Center located in Howell.

Call 1-866-440-7233 for more information. Youth ages 14-20 years old are welcome.

The Corner Health Center

The Corner Health Center is a LGBTQ+ friendly health care provider offering checkups & shots, STI tests and treatment, Rapid HIV testing, birth control, pregnancy testing & care, free condoms, counseling, hormone therapy & puberty blockers, bullying support, LGBTQ+ support and more.

Location: 47 N. Huron St. Ypsilanti, MI 48197

Contact Info: 734-484-3600

Website: www.cornerhealth.org

Equality Michigan

Equality Michigan is Michigan's only statewide anti-violence and advocacy organization working primarily for Michigan's lesbian, gay, bisexual, and transgender (LGBT) communities. Our organizations work to create change on a local and state level that advances equality and legal protections for the LGBT communities.

Location: 19641 W. 7 Mile Rd. Detroit, MI 48219

Contact Info: 313-537-7000

Website: www.equalitymi.org

GLSEN

(Gay, Lesbian, Straight Education Network)

The Gay, Lesbian & Straight Education Network strives to assure that each member of every school community is valued and respected regardless of sexual orientation or gender identity/expression.

PO Box 764 Royal Oak, MI 48068

Contact Info: 248-716-0106

Email: glsensemi@gmail.com

LACASA SANE

LACASA provides a private, caring, and confidential setting for survivors of sexual assault. Our Sexual Assault Nurse Examiner (SANE) program offers assault survivors of all ages and their families a respectful environment to come for help and medical care following a sexual assault. LACASA's state-of-the-art facility provides survivors with an alternative to undergoing medical care at a public emergency room. All medical assessments and examinations are conducted by SANE Nurses. These nurses are specially trained to provide compassionate care.

24/7 Helpline Call: 866.522.2725 Text: 517.777.8005
www.lacasacenter.org

Livingston County Health Department

Offers information or referral for Sexually Transmitted Diseases (STD's) or Sexually Transmitted Infections (STI's). A Public Health Nurse is available to offer information and referrals for sexually transmitted diseases (STD) during business hours Monday through Friday at (517) 552-6882. Confidential or anonymous information based HIV testing is available by appointment. No charge.

Immunizations & TB Testing is offered on a walk-in basis on Wednesday's from 8:30 a.m. – 4:30 p.m. with extended hours until 7:00 p.m. on the 2nd & 4th Wednesday's every month.

The Health Department assists with enrollment into Children's Special Health Care Services, which is a state of Michigan program designed to provide early identification and advocacy for children with eligible medical conditions as well as assistance with medical costs. Staff is also available to assist with enrollment in health insurance plans such as

Healthy Michigan Plan, MIChild, Healthy Kids, and MOMS.

Location: 2300 E. Grand River Ave #102 Howell, MI 48843
Contact Info: 517-546-9850
Website: www.lchd.org

Livingston Family Medical Center

The Livingston Family Medicine Center provides up-to-date, evidence-based, comprehensive health care for infants, children, teens and adults, in a caring, compassionate environment. Working closely with each of our patients, we develop personalized care plans with a special emphasis on preventative care so that, in addition to helping you today with health care concerns, we can work with you now to avoid ones that may come up in the future.

Location: 7575 Grand River Ave, Suite 210, Brighton, MI 48114

Contact Info: 810-844-7950

Medical Assistance

Essential health care coverage, such as Medical Assistance or Medicaid, is available to those who otherwise cannot afford it. Michigan has many health care programs available to children, families and adults who meet eligibility requirements. Each program has income limits and some have an asset limit - limits vary with each program. Apply for coverage on MI Bridges at www.michigan.gov/mibridges. More information is available at http://www.michigan.gov/mdhhs/0,5885,7-339-71547_4860---,00.html or contact the Livingston County Department of Health and Human Services at 517-548-0200.

National Diabetes Prevention Program

St. Joseph Mercy Health System/Diabetes Prevention Center

Location: Genoa Medical Office Bldg. 2305 Genoa Business Park Dr. Brighton, MI 48114

Contact Info: 800-482-1455

Website: www.nkfm.org/dpp

New Life Home Health Care MIHP (Maternal Infant Health Program)

New Life Home Health Care's Maternal Infant Health Program (MIHP) is located in Livingston County, and is a home visiting program. We provide care coordination and education for pregnant and infant (through the first year) Medicaid beneficiaries by focusing on the mother-infant dyad. Care coordination services are provided by a Registered Nurse and a Licensed Social Worker, one of whom is designated as the Care Coordinator. The goal of MIHP is to support Medicaid beneficiaries in order to promote healthy pregnancies, positive birth outcomes, and healthy infant growth and development. MIHP services are intended to supplement medical (prenatal and infant) care, and to assist healthcare providers in managing the beneficiary's health and well-being.

Contact Info: 517-586-4013

Website: www.newlifehhc.com

PFLAG

PFLAG promotes the health and well-being of gay, lesbian, bisexual and transgender persons, their families and friends through: support, to cope with an adverse society; education, to enlighten an ill-informed public; and advocacy, to end discrimination and to secure equal civil rights. Parents, Families and Friends of Lesbians and Gays provides opportunity for dialogue about sexual orientation and gender identity, and acts to create a society that is healthy and respectful of human diversity.

Meetings: 3rd Thursday of Every Month, 7:00 pm - 9:00 pm
First United Methodist Church: 400 E. Grand River Brighton, MI

Enter lower level from back parking lot.

Mailing Address: PFLAG Livingston P. O. Box 314 Howell, Michigan 48844

Contact Info: 517-548-0839

Email: LivingstonPFLAG@aol.com

Planned Parenthood

Health centers offering abortion services, birth control, HIV testing, LGBT services, men's health care, the morning-after pill (emergency contraception), pregnancy testing and services, STD testing, treatment & vaccines, and women's health care.

3100 Professional Dr. Ann Arbor, MI 48104 – 734-973-0710

2370 W. Stadium Blvd. Ann Arbor, MI 48103 – 734-929-9480

15707 Farmington Road, Livonia, MI 48154 – 734-591-6544

G-3371 Beecher Road, Flint, MI 48532 – 810-238-3631

300 N. Clippert, Ste. 6, Lansing, MI 48912 – 517-351-0550

Website: www.plannedparenthood.org

Pregnancy Help Clinic

Pregnancy Help Clinic offers a variety of services dedicated to assisting individuals experiencing an unplanned pregnancy including material support to assist any family struggling to meet the needs of their infant, medical services, education, counseling, and a lending library.

Pregnancy Help Clinic also offers STI testing and treatment services. Services are free, with the exception of a small lab fee that covers the portion of the expenses incurred for laboratory testing.

Location: 7743 W. Grand River Suite 101 Brighton, MI 48114

Contact Info: 810-494-5433

Website: www.pregnancyhelpclinic.com

University of Michigan Student Run Free Clinic

A student organization dedicated to providing the highest quality of health care free of charge to uninsured community members, while creating opportunities for U of M students and physicians to confront health disparities through direct action.

Location: 103 E. Main St Pinckney, MI 48169
Contact Info: 734-680-0804

Other

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If you're looking for assistance with a problem and you don't know where to turn, or you simply want information on a particular human service issue, 2-1-1 is for you. It is available 24 hours a day, seven days a week. Just pick up your phone and dial 2-1-1. If you are outside the communities listed above or are calling by pay phone or cell phone, you can reach the call center directly by dialing 866-561-2500.

Department of Health and Human Services

At 2300 E. Grand River, Suite 1, Howell. The Michigan Department of Health and Human Services assists children, families and vulnerable adults to be safe, stable and self-supporting. Contact the agency at 517-548-0200.

You can apply for all assistance programs on the MDHHS website: www.michigan.gov/mibridges or call 888-642-7434.

- Medicaid provides necessary medical care for recipients and other low-income individuals who are under 21, pregnant, disabled, and blind.
- Family Independence Program (FIP) is a cash assistance program for families with children. A family with other income can be eligible if the family income is less than the family's needs and income minus work disregards.
- The Child Support Program assists to establish paternity and obtain child support payments from absent parents. This free service is available to all citizens, whether or not they receive assistance.
- Children's Protective Services help prevent further harm from non-accidental physical or mental injury, sexual abuse, exploitation, or neglect by a person responsible for a child's health or welfare. DHHS staff investigate reported abuse and neglect, assist

families in diagnosing and resolving problems, refer families to community resources including family preservation services, if necessary petition the court for removal of the child, provide public information about child abuse and neglect and coordinate community service programs. The identity of the reporting person is confidential. Call 855-444-3911 to report suspected abuse or neglect of children.

- Youth in Transition Program assists foster care youths between ages 14 and 23. The overall goal is to reduce the negative long-term effects of out-of-home placement by offering comprehensive, individualized services to eligible youths to prepare them for independent living. Applicants need not have an active DHHS case.

Livingston Council for Youth

"We empower kids by bringing the community together as one voice to create a culture where every child feels valued, safe, loved, and empowered."

Here in Livingston County, Michigan, parents, youth-serving organizations, educators, the faith-based community, and the community at large share a common goal to help youth succeed. Great things are happening here already, but we know that we can do better by collaboratively working together to develop the community-level strategies that will continue to bring positive change. Are you interested in joining the Livingston Council for Youth? Contact Alyssa Maat, amaat@lcunitedway.org.

Livingston County Essential Transportation (LETS)

Location: 3950 W. Grand River Howell MI 48855

Contact Info: 517-546-6600

Website: www.livgov.com/lets

STEPS Community Action Center

STEPS (Success Takes Every Person's Support) provides services, supplies, support, and aid to individuals and families who are in need, at-risk, underprivileged, struggling, and/or facing a crisis. We help underprivileged children and their families by providing clothing, shoes, basic care items, furniture, and more. Whether labeled as disadvantaged, low-income or at-risk, these children and their families often lack necessities and access to resources. We provide these items to foster growth and support these families in their time of struggle.

We also support our foster, adoptive, kinship, and guardianship families and children. Often when children come into care, they arrive with only the clothes on their back. We provide them with all the essentials needed, alleviating that stress so the focus can be on healing and bonding.

Location: 10140 W Grand River Rd., Fowlerville, Michigan, 48836

Contact Info: 810-373-2663

Website: https://stepscac.com/

Ozone House

Since 1969, Ozone House has provided a safe place, shelter and continued support to thousands of runaway, homeless and high-risk youth in our community who don't have a safe place to call home.

We offer a range of housing options - from emergency shelter to permanent supportive housing - in addition to essential comprehensive services including individual and family therapy, case management, and youth leadership opportunities.

Ozone House's continuum of care is nationally recognized as a model of innovative and effective care. Services are designed to offer youth the resources and skills they need to reach their full potential and contribute their best to the world.

We are the only agency in Washtenaw County that provides free, confidential, and voluntary shelter and support services to run away, homeless and high-risk youth ages 10-20 and

their families.

- 1705 Washtenaw Ann Arbor, MI 48104 – 734-662-2265 – www.ozonehouse.org – Monday-Thursday 9 a.m.-8 p.m., Friday 9 a.m.-5 p.m.
- Ozone House Drop-In Center 102 N. Hamilton Ypsilanti, MI 48198 – 734-485-2222 – Monday-Friday 4 p.m.-5:30 p.m.
- Ozone House 24 Hour Crisis Line: 734-662-2222

This guide is now maintained and updated via the Chronic Disease Action Team, which is part of the Livingston County Community Health Improvement Plan.

A special *thank you* to the local businesses, organizations, and agencies that responded to the call for updates and additions to the guide. These resources have improved and enriched this guide in its 11th edition.

Should you wish to be included in future editions of this guide or if you are interested in more information, please contact:

Tess Kilian

Health Promotion Specialist

Livingston County Health Department

tkilian@livgov.com

517-546-9850