



HOT SHEET



COMMUNITY AND PREVENTION RESOURCES — FEBRUARY 2012

17th Annual Parenting Conference - Adventures in Parenting

Saturday, March 3 from 8:00am to 3:30pm at the Macomb Intermediate School District Conference Center, 44001 Garfield Rd., Clinton Twp., 48043. Enjoy a day filled with over 20 specialized parenting workshops and the opportunity to learn about resources in your community. To register and to find a complete listing of speakers and topics visit www.careofsem.com. State Board CEUs Pending and Social Work CE Approved. Tickets are \$35 and also available by phone 586.541.0033.

Project FOCUS Youth Support Winter Camp

Families Overcoming Crisis and Understanding Strengths

Are you concerned about a family member's use of alcohol or other drugs? Do you have a family member in recovery or are in recovery yourself? Project FOCUS is a FREE support program for parents, caregivers, and youth ages 6-15. Feb.13, March 19 and April 16 from 6:00 - 8:00 pm. First Presbyterian Church, 168 Cass Avenue, Mt. Clemens, MI 48043. FREE pizza dinner is provided nightly. FREE Childcare is also available for children ages 3-5 years old. Call for more information and to receive a registration packet 586.541.0033 or visit www.careofsem.com.

Parent Education Classes

Choose from early childhood (ages 0-5), school age (ages 6-12) and teenagers (ages 13-18). Classes run for 8 weeks and held in multiple locations. To view a complete list of classes and to register visit www.careofsem.com/parenting_ed.html or call 586.451.0033.

Are you getting ready to retire?

Macomb County Senior Citizen Services will have Resource Advocates presenting on February 15 from 2 pm – 4:30 pm at the Verkuilen Building, Senior Auditorium. Advocates will discuss social security, veterans benefits, Medicare Parts A, B, & D, Medicare advantage and Low income Subsidy. To register, call 586.469.6313.

Free Family Fun Night

Wednesday, January 25 from 5:30—7:00 P.M. Free dinner, resources, children's book and entertainment by Rosco the clown and Gari. For children 5 years and younger. Macomb Intermediate School District, Rooms 100 ABC, 44001 Garfield Road, Clinton Township, 48038. Register by calling 1.866.4MACOMB/1.866.462.2662 or email kbockstanz@misd.net by Monday, January 23.

Macomb County Warming Center Schedule

MCWC Office: 586.321.0998 Shelter Hours: 8:00 PM through 7:00 am Sunday Through Saturday. No one admitted after 9:00pm.

2/5-2/11 St. Clair Shores Assembly of God, 24905 Manhattan, St. Clair Shores.

2/12-2/18 St. Edmund, 14025 12 Mile Rd., Warren.

2/19-2/25 St. Martin De Porres Catholic Community, 31515 Hoover RD., Warren.

2/26-3/3 Love Life Family Christian Center, 17363 Toepfer Dr., Eastpointe.

Coat Drive (Adult)

Prisoner Re-Entry is collecting coats for those men and women returning to their communities and neighborhoods from Michigan's Prisons. Last day to drop off coats is Wednesday, February 15. Please drop off clean, gently used coats to Prisoner Reentry at 18A Market Street, Mt. Clemens, 48043 or CARE of Southeastern Michigan, 31900 Utica Rd., Fraser, 48026. For more information call 586.469.7044.

Agencies Get Grants to Help Residents Stay Warm

The Michigan Public Service Commission (PSC) has awarded grants from the new Vulnerable Household Warmth Fund (VHWF) to agencies to provide temporary heating aid to vulnerable Michigan residents. Salvation Army: Contact the local Salvation Army in your area, The Society of St. Vincent de Paul of the Archdiocese of Detroit, Detroit: 313.393.2930, or The Heat and Warmth Fund, Detroit: 313.226.9465.

Triumph through the Challenges off FASD

An (8) eight-week training workshop for individuals caring for a child with FASD or other brain-based disability (i.e.. ADHD). Perfect for parents or professionals. March 12 - May 14, 2012 (no class April 9 & April 30, 2012) TIME 6:00 - 8:00 pm. Workshop is FREE. CARE of Southeastern Michigan, 31900 Utica Road, Fraser, MI 48026. Pre-registration required. Please phone 586.541.0033.

Substance Abuse Support Services (SASS)

FREE monthly educational sessions for people in recovery and family members. Thursdays, February 23th, "Substance abuse and domestic violence both emotional and physical" and March 22nd, "Relapse triggers - how do I cope with them?" from 2:00 -3:30 pm at CARE of Southeastern Michigan, 31900 Utica Road at Masonic, Fraser. No pre-registration required.

Project Choices

Women of childbearing age can earn \$\$\$\$ and learn about healthy choices regarding alcohol use and birth control. Individual confidential sessions. Call Shelly at 586.541.0033 extension 128.

Understanding Teen Depression

Wednesday, January 25 from 6:30 – 8:30 pm Ferndale High School, 881 Pinecrest, Ferndale Michigan 48220. free workshop designed to help parents recognize common signs and symptoms of depression and suicidality in teen. Pre-register by calling 248.586.8700 or email mhicks@ferndaleschools.org.

Problem Gambling Symposium

March 5 from 9:00 am - 4:00 pm. Double Tree Detroit/ Dearborn, 5801 Southfield Expressway Detroit, MI 48228 Cost: \$25. Register at <http://www.mi-pte.org>.

Tax Help for Free

Free tax preparation - federal, state and city. Call to determine eligibility and to schedule an appointment 586.294.4673. Hope Center in Macomb, 33222 Groesbeck Highway in Fraser. Just north of 14 Mile Road on the east side of Groesbeck.

Healthy Meals For Families

One Hour Presentations with Recipe Sampling with Oakland County MSU Extension. This is a fun and helpful course for parents who are eligible for food assistance programs. It is presented by a trained nutrition instructor at No Cost to You. Please call 248.347.3860 ext. 209 for more information.

Identifying and Selecting Evidence- Based Interventions

A framework for understanding evidenced-based best practices and aligning community systems and intervention to a communities' logic model. Monday, January 23rd from 9:00 am - 4:00 pm. Eaton Intermediate School District 1790 E. Packard Hwy. Charlotte, Michigan 48813. Register online: <http://eatonisd.org/prodevelopment>.

2nd Annual Court Night

Monday, February 13 from 6:30-8:30pm. 52nd-3rd District Court, 700 Barclay Circle, Rochester Hills. A special presentation with Judges Julie Nicholson, Lisa Asadoorian and Nancy Carniak and local law enforcement to hear hard hitting information about teen drinking, house parties, illegal and Rx drug use and the consequences and effects on our kids and our communities! Teenagers are encouraged to attend this special event and can earn community service hours for attending. Register by emailing nocc@northoaklandcoalition.org or by calling 248.520.3786.

Free Monthly Dinner

For those in need. Third Sunday of each month. St. Barnabas Church, 24800 Phlox, Eastpointe. From 4:00-5:30 pm. Call Paul at 586.924.7946 for more information.

Free Credit Report

It is important to occasionally review your credit record to be sure it is accurate and to protect yourself from fraud. There are 3 major credit reporting agencies. They are: EQUIFAX, EXPERIAN and TRANSUNION. You can request a free report by calling 1.877.322.8228 or online at: www.annualcreditreport.com.

Are You Eligible for Tax Credits?

Tax Season is around the corner and Resource Advocates are ready to answer your questions! Call 586.469.6313 to determine your eligibility for Home Heating and Homestead Tax Credits. Appointments are free and will be scheduled after January 3, 2012 or you may contact the building coordinator if you reside in a Senior Complex. You may be eligible if: your heat is included in your rent and/or you pay Consumer's Energy Also, information and forms for the Home Heating and Homestead Property Tax Credits may be found at: www.michigan.gov/taxes/.

Chronic Pain Management

PATH (Personal Action Toward Health) is Michigan's name for the Stanford Chronic Disease Self-Management Program. Learn techniques and strategies for the day-to-day management of chronic or long-term health conditions. It is a six-week workshop conducted in 2 1/2 hour sessions each week. Workshops are offered in convenient, easily accessible community locations, and are offered for free, or at very low cost to participants. PATH is designed to benefit adults with chronic or long-term health conditions including arthritis, heart disease, diabetes, emphysema, asthma, bronchitis and depression. Family members, friends, and caregivers are also encouraged to attend the workshop. Call 800.968.3030 for workshop dates and locations.

Leaps and Bounds Family Services

For February schedule of early childhood classes and trainings call 586-691-9997 or visit http://leapsnbounds.org/elc_class_schedules0.aspx.

FREE Homebuyer Education Seminar

Saturday, January 28 from 10:00 am to 4:00 pm. (Please arrive 15 minutes early) Southfield Public Library, Meeting Room, 26300 Evergreen Road, Southfield, 48076. Register early, seating limited, call 248.920.6200 or send an e-mail to deverett@lighthouseoakland.org. If you have general questions, contact Rhonda Terry at Human Services 248.796.4542.

Tax Credit Eligibility

Call 586.469.6313 to determine eligibility for Home heating and Homestead tax Credits. Forms can be found on line at <http://www.michigan.gov/taxes>.