



HOT SHEET



COMMUNITY RESOURCES — JANUARY 2012

10th Annual Early Childhood Conference

For Teacher of infants, toddlers and preschoolers on Saturday, January 28 from 8am to 3:45 pm. Macomb Community College South Campus, K Building (12 Mile Rd. and Hayes) Keynote Speaker, Phillip D. Hamberg, L.M.S.W., L.M.F.T., Program Director of Head Start, Kent County, MI. Macomb Student: \$30 or Non-Student: \$40. Diaper Drive. Bring a package of diapers, any size, and receive an extra raffle ticket. Applications are available online at www.macomb.edu. Click on WebAdvisor and then Continuing Education, or call 586.498.4000.

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. Jan. 9, 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.

Legal Help for Military Families

Cooley Law School's Services to Soldiers for qualifying (deploying, deployed or within six months of returning from deployment) families. Preparation of wills, powers of attorney, family and credit issues, landlord/tenant. http://www.cooley.edu/ethics/service_to_soldiers.pdf. Call Heather Spielmaker, Director of the Center for Ethics, Service and Professionalism at 517 371-5140 ext. 4112 or spielmah@cooley.edu.

LifeCare Support Groups at Shepherd's Gate Church in Shelby Township

Visit www.sgatechurch.org/care/lifecare or email lifecare@sgatechurch.org for more information about the following groups: Career Lab, DivorceCare (Adults/Teens/Kids), GriefShare (Adults/Children), Healing is a Choice, Boundaries and Smoking Cessation.

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 in Macomb County. To view a complete list of classes and to register visit www.careofsem.com/parenting_ed.html or call 586.451.0033.

Angel Food Ministries — are currently not taking orders.

New Eyes for those in Need - <http://neweyesforthe needy.org/>

Immigration Law Outreach

Students and attorneys of Cooley's Law School - Auburn Hills Campus teach and prepare qualified individuals for the naturalization process. In addition, pro bono attorneys offer free – 30 minute consultations on non-naturalization matters relating to immigration law. For further information call Dionnie Wynter, Assistant Director, Center for Ethics Service and Professionalism at wynterd@cooley.edu or 248.75.7800 ext. 7742.

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.

12/18-12-24 Renewal Church (Baptist), 11174 Thirteen Mile Rd., Warren.

12/25-12/31 St. Louis Catholic Church, 24415 Crocker BLVD., Clinton Twp.

1/1-1/7 Grace Episcopal, 115 S. Main, Mt. Clemens

1/8-1/14 Zion United Church of Christ, 85 Market St., Mt. Clemens.

1/15-1/21 St. Pauls United Church of Christ, 31654 Mound Rd., Warren.

1/22-1/28 St. Blasé Catholic Community, 12151 15 Mile Rd., Sterling Heights.

1/29-2/4 First United Methodist Church, 57 SB Gratiot, Mt. Clemens.

Beyond Trauma: A Healing Journey for Women

Does it seem like the past is standing in your way today? Has alcohol or other drug use been a part of that picture? This program provides hope and direction for women who are moving forward from substance use and trauma. 11 week series begins Mondays, Jan. 9 - March 26 (no class 1/16) from 6:00 - 7:30pm (community) and Thursdays, Jan. 12 - March 22 from 6:00 - 7:30pm (Prisoner reentry), at CARE, 31900 Utica Road, Fraser, 48026. The cost is \$30.00 for entire series. Classes are FREE for those referred through the Prisoner Reentry. Group size is limited. Register online at www.careofsem.com or call 586.541.0033.

Adult Anger Management

This eight week class was designed to assist individuals in overcoming negative behavior that leads to broken relationships and encounters with the law. Does not meet state standards for domestic aggression. The fee for this class is \$140 for entire 8 week series and includes \$25 non-refundable registration fee. \$40 discount for participants who work for companies contracted with CARE's Worklife Solutions. Tuesdays, January 10-February 25 from 6:00-8:00 pm at CARE of Southeastern Michigan, 31900 Utica Rd., Fraser,48026. Call 586.541.0033 to register.

Disability Network Oakland & Macomb

Provides information on health care options for the disabled. Other resources available. Call 586 268-4160 or info@dnom.org for more information.

To receive monthly Hot Sheets via email or to submit an event (no fundraisers), email hbattaglia@careofsem.com or visit www.careofsem.com/hot_sheets.html

PNC Budget Class

As retirees enter this new phase in life, they are faced with the hard fact: they will need to look at the way they spend their money and find cost effective ways to make the dollar stretch. This is especially true for those people that have been forced into retirement earlier than expected. "Retirees" can learn how to create a personal budget that fits a new lifestyle, reduce debt and discover some practical cost-cutting ideas. PNC Bank will conduct a free one hour session in the Senior Auditorium of the Verkuilen Building, 21885 Dunham Road, Clinton Township from 10 am – 11 am on Friday, January 13, 2012. Free refreshments. Pre-registration is appreciated. Call Heather at 586.541.0033 ext. 212 or email her at hbattaglia@careofsem.com.

www.macombresources.info

A Macomb County resource website dedicated to assisting professionals and families find help for many life challenges.

On My Shoulders

A unique, interactive curriculum designed to equip men with the skills for healthy relationships, especially with their children. Themes include: communication, stress, co-parenting, commitment, discipline and gratitude. Thursdays- 14 sessions -January 12 to April 12 from 7 to 9 pm. \$20 for material fee. MISD, 44001 Garfield Road, Clinton Township, 48038. To register or if you are interested in hosting this series in 2012 contact: David Brown, 586.463.2921, ext. 108 or dbrown@trinityct.org.

Dental Clinic

Basic preventive and restorative care by licensed Dentists and Hygienists. Services include: Cleanings, Fillings, XRays, Oral Exams, Dentures, Crowns, Fluoride Treatments, Sealants, and Oral Care Instructions. To qualify you need to be a resident of Macomb County, have no insurance or have Medicaid, meet income eligibility guidelines and be 3 years of age or older. Our fees are significantly reduced from private practice charges! We are located at the Southwest Health Center, please call 586.465.9152 for more information.

Low Cost Family Planning Services

Early morning/Evening appointments, Most birth control methods Pelvic exam, Pap smear, Breast exam, Pregnancy Test / Abstinence education. Three sites available: Warren, St. Clair Shores and Mt. Clemens. Fees based on ability to pay. Medicaid and Plan First! accepted. All visits are confidential, call: 586.469.5491.

Self-Determination Implementation Leadership Seminar "Choice & Self-Determination"

January 31 from 9am to 4pm at the Causeway Bay Hotel, 6820 S. Cedar, Lansing, 48911. Member rate \$65 and non member rate \$75 includes continental breakfast, lunch and parking. Register online at www.macmhb.org or call MACMHB at 517-374-6848.

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.

Mt. Calvary Community Center Is participating in the DHS Michigan Benefits Access Initiative and United Way S.E. MI

DHS staff onsite to assist you every Tuesday from 9 am to 11:30am to complete your application electronically for:

- State food program (bridge card)
- State funded Health Insurance Programs
- SER (emergency services)

Or if you already are receiving benefits you may check your benefits electronically for:

- Amount you have used
- Amount you have available

For more information or to make an appointment call Merriann at 586.757.6560.

Holding onto Life Family Group

This program is for adult family members who are concerned about a youth (24 years of age or younger) who is struggling with depression, anxiety, or suicide risk. Second Monday of each month starting January 9th through June 11th from 7 - 9pm. Call Macomb County Crisis Center at 586.307.9100 for more info. No cost. Group held at Macomb Intermediate School District (MISD), 44001 Garfield, Clinton Twp.

Bilingual Parents Toll-Free Helpline

This September, we launched our Parents Toll-Free Helpline (1-855-DRUGFREE or 1-855-378-4373), a nationwide bilingual support service offering assistance to parents and other primary caregivers who want to talk to someone about their child's drug use and drinking.

Impact of Bipolar Disorder on the Family

Monday January, 30 from 7:00 - 8:30 pm at the Novi Public Library, 45255 W. Ten Mile Rd., Novi, 48375. Over two million people in the U.S. are diagnosed with this mental condition. You will learn more about bipolar disorder, relationship to substance abuse, early signs and symptoms, how to get treatment, and how to respond to people who struggle with mental health issues (especially those who deny they have an illness). This is an interactive class. RSVP: Debbie Wisser 248.858.0929 RegisterMe@occmha.org.

Fair Chance Coalition - "Ban the Box" Campaign

Professor Michelle Alexander, widely acclaimed author of *The New Jim Crow*, has agreed to be the featured speaker at the Fair Chance Coalition's kick-off event on January 17 at 5:30. Cooley Law School Auditorium, 217 South Capital Ave., Lansing, Michigan. For more information call 517.999.2894 or email BantheBoxin2012@gmail.com.

Free Play and Learn

Fun and Interactive, these groups will engage parents and children together. Forest Park Elementary, 18361 Forest, Eastpointe, 48021 January 12th & 26th - Training 8:30-10:30 am, Play & Learn 11:00 am-noon and Training 12:30-2:30 pm. To join the Early Learning Center & Register for caregiver trainings, call 313.402.0802 or 586.675.0451. Find us on Facebook at: Leaps and Bounds Family Services.