MONROE COUNTY

Family Resource & Connection Guide



For questions or concerns about your child's health or development, please call or email:

734-342-8641 earlychildhood@monroeisd.us





A Directory of Early Childhood and Family Resources

Emergency Contact #s In case of an emergency, dial



Suicide Prevention 24-Hour Line

800-273-8255 or Text: 741741 Domestic Violence 24-Hour Crisis Line

734 **242-7233**

Poison Control Center

800-222-1222

Mental Health 24-Hour Crisis Line

734-243-7340 OR **800-886-7340**



Confidentially report criminal activities or harm to kids & schools Text: 652729 (OK2Say) Email: OK2Say@mi.gov Phone: 8-555-0K2Say (8-555-565-2729)

To be connected to resources and supports 24-hours a day, for any reason, call 2-1-1 for help.



if you SEEE SAY something something.

Children's Protective Services



ediatrician:	
hildcare:	
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We're here to help you!

All caregivers need the support of strong community networks to help them help their children. Across Michigan, caregivers may, at times, lack easy access to information and resources that will help them be their child's first and most important teacher.

The Great Start Collaborative is a network of services and supports ranging from caregiver education, to resources and connections, to basic needs, in order to assist those caregivers in raising healthy, independent children.

Great Start Parent Coalition Member Information

The Great Start Parent Coalition is made up of caregivers of children under the age of 12 who advocate for our youngest citizens, and the programs that support them and their families. We hope you will join us on this grass roots effort to educate both individuals and groups about the importance of the first five years of a child's life.

If you are interested, call Amy Zarend, Great Start Director at 734-342-8515, or visit us on Facebook at "GreatStart Monroe-Parents"

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Jefferson Schools
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Summerfield Schools
Whiteford Agricultural School
Non-Public Schools
 Holy Ghost Lutheran Church & School Meadow Montessori School
Monroe Catholic Elementary Schools St. Charles Degrames Catholic Academy
St. Charles Borromeo Catholic Academy St. Mary Octholic Ocentral Ulink Cabaal
• St. Mary Catholic Central High School
St. Patrick School
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Adoption/Foster Care Support

Ennis

734-349-6546 7 15600-A S. Telegraph, Monroe, MI 48161www.enniscenter.org

Family & Community Services 734-344-6066 754 S Monroe St. , Monroe, MI 48161

Foster Care Clothing Closet 800-554-4966 Monroe@fosterclosetofmichigan.org Foster Home Licensing 734-625-7286 or 855-MICHKIDS

Hands Across the Water 734-639-2234 781 Avis Dr., Suite 200 Ann Arbor, MI 48108 www.HATW.org *Adoption, Foster Care resources and support*

Judson Center 734-545-3831 Foster Care Support

Childcare

To search for high-quality childcare, visit www.greatstarttoquality.org

Child Care Network 734-243-7451

9 Washington St, Monroe, MI 48161 www.childcarenetwork.org For assistance locating childcare or a preschool in your area. Scholarships available 9 Washington St, Monroe, MI 48161 903 S. Telegrap Monroe, MI 481 Childcare fundin

Department of Health & Human Services 734-243-7200 903 S. Telegraph, Ste. A Monroe, MI 48161 *Childcare funding assistance available*

Dental Health

Monroe County Health Department Dental Clinic 734-241-4855 2353 S. Custer Rd., Monroe, MI 48161

Family Medical Center Temperance Dental 734-850-6920 8765 Lewis Ave. Temperance, MI 48182 www.familymedicalmi.org Family Medical Center Carleton Dental 734 654-2169, option 1 130 Medical Center Dr. Carleton, MI 48117

Family Medical Center The Opportunity Center at ALCC 734-241-2775 1140 S Telegraph Rd #4006 Monroe, MI 48161



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Clothing/Diapers

Children Clothing

Damascus House 734-242-8136 Smith St., Monroe MI 48161

Foster Care Closet 800-554-4966 ext 204 www.fosterclosetofmichigan.org

Goodwill Industries 734-457-3447 255 N. Telegraph Road, Monroe, MI 48162 www.goodwillsemi.org

Heartbeat of Monroe 734-243-6550 123 W. First St. (Gateway Office Building) Monroe, MI 48161 www.heartbeatofmonroe.org

Hope's Closet (Clothing) 734-308-2116 6370 Jay Dr., Monroe, MI 48161

New Beginnings Mercy House 734-240-2239, ext. 3877 Jackman Rd., Ida, MI 48140 www.newbeginningsmh.org

Oaks of Righteousness 734-241-5590 1018 East Second Street, Monroe, MI 48161

Adult Clothing

Damascus House 734-242-8136 ext. 212 Smith St., Monroe, MI 48161

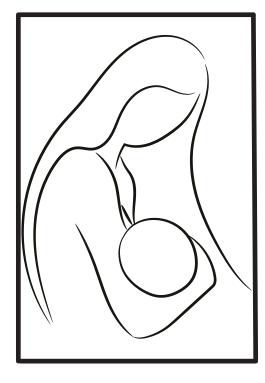
Goodwill Industries 734-457-3447 255 N. Telegraph Road Monroe, MI 48162 www.goodwillsemi.org

Oaks of Righteousness 734-241-5590 1018 East Second Street Monroe, MI 48161

Thrift Shop Association 734-242-1082 119 S, Monroe St. Monroe, MI 48161

BREASTFEEDING SUPPORTS

IN MONROE COUNTY



WIC PROGRAM AT THE MONROE COUNTY HEALTH DEPT.

The Breastfeeding Peer Program offers information, encouragement and support to breastfeeding families. They are available to listen to your concerns about breastfeeding and are trained to help you or connect you to other breastfeeding resources.

Contact wic@monroemi.org Breastfeeding Warmline/Breasfteeding Peer Office Phone: (734) 240-7901 **ALL ARE WELCOME/WIC eligibility not needed to participate



MINI MITTEN PEDIATRIC THERAPY LACTATION SUPPORT

Our CLC can assist the baby and mother duo with an effective and efficient latch, successful and comfortable positioning, education on nursing and/or pumping duration and frequency, and overall guidelines for a positive and successful feeding experience. Call (734) 888-MINI

Email info@minimittentherapy.com

PROMEDICA MONROE REGIONAL HOSPITAL

CHILDBIRTH EDUCATION

 A Class on What to Expect During the Birth of Your Child at our Family Birthing Center.
 Please call our Family Birthing Center to Register (734)
 240-8500. All classes are held from 6-8pm on the first Monday of the month and are FREE.

- ProMedica also provides a FREE Breastfeeding class the 2nd Monday of the month following Childbirth Education. Call 240-4466 for questions.
- In addition to the above, ProMedica offers inpatient and outpatient lactation support for breastfeeding moms in the community for FREE. Mothers can call 734-240-4466 with breastfeeding questions or to schedule an appointment if outpatient services are needed

YOU CAN ALSO VISIT PROMEDICA TOLEDO HOSPITAL

Drop in and receive support from a certified Lactation Consultant and other nursing mothers. 2nd Tuesday of the month 1:30pm-2:30pm



PROMEDICA TOLEDO HOSPITAL, ENTRANCE C, MOM & ME BOUTIQUE

SUPPORT FOR NURSING MOTHERS (419) 291-5666

Drug/Addiction Resources

(See Substance Abuse)

Education Assistance

The Learning Bank 734-265-4200 1102 East First Street Monroe, Michigan 48161 *High school completion and GED assistance, and English as a second language.*

Monroe County Community College 734-242-7300

1555 S. Raisinville Rd. Monroe, MI 48161 *Free tuition for adults 25 years of age and older without a degree.*

Youth Opportunity Program (YOP) 734-342-8523

YOP ffers Monroe County youth an opportunity to complete a diploma, GED or to get and keep a job. www. monroeisd.us/services/youthopportunity/ Facebook: "Youth Opportunity Program"

Education Public Schools (K-12)

Airport Community Schools 734-654-2414 11270 Grafton Rd. Carleton, MI 48117 www.airportschools.com

Bedford Public Schools 734-850-6000 1623 W. Sterns Rd.

Temperance, MI 48182 www.bedford.k12.mi.us

Dundee Community Schools 734-529-2350 420 Ypsilanti St.

Dundee, MI 48131 www.dundeecommunityschools.org

Ida Public Schools 734-269-9003

3145 Prairie Rd. Ida, MI 48140 www.idaschools.org Jefferson Schools 734-289-5550 2400 N. Dixie Hwy. Monroe, MI 48161 www.jeffersonschools.org

Mason Consolidated Schools 734-848-9401 2404 Lakeside Rd. Erie, MI 48133 www.eriemason.k12.mi.us

Monroe County Intermediate School District 734-242-5799 1101 S. Raisinville Rd. Monroe, MI 48161 www.monroeisd.us

Monroe Public Schools 734-265-3000 1275 N. Macomb Monroe, MI 48162 www.monroe.k12.mi.us

Summerfield Schools 734-279-1035 17555 Ida West Rd. Petersburg, MI 49270 www.summerfield.k12.mi.us

Whiteford Agricultural School 734-856-1443

6655 Consear Rd. Ottawa Lake, MI 48464 www.whiteford.k12.mi.us

Non-Public Schools

Holy Ghost Lutheran Church & School 734-242-0509 3563 Heiss Rd Monroe, MI 48162 holyghostmonroe@gmail.com www.holyghostmonroe.org/home

Meadow Montessori School 734-241-9496 1670 S. Raisinville Rd. Monroe, MI 48161 www.meadowmontessori.org

Monroe Catholic Elementary Schools 734-241-3923 151 N. Monroe St. Monroe, MI 48162 www.MCESmonroe.com St. Charles Borromeo Catholic Academy 734-586-2531 8033 N. Dixie Hwy Newport, MI 48166 www.stcharlesnewport.org

St. Joseph School 734-848-6985 2238 Manhattan Street Erie, MI 48133 stjosepherieschool.weebly.com/

St. Mary Catholic Central High School 734-241-7622 108 W. Elm Ave. Monroe, MI 48162 info@smccmonroe.com www.smccmonroe.com

St. Patrick School 734-654-2522 2970 W. Labo Rd. Carleton, Michigan 48117 www.stpatscarleton.com

State Line Christian School 734-847-6771 6320 Lewis Ave. Temperance, MI 48182 www.statelinechristian.org

Trinity Lutheran School 734-242-2308 323 Scott Street Monroe, Michigan 48161 info@trinitylutheranmonroe.org www.tlcmonroe.org

Zion Lutheran School 734-242-1378 186 Cole Rd. Monroe, Michigan 48162 office@zionmonroe.org

Charter Schools

New Bedford Academy 734-854-5437 6315 Secor Rd. Lambertville, MI 48144 www.newbedfordacademy.com

Triumph Academy 734-240-2610 3000 Vivian Road Monroe, MI 48162 https://www.nhaschools.com/schools/ triumph-academy/en

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Employment

Michigan Works! Monroe County Employment & Training 240-7950 or 888-354-5500 1531 N. Telegraph Monroe, MI 48162 www.co.monroe.mi.us/employmenttraining

Food/Nutrition

Caring and Sharing 734-529-3535 Dundee United Methodist Church 645 Franklin St.,Dundee, MI 48131 *4:00, 1st Wednesday of the month*

London Township Hall 734-439-1984 Ext. 6# 13613 Tuttle Hill Rd, Milan, MI 48160 *4:00, 1st Thursday of the month*

Department of Health & Human Services 734-243-7200 903 S. Telegraph Rd., Suite A Monroe, MI 48161 www.michigan.gov/dhs

Family Medical Center Food Pantry 734-847-3802

8765 Lewis Ave., Temperance, MI 48182 www.familymedicalmi.org *Wednesdays 10am – 3pm*

God Works! 734-850-6044

Meals served daily throughout the County. Locations can be found at www.gwsoupkitchen.com

The Lord's Harvest Pantry 734-224-TLHP or 734.241.2775 1140 South Telegraph Rd

Monroe, MI 48161 Located inside Monroe County Opportunity Program (MCOP) www.monroecountyop.org.

Michigan State University Extension Nutrition Education 734-240-3170 963 S. Raisinville Rd. Monroe, MI. 48161 canr.msu.edu/Monroe

Monroe County Opportunity Program (MCOP) 734-241-2775 1140 S. Telegraph Rd. Monroe, MI. 48161 www.monroecountyop.org

Oaks of Righteousness 734-241-5590 1018 East Second St., Monroe, MI 48161 *Food boxes/food pantry*

Salvation Army 734-241-0440 815 East First., Monroe, MI 48161

Youth Opportunity Program (YOP) 734-342-8523

The Youth Opportunity Program (YOP) offers Monroe County youth an opportunity to complete a diploma, GED or to get and keep a job. www. monroeisd.us/services/youthopportunity Facebook: "Youth Opportunity Program"

> St. John Food Closet 222 Colonial Drive Monroe, MI 48162 (Inside CCSEM's St. Joseph Center of Hope) Food distributed 3rd Saturday of every month from 10 am-Noon.

The Village Market 734-682-5431 1104 East Fourth Street Monroe, MI 48161 *Non profit grocery store*

Monroe Family YMCA 734-241-2606 x 231 Year-Round Food Service Program All youth 18 and under are eligible for free meals. For times and locations, please call.

Women, Infants, and Children (WIC) Nutrition Program 734-240-7800 2353 S. Custer Rd. Monroe, MI 48161 www.co.monroe.mi.us

Health Care/ Immunizations & Non-Emergency Services

Family Medical Center 734-847-3802 8765 Lewis Ave. Temperance, MI 48182 www.familymedicalmi.org

Family Medical Center 734-654-2169 130 Medical Center Dr. Carleton, MI 48117

Family Medical Center 734-240-4851 901 N. Macomb Monroe, MI 48162

Sacred Oaks Health Center 734-682-3060 924 E. 2nd St. Monroe, MI 48161

Family Medicine Residency Center 734-240-8430 650 Stewart Road Monroe, MI 48162

Mini Mitten Pediatric Therapy 734-888-6464 14930 La Plaisance Rd. #118 Monroe, MI 48161 info@minimittentherapy.com

Monroe County Health Department 734-240-7800 2353 S. Custer Rd. Monroe, MI 48161

uster Rd. I 48161

Household Furniture & Home Furnishings

Bed Ministry 734-242-1548 108 Washington St. Monroe MI 48161 www.monroefirst.org/serve/bed-ministry/

Damascus House 734-242-8136 212 Smith St. Monroe, MI. 48161

The Giving Tree 734-735-3659 St. Mary of the Immaculate Church 127 N. Monroe St. Monroe, MI 48162

Habitat Restore 734-243-1108 840 LaPlaisance Rd. Monroe, MI 48161

Let's Build Beds 567-246-0616 www.letsbuild.org New beds for children

In the Spirit of Giving 734-241-1644 610 West Elm Ave. Monroe MI 48162 Rear of the IHM Motherhouse (northwest corner)

Thrift Shop 734-242-1082 119 S. Monroe St. Monroe, MI 48161

Oaks of Righteousness 734-241-5590 1018 East Second St. Monroe, MI 48161

Housing

Domestic Violence Shelter 242-SAFE ; Main Office 241-0180 Fairview (Those with physical & mental disabilities)

Family Counseling & Shelter Service 734-241-0180 Suite 106, 14930 La Plaisance Rd. Monroe, MI 48161 www.fcssmc.org

Habitat for Humanity 734-243-2048 14930 Laplaisance Rd., Ste 111 Monroe, MI 48161 www.habitatmonroemi.org

Monroe County Opportunity Program (MCOP) 734-241-2775 1140 S. Telegraph Rd., Monroe, Ml. 48161 www.monroecountyop.org

Monroe Housing Commission 734-242-5880 20 N. Roessler St., Monroe, MI 48162 www.michiganhousinglocator.rentlinx.com

Oaks of Righteousness Warming Shelter 734-241-5590 1018 E 2nd St., Monroe, MI 48161

Paula's House 734-242-6650 www.paulashouse.org/ A positive homelike environment for women who are homeless and have substance abuse problems. The primary goal is for women to live in a safe environment and face their addictions while living a sober lifestyle.

Philadelphia House 734-242-4266 218 Washington St., Monroe, MI 48161 (Men only)

Salvation Army 734-241-0440 815 East First St., Monroe, MI 48161

Selah's House 734-244-5123 204 S. Macomb St. Unit 5 Monroe, MI 48161 (Pregnant/New moms only)



Literacy/Reading

ISD Literacy Coaches PreK: 734-322-2728 K-12: 734-322-2718

Monroe County Library System

734-241-5770 ref@monroe.lib.mi.us www.mymcls.com

Monroe County Library System Branch Locations

Bedford Branch 734-847-6747 8575 Jackman Rd. Temperance, MI 48182-9493

Blue Bush Branch 734-242-4085 2210 Blue Bush Rd. Monroe, MI 48162-9643

Carleton Branch 734-654-2180 1444 Kent St. Carleton, MI 48117-0267

Dorsch Memorial Branch 734-241-7878 18 E. First St. Monroe, MI 48161-2227

Dundee Branch 734-529-3310 144 E. Main St. Dundee, MI 48131-1202

Ellis Library and Reference Center 734-241-5277 3700 S. Custer Rd. Monroe, MI 48161-9716 Erie Branch 734-848-4420 2065 Erie Rd. Erie, MI 48133-9757

Frenchtown-Dixie Branch 734-289-1035 2881 Nadeau Rd. Monroe, MI 48162-9355

Ida Branch Library 734-269-2191 3016 Lewis Ave. Ida, MI 48140-0056

Maybee Branch Library 734-587-3680 9060 Raisin St. Maybee, MI 48159-0165

L.S. Navarre Branch Library 734-241-5577 1135 E. Second St. Monroe, MI 48161-1920

Newport Branch Library 734-586-2117 8120 N. Dixie Hwy. Newport, MI 48166-9703 Rasey Memorial Branch Library 734-848-4572 4349 Oak St. Luna Pier, MI 48157-0416

South Rockwood Branch Library 734-379-3333 5676 Carleton Rockwood Rd. South Rockwood, MI 48179-0047

Summerfield-Petersburg Branch Library 734-279-1025 60 East Center St. Petersburg, MI 49270-0567

Robert A. Vivian Branch Library 734-241-1430 2664 Vivian Rd. Monroe, MI 48162-9212

Mental Health

Chitter Chatter

734-682-5174 2086 S. Custer Rd. Monroe, MI 48161 www.chitterchatterpc.com info@chitterchatterpc.com

Suicide Prevention 24-Hour Line 800-273-8255 or Text: 741741

Catholic Charities of Southeast Michigan (CCSEM) 734-240-3850, ext. 2002 721 Macomb St., Suite 100 Monroe, MI 48161 www.ccsem.org

Monroe Community Mental Health Authority 734-243-7340

1001 S. Raisinville Rd./P.O. Box 726 Monroe, MI 48161 www.monroecmha.org

Family Counseling & Shelter Service 734-241-0180 14930 La Plaisance Rd., Suite 106 Monroe, MI 48161 www.fcssmc.org

Gabby's Grief Center 734-242-8773 2262 N. Monroe St. Monroe, MI 48162 www.gabbysgriefcenter.org PMRH Outpatient Behavioral Health 734-240-1760 730 N. Macomb St., Suite 200 Monroe, MI 48162

Family Medical Center School Support To make an appointment, call 734-654-2169 Behavioral Health Services, Adult Counseling, Child Adolescent Counseling, Substance Use Disorder Services, and School-Based

Christian Care Connection 734-854-7061 6530 Secor Rd. Suite 10 Lambertville, MI 48144 www.christiancareconnection.com

Dimensions of Wellness 313-920-8771 17461 Allen Rd. Melvindale, MI 48122 info@dimensionsofwellness.org www.dimensionsofwellness.org

A multi-disciplinary team of providers who offer a wide range of therapeutic services for children, adolescents, adults, and seniors. They also provide clinical and educational training services to help the community become more aware of mental and behavioral health needs.



Scan this code for more agencies listed in the Monroe County Mental Health Resource Guide



Parent/Caregiver Support

Great Start Parent Coalition 734-342-8507 greatstart@monroeisd.us

@GreatStart Monroe-Parents
greatstart@monroeisd.us

Michigan State University Extension 734-240-3170 ext. 963 or 517-552-6909 S. Raisinville Rd. Monroe, MI 48161 www.canr.msu.edu/family/index

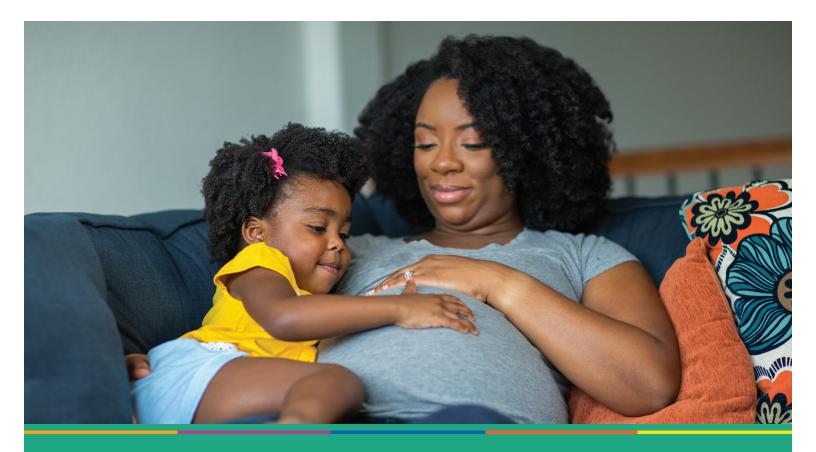
MCISD Early Childhood Programs 734-342-8780

1101 S. Raisinville Rd. Monroe, MI 48161 *Family Connect, Early On, Early Head Start*

Selah's House 734-244-5123 204 S. Macomb St. Unit 5 Monroe, MI 48161 *Pregnant/New moms only*

Personal/Hygiene and Household Items

Monroe County Opportunity Program (MCOP) 734-241-2775 1140 S. Telegraph Rd. Monroe, MI. 48161 www.monroecountyop.org



Pregnancy

Women, Infants, and Children (WIC) Nutrition Program 734-240-7800 2353 S. Custer Rd. Monroe, MI 48161 www.co.monroe.mi.us

Heartbeat of Monroe 734-243-6550 123 W. First St. (Gateway Office Building) Monroe, MI 48161 www.heartbeatofmonroe.org

Selah's House 734-244-5123 204 S. Macomb St. Unit 5 Monroe, MI 48161 *Pregnant/New moms only* **Early Head Start 734-342-8780** 1101 S. Raisinville Rd. Monroe, MI 48161

Mercy House 734-240-2239 3877 Jackman Rd. Ida, MI 48140 www.newbeginningsmh.net

Catholic Charities of Southeast Michigan (CCSEM) 734-240-3850, ext. 2000 234 Colonial Court Monroe, MI 48162 www.ccsem.org *Women's Specialty Services*

Mama & Me MIHP 734-215-5543 www.mamamemihp.com/

Preschool

MCISD Early Childhood Programs 734-342-8780 1101 S. Raisinville Rd. Monroe, MI 48161 Early On, Early Head Start, Head Start, Great Start Readiness Program, Family Connect

Child Care Network 734-243-7451 9 Washington St. Monroe, MI 48161 www.childcarenetwork.org For assistance locating childcare or a preschool in your area. Scholarships Available

Shelters (See Housing)

Social Security Administration 877-274-5416 1300 S. Telegraph Rd. Monroe, MI 48161

Substance Abuse Support/Counseling

<< Substance Use Disorder Resource Guide

Alcohol Abuse line (24 Hours) 800-234-0420

Catholic Charities of Southeast Michigan (CCSEM) 734-240-3850, ext. 2000 234 Colonial Court Monroe, MI 48162 www.ccsem.org

St. Joseph Center of Hope (CCSEM) 734-357-8880 222 Colonial Ct. Monroe, MI 48162 *Open 24 hours. A safe and welcoming environment while being provided with assistance to enter a treatment program for individuals 18 years of age and older.*

Salvation Army Harbor Light 734-384-3402 3250 N. Monroe Street Monroe MI 48161 Alcohol & Drug Treatment

No insurance or referral is needed.

Stop Smoking Assistance 734-240-5301

24-hour Quit Line 800-784-8669 Spanish 855-335-3569

Substance Abuse Coalition 734-242-1331 www.unitedwaymlc.org/monroe-countysubstance-abuse-coalition

Transportation

Lake Erie Transit 734-242-6766 www.lakeerietransit.com

Monroe County Opportunity Program (MCOP) Van 734-241-2775 ext. 209 lengelhardt1140@gmail.com

Tutoring

Lightbulb Labs 734-755-5659 lightbulblablearningcenter@gmail.com

Monroe County Library System Tutor.com www.mymcls.com/research/onlineresources/tutorcom/

Monroe County Opportunity Program (MCOP) 734-241-2775 1140 S. Telegraph Rd #4006 Monroe, MI 48161 www.monroecountyop.org

Utility Assistance

Monroe County Opportunity Program (MCOP) 734-241-2775 1140 S. Telegraph Rd. Monroe, Ml. 48161 www.monroecountyop.org

Salvation Army 734-241-0440 815 East First. Monroe, MI 48161

DTE Payment Assistance Program 800-477-4747 www.dteenergy.com

Vision Services

Monroe County Health Department Vision screening 734-240-7800 2353 S. Custer Rd. Monroe, MI 48161

Monroe Exchange Club 734-242.2676

Provides eye glasses to Monroe County students whose parents do not have vision insurance or are unable to provide glasses due to financial circumstances.

Volunteer Opportunities

CASA (Court Appointed Special Advocates) 734-241-8182 9 Washington Street, Suite C Monroe, MI 48161

MCOP/Lord's Harvest Pantry 734-241-2775 1140 S. Telegraph Rd., Monroe, MI. 48161 www.monroecountyop.org

Salvation Army 734-241-0440 815 E. First St. Monroe, MI 48161

Oaks of Righteousness 734-241-5590 www.oaksvillage.net/volunteer

Monroe Family YMCA 734-241-2606 https://www.monroefamilyymca.org

God Works! Meals 734-241-8181 www.gwsoupkitchen.com/html/Volunteer.html

The Opportunity Center at ALCC 734-241-4313 www.monroecountyop.org/volunteer.html

Resources for opioid disorder & addiction visit www.knowmoremonroe.com



Babies sleep safest on their BACKS

Reduce the risk of Sudden Infant Death Syndrome (SIDS) & suffocation by practicing the following safety tips:

- Use a firm sleep surface such as a mattress in a safety-approved* crib covered by a fitted sheet
- Do not use pillows, blankets, sheepskins, or crib bumpers anywhere in your baby's sleep area.
- Keep soft objects, toys, and loose bedding out of your baby's sleep area..
- Do not smoke or let anyone smile around your baby.
- Make sure nothing covers the baby's head.
- Always place your baby on his or her back to sleep for naps and at night.
- Dress your baby in light sleep clothing such as a one-piece sleeper and do not use a blanket.
- Baby should not sleep in an adult bed, on a couch, or on a chair alone with you or with anyone else.
- Room sharing with the infant on a separate sleep surface is recommended. Keep infants in close proximity to parents.
- The American Academy of Pediatrics recognizes breastfeeding as a major way to prevent SIDS. Breastfeed your baby if possible.

If you're in need of a safe sleep space for your baby, email the Child Advocacy Network at cancouncilmonroe@gmail.com.

For more information on crib safety guidelines, call the Consumer Product Safety Commission at 1-800-638-2772 or www.cpsc.gov.

Family Resource & Connection Guide

A Great Start for every child in Michigan: Safe, healthy and eager to succeed in school and in life

The purpose of Great Start is to assure a coordinated system of community resources and supports to assist all Michigan families in providing a great start for their children from birth through age eight.

The agency coordinating the Great Start Collaborative in Monroe County is the Monroe County Intermediate School District. Many different agencies, programs, and professionals make up this network in the County; however, under Great Start the agencies work in a collaborative manner to provide the family the services they need.

Published and printed in collaboration with:

Monroe County Intermediate School District 1101 S. Raisinville Rd Monroe, MI 48161



The Great Start Collaborative of Monroe County 734-342-8515 email: greatstart@monroeisd.us www.greatstartmonroe.org



Jonroe County

Child Advocacy Network of Monroe County (CAN)

Children's Trust Fund (CTF)



LIVE UNITED United Way



















