



HOT SHEET



COMMUNITY RESOURCES—*SEPTEMBER 2010*

Annual Celebrate Recovery Walk & Rally in Lansing
September 14, 2010 from 11am to 4pm. Walk to the capitol 2pm. For more information contact Ben Jones at president@ncadd-detroit.org or 313.369.5414.

Ride to the Rally for FREE with CARE. Leaving from 2 locations: Shar in Warren and Meijer in Shelby Twp. Visit www.careofmacomb.com/events.php to register.

Be Aware Walk for Suicide Prevention
Saturday, October 16th at Dakota High School, 21051 21 Mile Rd., Macomb. Register at www.KnowResolve.org.

Michigan residents with a pre-existing health condition
In August, eligible residents of Michigan will be able to apply for coverage through the state's Pre-Existing Condition Insurance Plan program, currently being established. To qualify for coverage:

- You must be a citizen or national of the United States or lawfully present in the United States.
- You must have been uninsured for at least the last six months before you apply.
- You must have had a problem getting insurance due to a pre-existing condition.

The Pre-Existing Condition Insurance Plan will cover a broad range of health benefits, including primary and specialty care, hospital care, and prescription drugs. All covered benefits are available for you, even if it's to treat a pre-existing condition. The Premium: To be determined. Deductible: \$1,000 Out of Pocket Limit: Not to exceed the lesser of \$5,950 or 35% of the actuarial value of the plan To learn more about this program, call (877) 999 6442 or go to: <http://www.healthcare.gov>

A Dose of Knowledge: Prescription Drug & Opiate Abuse by Youth

Thursday, September 16th from 8:30 - 1:30 pm at the Macomb Intermediate School District, Clinton Twp. Free. Continuing education credits available. Register at www.misd.net or call Heather for more information at 586.541.0033 ext. 212.

Michigan Tobacco Quitline Offers Free Nicotine Patches, Gum or Lozenges

1-800-QUIT-NOW (784.8669) and registration is available 24 hours a day, 7 days a week.

International FASD Awareness Day - September 9th

Each year September 9th is designated as International Fetal Alcohol Spectrum Disorders (FASD) Awareness Day. The goal of the day is to raise awareness about the dangers of drinking during pregnancy, promote prevention of alcohol-exposed pregnancies, and encourage support for individuals and families affected by FASD. However, anytime is a good time to raise awareness, provide education, and support families affected by FASD. Visit http://pregnancyandalcohol.org/ace-files/Pkt_Ideas.pdf for FASD awareness day ideas.

Southwest Housing Solutions' Housing Opportunity Center

Began back in 2004. Mission is to promote and preserve homeownership and advanced financial literacy in the community. Southwest Housings professional and bi-lingual counselors provide financial fitness and credit counseling, homebuyer education and foreclosure intervention; also for those possibly facing foreclosure. We will help you make positive economic choices, avoid harmful debt and predatory lenders, and gain wealth and the dream of homeownership. We are a nonprofit dedicated to our mission of community development. Our services are free. Located inside the HOPE Center in Macomb on 33222 Groesbeck, Fraser, Michigan 48026.

Macomb County MSU Extension Programs

21885 Dunham RD., Clinton Twp, 48036 - 586.469.5180

Alternatives to Anger - Saturday, September 11 and 18th
9:00 a.m.-Noon. \$20 individual/\$30 family
Call 586-307-8952 to register.

Better Budgeting (Free) - Three week course where participants will leave with a livable budget. Thursday evenings 6:30-8:30 p.m. Starting September 16th through September 30th
Call 586-469-7614 to register.

Money Management (Free) - Eight week course; Participants gain control over finances from setting up a spending plan to investing. Monday Evenings 6:30-9:00 p.m. Starting September 27 through November 22. Call 586-469-7614 to register.

Home Ownership Seminars (Free) - Three 2 hour workshop series covering house hunting, shopping for a mortgage, getting a home inspection, closing the deal
Wednesday evenings, 6:30- 8:30 p.m. September 29 through October 13 at Macomb MSUE Call 586-469-7614 to register.

Strengthening Families: Where do I begin?

September 10th from 9am - 4pm at Oakland Schools, Conference Rooms C and D, 2111 Pontiac Lake Road, Waterford, MI 48328. Participants will learn new approaches for strengthening families and provide guidance to staff to effectively support high needs families through specific communication and support strategies. The workshop is free of charge with a light breakfast and lunch included. Register online at www.oakland.k12.mi.us, click on "Register Online" and locate your class or call 248.209.2021.

SAVE THE DATE Eighteenth Annual Parenting Awareness Michigan Conferences

Learn about parenting issues, programs, and resources
OCTOBER 20, 2010 in Marquette, MI and NOVEMBER 19, 2010 in East Lansing, MI. For information: 800-968-4968 or www.preventionnetwork.org.

Diaper Drive

August 1st - October 15th. Bring a package of unopened diapers to a drop off location site. For drop off locations call Great Start Macomb 586.228.3495 or email: gscparents@yahoo.com or visit www.greatstartmacomb.org. All donations will be given to the Macomb County Food Program and will be distributed to baby pantries and food banks by request throughout Macomb County.

DID YOU KNOW ...that Legal Aid & Defender Association, Inc. provides free legal services to qualified residents in Macomb, Oakland and Wayne Counties in the area of civil law, such as landlord-tenant evictions, foreclosures, bankruptcies, family law, social security, public benefits, and consumer issues. Legal Aid is the largest public law firm in Michigan and one of the largest in the U.S. Although Legal Aid provides direct representation for many civil legal issues, Legal Aid can also help people who can represent themselves, which is called “pro se” assistance. For low to moderate income clients in Macomb, Legal Aid will assist people in representing themselves in divorces, child custody, child support, change of domicile, parenting time and other family law issues. Legal Aid’s Macomb County office offers two “pro se” divorce clinics each month—one with children and one without children—for simple, uncontested divorces.

Eligible residents can contact Legal Aid’s toll-free intake line to open a file for legal services at 1-877-964-4700.

Kelly L. Bidelman
Managing Attorney/Oakland and Macomb Staff Offices
Legal Aid & Defender Association, Inc.

28 N. Saginaw, Ste. 510
Pontiac, MI 48342
(248) 253-1548 ext. 4003

PLEASE NOTE NEW MACOMB OFFICE ADDRESS

32 Market Street
Mt. Clemens, MI 48043
(586) 465-1344 ext. 5002

Building a Bridge into Adulthood: A resource workshop for youth preparing to leave foster care

Strengthening families. Changing lives.
Friday, August 27, 2010 from 10 a.m. - 12 p.m. at Wayne County Community College District Downriver Campus The Ray Mix Room, 21000 Northline Rd., Taylor, MI 48180
For more information or to RSVP contact: James at 313.255.8264 or email James_Krizan@JudsonCenter.org

Crossroads Clubhouse

27041 Schoenherr Road, Warren, MI 48088
The Clubhouse provides a variety of support services to adults with mental illness, including food, clothing, socialization, assistance with housing and support to begin or maintain mental health treatment. Call 586-759-9100 for further information.

MCREST has some funding for prevention and rapid re-housing. There is qualification criteria. Call MCREST at 586.415.5105 for information.

FREE GED Preparation Classes

Leaps and Bounds Family Services is offering Free GED Prep classes for qualified young adults ages 18-21 at Mount Calvary Community Center 8129 Packard, Warren, MI 48089. For more information call Mary Beth Teodecki 586.863.3010.

The Annual Substance Use Disorder Conference

September 13-14, 2010 at the Lansing Center located in Lansing, MI. To register visit <http://www.mi-pte.org/sud.php>.

Traveling Tours

Macomb County’s opportunity to learn more about community resources. After September 1, go to www.misd.net and click on the “Course Offerings” tab and follow the link.

CARE’s WorkLife Solutions Presents: Spotlight on Safety Conference 2010: Communities in Crisis: Preventing, Responding and Recovering from Economic Trauma

Thursday, September 30, 2010 from 8am - 4 pm at Assumption Cultural Center, St. Clair Shores. The Cost: \$79 per person (\$59 per person for groups of three or more) Continuing education credits available. For more info or to register call 866.888.1555 ext. 218 or visit www.careofmacomb.com/events.php

Parenting Classes

CARE offers free or low cost parenting classes for those interested in raising responsible self directed children. Visit their website at www.careofmacomb.com/workshops.php or call 586.541.0033.

Substance Abuse Support Services (SASS)

FREE monthly educational sessions for people in recovery and family members. Thursday, Sept. 23. Recovery and Health, 2 - 3:30pm at CARE, 31900 Utica Road at Masonic, Fraser. Call 586.541-2273 for more information.

Leadership Link and Learn

Topic: Drama in the Workplace? Thursday, October 21st from 8:00 - 9:30 am. Kirsten Ross, President, Focus Forward Coaching will speak from her 19 years of experience. CARE, 31900 Utica Rd., Fraser, 48026. Free, seating is limited. To register call 866.888.1555 ext. 218.

New Family Program at CARE

Supportive Opportunities for Families (SOF) is a new program for parents who have children under the age of four and would benefit from having a skilled person help them with parenting skills, access to services and in-home supports. SOF staff will be located at Mt. Calvary Church in Warren and American Lutheran Church in Clinton Township. Call Sharon at 586.218.5283 for more information.

Angel Food Ministries

Purchase \$60 worth of healthy food for \$30. For information and locations, visit www.angelfoodministries.com or call 888 819-3745. No income requirements.

Legal Aid and Defender Association, located in downtown Mt. Clemens, offers legal services to low and moderate income residents under 60 years of age. Services include workshops on handling your own divorce, garnishments, mortgage foreclosure and landlord-tenant problems. Call 877 964-4700 for more information.