

BAY
ARENAC

Early Childhood community services

Resources for
families with
young children
ages birth
to six years.

behold
adore **marve**

Help Us Help You

Raising happy and healthy children is hard work but many helpful resources are available to parents in Bay and Arenac Counties. This booklet contains a listing of the area's Early Childhood Community Resources designed to meet the unique needs of families with young children. The majority of programs and services are

- low cost or free of charge to eligible children and their families;
- designed to support a bright future for the children in our communities;
- focused on assisting parents with goals for their children and family; and
- available to residents of Bay and Arenac Counties with an emphasis on the pre-natal, infant, toddler, preschool and kindergarten years.

As your children's most important teacher, what can you do to support yourself and prepare them for lifelong learning? We invite you to take advantage of the rich variety of resources available to the families of our communities. For more information about a specific service or program, please contact the listed agency.



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Read



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Get Connected

These programs are designed to help families with young children get connected to the local resources that best suit their needs.

Bay Arenac Call Center

The *Bay Arenac Call Center* provides information and referrals to thousands of local health and human service programs. This free and confidential service links people to the community resources that they need. No matter what service you are looking for, the Call Center is the first place to start.

Serves: Anyone needing health and human services information.

Agency: United Way of Bay County

Phone: (989) 893-2211 or (800) 514-4211

Success by Three – Arenac County

To ensure that all eligible families, with a newborn or child up to three-years old, receive the early childhood community services available to them, *Success By Three* provides needs assessments and referrals to appropriate resources. Families found to be at risk will be referred to selected service providers; if the family does not meet the at risk requirements, they may receive home visits from a *Success by Three* nurse. Families who do not qualify for special-assistance services can receive an early childhood developmental newsletter.

Serves: Families with a newborn or child up to three-years old.

Agency: Central Michigan District Health Department

Phone: (989) 846-6541

Successful Futures – Bay County

This program is offered free of charge to all pregnant women and parents of children up to six-years old, residing in Bay County and having a number of risk factors. Dedicated to helping children start on the road to success, *Successful Futures* connects parents with the information, resources, and services that aid the physical, emotional, and educational development of their children. The program screens for risk factors, conducts in depth in-home assessments of families with high risk factors, and makes referrals to appropriate community service providers. It is also a service provider of last resort for families who do not qualify for other community programs.

Serves: Pregnant women and families with children up to six-years old, and having a number of risk factors.

Agency: Michigan State University Extension Bay County

Phone: (989) 895-2004 or (800) 792-7178

Pregnancy & Childbirth

Childbirth Series

Expectant mothers and their support person(s) can attend *Childbirth Series* parenting information and support classes at Bay Regional Medical Center in Bay City. Available to residents of Bay and Arenac Counties, sessions provide key facts about pregnancy, natural and cesarean birth, postpartum, and baby care. Labor coping skills such as breathing, relaxation, positive positions and massage are practiced.

Serves: Expectant mothers and their support person(s)

Agency: Bay Regional Medical Center

Phone: (989) 894-8617

Labor and Delivery Refresher Class

Expectant mothers, who have had a previous child or two, and their support person(s) can attend a *Labor and Delivery Refresher Class*. This review of the labor and birth process provides some focus on what to expect with a second or third birth, including the postpartum period. Key information is also provided on helping the family's other children with the adjustment of a new baby in the home.

Serves: Expectant mothers and their support person(s)

Agency: Bay Regional Medical Center

Phone: (989) 894-8617

Teen Pregnancy and Childbirth Series

Parenting education and support information is available to pregnant teens and their support person(s) through the *Teen Pregnancy and Childbirth Series* provided for residents of Bay and Arenac Counties at Bay Regional Medical Center in Bay City. The childbirth educational information is specifically geared toward teenage mothers-to-be.

Serves: Pregnant teens and their support person(s)

Agency: Bay Regional Medical Center

Phone: (989) 894-8617

Healthy Parent/Healthy Baby

Depression After Delivery Support Group

Postpartum Depression (PPD) and Postpartum Mood Disorder (PPMD) are serious concerns for expectant and new mothers, other family members, and those who provide support in childcare. The *Depression After Delivery Support Group* is available to provide emotional support and educate new parents, families, and support personnel on the services and options for properly treating PPD or PPMD.

Serves: Expectant and new mothers who are at risk for developing PPD or who suspect they may actually be experiencing PPD or PPMD. Family members and support personnel are also welcome.

Agency: Bay-Arenac Behavioral Health & Bay Regional Medical Center

Phone: (989) 895-2240

Infant Mental Health Program

An intensive, home-based mental health treatment service, focused on the relationship between parent and child, is available to eligible families with infants and young children up to three-years old. This program provides individual and family therapy, parent/child psychotherapy, case management, advocacy, information/education regarding parenting/child development, and assistance with accessing psychiatric help. Services are aimed at helping parents address family stresses in a healthy manner, while identifying mental health concerns and learning healthy parenting techniques. Encouraging positive parent-child relationships and fostering the healthy growth and development of children are key goals.

Serves: Families with infants or young children up to three-years old. Eligibility criteria includes: 1) Parent with Medicaid, or low income without insurance; (2) An infant/toddler with Medicaid insurance; (3) Parent has mental health concerns; or, (4) The parent-child relationship or the ability to form healthy attachments is adversely affected.

Agency: Bay Arenac Behavioral Health

Phone: To Request Services call 1-800-448-5498. For Questions call (989) 895-2240

Maternal Infant Health Program

A specialized health program combines office and home visits by a nurse, dietitian, and social worker for Medicaid-eligible pregnant women and their infants or children up to 36 months of age. Bay and Arenac Counties' *Maternal Infant Health Program* is focused on providing participants with the resources needed for healthy successful pregnancies, birth of healthy infants, decreased mortality/morbidity, strong mother-child bonding, and achievement of infant milestones.

Serves: Medicaid-eligible pregnant women, regardless of age, and Medicaid-eligible children up to 36 months of age. Risk criteria may determine enrollment.

Agency: Bay: Bay County Health Dept. Arenac: Central Michigan District Health Dept.

Phone: Bay: (989) 895-4004 Arenac: (989) 846-6541

Breastfeeding Support

Bay Regional Medical Center Lactation Support

Support and assistance is available to new mothers breastfeeding and to expectant women who plan to breastfeed their baby when born. *Bay Regional Medical Center Lactation Support* can answer breastfeeding questions and concerns, and provide evaluations and assistance as needed.

Serves: Breastfeeding mothers and expectant mothers planning to breastfeed.
Agency: Bay Regional Medical Center
Phone: (989) 894-8617

Breastfeeding Class

Basic information on breastfeeding a new baby is available through the *Bay Regional Medical Center Breastfeeding Class*. Especially designed for expectant mothers planning to breastfeed, moms-to-be and their childcare support people can learn about the benefits of breastfeeding, the “how to breastfeed” basics, troubleshooting, pump use, and much more.

Serves: Expectant mothers, who are planning to breastfeed, and their childcare support personnel.
Agency: Bay Regional Medical Center
Phone: (989) 894-8617

Breast Feeding Initiative

New mothers with breastfeeding concerns, who are eligible for the WIC Program, can receive breastfeeding information, encouragement, and support. The *Breast Feeding Initiative* is a mother-to-mother program that utilizes peer counselors that can work by phone or in person in the home, hospital, or at Bay County Health Department’s WIC office. The Breastfeeding Peer Counselor is trained in counseling skills, breastfeeding techniques, and support. She is also trained to provide MSU Extension’s Eating Right is Basic nutrition education.

Serves: Families with children up to three-years old, and eligible for participation in the *WIC Program* with household income less than 185% of the federal poverty level.
Agency: Michigan State University Extension Bay County
Phone: (989) 895-4026

Family Nutrition

Family Nutrition Program

Food and nutrition education is available to families with low incomes residing in Bay or Arenac County through the *Family Nutrition Program*. The program works in partnership with the Department of Human Services and the United States Department of Agriculture (USDA) Food and Nutrition Services to hire instructors from the communities in which they work to teach food-stamp recipients practical skills in healthy eating, food safety, and budgeting for food expenses. Also, *Family Nutrition Program* works with preschool and K-12 school populations to provide basic nutrition education.

Serves: Those families whose total household income does not exceed 185% of the federal poverty level.

Agency: Michigan State University Extension

Phone: Bay: (989) 895-4026 Arenac: (989) 846-6541 ext. 22

Women, Infant & Children Program (WIC)

A supplemental food and nutrition information program is available to eligible, low-income families in Bay and Arenac Counties through the *Women, Infant, and Children (WIC) Program*. Improving prenatal health and positively impacting the growth and development of participating children are among the program goals.

Serves: Pregnant or breastfeeding postpartum women, infants, and children to age five that meet nutritional need and financial guidelines.

Agency: Bay: Bay County Health Department

Arenac: Central Michigan District Health Department

Phone: Bay: (989) 895-4002 Arenac: (989) 846-6541

Children with Special Needs

Early On

Families needing services and support to enhance the development of their young children and to enhance the family capacity to serve as caregivers can enlist the help of *Bay-Arenac Early On*. This resource system is designed to identify and coordinate the community services a family may need for a child who may experience a developmental delay.

Serves: Families with children up to three-years old, who are experiencing a developmental delay or an established condition that may result in a developmental delay.

Agency: Bay-Arenac ISD

Phone: (989) 893-0075

Project Find

Information regarding available special-education programs and services is provided by *Bay-Arenac Project Find*. This service is offered to all residents of Bay or Arenac County for newborns and children up to 25-years of age, who are suspected of having developmental delays that will affect their educational performance. *Project Find* staff screen children suspected of needing special education services and arrange evaluations to determine eligibility.

Serves: Persons age birth through 25-years suspected of having a disability.

Agency: Bay-Arenac ISD

Phone: (989) 893-0075

The Family Bond

Baby Class 4 Big Kids

Especially for families who are expecting a new baby, *Baby Class 4 Big Kids* seeks to prepare the household's older children for the exciting new arrival. Geared toward children aged three- to eight-years old, this unique service gives the "big kids" good information about having a new baby at home, talks about becoming a big brother or sister in an interactive fashion, and provides a tour of the hospital's nursery.

Serves: Families, who are expecting a new baby, and have children at home between three- and eight-years old.

Agency: Bay Regional Medical Center

Phone: (989) 894-8617

Baby's First Massage Class

Focused on the therapeutic value of certain massage techniques, *Baby's First Massage Class* is available to Bay or Arenac County expectant mothers and fathers, parents with a newborn, and anyone simply interested. The basic massage strokes that enhance digestion, promote sleep, healing, growth and development, and parental bonding are demonstrated and practiced.

Serves: Expectant or new parents or anyone wanting to learn these techniques.

Agency: Bay Regional Medical Center

Phone: (989) 894-8617

Boot Camp for New Dads

Not as tough as it sounds, *Boot Camp for New Dads* offers a great learning opportunity for Bay or Arenac County expectant fathers and dads with a newborn. Led by “veteran” dads, the new dads or dads-to-be get some good advice and information on supporting new mothers, forming or growing a family, baby care, fatherhood responsibilities, and important safety issues.

Serves: Expectant fathers and dads with a newborn.

Agency: Bay Regional Medical Center

Phone: (989) 894-8617

Early Learning Playgroups

Playgroups enhance the parent-child relationship, offer the children experiences that promote learning, and support parents as their child’s first teacher. To receive current information about local playgroup schedules and locations you may phone the Saginaw Valley Regional 4C office.

Serves: Parents and children from birth to age five.

Agency: Saginaw Valley Regional 4C for current information

Phone: (989) 667-8964 ext. 266

Nan’s Playpals

Weekly early-learning playgroup activities are offered by *Nan’s Playpals* for children up to five-years old. The caregiver leads and children participate in different musical activities that are designed to aid development of each child’s social, thinking, physical coordination, and language skills.

Serves: Children up to five-years old.

Agency: Bay Regional Medical Center

Phone: (989) 894-8617

Family Learning

Great Parents, Great Start

The *Great Parents, Great Start* program is aimed at fostering stable families and improving children’s school readiness by using the components of adult education, early childhood education, parenting education and parent-child interaction.

Serves: Parents of children up to five-years old, residing in either Bay or Arenac County.

Agency: Bay-Arenac ISD

Phone: (989) 667-3263

Website: www.migreatparents.com

Imagination Library

The *Imagination Library* is a program aimed at preparing children to be ready for school by providing a free, high quality, age-appropriate hard cover book by mail every month for all children from birth to age five who reside in Bay or Arenac County.

Serves: Children from birth to age five residing in Bay or Arenac County.

Agency: Bay-Arenac ISD

Phone: (989) 667-3280

Parent Connect

Parent Connect offers training to parents of children ages birth to five through the Parents As Teachers (PAT) program and coordinates home based instruction services from Northeast Michigan Community Service Agency (NEMCSA) and Saginaw Valley Regional 4C (SVR4C).

Serves: Parents of children attending an “at risk” school or parents of children ages birth to five-years old.

Agency: Bay-Arenac ISD & United Way of Bay County

Phone: (989) 667-3263

Website: www.parent-connect.org

Parent Involvement & Education Center

The *Parent Involvement and Education Center* promotes healthy parent-child relationships, helping to assure that each child learns, develops, and grows ready for school. With the assistance of Parent Educators, parents are able to identify individual parenting goals and create a program that works best for their family. Opportunities for parents include free classes, connections to community and web-based resources, information about free community services and early literacy screening prior to children entering kindergarten in a Bay City Public School.

Serves: Families of young children from birth to five-years not yet in Kindergarten. Families must reside within Bay City Public Schools boundaries.

Agency: Bay City Public Schools

Phone: (989) 894-0206

Website: www.bcschools.net/parentcenter

Head Start to Learning

Early Head Start

Early Head Start seeks to build a foundation for a child's school readiness during the earliest years of childhood. This program promotes healthy prenatal outcomes, enhances the development of infant and toddlers, and supports healthy family functioning. Families are enrolled in a home visiting program including weekly playgroups or, where available, infant-toddler childcare.

Serves: Expectant mothers and families with children up to three-years old. Free for those who meet federal poverty guidelines or have certain risk factors. Ten percent of enrollments are reserved for children with disabilities.

Agency: Northeast Michigan Community Services Agency, Inc. (NEMCSA)

Phone: Bay: (888) 246-9097 Arenac: (866) 224-2197

Head Start

Head Start is a child-family focused program designed to increase the school readiness of young children. This program provides a range of services in the areas of education and early childhood development; medical, dental, and mental health; nutrition; and parent involvement. Children are enrolled for preschool programs or, where available, families may also receive home visiting services.

Serves: Families with children between three- and five-years old. Free for those who meet federal poverty guidelines or have certain risk factors. Ten percent of enrollments are reserved for children with disabilities.

Agency: Northeast Michigan Community Services Agency, Inc. (NEMCSA)

Phone: Bay: (800) 795-8131 Arenac: (866) 851-1667

International Preschool

The *International Preschool* offers full-day classes of Chinese and American culture and language education. Students are taught Chinese culture and language (Mandarin) the first half of the day and American culture and language (English) the second half. This is a tuition-based preschool operated by Bay City Public Schools in collaboration with the US-China Center of Research for Educational Excellence.

Serves: Children ages three-five years

Agency: Bay City Public Schools

Phone: (989) 671-8180

Website: www.bcschools.net

Preschool Partnership – Bay and Arenac

The *Preschool Partnership* provides information about and referrals to local Head Start and Michigan School Readiness Programs in Bay and Arenac Counties.

Serves: Eligibility is based on income.

Agency: Preschool Partnership

Phone: Bay: (800) 795-8131 or (989) 893-8131 Arenac: (866) 851-1677 or (989) 654-5738

Child Care

Bay Area Family Y Child Care

Affordable, high-quality childcare services as well as a special preschool program are available at the *Bay Area Family Y*. Childcare services are offered for children from ages three weeks through 12-years old. A Michigan School Readiness Program (MSRP) is offered for eligible four-year-olds.

Serves: Children three-weeks to 12-years old for childcare; a child must be four-years old by December 1 of the school year and meet certain criteria to qualify for MSRP preschool.

Agency: Bay Area Family Y

Phone: (989) 895-8596

Saginaw Valley Regional 4C

Saginaw Valley Regional 4C maintains a database of regulated/licensed childcare providers in Bay and Arenac County. Able to provide lists of childcare providers tailored to meet each parent's need.

Serves: All Parents

Agency: Saginaw Valley Regional 4C

Phone: (989) 667-8964 ext. 266 Toll Free: 1-866-4CHILD CARE

Child Safety

Infant/Child CPR & First Aid Class

As part of the parenting education services available to Bay and Arenac Counties' residents, the *Infant/Child CPR & First Aid Class* is most highly recommended for new or expectant parents, as well as those who support the family in caring for the infant or child. Proper techniques are discussed, demonstrated and practiced for CPR (cardio-pulmonary resuscitation), FBAO (foreign body airway obstruction) removal, and basic safety and first aid.

Serves: New or expectant parents and their support network.
This class is not designed for CPR/First Aid Certification.
Agency: Bay Regional Medical Center
Phone: (989) 894-8617

Call for further information on these and other community resources

Bay Arenac Call Center

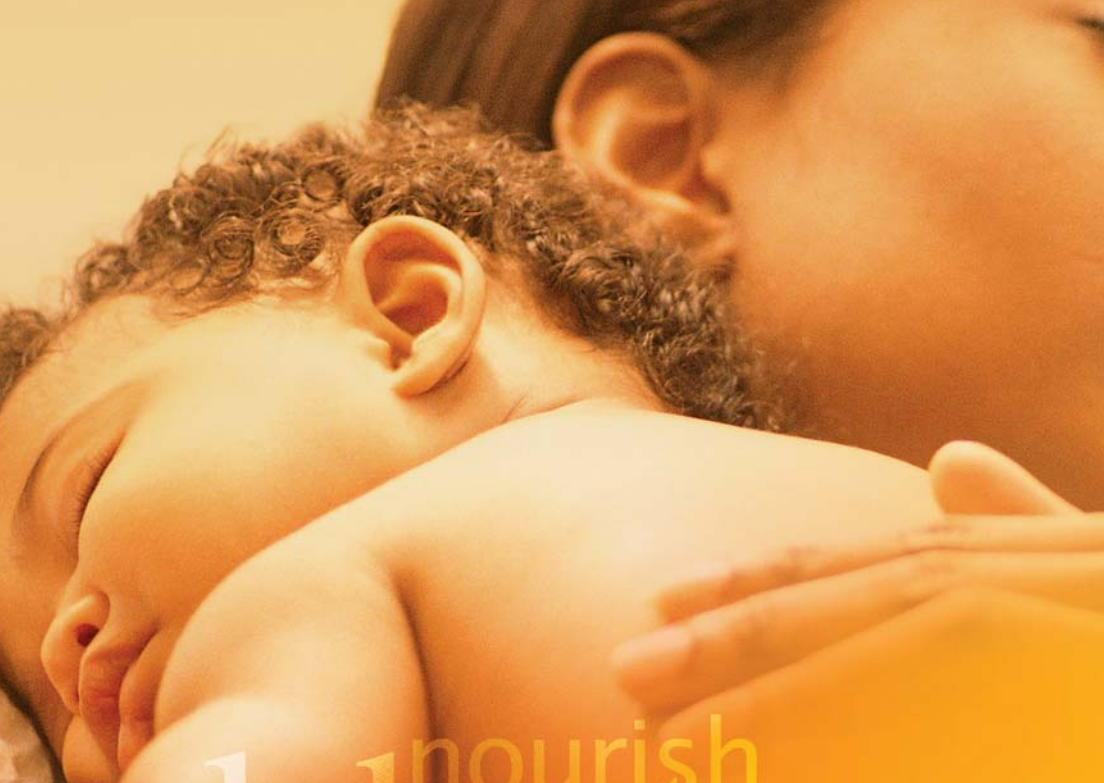
(989) 893-2211 or (800) 514-4211

Success by Three

(989) 846-6541

Successful Futures

(989) 895-2004 or (800) 792-7178



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TRUST



ParentConnect

This brochure is funded through Parent Connect through the US Department of Education, Office of Innovation and Improvement, Parent Options and Information, Parental Information and Resource Centers.



(989) 895-8596
111 N. Madison Ave., Bay City

1-800-327-4693

201 Mulholland, Bay City
www.babha.org

(989) 686-4410
4228 Two Mile Rd., Bay City
www.baisd.net

(989) 686-9700
910 N. Walnut St., Bay City
www.bcschools.net

(989) 895-4009
1200 Washington Ave., Bay City
www.co.bay.mi.us

(989) 894-8617
1900 Columbus Ave., Bay City
www.baymed.org

(989) 846-6541
3727 Deep River Rd., Standish
www.cmdhd.org

(989) 846-4111
120 N. Grove St., Standish

(989) 895-4026
515 Center Ave., Suite 301, Bay City
www.co.bay.mi.us

(800) 968-2226 HS ext. 219, EHS ext. 273
311 Germania, Bay City
www.nemcsa.org/headstart

(989) 667-8964 ext. 266
1-866-4CHILD CARE
5560 Gratiot Road, Suite B, Saginaw

(989) 893-2211
909 Washington Ave., Bay City
www.unitedwaybaycounty.org

Bay Area Family Y

- Bay Area Family Y Child Care

Bay-Arenac Behavioral Health

- Depression After Delivery Support Group
- Infant Mental Health Program

Bay-Arenac ISD

- Early On
- Great Parents, Great Start
- Imagination Library
- Parent Connect
- Project Find

Bay City Public Schools

- International Preschool
- Parent Involvement and Education Center

Bay County Health Department

- Maternal Infant Health Program
- Women, Infant and Children Program

Bay Regional Medical Center

- Baby Class 4 Big Kids
- Baby's First Massage Class
- Boot Camp for New Dads
- Breastfeeding Class
- BRMC Lactation Support
- Childbirth Series
- Infant/Child CPR & First Aid Class
- Labor and Delivery Refresher Class
- Nan's Playpals
- Teen Pregnancy and Childbirth Series

Central Michigan District Health Department

- Maternal Infant Health Program
- Success by Three
- Women, Infant, and Children Program (WIC)

Michigan State University Extension Arenac County

- Family Nutrition Program
- Food and Nutrition Program

Michigan State University Extension Bay County

- Breast Feeding Initiative
- Family Nutrition Program
- Successful Futures

Northeast Michigan Community Service Agency, Inc. (NEMCSA)

- Early Head Start
- Head Start
- Preschool Partnership

Saginaw Valley Regional 4C

- Child Care
- Parent Connect

United Way of Bay County

- Bay Arenac Call Center
- Parent Connect

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**BAY ARENAC
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4228 Two Mile Road • Bay City, MI 48706-2397

