



The right Connection

April 2023



24-hour toll-free crisis line
888-527-1790

Ionia Office
375 Apple Tree Drive
Ionia, MI 48846
616.527.1790

Hours:
Mondays-Thursdays
-8am-7pm
Fridays-8am-5pm
Saturdays-8am-12pm

Belding Office
7441 Storey Road
Belding, MI 48809
616.527.1790

Mondays and
Wednesdays-8am-6pm
Tuesdays and Thursdays
-8am-7pm
Fridays-8am-5pm

Portland Office
208 West Bridge Street
Portland, MI 48875
517.647.2128

Closed 12-1pm
Mondays-8:30am-7pm
Tuesdays-Fridays
-8:30am-5pm

Onsite IONIA: 1st/3rd Mondays Veterans Service Office
Wednesdays DDHS, Fridays Samaritas

Website:
www.rightdoor.org



MED LINE: 616.775.1023
Please allow 72 hours for refills

Kindly leave your name, the name of the person served if you are their parent or guardian, your phone number, the prescription needed and the pharmacy of choice.

MED SERVICE APPOINTMENTS:

Please arrive 15 minutes early for your appointment. Late arrivals may be rescheduled. If you must cancel, please do so 24 hours in advance. Thanks.



Month of the Child

April should be renamed the month of the child for us at The Right Door. Why? April is recognized as the National Autism Awareness Month.

If you have ever spent time at our Belding Autism Center, or in our Ionia location, you can see a transformation take place. That transformation is how autistic children enter services here and progress on a journey they make when our ABA team works with them.

Our team of ABA super heroes does an amazing job finding the patience they need to ride those sometimes bumpy journeys with their 'friends.' They set and implement treatment goals and behavior plans for each child served. They use the tools they have, and find others they need, to unlock each child's way of learning for a condition not curable.

April is also nationally recognized as Child Abuse Prevention Month. Locally, IM Safe (Ionia Montcalm Secure and Friendly Environment Child Advocacy Center) is located in nearby Fenwick whose mission is to protect children from abuse by providing prevention through education. But IM Safe does more. The people involved, including staff from The Right Door, coordinate multi-disciplinary investigation, assessment and treatment of child abuse mirroring many of our agency ideals on abuse, reporting and the family in aftermath.

Lastly April is when Easter takes place which is known for chocolate, bunnies and egg hunts which ranks right up there with most kids.

May your April showers bring May flowers and in the meantime spend time honoring the children.

Member of:



SPOTLIGHT ON ABA



Wow! Things sure have changed at The Right Door in the last 10 years!

In the summer of 2013 The Right Door began consulting with Developmental Enhancements to build the core structure of our ABA (Applied Behavior Analysis) program. Later that fall, our autism program began with one Board Certified Behavior Analyst (BCBA) and one other staff member in the current Ionia ABA treatment room with two children. Two years later ABA sessions were still held in Ionia and expanded to a rental space in Belding.

Jump ahead to March 2016 when plans were unveiled for a new addition at our Belding location which would house the Autism Center as we know it. Then in November, 2016 ground broke, the building addition and renovations were in full swing culminating with the ribbon cutting ceremony held June 26, 2017.

Today, the Autism Team has grown as have the number of children receiving services. The team is comprised of 20 staff broken down into four BCBA's, 15 ABA Aides, and one Occupational Therapist under the direction of Amanda Eveleth who is the Director of Children and Family Services.



Above: The ABA Super Heroes! **Left:** Jenny Lumley who started as an ABA Aide nine years ago, became a BCBA and is now ABA Supervisor with the driving force behind TRD ABA, Amanda Eveleth.

A GLIMPSE INTO ABA

“I enjoy what I do because I get to see more smiles in this world because of my work,” says Kyle Rockafellow who is an ABA Aide at TRD for nine years.

That work runs Monday to Friday anywhere from 7:45 in the morning to 6:30 at night in the Belding and Ionia locations, or in the child’s home. Autism Services are available once a diagnosis is confirmed with services open to children 18 months old to adults turning 21 years of age who meet the Medical Necessity Criteria for Autism Spectrum Disorder.

Initially children are screened using MCHAT or SCQ by a provider, referred to the agency where our staff complete diagnostic testing.

From there, **“We work on teaching socially significant skills that fill in developmental gaps that come with an autism diagnosis,”** summarizes ABA Supervisor, Jenny Lumley. **“Treatment is uniquely geared towards each individual child’s needs.”**

BCBA’s write the programs that focus on the individual treatment goals and supervise the implementation of those goals and behavior plans. The ABA Aides work one on one with a child implementing the same goals and plans.

Treatment goals focus on:

- ⇒ Communication, listener receptive skills
- ⇒ Reducing problem behaviors and replacing them with more functional or appropriate ways to get the child’s needs met, behavior plans
- ⇒ Imitation, social skills, functional play skills, eye contact, responding to one’s name
- ⇒ Increasing independent living skills (potty training, cooking, cleaning, dressing, brushing teeth and hair)
- ⇒ Desensitization programs (haircuts, clothes with tags, blood draw, dentist and doctor checklist)
- ⇒ Being part of a community (going grocery shopping, to the Ionia Free Fair, or Trick or Trunk

Family training is a big part of ABA. BCBA’s work with parents to generalize skills and behavior plans learned in ABA and implement them at home and in the community. ABA Aides also train parents on treatments goals and behavior plans in session with BCBA overseeing and providing feedback.

“I enjoy working with the kiddoes because early intervention changes lives for our kids and families and provides hope for the future,” explains Justina McKeown, a BCBA who started as an ABA Aide at TRD five and a half year ago.

Our BCBA’s work closely with our Occupation Therapist to incorporate sensory processing into a session, as well as working with the OT to decrease problem behaviors in the OT’s appointments.

OTs can also help regulate sensory processing differences that commonly occur for someone who has autism.

As OT Kelly Allen concludes, **“To be able to see children on the Autism Spectrum smile, feel soothed, engaged and make breakthroughs through our work together provides abundant joy and satisfaction to me in the work I do as an occupational therapist.”**

Did You Know...

- ◆ Autism now affects 1 in 68 children and 1 in 42 boys
- ◆ Autism prevalence figures are growing
- ◆ Autism is the fastest growing development disability in the United States
- ◆ Autism costs a family \$60,000 a year on average
- ◆ Boys are nearly five times more likely than girls to have autism
- ◆ There is no cure for autism

Facts from Autism Speaks



CREAMSICLE SALAD

This is a wonderful salad for Easter and other spring gatherings. I am not a fan of marshmallows in jello salad; this is perfect with them or without.

AMY MARTINEZ, Clerical

INGREDIENTS:

- 11 ounce can mandarin oranges, drained
- 1/2 cup crushed pineapple, drained
- 1 pound small curd cottage cheese
- 3.4 ounces package orange gelatin
- 8 ounce container whipped topping
- 1 cup mini marshmallows (optional)

INSTRUCTIONS:

1. In a bowl combine oranges, pineapple and cottage cheese until mixed
2. Stir in orange jello and stir until dissolved
3. Fold in whipped topping
4. Then fold in marshmallows
5. Cover and refrigerate one hour before serving

April

- 1 **April's Fools Day**
- 2 **World Autism Acceptance Day**
- 4, 18, **TRD Grant**, Walking Group, Shelly, 2-3pm, *Ionia Armory*
- 5 **TRD Grant**, Social Hour, Shelly, 1-2pm, *Tropical Smoothie*
- 5, 19 **TRD Grant**, Book Club, Shelly, 11am-12:30pm, The Last Thing He Told Me by Laura Dave. *TRD Ionia*
- 6 **National Alcohol Screening Day**
- 6, 20 **TRD Grant**, Craft Group, Shelly, 10-11am, *TRD Ionia*
- 6, 20 **TRD Grant**, Women's Group, Shelly, 1-2pm, *TRD Portland*
- 7 **TRD Grant**, Bingo, Shelly, 9:30am, *Portland Senior Center*. (25 cents/card)
- 7 **World Health Day**
- 7 **TRD Grant**, Express Yourself Art, Patricia, 11:30am-1pm, *TRD Ionia*
- 9 **Easter**
- 14 **TRD Grant**, Potluck, Patricia, 11:30am-1pm, *TRD Ionia*
- 14 **National Donate to Life Day**
- 16 **National Stress Awareness Day**
- 17 **Committee of the Whole**, 4-6pm, *Ionia*
- 20 **TRD Grant**, Social Hour, Shelly, 1-2pm, *Burger King*
- 21 **TRD Grant**, Exercise, Rachael, 12-1pm, *Ionia Armory*
- 24 **TRD Board Meeting**, 4-6pm, *Ionia*
- 26 **TRD Grant**, Self Love, Shelly, 10:30-11:30am, *TRD Ionia*
- 26, 27 **TRD Grant**, Euchre, Shelly, 12:30-3:30pm, *Commission on Aging*. Cost \$1 on 26. 1pm, *Portland Senior Center* on 27. Cost \$5 and \$1 loners
- 27 **TRD Grant**, Knit and Sip, Shelly, 10-11am, *TRD Ionia*
- 28 **TRD Grant**, Story Telling, 12-1pm, *TRD Ionia*

What do the Colors and Symbols Mean?

Each April, we promote Autism Acceptance and Awareness nationally. Let us shed a little light on what the colors and symbols mean associated with the Autism Spectrum Disorder (ASD) spectrum.



The Rainbow Spectrum

Each color of the rainbow represents the range of abilities, diagnoses and challenges each child faces on the autism spectrum.

The Color Blue

The color blue, is associated with calmness and acceptance. It is the primary color designated for autism. Its popularity stems from the worldwide Autism Speaks initiative, Light It Up Blue. On April 2nd, you see a plethora of blue, as this campaign calls for people to wear blue in support of Autism Awareness.

The Puzzle Piece

The puzzle piece, also made famous by Autism Speaks, is one of the most commonly recognizable symbols of autism. It is typically rainbow colored.



The Butterfly

The butterfly represents the beauty of diversity. Every butterfly is different just as each person with autism. The idea of the butterfly transforming into its beauty in its own time is like the an individual with autism who develops skills and milestones at their own pace.



The Infinity Symbol

The infinity symbol inspires the aspiration for inclusion and integration into society for people on the autism spectrum. It can also represent a love for numbers, which many autistic people share.



Adapted from Angel Sense Blog

Week Long Awarenesses and Observances:

- March 22-April 21:** Ramadan
April 3-9: National Public Health Week
April 5-13: Passover
April 23-29: National Organ and Tissue Donor Awareness Week
April 23-29: Medication Safety Week

Month Long Awarenesses and Observances:

- Alcohol Awareness Month
- Cancer Awareness, Cancer Control Month, Testicular Cancer Awareness
- Counselling Awareness Month
 - Defeat Diabetes Month
- Emotional Overeating Awareness, Healthy Diet Habits Month
- National Anxiety and Stress Awareness Month
 - National Autism Awareness and Acceptance
 - National Child Abuse Prevention Month
- National Sexually Transmitted Diseases Education (STI) Month
 - Physical Wellness Month

Child Abuse Prevention

- Approximately five children die every day because of child abuse.
- One out of three girls and one out of five boys will be sexually abused before they reach age 18.
- 90 percent of child sexual abuse victims know the perpetrator in some way.
- 68 percent are abused by a family member.

Child abuse and neglect are preventable. Yet millions of children of every race, religion, and background face neglect or physical, emotional, or sexual abuse in America every year. Child abuse can leave deep, lasting scars, making it harder to learn in school, to form trusting relationships, to build self-esteem, and to escape cycles of abuse long-term. It squashes the dreams of children and undermines their ability to reach their full potential.

Preventing Child Abuse America is the nation's oldest organization offering tools and resources to combat abuse and neglect before it happens. They believe that together we can work towards stamping out child abuse and neglect.

President Biden is of the same belief declaring April 2023 as Child Abuse Prevention Month. Biden stated, "It is everyone's moral responsibility to protect the most vulnerable among us." For more information on how to recognize and report child abuse or neglect, and how to support loving families and safe communities, visit childwelfare.gov.

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| Catholic Charities West Michigan | 616-855-5923 |
| Child/Adult Licensing Complaints | 855-444-3911 |
| (Suspected Abuse and Neglect Reporting) | |
| Child Help USA Information Center | 800-422-4453 |
| Michigan Department of Health and Human Services | 616-527-5200 |
| IM Safe (Ionia Montcalm Secure and Friendly Environment Child Advocacy Center) | 616-225-7267 |
| Preventing Child Abuse America- preventchildabuse.org | |
| Relief After Violent Encounter (RAVE) | 616-527-3351 |
| Sexual Assault Hotline | 800-656-4673 |

PEERS PRESENT



May 4, 2023
The Right Door
Ionia

Haircuts, clothing, shoes, purses, accessories, more...



MEET OUR HARDWORKING PEER TEAM



Left to right: Lexie Doty, Shelly Hanses and Dennis Gaskin hiding in the back. Director of Special and Outpatient Services, Julie Dowling is up front and behind her is Kaitlyn Vreeland. Beside Katie is Rob Weiland, Patricia Wentworth and last, but not least, Payton Zander.



PEERS were working with a 15 year old boy suffering from severe social separation anxiety. At the time he graduated from services with The Right Door, not only did he have a job, he also had a girlfriend and had participated in a talent show!

April is National Stress Awareness Month

Brenda Charles,
Health and Safety Committee
The Right Door

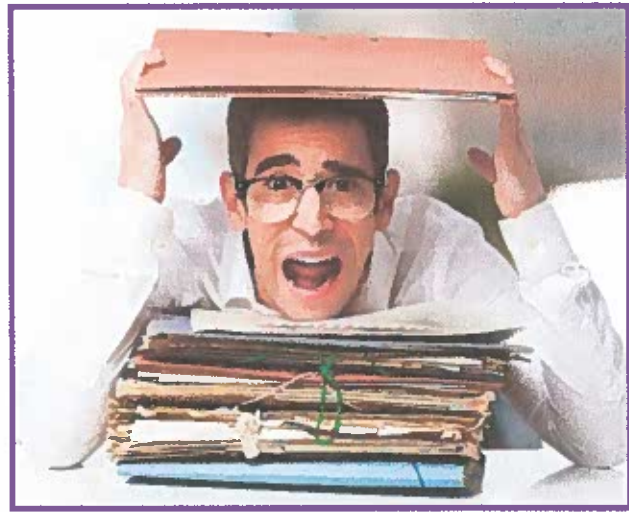
- **Stress is a prevalent mental health issue that impacts many individuals around the globe. While short-term stress helps you tackle dire circumstances better, long-term stress can lead to severe mental and physical disorders.**
- **Chronic stress results in consistently elevated stress hormone levels that increase the heart rate and blood sugar levels in the body. Hence, prolonged stress increases the risk of cardiovascular disease, diabetes and stroke, apart from depression.**
- **April is the month dedicated to spreading awareness about stress and promoting healthy ways to manage it. With these effective stress management techniques, you can protect your mind and body from the adverse impacts of chronic stress.**

1) Jot down what stresses you.

One of the most effective ways to manage stress and anxiety is to write down everything you are feeling. This activity is therapeutic and lifts the weight of your emotions off your chest. Moreover, putting down what stresses you, in words, may give you a better perspective or ideas on coping with the situation. Are you practicing stress reduction?

2) Spend more time outdoors.

Studies have proven that Vitamin D intake can help improve your mood and reduce anxiety. Also, spending some time outdoors every day gives you fresh air and interaction with nature, which is extremely therapeutic. Many of you have attended sessions and meetings outdoors at TRD during Covid restrictions. Would continuing this practice be a therapeutic option for both you and your clinician?



3) Let go of what you cannot change. One of the simplest ways of coping with stress is to stop stressing over what you cannot change. If you shorten the list of things that stress you out, you will be less stressed every day. Sure, the environment is deteriorating day by day and it is something to be worried about. But if you are doing your bit already by reducing and recycling your waste, still stressing over it is not going to achieve anything. So, if it is a problem you can solve, go ahead, and solve it. Otherwise, accept it and move on.

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- Track your mood online
- Manage depressive thoughts
- Manage anxious thoughts
- Access and share inspirations
- Get help on the go with the app

SIGN UP TODAY



1. Go to www.mystrength.com
2. Click **Sign Up**
3. Enter the Access Code:
RightDoorCommunity

FUN EVENTS

- First and Third Mondays, Bingo, 6pm, VFW, Lake Odessa (616) 374-7075.
- First and Third Thursdays, Dinner, 5pm followed by the Grand Valley Strings, 6-8pm, Ionia County Commission on Aging. RSVP for the meal to (616) 527-5365.
- April 11, 18 Youth Game Night, 4pm, Lyons Township District Library.
- April 15 Ionia Affiliated Athletic Boosters Euchre Tournament, Ionia Moose Lodge, 5pm doors open, tournament 6pm. \$40 cost per two person team.
- April 16 Ted Vigil (John Denver Tribute Show), 1pm, Portland High School Auditorium. Tickets \$30 through Noreen Logel (517) 743-1830.
- April 16 Breakfast Buffet Fundraiser for Portland Police, Fire and EMS, 7-11:30am, VFW, \$10.
- April 22 Pancake and Whole Hog Sausage Dinner, 4-7pm, LeValley United Methodist Church. Donations at the door.
- April 29 Shiloh-Junction Consignment Auction, 10am on, Orleans. Taking consignments starting April 22nd by appointment. (616) 902-7822.

An Easter Egg Hunt for disabled and sensory impacted kids was held April 8 at Belding High School Common Area. This hunt was open to kids in the county coming with a caregiver as no staff were onsite providing care. The event offered peanut free selections without music.



SPARROW RELAXES MASKING

Sparrow has revised its requirements for wearing face masks since Covid cases have decreased, and high levels of immunity are present, as is the availability of effective treatments.

Effective immediately, caregivers, patients and visitors no longer need to wear a mask in the public areas of their facilities for the first time in three years and in alignment with standards set by MIOSHA (Michigan Occupational Safety and Health Administration). Masks still need to be worn by people seeking medical care for respiratory symptoms and Covid, including fever, new cough, or rash or if someone in their home has Covid. Masks must also be worn by caregivers and those visiting patients who have respiratory or Covid issues.

Statistics show that Covid cases reported daily in the States have dropped 92 percent since January 2022 at the peak of Omicron. Covid deaths have also declined more than 80 percent while hospitalizations from the virus are also down nearly 80 percent.

“The easing of mask requirements symbolizes recovery,” said Paul Entler, Sparrow’s Chief Clinical Officer.

April is National Sexually Transmitted Diseases Education Month

RESOURCES FOR COMMUNICABLE DISEASES

HIV/STD Testing Resources

Ionia County Health Department Ambulatory Care Clinic	175 East Adams Street, Ionia 3015 South State Road, Ionia	(616) 527-5341 (616) 522-9110
Barry/Eaton District Health Department	1033 Health Care Drive, Charlotte West Woodlawn Avenue, Hastings	(517) 543-2430 (269) 945-9516
Spectrum Health United Hospital Youth Clinic	318 South Bridge Street, Suite 1, Belding	(616) 244-1100
Ingham County Health Department	5305 South Cedar Street, Lansing	(517) 887-4308
Kent County Health Department	700 Fuller Avenue, Grand Rapids	(616) 632-7100
Mid Michigan District Health Departments	615 North State Road, Stanton 1307 East Townsend Road, St Johns 151 Commerce Drive, Ithaca	(989) 831-5237 (989) 224-2195 (989) 875-3681
Planned Parenthood of West/Northern Michigan	Irwin/Martin Health Center, 425 Cherry Street South East, Grand Rapids	(616) 459-3101
Sparrow Medical Group Occupational Health and Walk In	550 East Washington, Ionia	(616) 523-1644

Tuberculosis/Hepatitis Resources

Ionia County Health Department	175 East Adams Street, Ionia	(616) 527-5341
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Substance use disorders affect people of all ages and walks of life. It does not discriminate and unfortunately the older our children get, the more likely they will have tried some kind of substance.

Most people who have a substance use disorder experience barriers to recovery. Stigma is the major barrier with public misconceptions about the condition contribute to this stigma.

Substance use disorder is a health condition. It can be treated successfully especially when we acknowledge that people who have it deserve the same care and compassion as others suffering from any other disease.

DID YOU KNOW?

- The average age of first experimentation with drugs is 13, and for alcohol it is even younger. Drug use has been classified as a major problem for kids as early as fourth grade by the students themselves.
- Alcohol is the most widely used drug in America. It is the third largest cause of death in the United State, second only to heart disease and cancer.
- Alcohol and tobacco use are significant risk factor in heart disease and cancer and over 100,000 deaths per year in this country alone.
- Alcohol and other drug contribute to 50 percent of all suicides and 50 percent of all violent crimes.
- 60 percent of admissions to emergency rooms are either directly and indirectly due to drug or alcohol usage.

If you think that you may have an alcohol or drug problem there are many sources of assistance that may be available to you, such as:

- Speak to counselor
- Speak with your family doctor
- Speak with your church priest or minister
- Call the local chapter of Alcoholics Anonymous
- Contact any of the resources to the right

Adapted from National Recovery Research Institute, SAMSHA

Resources:

Alcoholics Anonymous	800-821-3014 616-527-5341
Alcohol/Drug Abuse Helpline/Treatment	844-289-0879
Families Against Narcotics Ionia/Montcalm	616-214-6128
Ionia County Health Department	616-527-5341
Mid-State Health Network	844-405-3095
The Right Door	888-527-1790
Samaritas (at TRD Fridays)	616-527-1790
(Ionia Substance Use Disorder Clinic)	833-720-WELL
Substance Abuse and Mental Health Service Administration	800-662-4357
Suicide Prevention National Lifeline	800-273-8255

AA Meetings:

AA Meeting, **Mondays and Wednesdays**, 7pm, **Saturdays**, 11am, Museum Basement, Alvah N. Belding Library. (616) 794-1450

Area-Alanon Meeting, **Wednesdays**, 10-11am, First Congregational Church, Portland. (616) 575-8000

AA Meeting, 7pm, **Mondays and Thursdays**, St. Edwards Church, Lake Odessa. For more information contact Robert at (616) 902-9001

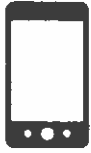
Al-Anon Meetings, **Thursdays**, Zoom, Sandi (616) 255-3251 or Joy (616) 901-7779 (Ionia)

Area Alanon Meeting, 10-11am, **Thursdays**, Lakewood United Methodist Church, Lake Odessa. (616) 575-8000



For a Complete Listing of all Ionia County Resources:

www.8cap.org



Michigan Help Lines

- **Abuse and Neglect Reporting** 1-855-444-3911
- **Adult Foster Care Ombudsman** 1-800-292-7852
- **AIDS Program** 1-877-342-2437
- **Bridge Card EBT** 1-888-678-8914
Customer Service
- **Cash Assistance** 1-855-ASK-MICH
- **Community Resources and Referrals (Housing)**
United Way
2-1-1 is Health and Human Service Equivalent to 9-1-1
to give or get help 2-1-1
- **Disability Ombudsman** 1-800-288-5923
Michigan Protection and Advocacy Services
- **Domestic Violence Helpline** 1-800-799-7233
- **Early on-Thru Department of Education**
Intervention Services for Infants and Toddlers with
Disabilities and their Families 1-800-327-5966
- **Elder Care Service** 1-800-677-1116
Help with Transportation, Meals for the Elderly
- **Energy Assistance** 1-855-275-6424
- **Food Assistance** 1-855-ASK-MICH
- **Home Heating Tax Credit Status** 517-636-4486
- **Medicaid Customer Help** 1-800-642-3195
MSA/MDHHS
- **Medicare** 1-800-MEDICARE
Includes Part D for Pharmacy
- **Mental Health-24 Hour Crisis Line** 1-888-527-1790
- **MiChild Medical-MDHHS** 1-888-988-6300
- **MI Enrolls-Medicaid Managed Care** 1-888-367-6557
- **MI RX-Drug Discount Program** 1-888-367-6557
For Low Income
- **Poison Control Centers** 1-800-222-2222
- **Relay Center for Deaf and Hard of Hearing** 7-1-1
- **Sexual Assault Helpline** 1-800-656-4673
- **Social Security Administration** 1-800-772-1213
- **State SSI Supplement** 1-855-275-6424
- **Suicide Prevention Lifeline** 1-800-273-8255
- **THAW Fund-Heat/Warmth Fund** 1-800-866-8429
- **Ticket to Work-Disabled Persons** 1-800-605-6722
ReHab
- **Tuition Incentive Program TIP** 1-888-447-2687
Treasury Department 1-888-4-GRANTS
- **WIC-Women, Infants and Children Health and**
Nutrition Assistance Program 1-800-225-5942



The Right Door



Belding CBT Depression Group

Ongoing, Fridays, 10-11am, Zoom. Contact Brian Post

Bingo

Grant Group, 9:30am, Portland Senior Center. (25 cents per card). Contact Shelly Hanses

Book Club

Grant Group, 11:30-12:30pm, TRD Ionia. The Last Thing He Told Me by Laura Dave. Contact Shelly Hanses

Craft Group

Grant Group, April 6, 20, 10-11am, Ionia. Contact Shelly Hanses

Adult DBT

Ongoing, Mondays, 1pm, Ionia. Contact Marcie Brengle/Jerry Joubert

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia. Contact Marci Brengle/Jim Geisen

Euchre

Grant Group, April 26, 12:30-3:30pm, Commission on Aging. Cost \$1. April 27, 1pm, Portland Senior Center. Cost \$5 and \$1 loners. Contact Shelly Hanses

Family Psychoeducation

Saturdays, 10am, Ionia. Contact Keyla Mitchell/Marcie Brengle

Grant Events/Integrated Healthcare

Ongoing Grant Groups, Fridays. April 7, Express Yourself Art, 11:30am-1pm, TRD Ionia, April 14, Potluck 12-1pm, April 21, Exercise, 12-1, Rachael, Ionia Armory, April 28, 12-2, Story Telling, 12-1pm. Contact Patricia Wentworth

Knit and Sip

Grant Group, April 27, 10-11am, TRD Ionia. Contact Shelly Hanses

Men Supporting Men

Ongoing, Tuesdays, 2-3pm, Ionia. Contact Chris Barnett

Parenting Through Change

Starting February 15, 5:15-6:45pm, Ionia. Contact Jim Geisen

Self-Love

Grant Group, April 26, 10-30-11:30am, TRD Ionia. Contact Shelly Hanses

Seeking Safety Group

Wednesdays, 10-11:30am, Ionia, skipping every fourth week. Contact Keyla Mitchell

Social Hour

Grant Group, April 5, 1-2pm, Tropical Smoothie, April 19, 1-2pm, Burger King. Contact Shelly Hanses

Walking Group

Grant Group, April 4, 18, 2-3pm, Ionia Armory. Contact Shelly Hanses

FREE TAX PREPARATION for 4/17

United Way Montcalm-Ionia Counties 2-1-1 to schedule an appointment
Commission on Aging, 115 Hudson Street, Ionia (616) 527-5365
Flat River Ministries, 11535 Fulton Street East, Lowell (616) 897-8260