FLINT WOMEN'S COMMUNITY ACTION NETWORK

Community Resources

Positive Affirmation

SELF-CARE

"Be somebody who makes everyone feel like a somebody."
-Courtney Shields

"The forces that are for you are greater than the forces against you." -Joel Osteen

"Life isn't about waiting for the storm to pass...it's about learning to dance in the rain."
-Vivian Greene

"If it costs you your peace, it's too expensive."

"If there's life, there is hope."
-Stephen Hawking

"Some people cannot be cured, but everyone can heal."

"Life is too short to spend it at war with yourself."

"Once you choose hope, anything is possible."
-Christopher Reeve

"Never forget how wildly capable you are."
-VSCO

"A smile doesn't cost a cent, but draw a lot of interest."

COMMUNITY RESOURCES FOR ADULTS

Flint community resources for individuals and families. Additional resources may be found at **flintcares.com.**

HEALTH CARE

Flint Water Healthcare Coverage
Health Insurance. 1-855-789-5610 or www.michigan.gov/mibridges

Genesee Health System
Mental Health Counselors or Help with Stress. Call 810-257-3705 or 877-346-3648 for 24-hour Crisis Line or www.genhs.org

Wellness Services, Inc
LGBTQ+ safe space, HIV & STI testing, free needle and syringe replacement and narloxone/narcan rescue kits. 810-232-0888

Genesee Community Health Center
Healthcare services and programs with a priority focus on homeless and public housing residents.
810-496-5777

Flint VA Outpatient Clinic (veterans only)
Specializes in Family Medicine and Psychiatry. 810-720-2913

Family Supports Coordination Services (Medicaid recipents only)
In Home Connection to Services (Ages 0-21 or if pregnant).
810-257-3777

Blood Lead Testing
Walk-in screening available for children and adults at the Genesee County Health Department.
810-257-3833.

FOOD NUTRITION

Food Bank of Eastern Michigan
810-239-4441 or fbem.org

WIC (Women, Infants & Children)
Program & Breastfeeding Support.
810-237-4537 or 810-237-4550 for Breastfeeding Support

Double UP Food Bucks
Free fresh fruits and vegetables when you shop with your Bridge Card.
1-866-586-2796
www.doubleupfoodbucks.org/flint

MSU Extension
Breastfeeding Peer Counselor Support.
517-432-2752

Flint Fresh
Mobile Market and Veggie Box Program. www.flintfresh.com

Nutrition and Cooking Classes
www.FlintCares.com/nutrition

Mobile Food Pantries
Available at various locations throughout the city of Flint offer free fresh fruits and vegetables to any Flint resident. Call 2-1-1 for monthly locations or go to the Food Bank of Eastern Michigan website at https://www.fbem.org

SAFE WATER AND HOMES

Lead Safe Home Program
Free Home Inspections and Repairs.
517-335-9390 or 810-257-3777 or 1-866-691-LEAD (5323)
www.michigan.gov/leadsafe

Genesee County Community Action Resource Department (GCCARD)
Home Repair Resources.
810-232-2185
gccard.org

Genesee County Community Action Resource Department (GCCARD)
Water Heater Replacement.
810-787-0199

Fast Start Pipe Replacement Program
cityofflint.com/fast-start

Free filters and at-home water tests
Flint City Hall (information desk).
810-766-7346

United Way
Help to find referrals for food, shelter, medical assistance and more.
810-410-1138 or 2-1-1

UTILITY ASSISTANCE

Catholic Outreach
Assistance with water, Consumers Energy, evictions. 810-234-4693

Genesee County Community Action Resource Department (GCCARD)
Neighborhood Services.
810-768-4675

TRANSPORTATION

MTA Ride to Groceries/Wellness Program: 810-767-0100
Flint East 810-767-5541
Flint West 810-233-4751

SENIOR PROGRAMS

The Valley Area Agency on Aging (VAAA)
810-249-0833

Genesee County Community Action Resource Department (GCCARD)
Meals on Wheels, 810-232-2185

Free Dental Cleanings for Seniors
VAAA partnered with Mott Community Dental Clinic.
810-762-0317

OTHER SERVICES

Disability Network
810-742-1800
https://www.disnetwork.org

Family Literacy Programs Enrichment Center
810-239-9425

Center for Higher Education Achievement
810-265-7766
http://www.mychea.org

MDHHS State Emergency Relief
Assistance paying heat & utilities, including water bills and shut-offs, home repairs, relocation assistance, home ownership services.
www.mibridges.com
Monday-Friday, from 8AM-5PM:
MDDHS Genesee County, Union St. District – 125 E. Union, Flint
MDDHS Genesee County, Clio Rd. District – 4809 Clio Rd., Flint

Help Centers

Free resources for Flint residents, including personal care items, water filter replacement cartridges, food.

Bethel United Methodist Church
1309 N. Ballenger Hwy., Flint
Mondays, 10am-2pm.

Ashbury United Methodist Church
1653 Davison Rd., Flint
Tuesdays, 10am-2pm, (American Sign Language Interpreter present at Ashbury location)

Greater Holy Temple COGIC
6702 N. Dort Hwy., Flint
Thursdays, 10am-2pm.

Additional help with Food: visit www.fbem.org "FIND HELP" Tab

Michigan State University College of Human Medicine received funding for this work from the Centers for Disease Control and Prevention (CDC), Grant #NUE2EH001370. 06/24/2020

GENESEE COUNTY HUMAN TRAFFICKING TASK FORCE

Genesee County Human Trafficking Task Force

Meets every 3rd Monday of each month

9:30am-10:30am

Currently meetings are held virtually

For more information please contact GCHTTF Chairperson at gchttfgenesee@gmail.com

BUILDING CAPACITY FOR RESEARCH AND ACTION

FUNDING FOR FLINT COMMUNITY HEALTH RESEARCH

Applicants may request up to $5,000 for partnership development activities or up to $10,000 for conducting small-scale research projects.

Each application must have at least two partners:

1. An academic affiliated with a college, school, or university
2. A community member affiliated with a non-academic community organization or group

Applications are due:
February 14, 2020

Full details can be found at:
https://bit.ly/2E6WzBf

MICHR MICHIGAN INSTITUTE FOR CLINICAL & HEALTH RESEARCH
UNIVERSITY OF MICHIGAN

Tranquil Power Discovery Course

Through Movement, Meditations and Music with Breathwork

Unlock the tranquil power of conscious breathing. Discover the natural remedy for stress, anxiety, and grief, to experience greater clarity, connection and sense of wellbeing. Learn how your own breath can give you information about yourself or your situation, that you were not cognizant of.

Benefits may include: elevated mood, increase clarity, cleared mental blocks, released tension, greater self-awareness, increased endorphins, serotonin and dopamine to give your body a natural boost and take you into the place where we are designed to live.

I will show you 5 different breathing techniques and a meditation

What to have near you: Yoga matt, a throw, pillow if you want, chap-stick, water, eye sleep mask, journal. Wear Comfortable Clothing. Arrive 5 minutes early

Where: Comfort of your home through Zoom on your computer or phone.

Time: 7:00-8:30 pm Date: 4/30 & Through Pandemic. Check website or Facebook.

Cost: Free or Donation of your choice through the duration of the Pandemic.

I accept PayPal, Cash App, Venmo, Square or Check.

For information contact Pam Malow-Isham 810-869-2288

Email me so I can send you the waiver to sign and Zoom link.

pam@tranquilpower.com www.tranquilpower.com

Ways to Get Involved

Community Action

Meets the 2nd Sat. of every month

12- 2 pm

January 11, 2020

Kennedy Ctr., 1610 W. Pierson Road, Flint

March 14, 2020

Shiloh M.B.C., 2120 Saginaw Street, Flint

May 9, 2020

C.A.N. Ctr., 643 W. Austin, Ave., Flint

*Saturday, June 29

19th Annual Unity March Against Violence & Community Expo

July 11, 2020

YMCA, 411 E. 3rd Street, Flint

September 12, 2020

CWOW, 6202 Dupont Street, Flint, MI

November 14, 2020

Elga Credit Union, Center Road, Burton, MI

Year-End Report & Community Reflections

[IN] on the Road Business Bootcamp For Young Adults

Ages 16-24

[IN] INNOVATION INCUBATOR

As part of the North Flint Food Market's Flint Youth Cooperative Developer program

Why Attend?

[IN] on the Road uses an engaging, locally-developed curriculum to teach young people the essentials of running a business from finding your big idea and customer segment to marketing, finances and legal structures. Upon successful completion, participants earn a membership to the North Flint Food Market

Monday Lecture Series

2019: August 26, September 23, October 28, November 25

2020: January 27

Topics include: Co-op Structure, Pop-up Retail, What it Means to be an Entrepreneur and Community Impact

Saturday Business Workshops

[IN] on the Road Business Bootcamp

September 28, 2019: Ideation & Target Markets

October 26, 2019: Marketing

November 23, 2019: Finances & Legal Structures

January 25, 2020: Business Model Canvas

All sessions will be held at the future site of North Flint Food Co-op, 5402 Clio Road, Flint, MI

Registration:

go.umflint.edu/youthcoop

NORTH FLINT FOOD MARKET
Feeding Our Community

THE NORTH FLINT REINVESTMENT CORPORATION
EXCELLENCE IN EDUCATION HOUSING PROGRAMS

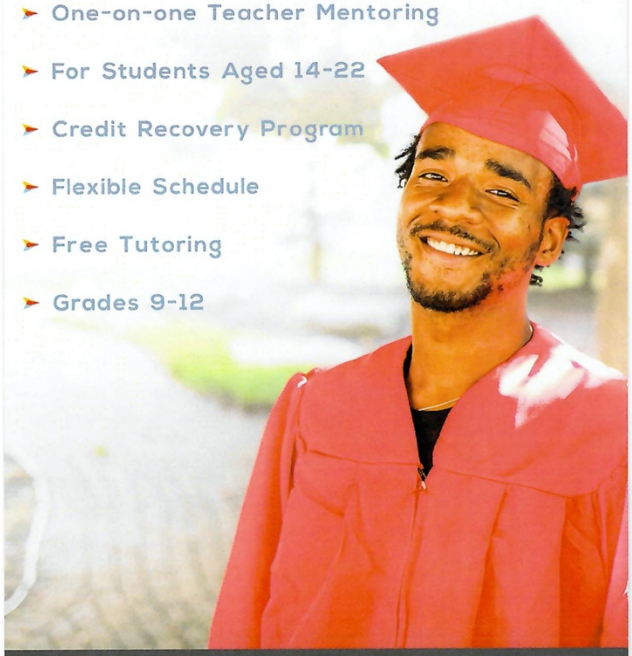
M FLINT
OFFICE OF UNIVERSITY OUTREACH

[IN] INNOVATION INCUBATOR
ON THE ROAD
A Program of M

FLEXhigh

CHANGE YOUR STORY

- Independent Learning at Your Pace
- Personalized Academic Plan
- One-on-one Teacher Mentoring
- For Students Aged 14-22
- Credit Recovery Program
- Flexible Schedule
- Free Tutoring
- Grades 9-12



FLEXHighMichigan.org

100% FREE

ENROLL ANYTIME

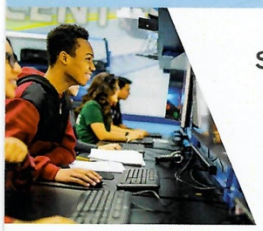
FLEXhigh

CHANGE YOUR STORY

FLEX High offers a flexible schedule to meet the needs of students with adult responsibilities.

Students meet one-on-one with highly qualified teachers.

Students graduate with more than just a diploma.



Students learn real-world skills in an independent, personalized, self paced education program.

Flint	Burton
4945 Clio Road Flint, MI 48504 (810) 852-4479	1245 S Center Rd Burton, MI 48509 (810) 652-8273

FLEXHighMichigan.org

We do not discriminate on the basis of race, color, national origin, sex (including sexual orientation or transgender identity), disability, age, religion, military status, ancestry, or genetic information.

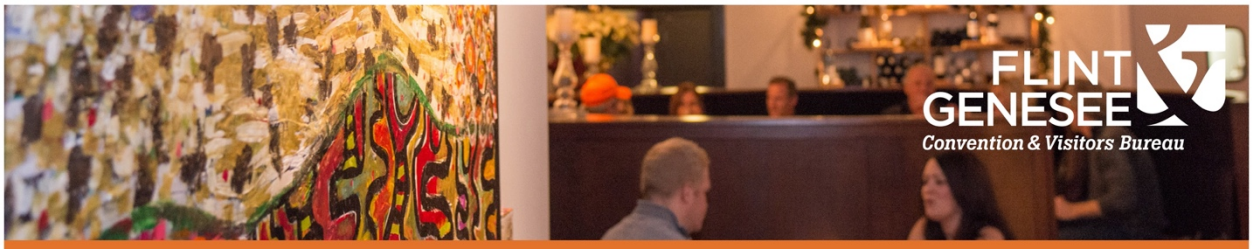
Karen Calhoun
2800 Plymouth Road, Building 400
Ann Arbor, MI 48109-2800

COMMUNITY BASED ORGANIZATION PARTNERS

MICHIGAN STATE UNIVERSITY

MICHR MICHIGAN INSTITUTE FOR CLINICAL & HEALTH RESEARCH UNIVERSITY OF MICHIGAN

Trust Study: Flint Special Projects Steering Committee



THINGS TO DO

We hope you enjoy your visit here in the Flint area. Below, please find dining, shopping, and attraction recommendations from the Flint & Genesee Convention and Visitors Bureau.

Attractions

The Eberson – Vintage Arcade
130 E. 2nd St. • Flint, MI 48502
theeberson.com

Flint Institute of Arts
1120 E. Kearsley St. • Flint, MI 48503
flintarts.org

Longway Planetarium
1310 E. Kearsley St. • Flint, MI 48503
sloanlongway.org

Flint Children's Museum
1602 University Ave. • Flint, MI 48504
flintchildrensmuseum.org

Greater Flint Arts Council
816 S. Saginaw St. • Flint, MI 48502
greaterflintartscouncil.org

Whaley Historic House Museum
624 E. Kearsley St. • Flint, MI 48503
whaleyhouse.com

Buckham Gallery
600 S. Saginaw St., Suite 103 • Flint, MI 48502
buckhamgallery.org

MW Gallery
815 Saginaw St. • Flint, MI 48502
m-wc.org

The Capitol Theatre
140 E. 2nd St. • Flint, MI 48502
capitoltheatreflint.com

The Whiting
1241 E. Kearsley St. • Flint, MI 48503
thewhiting.com

Spymaker Escape Rooms
4310 Miller Rd. • Flint, MI 48507
spymakerescape.com

Sloan Museum at Courtland Center
4190 E. Court St. • Burton, MI 48509
sloanlongway.org

Shopping

Flint Farmers' Market • flintfarmersmarket.com
300 E. 1st St. • Flint, MI 48502

GoodBoy Clothing • goodboyclothes.com
522 S. Saginaw St. #2 • Flint, MI 48502

SHIFT • shiftflint.com
140 E. 2nd St., Suite 100 • Flint, MI 48502

Glam Box Boutique • glamboxshop.com
620 S. Saginaw St. • Flint, MI 48502

Brush Alley Skateshop • brushalleyskateshop.com
111 E. 3rd St. • Flint, MI 48502

Flint City T-Shirts • flintcitytshirts.com
629 S. Saginaw St. • Flint, MI 48502

Totem Books • totembooksflint.com
620 W. Court St. • Flint, MI 48503

Flint Trading Co. • flinttradingco.com
629 S. Saginaw St. • Flint, MI 48502

Reclaimed by Whaley • Find Us on Facebook
141 W. Second St. • Flint, MI 48502

Dryden Building Retail • Find Us on Facebook
601 S. Saginaw St. • Flint, MI 48502

Genesee Valley Center • geneseemall.com
3341 S. Linden Rd. • Flint, MI 48507

Courtland Center • courtlandcenter.com
4190 E. Court St. • Burton, MI 48509

Restaurants/Nightlife

501 Bar and Grill
500 S. Saginaw St. • Flint, MI 48502

Blackstone's Smokehouse
531 S. Saginaw St. • Flint, MI 48502

Café Rhema
432 S. Saginaw St. • Flint, MI 48502

Churchill's Food and Spirits
340 S. Saginaw St. • Flint, MI 48502

Cork on Saginaw
635 S. Saginaw St. • Flint, MI 48502

Flint Crepe Company
555 S. Saginaw St. • Flint, MI 48502

The Good Beans Cafe
328 N Grand Traverse St. • Flint, MI 48503

Hoffman's Deco Deli & Cafe
444 S. Saginaw St. • Flint, MI 48502

Market Tap (2nd Floor Flint Farmers' Market)
300 E. First St. • Flint, MI 48502

Soggy Bottom Bar
613 Martin Luther King Ave. • Flint, MI 48502

Soriano's Mexican Kitchen
836 S. Saginaw St. • Flint, MI 48502

Torch Bar & Grill
522 Buckham Alley • Flint, MI 48502

Tenacity Brewing
119 N. Grand Traverse St. • Flint, MI 48503

White Horse Tavern
621 W. Court St. • Flint, MI 48503

The X
555 S. Saginaw St. • Flint, MI 48502

See What's Possible

Visit **FlintandGenesee.org/thingstodo** for a comprehensive digital guide to the Flint & Genesee County area.

Flint & Genesee in December

FLINT & GENESEE
Convention & Visitors Bureau

For more information on Flint & Genesee, visit flintandgenesee.org or find us on Facebook at Explore Flint & Genesee.

EVENTS

- **Sunday, Dec. 1: OHL Flint Firebirds vs. Sarnia Sting,** Dort Federal Credit Union Event Center, 3501 Lapeer Rd., Flint • flintfirebirds.com
- **Tuesday, Dec. 3: Flint Cultural Center Holiday Walk,** Locations include Flint Institute of Music, Flint Repertory Theatre, Applewood Estate, Flint Institute of Arts, Longway Planetarium • flintcultural.org
- **Thursday, Dec. 5: TREEmendous Evening** Downtown Flint
- **Dec. 5-6: Flushing Candlewalk,** Downtown Flushing flushingchamber.com
- **Friday, Dec. 6: Linden's Holiday Happening, Frosty Parade & Fireworks,** Downtown Linden lindenholidayhappening.com
- **Friday, Dec. 6: Christmas on Main Street,** Downtown Davison • facebook.com/DowntownDavisonHappenings
- **Saturday, Dec. 7: Breakfast With Santa** Flint Children's Museum, 1602 University Ave., Flint flintchildrensmuseum.org
- **Saturday, Dec. 7: Fenton Jinglefest** Downtown Fenton • fentonchamber.com
- **Dec. 7-8: 29th Annual Davison High School Christmas Spectacular,** Davison High School, 1250 North Oak Rd., Davison • smetankacraftshows.com
- **Friday, Dec. 13: Second Friday ARTWALK** Downtown Flint (locations vary) • geneseefun.com
- **Friday, Dec. 13: OHL Flint Firebirds vs. Saginaw Spirit,** Dort Federal Credit Union Event Center, 3501 Lapeer Rd., Flint • flintfirebirds.com
- **Saturday, Dec. 28: OHL Flint Firebirds vs. Sarnia Sting,** Dort Federal Credit Union Event Center, 3501 Lapeer Rd., Flint • flintfirebirds.com
- **Sunday, Dec. 30: OHL Flint Firebirds vs. Windsor Spitfires,** Dort Federal Credit Union Event Center, 3501 Lapeer Rd., Flint • flintfirebirds.com

ATTRACTIONS/ART & CULTURE

- **Ongoing in December: Exhibits at Flint Institute of Arts** 1120 E. Kearsley St., Flint • flintarts.org
  - Visions of American Life: Paintings from the Manoogian Collection, 1850-1940 *(through Dec. 30)*
  - Industry *(through Dec. 30)*
  - Harmony in Expression The Myron and Barbara Levine Print Collection
  - Double Take
  - Useful and Beautiful: Decorative Arts Highlights
  - Postscript
- **Saturdays and Sundays in December: Free Glassblowing Demonstrations at Flint Institute of Arts** 1120 E. Kearsley St., Flint • flintarts.org
- **Ongoing in December: Genesee County Parks Events (visit website for more information and events)** geneseecountyparks.org
  - Dec. 11: Holiday Walk at For-Mar Nature Preserve & Arboretum
  - Dec. 14: Birding Hike – Christmas Bird Count
  - Dec. 21: Evergreen Winter Hike
- **Ongoing in December: Now Showing at Longway Planetarium (check website for showtimes and dates)** 1310 E. Kearsley St., Flint • sloanlongway.org
  - The Queen Light Show: From Mercury with Love
  - Cosmic Christmas
  - Journey to Space
  - Skies Over Michigan
  - Perfect Little Planet
  - The Life of Trees
- **Ongoing in December: Sloan Museum exhibits at Courtland Center Mall,** 4190 E. Court St., Burton sloanlongway.org
  Use Court Street entrance, near El Cozumel Mexican Grill
  - Wild Kratts®: Creature Power®!
  - Rock U
  - Historic Vehicles from Sloan Museum's Automotive Collection
- **Ongoing in December: Flint Children's Museum activities** 1602 University Ave., Flint • flintchildrensmuseum.org
  - Dec. 3-6: Magnetic Bell Painting
  - Dec. 10-13: Jingle Bell Maze
  - Dec. 17-20: Ornament-to-Go
  - Dec. 24-27: Santa Drop
  - Dec. 31, Jan. 1-3: Psychedelic Snowflake
- **Wednesday, Dec. 4: A Classy Brassy Christmas and More!** The Capitol Theatre, 140 E. 2nd St., Flint capitoltheatreflint.com
- **Friday, Dec. 6: First Friday Open Mic at Buckham Gallery** 121 W. 2nd St., Flint • buckhamgallery.org
- **Friday, Dec. 6: Robin Spielberg's Holiday Sing-A-Long** The Capitol Theatre, 140 E. 2nd St., Flint capitoltheatreflint.com
- **Dec. 7-8: Nutcracker** The Whiting, 1241 E. Kearsley St., Flint • thewhiting.com
- **Dec. 7, 14, & 21: Open Hours at Whaley Historic House Museum,** 624 E Kearsley St., Flint • whaleyhouse.com
- **Thursday, Dec. 12: Hip Hop Nutcracker** The Whiting, 1241 E. Kearsley St., Flint • thewhiting.com
- **Saturday, Dec. 14: Victorian Christmas Tea** Whaley Historic House Museum, 624 E Kearsley St., Flint whaleyhouse.com
- **Saturday, Dec. 21: Victorian Christmas Tea** Whaley Historic House Museum, 624 E Kearsley St., Flint whaleyhouse.com
- **Saturday, Dec. 21: Stockton House Museum Historic Tours,** 720 Ann Arbor St., Flint • stockhousemuseum.com
- **Saturday, Dec. 21: Holiday Pops with the FSO** The Whiting, 1241 E. Kearsley St., Flint • thewhiting.com

THEATER

- **Dec. 5-7, 12-14, 19-21: Don't Bother Me, I Can't Cope** The New McCree Theatre, 2138 W. Carpenter Rd., Flint thenewmccreetheatre.com
- **Dec. 6-8, 13-15: Into the Woods,** Flint Repertory Theatre, 1220 E. Kearsley St., Flint • flintrep.org
- **Dec. 11-15: The Day Before Christmas** Clio Cast and Crew, Theatre 57, 2220 W. Vienna Rd., Clio cliocastandcrew.com
- **Ongoing in December: Movies at The Capitol Theatre** 140 E. 2nd St., Flint • capitoltheatreflint.com
  - Friday, Dec. 13: The Santa Clause
  - Wednesday, Dec. 18: White Christmas
  - Friday, Dec. 20: A Christmas Story

NIGHTLIFE

- **Fridays and Saturdays: Live Music at The Agitated Grape Wine Tasting Bar** 310 N. Main Street, Davison • theagitatedgrape.com
- **Dates Vary: Live music, Sunday trivia nights, and Tuesday open mic nights at Blondie's Food & Spirits** 2520 W. Hill Rd., Flint • blondiesfoodandspirits.com

**Please visit websites listed for times. Information and dates are subject to change without notice.*

Christmas at Crossroads Holiday Magic 2019

Crossroads Village & Huckleberry Railroad, 6140 Bray Rd., Flint • geneseeparks.org

Nov. 29-30; Dec. 1, 6-8, 13-15, 19-22, 26-29 • 4:00 p.m. to 9:00 p.m.
Drive Through Only Nights – Dec. 2, 9, 16, 23-24, 30 • 5:00 p.m. to 9:00 p.m.

Visit Crossroads when thousands of lights sparkle like tiny stars throughout the village with live entertainment, model trains, holiday music, costumed villagers making vintage crafts, shops full of great holiday gifts and Santa bringing smiles to faces of all ages. Ride the Huckleberry Railroad for a festive night-time ride. It is highly recommended that you purchase your train ride early as they often sell out in advance.

Huckleberry Railroad Christmas Departures
5:00 p.m., 5:50 p.m., 6:40 p.m., 7:30 p.m.
Boarding time for the train is 20 minutes prior to the scheduled departure.

Holiday Magic Christmas Dinner Buffet
Weekdays – 5:30 p.m. & 6:00 p.m.
Weekends – 5:00 p.m. & 5:30 p.m.
Reservations: (810) 736-7100 ext. 6 or (800) 648-PARK

ATTENTION

FAITH LEADERS AND FAITH CONGREGATIONS IN GENESEE COUNTY

5
FREE
Face
Shields

Pick Up Location for Face Shields

FACTORY TWO

129 N. Grand Traverse St. Flint, 48503

Distribution dates and times:

Thursday, July 23rd
Thursday, July 30th
Thursday, August 6th
Thursday, August 13th
Thursday, August 20th
Thursday, August 27th

From 11 a.m. to 2 p.m.

FREE
Disposable Face Masks
All Congregations in Genesee County

PLEASE CONTACT THE CITY OF FLINT AT 810-410-2020 TO ARRANGE PICK UP OF MASKS OR ONLINE AT HTTPS://BIT.LY/MASKUPFLINT

LARGER CONGREGATIONS PLEASE CONTACT THE FOOD BANK OF EASTERN MI AT 810-396-0253.
OFFICE HOURS ARE MON-SAT 8AM-4:30PM

Thank you to our supporting partners

FOOD BANK of Eastern Michigan

FEEDING AMERICA

FACTORY TWO

CHARLES STEWART MOTT FOUNDATION

CITY OF FLINT, MICHIGAN 1855

GREATER FLINT Urgent Relief Fund

Community Foundation Greater Flint

FREE FACE SHIELDS & MASKS FOR FAITH CONGREGATIONS

Link to Genesee County Resource Guide

Updated: May 20, 2019

GENESEE COUNTY RESOURCES

Resources Available 24/7

National Suicide Hotline: **1-800-273-8255**

Genesee Health System (GHS) Mental Health Crisis Line: **810-257-3740**

If you are in crisis and only have access to text messaging: **Text FLINT to 741741 to connect with a Crisis Counselor**

24/7 Hotlines

Organization	Phone Number
National AIDS Hotline	(800) 232-4636
Substance Abuse and Mental Health Services Administration National Helpline	(800) 662-4357
National Alliance on Mental Illness Helpline	(800) 950-6264
National Domestic Violence Hotline	(800) 799-7233
Rape, Abuse, and Incest National Network	(800) 656-4673
National Runaway Safeline	(800) 786-2929
National Teen Dating Abuse Hotline	(866) 331-9474
American Pregnancy Helpline	(866) 942-6466
Planned Parenthood National Hotline	(800) 230-7526
SPEAK UP (School violence report hotline)	(866) 773-2587
Michigan Gambling Help Hotline	(800)-270-7117
Child Abuse Hotline	(800) 422-4453
Human Trafficking Hotline (or text 233733)	(888) 373-7888 (TTY: 711)

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Hello!

Building Strong Women Transitional Living/Room & Board have vacancies. Call 810-234-7933 for more information.

$420 Shared Room/$520 Private Room Monthly

(House Aides are charged half the rates in exchange for performing job duties)

Amenities Include:

- Furnished Rooms
- Utilities Included
- Washer/Dryer (If Available)
- 24 Hours Security Camera
- Home Phone (If Available)
- Meals provided with exceptions
- Wi-Fi (If Available)
- Self-Improvement Classes
- Daily Activities
- Sober Living Facility
- Bus Passes (When Available)

Our Facility serves females 18 and over only (Seventeen if emancipated).
We accept mothers with up to two children.
Sorry, no boys over 14 years of age.

Intakes are on Thursdays at 1 PM

For More Information:

Building Strong Women
2524 Clio Road Flint, Michigan 48504

Office: 810-234-7933
Fax: 810-820-8420
Email: buildingstrongwomen@yahoo.com
Website: buildingstrongwomencommunity.org

Applications are available to print and complete on the BSW Website

HERE FOR

WOMEN'S HEALTH

OB/GYN | BREAST HEALTH | PRENATAL CARE

MEDICAL | DENTAL | VISION | BEHAVIORAL HEALTH | PHARMACY

(810) 406-4246 | HAMILTONCHN.ORG

WOW OUTREACH

YOUTH AMBASSADORS

www.wowoutreach.org

YAY YOUTH AMBASSADORS

EST. 2019

To provide opportunities for the most challenged youth in our community to change their behaviors, attitudes, and perspective on life, in hopes of addressing increased violent behaviors, truancy, suspensions, and low academic achievement. To impact the lives of young people in a positive way by motivating and encouraging them value their lives, others' lives as well as their community. To challenged youth to be their own agents of change, establishing hope and belief in their own ability to succeed and live a healthy, happy, prosperous life.

"When I think of the organization Youth Ambassadors, it reminds of something bigger than oneself. Being able to be a Co-Director of such a movement, it's truly an honor. Youth Ambassadors provides the following, a safe haven, exposure, opportunity, love. I've found out from leading these young people the solution to decreasing the north side of Flint, MI is not giving up on them but simply showing them love and care. Because due to the lack of support or love they're not getting at home that's what their really seeking when they act out in school or the streets.
Myself and Tychelle Sparks has made it our duty to not only show them love but to also expose them to the world outside of what they see everyday. That's the amazing part about the "Beauty of Exposure" once you've been exposed to something your mind can never go back to how it was before."
~ Dennis Williams-Mitchell, Co-Director

(810) 789-7700
(810) 789-7707

6202 Dupont Street, Suite B
Flint, MI 48505
Street, Suite B
Flint, MI 48505

Workintwogether@gmail.com

RESOURCES FOR FLINT RESIDENTS

COVID-19 Resources

- MI COVID-19 Hotline: **1-888-535-6136**
- Michigan.gov/coronavirus
- Genesee County Health Department COVID-19 Hotline **(810) 424-4443**
- Sheriff's Office - Community Care Task Force **(810)-257-3422**
- **(810) 591-KIDS** - Childcare Ages 0-12 for essential workers

Water distribution

- Bethel United Methodist Church: 1309 N. Ballenger Hwy. 10 a.m.-2 p.m. Mondays.
- Asbury United Methodist Church: 1653 Davison Road. 10 a.m.-2 p.m. Tuesdays.
- Greater Holy Temple Church of God in Christ: 6702 N. Dort Hwy. 10 a.m.-2 p.m. Thursdays.

City of Flint Office of Public Health

Water filters, replacement cartridges and water tests remain available through the City of Flint's Office of Public Health. They also are available to assist any residents whose home need water service reconnected. Call 810-410-2020 for details.

Meal sites for children

FLINT COMMUNITY SCHOOLS

Meals will be distributed from a First Student (transportation) bus that will be parked on the premises with a distribution table and tent. Those up to the age of 19 may receive a breakfast and lunch meal, regardless of whether they attend Flint Schools. Families who are unable to make it to the Food Distribution Sites can contact their school or the office of Student Services at (810) 767-6111 to see if alternative arrangements can be made.
Breakfast and lunch will be distributed from 10 a.m. to 1 p.m. at the following sites:

NORTH FLINT
Northwestern: G-2138 W. Carpenter, Flint 48505
Brownell/Holmes: 6602 Oxley Dr., Flint 48504
Berston Field House: 3300 Saginaw St. Flint, 48505
CENTRAL FLINT
Potter: 2500 N. Averill, Flint 48506
DTM: 1518 W. Third Ave, Flint 48504

SOUTH FLINT
Freeman: 4001 Ogema, Flint 48507
Southwestern: 1420 W. Twelfth St., Flint 48507

Flint Cultural Center Academy

"Grab and go" meal services are available for FCCA students. Students can pick up both breakfast and lunch from 10 a.m.-1 p.m. Monday through Friday.

Glam Boutique

Starting Monday, March 16, 2020, all children in need of a lunch may stop in or honk for curbside delivery. Pick up a sack lunch, coloring book and reading books while supplies last. No questions asked. Lunch distribution is 11:30 a.m.-1 p.m. at Glam Boutique, 620 Saginaw St. in Downtown Flint.

GISD (Genesee Intermediate School District)

GISD will be distributing meals Monday through Friday beginning Monday, March 16 at the times and locations shown below. Meals are available for all children free of charge.

- Cathedral of Faith: 6031 Dupont St. Noon-12:30 p.m.
- Transition Center: 3136 Linden Road. 10:30 a.m.-12:30 p.m.
- Elmer Knopf Learning Center: 1493 W. Maple Ave. 10:30 a.m.-12:30 p.m.
- Head Start at MCC (near Court street entrance): 1401 E. Court St. Noon-12:45 p.m.
- Stalker School: 3329 Burnell Ave. 1-1:45 p.m.
- Educare Flint: 1000 Gladwyn. Noon-12:45 p.m.
- Cummings Great Expectations: G-2200 Walton St. Noon-12:45 p.m.
- Manley Early Childhood Center: 3022 Farley St. Noon-12:45 p.m.
- Summerfield Early Childhood: 1360 Milbourne Ave. 1-1:45 p.m.
- Early Learning Center: 5575 Van Campen. 1-1:45 p.m.
- The Learning Center: 1181 W. Scottwood Ave. 1-1:45 p.m.
- Beecher Daily Elementary: 6236 Neff Road. 2-3 p.m.

Meal sites for seniors

GCCARD Senior Nutrition Services

Mobile Senior Nutritional Services are still available and accepting new clients. MTA has added an additional 20 drivers to assist with meal deliveries. Call (810) 235-3567.

GCARD's Commodities Supplemental Food Program also offers supplemental food for low-income individuals age 60 and over. Call (810) 789-3746.

Meal sites for all residents

Food Bank of Eastern Michigan

The Food Bank of Eastern Michigan continues to offer mass food distributions and mobile food pantries in Flint and the entire region. Find a food pantry near you: Search by ZIP code (scroll to the bottom of the page) or see the mobile food pantry schedule. The Food Bank also has a calendar of upcoming mass food distributions. The Food Bank recommends calling pantry locations ahead of time to ensure they are open.

Catholic Charities

- North End Soup Kitchen is located at 735 E. Stewart Ave. (Exit 9 off I-475, one block east of Saginaw Street.) It offers hot food 9 a.m.-1 p.m. and 2-5:30 p.m. Mondays through Saturdays. It serves hot food 10:30 a.m.-2:30 p.m. on Sundays.
- Center for Hope Soup Kitchen is located at 812 Root Street next to the Catholic Charities Main Office at the corner of Root and 5th Avenue. The kitchen is NOT at the Church. It offers hot food 9:30 a.m.-1:30 p.m. Mondays through Saturdays and noon-3 p.m. on Sundays.
- South Flint Soup Kitchen is located at 3410 Fenton Road at Lincoln Park United Methodist Church. It serves sack lunches from 11 a.m.-noon Monday through Friday
- Bread of Life Sandwich Program is located at 2608 Maplewood on Flint's eastside. It serves sack lunches noon-1 p.m. Monday through Friday.

Flint Fresh Food Hub

Flint Fresh Food Hub offers produce delivery to City of Flint residents. Boxes can be purchased using standard payment methods, Bridge Card, Double Up Food Bucks, or Prescriptions for Health. Visit www.flintfresh.com or call (810) 618-5896.

YMCA

Starting Monday, March 23, 2020 operating 7 days a week the YMCA will be providing dinner for anyone in need. Anyone can pick up dinner and a snack for a child and there is no need for the child to be present or proof of guardianship.

- Suffolk Ct Apartments, 3000 Suffolk Ct, Flushing, MI 48433 – 6:00 – 6:45 pm
- Pierson Rd YMCA, 5219 W Pierson Rd, Flushing, MI 48433 – 6:00 – 6:45 pm
- Downtown YMCA, 411 E 3rd St, Flint MI 48503 – 6:00 – 6:45 pm
- Kings Lane Apartments, 4400 Kings Ln, Burton, MI 48529 – 4:00 – 4:45 pm
- Calvary United Methodist Church, 2111 Flushing Rd, Flint, MI 48504 □□□□□ 6:00 – 6:45 pm
- River Park Apartments, 7002 Pemberton Dr, Flint, MI 48505 – 4:00 – 4:45 pm
- Flint Development Center, 4121 Martin Luther King Ave, Flint, MI 48505 – 5:00 – 5:45 pm
- Mt Olive Missionary Baptist Church, 424 Kennelworth Ave, Flint, MI 48503 – 5:00 – 5:45 pm

Questions should be addressed to CEO Shelly Hilton at shellyhilton@flintymca.org or 810.232.9622.

Emergency housing assistance

Genesee County Community Action Resource Department

The Neighborhood Services Center provides emergency assistance with utilities and other homeless prevention services. Call (810) 768-4675.

Internet access

Comcast is offering an Internet Essentials for free to new customers. To sign up, go to www.internetessentials.com. This includes a video chat option for customers using American Sign Language. Customers can also call for service at 1-855-846-8376 for English or 1-855-765-6995 for Spanish.

Child Care for first responders

Genesee Intermediate School District

GISD is coordinating childcare services for first responders. Contact them at (810) 591-5437 or by fax at (810) 591-6150.

Childcare

Child Care Network is available to help families find childcare. It can be reached at www.childcarenetwork.org, call 810.407.7285 or fax 734.975.1868.
The Disability Network (810) 742-1800

Filing for unemployment

Contact the Michigan Unemployment Insurance Agency 1-866-500-0017. Effective immediately, and until Tuesday, April 14 at 11:59 pm, unemployment benefits are being extended to include the following Michigan residents:

- Workers who have unanticipated family care responsibility, including those who have childcare responsibilities due to school closures, or those who are forced to care for loved ones who become ill.
- Workers who are sick, quarantined, or immunocompromised and who do not have access to paid family and medical leave or are laid off
- First responders in the public health community who become ill or are quarantined due to exposure to COVID-19.

Access to benefits for unemployed workers will also be extended:

- Benefits will be increased from 20 to 26 weeks
- The application eligibility period will be increased from 14 to 28 days
- The normal in-person registration and work search requirements will be suspended.
- If you become displaced due to employer closures, you can apply for unemployment assistance online. Social Security number, driver's license or state ID number, names and addresses of recent employers, quarterly earnings, employer's federal ID number and last day of employment are required.

Public Transportation

MTA-Flint

Effective March 19, 2020 through April 6, 2020 fares will be waived on the 14 Fixed Route Bus Services. All passengers will be asked to load and unload through the rear doors only, except for those that are disabled. The use of transfers will be eliminated, until further notice. Questions? Please contact MTA Customer Service at (810) 767-0100.

ST. LUKE
N.E.W. LIFE CENTER

Our Programs

Food Pantry-

In response to COVID19, we are currently distributing food weekly on Fridays, between 10-2pm or until supplies last. Open to surrounding zip codes, and no registration required. This program is funded by the State of Michigan and may be discontinued in the future.

Before the pandemic, our typical food pantry served residents of 48504 and 48505 on a monthly basis. Food could be picked up on Tuesdays or Thursdays from 10am-2pm (or until the first 100 people are served). ID and proof of residency (utility bill or lease) and proof of children living in the home (birth certificates, social security cards, Medicaid cards) were required. We may return to this schedule in the future.

Hot meals have been suspended due to Covid 19. We may return to hot meals in the future. These were provided on Tuesday & Thursdays 11:30am-1:00pm and Wednesdays 12-1pm to the residents of 48504 and 48505.

To register or for additional information, please call 810-239-8710.

Clothing-

During food distribution, we also offer free clothing. This is currently on Friday between 10-2 in conjunction with the COVID19 Food Pantry schedule.

Home Goods-

We have a limited assortment of household goods that are provided to those in need. Call (810) 239-8710 to sign up for items on a first come, first served basis. There is typically a wait list. Priority goes to documented emergencies such as proof of a house fire.

Adult Literacy Programs – (are all no-cost services)

- Open Tuesday-Friday, 8:30am-3:30pm *(Currently doing remote learning due to COVID19)*
- GED Preparation- assistance with GED materials and testing fees.
- One-on-one tutoring
- Computer Training

To register or for additional information, please contact Jerri Winfrey-Carter at 810-239-8710.

Employment Preparation Programs-

16-week employment training sessions are offered with separate classes for men and women. During these classes, a variety of skills are built such as self-esteem, money management, resume writing, computer basics, creating an email address, hands-on skills (sewing, building, electrical, plumbing, etc.) and much more!

We offer paid on the job training in conjunction with the classes for those who can pass a drug test.

These courses are currently being held virtually during COVID19. This is a fluid situation and will be modified as needed.

To register or for additional information, please call 810-239-8710.

N.E.W. Life/New Paths Program-

This is a program for women to socialize with other women, talk about problems/barriers and celebrate successes. Women learn to knit/crochet, receive inspirational messages, enjoy guest speakers, cook, do crafts and enjoy each other. This program's focus is on strengthening women, building up self-esteem and providing assistance to women who are in or have been in abusive relationships. This program is held every Wednesday. Summer hours are 9am-2pm and fall/winter hours are 9am-3pm starting in September. This program takes a break during the month of December and a few weeks in the spring and fall.

To register or for additional information, please call 810-239-8710.

Substance abuse counseling –

We offer services to individuals who are enrolled in our Employment Preparation Program by a New Paths therapist. Hours/days vary.

To register or for additional information, please call 810-239-8710.

Legal Services -

On Tuesdays from 10am-2pm an attorney from Legal Services is here to meet with anyone who has legal questions.

To register or for additional information, please call 810-239-8710.

Department of Health and Human Services (DHHS) -

A caseworker from DHHS is at the center on Thursdays from 8:00am-4:00pm to answer questions related to DHHS cases such as: Medicaid, Food Stamps, Cash Assistance, Childcare and State Emergency Relief (SER). This service is temporarily closed. Please call St. Luke N.E.W. Life Center for updates 810-239-8710.

Volunteering -

We welcome volunteers to work in our food pantry, hoop house (community garden), clothing area, literacy center and more.

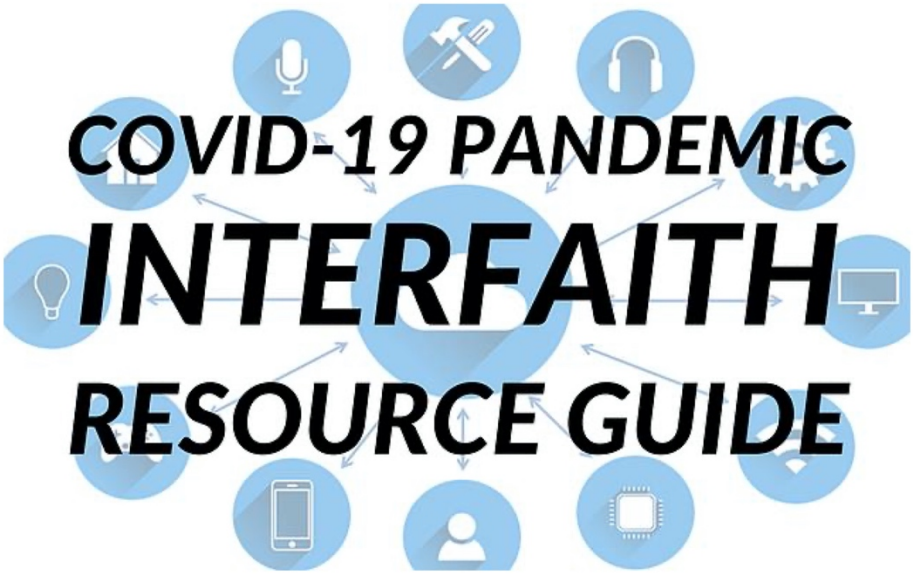
Important Note: Many of our services and programs have been suspended during the pandemic and will be updated as conditions regarding health safety continue to improve. Please call for further information and updates.

Link to Faith Community COVID-19 & Public Health Information Packet

FAITH COMMUNITY

COVID-19 & PUBLIC HEALTH

INFORMATION PACKET



Genesee County Health Department
Your Health. Our Work.

Developed by the Faith Action Communications Team as part of the Flint Communications Workgroup and in partnership with the Genesee County Health Department.

Last updated: 06/04/2020

Genesee Resource Guide:
http://flintresourceguide.mystrikingly.com

Genesee County Health Department:
https://gchd.us/food-community-resources/

The City of Flint devoted to available resources, which can be found at:
https://www.cityofflint.com/covid-19/community-resources/

God grant me the
Serenity to accept the
things I cannot change...
Courage to change the
things I can and
Wisdom to know the
difference...

The Lord's Prayer

Our Father, which art in heaven,
Hallowed be thy Name.
Thy Kingdom come.
Thy will be done in earth,
As it is in heaven.
Give us this day our daily bread.
And forgive us our trespasses,
As we forgive them that trespass against us.
And lead us not into temptation,
But deliver us from evil.
For thine is the kingdom,
The power, and the glory,
For ever and ever.
Amen.