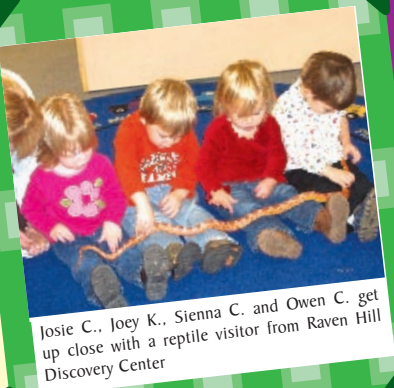


# Parenting Awareness Month Community Activities



Josie C., Ioey K., Sienna C. and Owen C. get up close with a reptile visitor from Raven Hill Discovery Center



Lilly K. gets to know snake from Raven Hill Discovery Center.



William C. meets a lizard and learns about its habitat and food from Sheri Leach, Raven Hill Discovery Center



Mia Owens enjoys the See-North Owl at Project Connect



"This is fun!" Jordyn Lake sits still for her very cute haircut at Project Connect.



Sisters, MaRynn and CamBrie Corey are excited about getting their hair cut at Project Connect!



Jacob Joshua Shaler is introduced to Checkers, the friendly snake from Raven Hill Discovery Center at Project Connect.

## Activities:

### "Sport of Mothering"

**A prenatal exercise class (land and aquatic exercises)**

**Mondays & Wednesdays 5-6pm:** Exercising before, during and after pregnancy is beneficial for improving posture, decreasing back pain, improves sleep, reduces stress and helps with the demands of labor. Northern Michigan Sports Medicine Center East. 345 N. Division - corners of Mitchell and Division. For more information contact Sandy Willoughby, 348-7950.

### Boys 4-H Wrestling

A Charlevoix County 4-H Youth Development Program. A family-oriented activity for both girls and boys allowing young people in the elementary and middle school to participate in a fun, inexpensive and educational sport. Wrestling teaches the fundamentals of freestyle (form), self-discipline, and good sportsmanship as well as helping to build self-esteem. Call Troy Lawson at (231)582-3978 for more information.

**February 27:** Mancelona School, 9:30 am, Grades 2 - 8 (experienced only), Cost \$5 per wrestler

**March 6:** Charlevoix High School Gym, 9 a.m., Grades K-8, Cost \$5 per wrestler.

**March 13:** Kalkaska Middle School, 9:30a.m., Grades K-8, Cost \$5 per wrestler.

**March 20:** Gaylord High School, 10:00 a.m., Grades K-8, Cost \$5 per wrestler.

### Raven Hill Discovery Center

#### Second Saturday Science Series

Second Saturday of each month in 2010 from Noon-4pm. Admission is free. Sponsored by Charlevoix County Community Foundation. Try a different challenge each month, and explore the museum & animals and outdoor exhibits. 4737 Fuller Road, East Jordan. Call 231-536-3369 for more info. or questions.

**March 13:** "Science Magic"

**April 10:** "Marble Rolls"

**May 8:** "Egg-citing Activities"

**June 12:** "Big Wheels"

**July 10:** "Stomp Rockets"

**August 14:** "Pond Critters"

**September 11:** "Paper Airplanes"

**October 9:** "Air Pressure"

**November 13:** "Surface Tension"

**December 11:** "Lasers"

### Help Your Community!

**February 20:** 4-8pm at the LTBB Government Center Common Area. Silent/Live Auction featuring Native American inspired food, and entertainment. Fun-filled event for all ages! Free snow shoeing & tracking expeditions, free kids activities, medicine bags, color wheels, jewelry making. Stroll the numerous silent auction items, donated by local businesses, while the kids are entertained. 50/50 drawing, fry bread, corn soup, chili, hot/cold beverages, smoked fish from Bell's Fishery, bid on a dinner/casino/hotel package including Bill Cosby tickets. For more information, call 231-347-6753. Proceeds benefit Northern Shores Loan Fund, Inc., Certified Native CDFI.

### Help Your Community!

**February 20:** 4-8pm at the LTBB Government Center Common Area. Silent/Live Auction featuring Native American inspired food, and ent

### RELAX - Alternatives to Anger - MSU Extension

**March 9, 16, 23, 30:** A series of four classes focusing on communication and problem solving, especially for parents. RELAX stands for Recognize, Empathize, Listen, Accept, and X-out the past. Evening classes held in Petoskey. Cost is \$20, scholarships are available. Call 231-439-8973 for information or to register. Registration deadline: March 3.

### Getting Kids Outdoors

North Country Kids  
930 State Road, Harbor Springs  
**Saturday, March 20, 10am-2pm:** Hosting with Raven Hill, Little Traverse Conservancy, SEENorth, a Getting Kids Outdoors event featuring a Nurturing Nature Celebration: Live raptors, reptiles, entertainment, nature activities and explorations for children, planting fun, puppets and snacks. This event encourages families to love and take care of our natural surroundings and to appreciate the stunning beauty and variety of wildlife and plants. Contact Liz Beasley at 231-526-2815.

### Parent Leadership Conference

**March 20:** 10am-2pm. Guest Speaker: Daniel Hodgins. Event celebrating parents with door prizes and lunch provided held at Charlevoix/Emmet ISD 08568 Mercer Blvd., Charlevoix. Call Mandy Peterson at 231-582-8070. This conference is a collaboration between Childcare Connections, Charlevoix/Emmet Great Start Collaborative, Wexford/Missaukee Great Start Collaborative, Traverse Bay/Manistee Great Start Collaborative & Northwest Michigan Community Action Agency.

### Grandparents Raising Grandchildren Support Group

**March 22 & April 26:** 6:30 - 8:00 p.m., Petoskey Friendship Center 1322 Anderson Rd. Childcare by appointment: (231) 347-3211 or (888) 347-0369

### Creative Kids Day

**Tuesday, March 23:** 10:30am-Noon, for toddlers, preschoolers and their parents. Come join us for a fun morning of cooking, art projects, face painting, Polaroid pictures, movement & music! Held at Christ Lutheran Church in Boyne City, 1250 Boyne Avenue. Brought to you by: Early On Northwest, Early/Head Start, Char-Em ISD, MSU Extension, Little Traverse Bay Bands of Odawa Indians, Department of Human Services, Charlevoix Public Library, Women's Resources Center, Great Start Collaborative and community volunteers. For more information call Carolyn Belknap, Early On Coordinator, 231-439-8167

### Parenting Class - MSU Extension

**April 6, 13, 20, 27, May 4, 11, 18:** Nurturing Parent Program for parents of children birth to age 12. Evening classes held in Petoskey. Cost is \$50, scholarships available. Call 348-1770 for information or to register. March 30: Registration deadline

### Emmet County 4-H

**April 23-24:** 4-H Spring Achievement Days, Emmet County Community Center. April 23 3 - 8pm, April 24 Noon - 8 pm. The Emmet County 4-H Spring Achievement Days is an annual event designed as an opportunity for 4-H members to experience an interview type evaluation of their winter projects. Members receive ribbons and awards for their project accomplishments and during the Saturday evening awards program, a fashion show is held and 4-H scholarships are presented. www.msue.edu/emmet or call 231-348-1770 for more information.

### 20th Annual Children's Health Fair

**Saturday, April 17:** 9am-2pm at the Petoskey Middle School. Fun activities from birth to age 12. Lots of raffle prizes. Live entertainment.

### Opportunity Conference

**April 23:** with Donna Beagle, childcare provided (if needed for 1-5 year olds) and an on-site job fair. RSVP or call 582-8070 for details.

### Parent Education & Community Playgroups

Presented by The Women's Resource Center of Northern Michigan. Participate in fun activities, games & projects with your child. Have the chance to learn about toys and activities for different age/skill levels. Learn how to build positive self-esteem and age-appropriate discipline approaches and child development. Have the opportunity to network with other parents. Available to children 0-60 mos. & preschool age siblings. All Playgroups are free of charge and offered weekly. If you have any questions, call 231-347-0067.

**Tuesdays:** Boyne City, 9:30am-11am at Christ Lutheran Church, 1250 Boyne Ave. Group leader: Mary Biagini

#### Wednesdays:

East Jordan, 9:30am-11am at Jordan Valley District Library Community Room. Group leader: Kate Essenberg

Alanson, 9:30am-11am at the United Methodist Church, corner of North and Chicago. Group leader: Mary Biagini

**Friday:** Petoskey, 9:30am-11am, at the United Methodist Church, 1804 East Mitchell St. Group leader: Mary Biagini

### Free Preschool Recruitment Dates

A tuition-free Preschool Recruitment is taking place on the following dates for children 3-5 years old. Call for an appointment 877-866-3714

**East Jordan: March 29, 12-7pm; March 30, 10am-5pm; March 31 9am-3pm:** East Jordan Elementary School. 304 Fourth St., Small Gym.

**Alanson: April 13, 12-7pm; April 14 10am-3:30pm:** Alanson Head Start Office, 4700 North Street

**Boys City: April 15, 12-7pm; April 16, 9am-3pm:** Early Education Building, 321 S. Park

**Charlevoix: April 19, 12-7pm; April 20, 9am-4pm:** Charlevoix Elementary School, 13513 Division St.

**Petoskey: April 26, 9am-4pm; April 27, 12-7pm:** NMCAA, 2202 Mitchell Park, Suite 4

**Pellston: April 20, 12-7pm; April 30, 9am-3pm:** Pellston Elementary School, 172 N. Park

**Boys Falls: April 30, 9am-3pm:** Boys Falls Elementary, 01662 M-75 S.

### Health Department Programs:

**www.nwhealth.org**  
**Charlevoix County:** 220 W. Garfield St., Charlevoix (800)432-4121  
**Emmet County:** 3434 Harbor Petoskey Rd. (M-119), Suite A, Harbor Springs, (800)432-4121

**Family Planning** - Birth control methods and exams for men and women to prevent unintended pregnancy. (Fees based on income)

**WIC** - Provides FREE nutritious food and information for eligible pregnant and post-partum women, infants, children up to age 5.

### Maternal Infant Health Program

A nurse, dietician, and social worker provide support for eligible pregnant women and new mothers with babies up to 12 months old.

**Newborn Home Visits** - All families with a newborn may receive a visit from a nurse to weigh baby, help with feeding issues, answer questions, and suggest resources in the community.

**Immunization Clinics** - Adult and Childhood immunization against diseases like diphtheria, polio, tetanus, Hepatitis A & B, meningitis, and more. Immunizations may be low cost for eligible children and adults.

**Hearing & Vision Screenings** - Free screening for children (6 months and up for hearing) and youth age three to 19 for vision.

**Access to Health Insurance** - Assistance completing applications for Medicaid, MIChild, Plan First, Northern Health Plan, and other programs.

### Library Activities:

**Charlevoix Public Library**  
109 Clinton Street, Charlevoix • 231-547-2651  
MSU Extension, 231-533-8818

**Thursdays:** 10:30am - Story Time with Ms. Laura. Ages birth to 5 are welcome to join us for stories, songs, and crafts.

**March 6, 20, 27:** PAWS for a Story 10:30am-1pm. Call to register for your children to read a story to one of our certified dogs. Contact Audrey Shapiro at 231-547-2651

**March 11:** 6:30pm WOW (Wings of Wonder). Learn about raptors & meet some real ones! Contact Audrey Shapiro at 231-547-2651

**March 22, 6-8 pm:** Childcare training focusing on Social & Emotional Health in children 0-6. Participants will gain practical tools for teaching children about emotions, as well as explore ways to create a responsive child care environment. Contact Denise Augst at 231-533-8818.

**Petoskey District Library**  
109 Clinton Street, Charlevoix • 231-547-2651  
MSU Extension, 231-533-8818

**March 2, 16, 23 and 30:** "Golden Slumbers" Story Hour for families of 3-7 year olds. From 6:30-7:30 p.m.

**March 1, 4, 8, 11, 15, 18, 22 and 25:** 10-10:30 a.m. (Mondays) 10am & 10:45am (Thursdays). Parent/Child Lap Sit. A fun, 30 minute literacy program for parent and child under three. Children's Program room