

Parent support groups

The resources listed below include support groups for soon-to-be or current parents. Topics include preparing for a baby, breastfeeding support, parenting and more.

Statewide

- **Fraternity of Fathers**
 - Educational program for fathers of young children
- **Great Start Collaborative & Parent Coalitions**
 - Parenting support, classes and advocacy
- **Mom Power**
 - Educational program for mothers of young children

West Michigan

- **Bethany Christian Services Grand Rapids**
 - Pregnancy support and family counseling
- **Deborah Project**
 - Support and guidance for single mothers
- **Strong Beginnings**
 - Education programs and parent support
- **Strong Fathers – Strong Beginnings**
 - Support group for fathers
- **Public Health Muskegon County Mom Mentoring Program**
 - Mom-to-mom mentoring program
- **Women’s Resource Center**
 - Career development and personal growth for women

Michigan thumb area

- **Great Start Tuscola County Parent Coalition**
 - Parent network for Tuscola County
- **Lapeer County Health Department**
 - Breastfeeding support, Mother and Infant Health Program



- **Positive Alternatives Pregnancy Resource Center**
 - No-cost pregnancy testing, parenting classes
- **Sanilac County Breastfeeding Friends**
 - Private Facebook group for breastfeeding moms and mom-to-be
- **Sanilac County Health Department**
 - Family planning, Maternal and Infant Health Program, breastfeeding resources and support, Children's Special Health Care Services and Women, Infants & Children (WIC)
- **Spero Pregnancy Center**
 - Support for soon-to-be and newly pregnant moms
- **St. Clair County Health Department**
 - Maternal and Infant Health Program, Children's Special Health Care Services, lead testing program, personal health clinic and Women, Infants & Children (WIC)
- **Tuscola County Health Department**
 - Breastfeeding support, Children's Special Health Care Services, family planning, Maternal and Infant Health and Women, Infants & Children (WIC)

Mid-Michigan

- **Expectant Parents Organization**
 - Pregnancy, childbirth and newborn parenting classes and breastfeeding support programs
- **Shared Pregnancy Women's Center**
 - Parenting classes, mentor programs and encouragement
- **Strong Start, Healthy Start**
 - Family support, parent coaching, education and case management
- **Willow Tree Family Center**
 - Parenting support and classes

Central Michigan

- **Genesee County Health Department**
 - Breastfeeding education and support, Children's Special Health Care Services, Family planning, Fetal Infant Mortality Review, Healthy Start, Genesee County Infant Safe Sleep, postpartum depression resources and Women, Infants & Children (WIC)
- **Little Lambs Compassionate Ministry**
 - Car seat safety and safe sleep programs, clothing and diapers

- **Pregnancy Resource Center Shiawassee**
 - Earn-and-you-learn program for parents to enhance their parenting skills
- **REVIVE Community Health Center**
 - Educational workshops covering breastfeeding, nutrition, preparing for a baby and postpartum support
- **Shiawassee County Health Department**
 - Breastfeeding support, childhood lead poison prevention, Children’s Special Health Care Services, family planning, Maternal and Infant Health Program and Women, Infants & Children (WIC)
- **Shiawassee Regional Education Service District**
 - Playgroups for birth to 5 years
- **The Kings Table**
 - Resources and support for fathers
- **The SMILE Club**
 - Breastfeeding club for Genesee County

Southeast Michigan

- **Black Mothers Breastfeeding Association**
 - Breastfeeding support and resources
- **Detroit Health Department**
 - Women’s health education, programs for fathers, post-partum support, grief and bereavement referrals for families who’ve lost a baby, health fairs and help finding a medical home
- **Focus Hope**
 - Peer-to-peer support for pregnancy, birth, breastfeeding and early parenting
- **Mom Share**
 - Drop-in support group for expectant and new moms and their babies
- **Nature’s Playhouse of Ferndale**
 - Support services for parents
- **SafeHouse Center**
 - Domestic violence and sexual assault support groups
- **SisterFriends Detroit**
 - Support and mentorship for pregnant moms and their families until their baby’s first birthday
- **The Children’s Center**
 - Specialized, clinical services for parents and children
- **The Children’s Center Detroit Fatherhood Initiative**
 - Support group for fathers



Nondiscrimination Notice and Language Services

Discrimination is against the law

Blue Cross Complete of Michigan complies with applicable federal civil rights laws and does not discriminate on the basis of race, color, national origin, age, disability or sex. Blue Cross Complete of Michigan does not exclude people or treat them differently because of race, color, national origin, age, disability or sex.

Blue Cross Complete of Michigan:

- Provides free (no cost) aids and services to people with disabilities to communicate effectively with us, such as:
 - Qualified sign language interpreters
 - Information in other formats (large print, audio, accessible electronic formats)
- Provides free (no cost) language services to people whose primary language is not English, such as:
 - Qualified interpreters
 - Information written in other languages

If you need these services, contact Blue Cross Complete of Michigan Customer Service, 24 hours a day, 7 days a week at **1-800-228-8554** (TDD/TTY: **1-888-987-5832**).

If you believe that Blue Cross Complete of Michigan has failed to provide these services or discriminated in another way on the basis of race, color, national origin, age, disability or sex, you can file a grievance with:

- **Blue Cross Complete of Michigan Member Grievances**
P.O. Box 41789
North Charleston, SC 29423
1-800-228-8554
(TDD/TTY: **1-888-987-5832**)
- If you need help filing a grievance, Blue Cross Complete of Michigan Customer Service is available to help you.

You can also file a civil rights complaint with the U.S. Department of Health and Human Services, Office for Civil Rights, through the Office for Civil Rights Complaint Portal available at ocrportal.hhs.gov/ocr/portal/lobby.jsf, by mail or phone at:

U.S. Department of Health and Human Services

200 Independence Avenue, SW
Room 509F, HHH Building
Washington, D.C. 20201
1-800-368-1019
(TDD/TTY: **1-800-537-7697**)

Complaint forms are available at:
hhs.gov/ocr/office/file/index.html.

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Multi-language interpreter services

English: ATTENTION: If you speak English, language assistance services, at no cost, are available to you.

Call **1-800-228-8554**
(TTY: 1-888-987-5832).

Spanish: ATENCIÓN: si habla español, tiene a su disposición servicios gratuitos de asistencia lingüística. Llame al **1-800-228-8554** (TTY: 1-888-987-5832).

Arabic:
ملحوظة: إذا كنت تتحدث اللغة العربية، فإن خدمات المساعدة اللغوية تتوافر لك بالمجان. اتصل برقم **1-800-228-8554** (TTY: 1-888-987-5832).

Chinese Mandarin: 注意: 如果您说中文普通话/国语, 我们可为您提供免费语言援助服务。请致电: **1-800-228-8554** (TTY: 1-888-987-5832)。

Chinese Cantonese: 注意: 如果您使用粵語, 您可以免費獲得語言援助服務。請致電 **1-800-228-8554** (TTY: 1-888-987-5832)。

Syriac:
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(TTY: 1-888-987-5832)

Vietnamese: CHÚ Ý: Nếu bạn nói Tiếng Việt, có các dịch vụ hỗ trợ ngôn ngữ miễn phí dành cho bạn. Gọi số **1-800-228-8554** (TTY: 1-888-987-5832).

Albanian: VINI RE: Nëse flisni shqip, për ju ka në dispozicion shërbime të asistencës gjuhësore, pa pagesë. Telefononi në **1-800-228-8554** (TTY: 1-888-987-5832).

Korean: 주의: 한국어를 사용하시는 경우, 언어 지원 서비스를 무료로 이용하실 수 있습니다. **1-800-228-8554** (TTY: 1-888-987-5832) 번으로 전화해 주십시오.

Bengali: লক্ষ্য করুন: যদি আপনি বাংলায় কথা বলেন, তাহলে নিঃখরচায় ভাষা সহায়তা পেতে পারেন। **1-800-228-8554** (TTY: 1-888-987-5832) নম্বরে ফোন করুন।

Polish: UWAGA: Jeżeli mówisz po polsku, możesz skorzystać z bezpłatnej pomocy językowej. Zadzwoń pod numer **1-800-228-8554** (TTY: 1-888-987-5832).

German: ACHTUNG: Wenn Sie Deutsch sprechen, stehen Ihnen kostenlos sprachliche Hilfsdienstleistungen zur Verfügung. Rufnummer: **1-800-228-8554** (TTY: 1-888-987-5832).

Italian: ATTENZIONE: In caso la lingua parlata sia l'italiano, sono disponibili servizi di assistenza linguistica gratuiti. Chiamare il numero **1-800-228-8554** (TTY: 1-888-987-5832).

Japanese: 注意事項: 日本語を話される場合、無料の通訳サービスをご利用いただけます。**1-800-228-8554** (TTY: 1-888-987-5832) まで、お電話にてご連絡ください。

Russian: ВНИМАНИЕ: Если вы говорите на русском языке, то вам доступны бесплатные услуги перевода. Звоните **1-800-228-8554** (TTY: 1-888-987-5832).

Serbo-Croatian: PAŽNJA: Ako govorite srpsko-hrvatski, usluge jezičke pomoći dostupne su vam besplatno. Nazovite **1-800-228-8554** (TTY: 1-888-987-5832).

Tagalog: PAUNAWA: Kung nagsasalita ka ng Tagalog, maaari kang gumamit ng mga serbisyo ng tulong sa wika nang walang bayad. Tumawag sa **1-800-228-8554** (TTY: 1-888-987-5832).