



# HOT SHEET



FEBRUARY 2010



## Did You Know?

Many landlords do a criminal background check on rental applicants. Although private landlords do not have to, they frequently deny rental applications because of a criminal record. Private landlords can rent to anyone they want to as long as they do not discriminate based upon religion, race, color, national origin, age, sex, height, weight, familial status or marital status. With subsidized or public housing, certain crimes require that a person be prohibited from living on the property and, with other crimes, the housing authority has discretion to allow tenancy. If you are denied tenancy in public housing due to a criminal record, you should request a hearing and can contact Legal Aid at 877-964-4700 for assistance. If you feel you have been discriminated against, you can contact Legal Aid's Fair Housing Unit at 248-253-1548 ext. 7307.

Eligible residents can contact Legal Aid's toll-free intake line to open a file for legal services at 1-877-964-4700.

Kelly L. Bidelman  
Managing Attorney/Oakland and Macomb Staff Offices  
Legal Aid & Defender Association, Inc.

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### Free Vaccinations!

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Starting January 19, 2010, The Salvation Army Mt. Clemens Citadel will extend the Dayroom hours Monday-Friday from 8am-9pm.. The social service department will only be open until 4pm.

### Women for Sobriety

A support group for women focused on strengthening their lives and moving forward meets at CARE, 31900 Utica Road, Fraser (Masonic & Utica Road) on Tuesday evenings from 5:30-6:30 pm. Email Renee at [shortpalmer@gmail.com](mailto:shortpalmer@gmail.com).

### St. Athanasius baby pantry

Provides diapers, formula, baby food and newborn clothes. Located at 18720 Thirteen Mile Road. Call 586 772-1170 for information.

**Neighbors Caring for Neighbors** located at Henry Ford Hospital East in Mt. Clemens and Samaritan House in Washington provides free to low cost medical care for low income individuals of all ages. Walk-ins are accepted but appointments are preferred. Call 586 336-9288.

### CARE on Facebook!

Become a fan of CARE on Facebook. Find us at [www.careofmacomb.com](http://www.careofmacomb.com).

### Upcoming classes through CARE:

*Exploring Relationships* - Feb 25-April 15, 6-8 pm

*Adolescent Anger Management* (15-18 years) Feb 25-April 1, 6-7:30 pm

*Adult Anger Management* beginning March 1 - April 19, 6-8pm

*Parenting children with FASD* - March 1- April 26, 6-8pm

*Beyond Trauma* - women's group, Tuesdays, Feb. 16-April 27 from 6:30-8 pm

Teen Intervene - Wednesdays, March 1 - April 7, 6-7:30pm

### Meijer offers FREE prenatal vitamins and antibiotics

Meijer is offering free prenatal vitamins and antibiotics by visiting the following websites:

For Prenatal vitamins, the link is:

[http://www.meijer.com/content/content.jsp?pageName=prenatal\\_vitamins](http://www.meijer.com/content/content.jsp?pageName=prenatal_vitamins)

For Antibiotics, the link is:

<http://www.michiganschoolnurses.org/documents/free%20antibiotics%20at%20meijer%20stores.pdf>

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**Grandparents Raising Grand Children** (and other relatives who have custody of children holds two monthly support groups. Call 586 469-6315 to learn about programs offered at Mt. Calvary Church in Warren and the VerKuijen Building in Clinton Township.



### "Parenting Unplugged"-16th Annual Parenting Conference

Saturday, March 6, 2010 at 8:30 to 3:30pm

Keynote speaker, Bob Howe presents: "Yes Is a Two-Letter Word" The Power of Saying No. In a fast-paced, high-tech, instant-gratification world, how can parents build self-motivation, confidence, & responsibility? Great speakers on 15 different parenting topics. Learn about local parenting resources. Continental breakfast and lunch included. Call (586)541-0033 or visit [www.careofmacomb.com](http://www.careofmacomb.com) to download a registration form.

### Provident Ministries

At New Mount Mariah, 176 N. Gratiot, Mt. Clemens, Saturdays 9am-3pm. **FREE** breakfast and lunch. **FREE** haircuts for men, 3rd Saturday of each month.

### Substance Abuse Support Services

**FREE** monthly educational sessions for people in recovery and family members. February 25, Recovery and Health, 2-3:30pm