



HOT SHEET



JANUARY 2010



Did You Know?

In order to participate in federally funded financial aid and job programs, it is necessary to register for selective service. The law requires that all males register within 30 days of their 18th birthday. Later registrations are accepted, but not once a man reaches the age of 26. If a man is over the age of 26 or if he is being denied eligibility for federal student financial aid, federal job training or federal employment, he should contact Legal Aid at 877-964-4700 for assistance with registering late. Registration can be done online at www.sss.gov, at the local post office or high school or by mail at Selective Service System, Registration Information Office, P.O. Box 94638, Palatine, IL 60094-4638. Failure to register may result in prosecution and if convicted, a fine of up to \$250,000 and/or a prison term of up to five years. (During peacetime, with registration only, the maximum is a fine of up to \$2500 and/or a prison term of four months). Eligible residents can contact Legal Aid's toll free intake line to open a file for legal services at 877-964-4700.

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

Are you concerned about a family member's present or past use of alcohol or other drugs?

PROJECT FOCUS is a *FREE* support program for parents, caring adults and youth ages 6-15. Separate youth and adult groups learn skills to reduce anxiety, healthy ways to care for self, how addiction works, how families are affected and to see that you are not alone. Families will be meeting every other week in February, March and April beginning February 8th from 6:00-8:00 pm at Christ United Methodist Church, 34385 Garfield Road in Fraser. Contact CARE at 586-541-0033 or visit www.careofmacomb.com.

Is it ADD/HD, Autism, Bi-Polar disorder or is it really FASD?

Do you know a child with puzzling behaviors that remain unexplained? Could it be Fetal Alcohol Spectrum Disorders (FASD)? Alcohol does more damage to the developing fetus than any other drug. Prenatal alcohol exposure accounts for a spectrum of effects including physical, mental, behavioral, and/or learning disabilities with possible lifelong implications. CARE provides *FREE* screening, and case managed referral to FASD diagnostic and intervention services for children 0-7 prenatally exposed to alcohol. To refer a child/family you are working with, please contact CARE at 586-541-0033 x127.

For individuals caring for a child with FASD or other brain-based disability, CARE is offering a *free* 8 week workshop, "Triumph through the Challenges of FASD", beginning March 1st. To register, call 586-541-0033 or visit the website at www.careofmacomb.com.

Parenting Classes

Parenting classes begin in January, 2010. Call CARE at 586-541-0033 or visit the website www.careofmacomb.com.

Support Groups for Adults and Children

Shepherd's Gate Church of Shelby Township sponsors Grief Share, *free* support groups for adults and children who are experiencing grief due to the death of a loved one, DivorceCARE, for adults and children and a *free* support group for adults diagnosed with cancer. For more information, contact Kristen Heaney at Kristen@sgatechurch.org or by calling (586) 322-3109.

Michigan's Helping Hand

Michigan has a new one-stop Web site with resources available to help our residents who are struggling during these tough economic times. Links on how to Find a job or apply for the No Worker Left Behind program, apply for financial aid for college, file unemployment claims, apply for MI Child and other health care programs, plus more can be accessed by visiting www.michigan.gov/helpinghand.

Free Cell Phone and Service!

SafeLink Wireless offers Lifeline Service, part of a government program to provide discounted or free services to income eligible consumers—free service, free cell phone, no contracts, no recurring fees and no monthly charges. Visit www.safelinkwireless.com/EnrollmentPublic/benefits.aspx to see eligibility.

Bus Tickets

Bus tickets increased from \$1.50 to \$2.00 per ride effective December 1, 2009.

PBS Series covering topics related to families

PBS will be showing an interesting three part series called "This Emotional Life" beginning January 4th. The series will cover many topics related to families and human development such as depression and trauma, attachment, work-family, stress and more. Visit www.pbs.org/thisemotionallife to watch the trailer.

The Macomb Community Domestic Violence Council

Megan Greeson, M.A. from Michigan State University will be speaking on "The Dynamics of Intimate Partner Sexual Violence" on January 15th at the MISD building, Room 201 from 2-3 pm.

Discount Food from Angel Food Ministries

You can receive \$60 worth of healthy food for \$30, prepaid using cash, check, money order or bridge card from the Angel Food Ministries. For locations and order times, visit www.angelfoodministries.com or call 888-819-3745.

Downriver Community Services, Inc. Homeless Healthcare Project

offers medical, dental, case management, and/or therapeutic services for homeless population who are uninsured and/or underinsured residing in Macomb County. The Roseville Office is located at 28055 Gratiot, Roseville, MI 48060. For more information, call (586) 552-8333.

Providence Ministries at New Mount Moriah

Celebrate Recovery Groups—Dinner and sharing groups begin January 5th, and are every Tuesday night, 6-8:30 pm.

Saturday City Outreach—11 am-3 pm every Saturday. Lunch and clothing available.

Call 586-215-6766 for more information.