

**"Children have never been good at listening to their elders, but they have never failed to imitate them."**

James Baldwin, Novelist and Social Critic



### WHAT WE OFFER

- Family Spirit for 0-5 year-olds
- Home and or office visits by a Parent Educator
- Support and education based on needs of the family including parenting information and tips
- Services and support for women with high-risk pregnancies
- Referrals, follow up and after care services for nutrition and breast feeding support
- Education on infants feeding, child nutrition and breastfeeding support
- Depression screenings for pregnant women and new moms
- Transportation assistance provided as needed
- Support for pregnant and parenting teens and their families
- Collaborative community efforts to develop and improve services to families
- Community health promotions
- Classes and events

### LOCATION

LRBOI TRIBAL GOVERNMENT CENTER  
FAMILY SERVICES DEPARTMENT  
2608 Government Center Dr.  
Manistee, MI 49660

### HOURS

Monday -Friday  
8:00 am to 5:00 pm

### CONTACT

Holly Lindsey, Parent Educator  
Phone: (231) 655-9391  
Email: hollylindsey@lrboi-nsn.gov

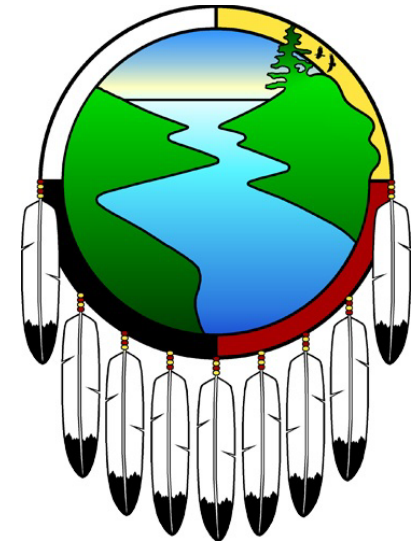
**A FREE program for  
Tribal and non-tribal families  
designed around your needs!**



*The Family Spirit Program is supported by a grant from the Michigan Department of Community Health, through the Inter-Tribal Council of Michigan, Inc.*

## FAMILY SPIRIT PROGRAM

**Little River Band  
of Ottawa Indians**



## VISION STATEMENT

Our vision is that all families receive information that will keep our children, women, and families in the best health through traditional teachings and today's healthcare information.



## OUR PRIMARY GOALS ARE TO:

- Increase parenting knowledge and skills
- Address the psychosocial risks that could interfere with positive child rearing such as substance and alcohol use, mental health, education deficiencies, unemployment and domestic violence
- Promote optimal physical, cognitive and social emotional development for children 0-5
- Prepare children for early school success
- Ensure children get their recommended well-child visits and health care
- Link families to community services to address specific needs
- Enrich parents and children's life skills and behavioral outcomes across their life span

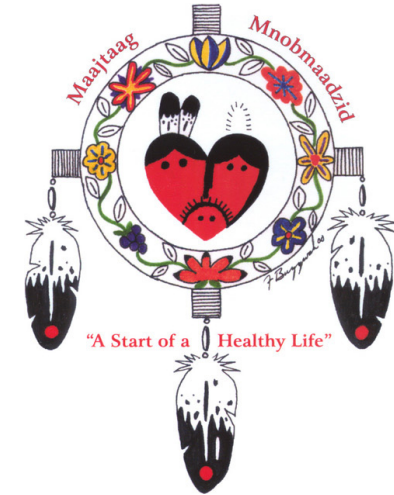


## COMMITTED TO STRENGTHENING FAMILIES



## WHO WE ARE

We are mothers, grandmothers, sisters and aunts who care deeply about our community.



## MISSION STATEMENT

Through Family Spirit and Gikinawaabi, our mission is to create a partnership with families that supports and educates before, during, and after pregnancy.

To support the sacred role of women in the community as givers of life, and encourage the understanding and importance of family well-being and the health of mothers, fathers and children over their lifespan.