

“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.
- Visits around your schedule.
- Informative and fun activities.
- Information you desire on parenting and home management.
- Nutrition and breast feeding support.
- Support with pregnancy, parenting and meeting family goals.
- Collaborative community efforts to develop and improve services to families.
- And much more.

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 and
Certified Lactation Counselor
Phone: (231) 655-9391
Email: hollylindsey@lrboi-nsn.gov

A **FREE** program
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



Serving
Native & Non-Native
Families

**A FREE program sponsored by the
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.



WHO WE ARE

We are people who care deeply about you, your family, and your community.

MISSION STATEMENT

Our mission is to create a partnership with families that supports them before, during, and after pregnancy.

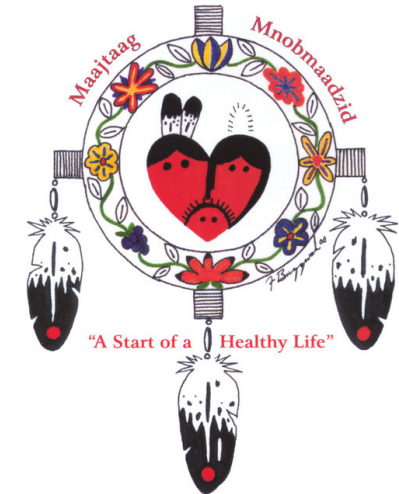
PRIMARY GOALS

The Family Spirit Program will help you attain your parenting goals by:

- Helping you in preparing for birth.
- Assisting in developing a healthy lifestyle for you and your children.
- Teaching about healthy development.
- Working in partnership with community agencies that support your needs and goals



**WE ARE COMMITTED
TO STRENGTHENING
NATIVE & NON-NATIVE FAMILIES**



TESTIMONIALS:

CJ- "I am so very grateful that you are in our lives. You have guided me in the right direction and I can never thank you enough for that."

AH- "I love being a part of your program. You have given me countless bits of wisdom and a good listening ear."