



24-hour toll-free crisis line
888-527-1790

Ionia Office

375 Apple Tree Drive
Ionia, MI 48846
616.527.1790

Hours:

Mondays-Thursdays
-8am-7pm
Fridays-8am-5pm

Belding Office

7441 Storey Road
Belding, MI 48809
616.527.1790

Mondays and
Wednesdays-8am-6pm
Tuesdays and Thursdays
-8am-7pm
Fridays-8am-5pm

Portland Office

208 West Bridge Street
Portland, MI 48875
517.647.2128

Closed 12-1pm
Mondays-8:30am-7pm
Tuesdays-Fridays
-8:30am-5pm

Onsite IONIA: 1st/3rd Mondays Veterans Service Office
Wednesdays DDHS, Fridays Samaritas

Website:

www.rightdoor.org



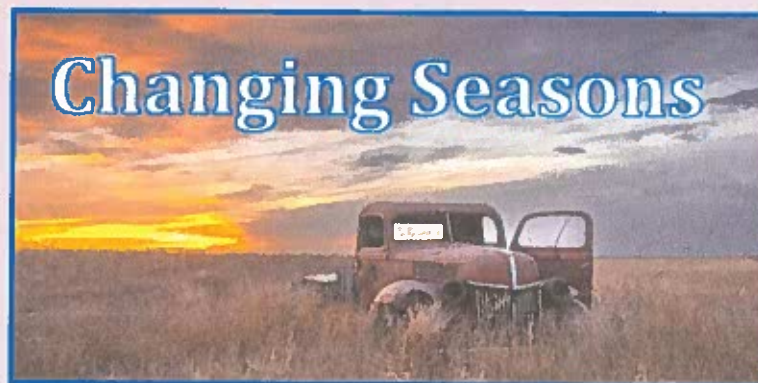
MED LINE: 616.775.1023

Please allow 72 hours for refills

Kindly leave your name, the name of the person served if you are their parent or guardian, your phone number, the prescription needed and the pharmacy of choice.

MED SERVICE APPOINTMENTS:

Please arrive 15 minutes early for your appointment
Late arrivals may be rescheduled. If you must cancel, please do so 24 hours in advance. Thanks.



Chances are if you've ever called The Right Door, or walked in the front door of the Ionia office, you've met Pete Leland. If you've had family who have received services, now or in the past, or you yourself are, or have been, a person served, you've probably dealt with Pete. And if you've lived in the Ionia area for most of your life, there's a good chance you know Pete.

So it may come as a surprise to know his last day at the agency will be May 12th.

After 33 years of being a permanent fixture at the agency, Pete is retiring to spend more time with his two kids, their respective partners, five grandchildren and a passle of Leland's whether it's spending quality time in town, or at the family farm, in the woods hunting, golfing, cheering on Detroit pro sports teams, reading Stephen King novels, or pursuing his many other interests.

Originally, Pete was a blue noser, not shell backed, during his Navy days right out of school which referred to sailors who made trips above the Arctic Circle and below the Equator. After the Navy where he trained as a legal clerk he joined The Right Door. And the rest, as the say, is a wonderful history.



Member of:





- 1, 2, 4, **PEER LED**, Fitness, 1:30pm, *Ionia TRD*
 8, 9, 11, 15, 16, 18, 22, 23, 25, 29, 30
 1, 3, 7 **PEER LED**, Chair Yoga, 10am, *Ionia TRD*
 8, 10, 15, 17, 21, 22, 24, 28, 29
 1, 8, **PEER LED**, Volunteer Group, 3:30pm, *Ionia*
 15, 29 *Theater (3:15pm on the 29th)*
 2, 16, **PEER LED**, Self Love, 11:30am, *Ionia TRD*
 30
 3, 10, **PEER LED**, Game Night, 1:30pm, *Belding*
 17, 24 *TRD*
 3, 10, **PEER LED**, Fitness at the Gym, 3pm; 2pm
 17, 24 on the 4, 11, 18, 25; 2:30 on 15, 22
 3, 10, **PEER LED**, Restorative Yoga, 3pm, *Belding*
 17, 24 *TRD*
 3, 10, **PEER LED**, Dining with Diabetes, 5pm, *Ionia*
 17, 24 *TRD*
 4 **PEER LUNCHEON**, Donate Life, 11-12:30pm,
Ionia TRD
 7, 21 **PEER LED**, LGBTQIA+ Group, 3pm, *Ionia*
TRD
 7, 21, **PEER LED**, Walking Group, 11am, *Ionia TRD*
 28
 7, 14, **PEER LED**, Life Skills, 1:30pm, *Ionia TRD*
 21, 28
 7, 14, **PEER LED**, Game Night, 4pm, *Ionia TRD*
 21, 28
 10, 24 **PEER LED**, Writing for Recovery, 11am, *Ionia*
TRD
 8, 15, **PEER LED**, Fitness, 2:30pm, *Ionia TRD*
 8, 29 **PEER LED**, Better Days Ahead, 1pm,
Portland TRD
 8, 30 **PEER LED**, Mobile Food Pantry transport,
 3:30pm on the 8th. Call for a ride; Zion, 2pm,
 on the 30th
 9, 23 **PEER LED**, Better Days Ahead, 9:30am, *Ionia*
TRD
 9, 23 **PEER LED**, Wii Fit, 11am, *Ionia TRD*
 9, 23 **PEER LED**, Creative Cards, 3pm, *Portland*
TRD
 10, 17 **PEER LED**, Social Skills, noon, *Ionia TRD*
 24
 11 **PEER LED**, Butterfly Gardens, 10am
 15 **PEER LED**, Bingo, 1:30pm, *Mooville*
 18 **PEER LED**, Easter Gathering, 11am, *Ionia TRD*
 20 **EASTER**
 21 **TRD Committee of the Whole**, 4-6pm, *Ionia*
TRD
 25 **CPR**, 10am, *Ionia TRD*, Preregistration
 required with Katie or Shelly
 28 **TRD Board Meeting**, 4-6pm, *Ionia TRD*



MONTH LONG AWARENESSES:

- Alcohol Awareness Month
- National Autism Awareness
- National Child Abuse Prevention Month
- National Donate Life Month
- National Facial Protection Month/Sports Eye Safety Month
- National Foot Health Awareness
- National Interprofessional Healthcare Month
- National Stress Awareness Month
- Sexually Transmitted Infections STI Month
- Testicular Cancer Awareness

WEEK LONG AWARENESSES:

- April 1-7** National Public Health Week
April 21-25 Every Kid Healthy Week
April 21-28 National Infant Immunization Week
April 24-30 World Immunization Week
April 28-May 2 National Youth Violence Prevention Week
April 28-May 2 Patient Experience Week
April 28-May 4 Air Quality Awareness Week

DAY AWARENESSES:

- 4/1:** April Fool's Day
4/2: [World Autism Awareness Day](#)
4/7: World Health Day
4/10: National Youth HIV/AIDS Awareness

With Easter and April observances focusing on the health and welfare of children, please be aware of the new car seat laws being implemented this month and the penalties for violating them.

Key Updates:

Infants to Age 2:

Must be secured in a rear-facing car seat until they reach the manufacturers height or weight limits or turn 2.

Ages 2-5:

Once they outgrow the rear-facing seat, children should transition to a forward-facing car seat with an internal harness until they reach manufacturer limits or turn 5.

Ages 5-8:

Children must use a belt-positioning booster seat with an internal harness until they reach 4 feet 9 inches tall or they are 8 years old, whichever comes first.

Ages 8-13:

Must ride in the back seat when possible.

PENALTIES









MI Car Seat Law Changes

Beginning April 2, 2025


Public Health



Michigan child passenger safety laws are changing. See below for how the law has changed. Remember, safest practice is to always make sure safety belts, car seats, and boosters are snug and not too big.

	Before April 2025	After April 2025
Rear Facing 	Children have to be in a rear-facing car seat until the child is either: <ul style="list-style-type: none"> At least 1 year old. Under 20 lbs. 	Children have to be in a rear-facing car seat until the child is either: <ul style="list-style-type: none"> At least 2 years old. Over the weight or height limit set by the maker.
Forward Facing 	Children under 4 years old must ride in a back seat if possible. If all back seats are taken by children under 4, then they may ride in a car seat in the front seat. A child in a rear-facing car seat may only ride in the front seat if the airbag is turned off.	Children have to be in a forward facing car seat, <u>with an internal harness</u> , until the child is either: <ul style="list-style-type: none"> At least 5 years old. Over the weight or height limit set by the maker.
Booster Seat 	Children have to be in a belt-positioning booster seat, secured with a lap-to-shoulder safety belt, until the child is either: <ul style="list-style-type: none"> At least 8 years old. At least four feet nine inches tall. 	Children have to be in a belt-positioning booster seat, secured with a lap-to-shoulder safety belt, until the child is either: <ul style="list-style-type: none"> At least 8 years old. At least four feet nine inches tall.
Back Seat & Buckled 	Children, ages 8-15 , must buckle up in any seat in a vehicle. Age 16 and up, people in front seats, both driver and passenger, must buckle up.	Children under 13 years old , must: <ul style="list-style-type: none"> Use a properly fitting safety belt. Be in the back seat, if there are back seats that are not all taken by other children.

Sources: MCL - Section 257.71(2), M.I. House Bill #511 of 2023 (Public Act 21 of 2024); <https://www.michigan.gov/jmsp/divisions/dhsp/Child-passenger-safety>

Failing to properly restrain a child in a vehicle per the updated car seat laws, can result in:

- ♦ A citation with a fine starting at \$65
- ♦ This includes a \$25 civil fine, court costs and a \$40 justice system assessment
- ♦ Repeat offenses can lead to more escalating penalties



Free Ionia County Programs for Kids up to 5



Pregnancy Services of Ionia County supports and helps those who are alone or searching for answers by providing:

- Free Counseling
- Free Diapers
- Baby Boutique **616-755-6077**
- Free Formula
- Free Parenting Classes



The Family Coalition is parents who meet every other month trying to engage more families in early childhood services at community and personal events.

cscheidt@ioniaisd.org



In 2023 Governor Whitmer announced that by 2027 all Michigan four-year-olds could attend a free, quality pre-K program no matter where they live, their race/ethnicity, or family income.

616-527-4900



WIC serves low and moderate income, pregnant, breastfeeding and postpartum women, infants and children up to age five who are at nutritional risk. **WIC** is administered by the Michigan Department of Health and Human Services and is funded by the US Department of Agriculture.

616-527-5337



Early On is Michigan's system for helping families of infants and toddlers, birth to age three, who have developmental delays or disabilities.

IoniaISD.org



- Head Start is a preschool program providing transportation and meals to children age three to five
- Early Head Start provides home and center based child development support services for prenatal moms and children birth to age three **866-754-9315**



Ionia County Health Department

Empowering residents to live long healthy lives by providing health services like:

- Immunizations
- Vision and Hearing
- Maternal Infant Health Program
- Children's Special Health Services
- Health Education

616-527-5341



We offer:

- A search tool to locate child care and preschool options
- Quality rating systems
- Information on what to look for in quality care settings
- Extra supports for families like a lending library

877-614-7328

Dolly Parton's Imagination Library is available within Ionia County ISD!



Every child registered will have a new book mailed to your home at no cost to you.

This is for all children ages birth to five years of age regardless of family income.

Imaginationlibrary.com

Ionia County Libraries...

Offer free storytimes, summer reading programs, crafts, events, book rentals, and more, for all ages!

Alvah N. Library, Belding **616-794-1450**

Ionia Community Library **616-527-3680**

Lake Odessa Community Library
616-374-4591

Lyons District Library **989-855-3414**

Portland Library **517-647-6981**

Saranac/Clarksville District Library
616-642-9146



Michigan Help Lines

- **Abuse and Neglect Reporting** 1-855-444-3911
- **Adult Foster Care Ombudsman** 1-800-292-7852
- **AIDS Program** 1-877-342-2437
- **Bridge Card EBT** 1-888-678-8914
Customer Service
- **Cash Assistance** 1-855-ASK-MICH
- **Community Resources and Referrals (Housing)**
United Way
2-1-1 is Health and Human Service Equivalent to 9-1-1
to give or get help 2-1-1
- **Disability Ombudsman** 1-800-288-5923
Michigan Protection and Advocacy Services
- **Domestic Violence Helpline** 1-800-799-7233
- **Early on-Thru Department of Education**
Intervention Services for Infants and Toddlers with
Disabilities and their Families 1-800-327-5966
- **Elder Care Service** 1-800-677-1116
Help with Transportation, Meals for the Elderly
- **Energy Assistance** 1-855-275-6424
- **Home Heating Tax Credit Status** 517-636-4486
- **Medicaid Customer Help** 1-800-642-3195
MSA/MDHHS
- **Medicare** 1-800-MEDICARE
Includes Part D for Pharmacy
- **Mental Health-24 Hour Crisis Line** 1-888-527-1790
- **MiChild Medical-MDHHS** 1-888-988-6300
- **MI Enrolls-Medicaid Managed Care** 1-888-367-6557
- **MI RX-Drug Discount Program** 1-888-367-6557
For Low Income
- **NAMI** 1-800-950-6264
(NAMI Michigan) 1-517-485-4049
- **Poison Control Centers** 1-800-222-2222
- **Relay Center for Deaf and Hard of Hearing** 7-1-1
- **Sexual Assault Helpline** 1-800-656-4673
- **Social Security Administration** 1-800-772-1213
- **State SSI Supplement** 1-855-275-6424
- **Suicide Prevention Lifeline** 800-273-8255
- **Mical Suicide and Crisis Lifeline** 9-8-8
- **THAW Fund-Heat/Warmth Fund** 1-800-866-8429
- **Ticket to Work-Disabled Persons** 1-800-605-6722
ReHab
- **Tuition Incentive Program TIP** 1-888-447-2687
Treasury Department 1-888-4-GRANTS
- **WIC-Women, Infants and Children Health and**
Nutrition Assistance Program 1-800-225-5942

Helpline



More Youth Programs



Family Futures

Guiding Families Forward

- Free information from surveys sent by mail/online every two to six months with parenting tips and playtime ideas.
- Parent coach available when concerns or a delay is noticed.

Familyfutures.org



Taggart's Playground Taggart's Playground is free indoors at the Portland Church of the Nazarene. It is open Monday, Wednesday and Friday from 9:30 to 11:30am.



Housing and Utility Services
Disaster Relief
Counseling Services
Alcohol Treatment
Credit Counseling



Food Pantries
Veterans Services
Childcare
Job Assistance
More...



IM Kids is committed to ending childhood hunger in Ionia and Montcalm Counties by providing ready-to-eat-meals to schools at the end of each school day.

616.225.7264



Ionia Montcalm Child Advocacy Center

We serve children age two to 17 who have been sexually or physically abused, human trafficked or exploited over the internet.

616.225.7267

Investigate, assess and treat kids in a safe environment



- Autism affects about two percent of children or 1 in 36
- Boys are nearly five times more likely than girls to be diagnosed with some form of Autism Spectrum Disorder
- ASD is one of the fastest growing developmental disorders in the US, is underfunded, and more common than childhood cancer, diabetes and AIDS.
- It usually presents before age three
- ASD affects everyone and does not differentiate between race, nationality, or income
- About 40 percent of the kids with ASD do not speak
- ASD does not get worse with age. However, ASD children have twice the mortality than non ASD children when it comes to drowning issues
- Those with ASD often have co-occurring medical conditions like allergies, asthma, epilepsy, digestive/feeding disorder, sleep disorders, more
- ASD does not affect life expectancy
- There is no cure for ASD but it is treatable and not hopeless
- Early identification, treatment and support significantly improves the lives of children with ASD
- Treatment needs to be based on individual children's needs
- Supporting an individual with ASD can cost a family up to \$60,000 a year and can also be reduced with early diagnosis and interventions

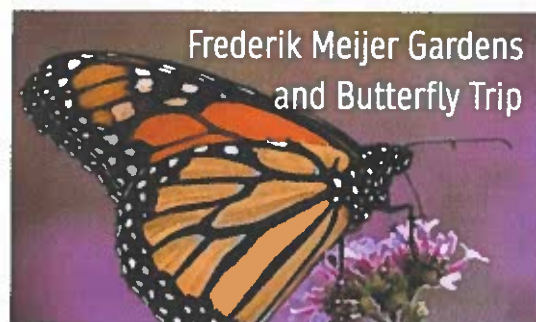
Autism Society of America
autismsociety.org

Autism Speaks
www.autismspeaks.org

National Autism Association
www.nationalautismassociation.org

Lurie Center for Autism, Massachusetts General
massgeneral.org

THE right DOOR (616) 527-1790
 for hope, recovery and wellness



*Contact Shelly,
 Katie or Lexie
 at 616-527-1790*

Peer Support Specialists will be taking adults receiving Peer Services to visit the Butterfly Exhibit and Gardens **April 11. Meet at TRD Ionia at 10am returning around 2:30pm.**

We are paying your admission. Please bring a sack lunch, wear comfortable shoes and dress for the weather as we will explore the grounds weather permitting.

~PEER EASTER GATHERING~

Friday, April 18, 11am
at The Right Door, Ionia Office
For adults receiving Peer Services at TRD

Games, snacks and tons of fun!

No need to Sign up

**FEEDING
 AMERICA**
 West Michigan



- | | |
|------|--|
| 4/1 | 2 pm, Walk up,
Central UMC, Lake Odessa |
| 4/1 | 6 pm, Drive Through,
Twin Rivers Elementary, Muir |
| 4/8 | 4:30 pm, Drive Through,
Zion UMC, Ionia Fairgrounds |
| 4/15 | 6 pm, Drive Through,
Hubbardston American Legion |
| 4/18 | 4:30 pm, Drive Through,
Belding High School |
| 4/30 | 5pm, Drive Through,
Shiloh Community Church, Orleans |

FOOD RESOURCES

BELDING AND ORLEANS:

Encountering Lives Baby Pantry, 1213 W. State Street, (616) 794-5080. Open second Thursday of the month 9-11am and 5:30-7pm.

Belding Area Schools Mobile Food Pantry, 1975 Orchard, (616) 794-4646. Open third Friday of the month at 4:30pm.

St. Joseph Catholic Church, 400 South Bridge, (616) 794-2145. Open Thursday's 2-5:30pm. *Must have proof of residency/child attending Belding Schools. Food accessed once a month.*

Belding Ministerial Association—God's Kitchen (Meals), 409 South Bridge, (616) 794-2145. Open Thursday's 4:30-6pm. ID required to prove residency.

Shiloh Community Church, 8197 Heath Street, Orleans, (616) 794-2145. Call Monday or Thursday 9am-4pm. Pick up the following Monday between 11am-1pm.

IONIA:

Church of Nazarene, 83 East Tuttle Road, (616) 527-9350. Open Monday 3-4:30pm. Bring boxes. Call for appointments in emergency situations. TEFAP distribution site.

Lincoln Avenue Baptist Church, 345 Lincoln Avenue, (616) 527-0970. Open Tuesdays 4-5pm. Referral from DHHS and photo ID. Call first.

First United Methodist Church—Meals, 105 East Main Street, (616) 527-1860. Monday's 6pm.

Illuminate Church, 83 East Tuttle, (616) 522-7335. Open Monday 12-3pm, Wednesday and Friday 11am-12:30pm.

Seven Day Adventive, 721 Elmwood Drive, (616) 527-6465. Open second, fourth and fifth Tuesday 9:30am-2pm. DHHS referral needed. ID too.

Zion United Methodist Church, 423 West Washington, (616) 527-1920. Open Wednesdays 2-4:30pm. Bring boxes. Meals: Thursday's 6:00pm.

LAKE ODESSA:

First Congregation Church, 767 4th Avenue, (616) 374-8753. Please call ahead for appointment.

Manna's Market, 7180 Velte, (269) 838-5887.

Open Monday 10am-2pm, Thursday 4-7pm and Friday 10am-12pm. Proof of residency/income for all persons in home. Lakewood school district only.

West Berlin Wesleyan Church, 5110 West Portland Road, (616) 693-2668. Call for appointment. Help twice a year.

Central United Methodist Church, 912 4th Avenue, (616) 374-8861.

Pleasant Valley United Brethren, 13120 Bell Road, (616) 693-2265. Food/baby pantry open Wednesday 4-6pm and Friday 11am-1pm.

PORTLAND:

Epic Community Church, 1455 East Grand River, (517) 647-7750. Call for appointment the first Saturday of month from 9am-noon.

Portland Area Service Group, 144 Kent, (517) 647-4004. Monday 9-11:30am. Help once every six weeks. Portland School District. Proof of income required.

Portland Community Food Bank, 310 East Bridge Street, (517) 204-4279. Monday 9am-noon; Thursday 4-6pm.

First Congregational Church, 421 East Bridge, (517) 647-6441. Call for appointment. Meals Monday 4-6pm, September-May.

SARANAC:

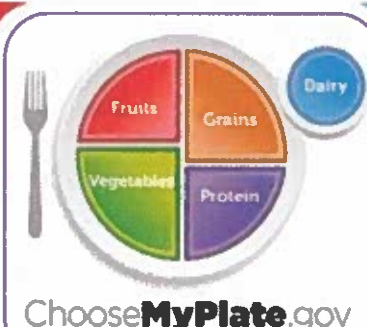
Saranac Community Church, 125 South Bridge, (616) 642-6322. Thursday 2-5pm. Available to Saranac or Clarksville residents once a month.

Pathway Church, 4960 West Portland Road, (616) 693-2668. Assists two times a year for two years with referral from another agency.

Eating Healthy with MyPlate

Choose fresh, frozen, or canned fruit without added sugar.

Eat a variety of veggies, especially dark green, red and orange ones.



Switch to low-fat or fat-free milk and dairy.

Make at least half your grains whole grains.

Vary your proteins. Try beans, peas, nuts, soy and seafood.

Easy guide to portion sizes

Palm
Amount of lean meat



Fist
Amount of rice, pasta, cereal



Thumb
Serving of cheese



Thumb tip
Amount of peanut butter, mayonnaise





GROUPS

Anger Management

Mondays, 5-6pm, Virtual.

Better Days Ahead

Peer Led, April 9, 23, 9:30am, Ionia TRD.

April 8, 29, 1pm, Portland TRD.

Bingo

Peer Led, March 18, 1:30pm, Mooville

CBT Anxiety

Fridays, 2-3pm, Virtual.

CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

Co Occurring Disorders Group

Thursdays, 1pm, Ionia TRD.

CPR

Preregistration required, April 25, 10am, Ionia TRD.

Creative Cards

Peer Led, April 9, 23, 3pm, Portland.

DBT Fidelity Group

Thursdays, 1-2:30pm, Ionia TRD.

DBT Skills

Ongoing, Mondays, 1-2:30pm, Ionia TRD.

Dining with Diabetes

Peer Led, April 3, 10, 17, 24, 5pm, Ionia TRD.

Teen DBT

Ongoing, Wednesdays, 4-5pm, Ionia TRD.

Fitness

Peer Led, April 1, 2, 4, 8, 9, 11, 15, 16, 18, 22, 23, 25, 29, 30 1:30pm, Ionia TRD. Fitness at the Gym, April 3, 10, 17, 24, 3pm; 2pm on the 4, 11, 18, 25; 2:30 on April 15, 22, Ionia.

Food Pantry Rides

Peer Led, April 8 Mobile Food Bank, 3:30pm; April 30, 2pm.

Game Night

Peer Led, April 3, 10, 17, 24, 1:30pm, Belding TRD.

April 7, 14, 21, 28, 4pm, Ionia TRD.

Grief Group

Wednesdays, 1-2pm, Ionia TRD.

LGBTQIA

Peer Led, April 7, 21, 3pm, Ionia TRD.

Life Skills

Peer Led, April 7, 14, 21, 28, 1:30pm, Ionia TRD.

Men Supporting Men

Tuesdays, 2-3pm, Ionia TRD.

Parenting Through Change

Thursdays, 12-1:30pm, Ionia TRD.

Pre Teen Skills (5th-7th Grade)

Wednesdays, 4-5pm, Ionia TRD.

Self-Love

Peer Led, April 2, 16, 30, 11:30am, Ionia TRD.

Social Skills

Peer Led, April 10, 17, 24, noon, Ionia TRD.

Volunteer Group

Peer Led, April 1, 8, 15, 29, 3:30pm, Ionia Theater. (3:15 on 29)

Walking Group

Peer Led, April 7, 21, 28, 11am, Ionia

Wii Fit

Peer Led, April 9, 23, 11am, Ionia TRD.

Writing for Recovery

Peer Led, 10, 24, 11am, Ionia TRD

YOGA

PEER LED

Chair, April 1, 3, 7, 8, 10, 15, 17, 21, 22, 24, 28, 29, 10am Ionia TRD.

Restorative, April 3, 10, 17, 24, 3pm, Belding TRD.



May 1, 9am-3pm
Ionia

FREE

- Gently Used Clothing
- Jewelry, Handbags, Scarves
- Hygiene Products
- Healthy Snacks
- Community Resources
- UofM-Sparrow Mobile Health Unit
- UofM Health-Sparrow Stroke Program onsite with health resources



Topic PEER Luncheon
April 4, 11am, TRD Ionia

The blue green swirl represents sky, earth and the circle of life. Register today to become an organ donor to carry on that circle of life.



The Ionia location of The Right Door will no longer be open on Saturday mornings.

Should you have an emergency during this time, please feel free to contact our 24 hour, toll free crisis line at:

800-527-1790



MICHIGAN STATE UNIVERSITY | Extension

Canr.msu.edu/ionia/

616.527.535

FREE ONLINE HEALTH PROGRAMS 2025

Purses with a Purpose

Relief After Violent Encounter (RAVE)



Michigan State Police is partnering with RAVE, a local domestic violence shelter. They are collecting purses stuffed with supplies for women (often with children) who have experienced abuse and domestic violence. Please help by dropping off any of the items listed below to the following drop locations between April 1-25.

Drop Off Locations:

Montcalm Community College:

2800 College Drive,
Sidney, MI, 48885

Montcalm Community College:

1325 Yellow Jacket Drive,
Greenville, MI 48838

Montcalm Sheriff's Office

659 North State St.
Stanton, MI 48888

Ionia Sheriff's Office:
133 East Adams Street
Ionia, MI 48846

Michigan State Police Lakeview Post:

10300 Howard City
Edmore Rd,
Lakeview, MI 48850

Items Needed

Paper Products

Toilet Paper

Kleenex

Cleaning Supplies

Hand Sanitizer

Bleach Wipes

Hygiene Products

Shampoo and Conditioner

Toothbrush and
Toothpaste

Body Wash

Deodorant

Health Care and First Aid

Adult Over the counter
medications (new &
sealed)

Band-Aids

Nail Clippers

Household Items

Pillows

Flashlights

Batteries (9V, D, C, AA)

Towels/washcloths

New Clothing

Socks (women)

Underwear (women)

Pajamas (women)

Slippers

(New or gently used)
Purses or Tote Bags

Miscellaneous

Journals

Small Notebooks/Day
Planners

Scotch Tape

Permanent Black Markers

Dial-A-Ride Tokens

FREE TAX HELP

- H&R Block**

<https://hrblock.com>
Explore their \$0 filing

- Internal Revenue Service**

<https://www.irs.gov>
IRS FREE FILE: do your taxes for free/Internal Revenue Service
TCE program especially for those 60 and older

- Michigan Legal Help**

<https://michiganlegalhelp.org/resources/income-tax>
AARP free tax help to those 50 and older with low to moderate income. Do not need to be an AARP member



UNITED WAY

VITA Volunteer Income
Tax Assistance

2.1.1

Get Connected. Get Help.™
United Way Montcalm -
Ionia Counties



	1 11 Junk Journaling 3 Meditation	2 11 Healthy Relationships 1 Free Lunch 2 Bingo	3 11 Music 2 Craft s	4 11 Lunch with Peers at The Right Door 2 Music	Luncheon Topic: <i>Donate Life</i>
7 11 Goal Getters 2 Tool Box 3 Committee	8 11 Junk Journaling 3 Meditation	9 11 Healthy Relationships 1 Free Lunch 2 Bingo	10 11 Music 12-3 Bowling	11 11 Roundtable Talk 2 Crafts	
14 11 Goal Getters 12 Board Mtg 2 Self-Love for Women	15 11 Junk Journaling 3 Meditation	16 11 Healthy Relationships 1 Free Lunch 2 Bingo	17 11 Music 2 Craft s	18 11 Roundtable Talk 2 Self Love for Men	
21 11 Goal Getters 2 Mindful Monday	22 11 Junk Journaling Earth Day	23 11 Healthy Relationships 1 Easter Lunch	24 11 Music 12-3 Bowling	25 11 Roundtable Talk 2 Crafts	
28 11 Goal Getters 2 Self-Love for Women	29 10-2 Ethics and Boundaries Training by JIMHO	30 11 Healthy Relationships 1 Free Lunch 2 Bingo			

RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773