

The right Connection

Spring 2026

THE *right* DOOR
for hope, recovery and wellness

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

Ionia Office
375 Apple Tree Drive
Ionia, MI 48846
616.527.1790

Hours:
Monday-Thursday
-8am-7pm
Friday
-8am-5pm

Belding Office
7441 Storey Road
Belding, MI 48809
616.527.1790

Monday and
Wednesday-8am-6pm
Tuesday and Thursday
-8am-7pm
Friday
-8am-5pm

Portland Office
208 West Bridge Street
Portland, MI 48875
517.647.2128

Closed 12-1pm
Wednesday-8:30am-7pm
Monday, Tuesday,
Thursday, Friday
-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.

March is a bridge between winter and spring.



It's a time of hope, of rebirth, impending growth, lighter moods and lighter skies both morning and night before and after Daylight Savings Time.

It's also a time for holistic wellbeing with awarenesses focusing on better nutrition, better sleep, screenings for cholesterol and Diabetes associated with our kidneys along with cancer screenings. It's spring cleaning of our homes and selves with many of us amping up the need to get outside, and an urge to exercise more to shed excess winter weight and all those layers of clothes.

Closer to home, on the farm, it's calving season as well as nature's repopulation in the woods and the fields for various other critters as migrating birds become more prevalent.

Unfortunately one of the drawbacks encountered this time of year is that rodents give birth in the spring too. And many seek shelter and protection from the last vestiges of winter by sneaking into your home, your barn, your shed—if they didn't in the fall -- to hole up until the weather warms and they can move with their offspring outside where we all want to be when spring officially has sprung.

Take a moment to learn ways to protect your buildings from vermin who can invade and wreak havoc in the winter and while reproducing. And like them, get ready to soon go outside when our false spring turns into the real one.

Sue Ferris, Newsletter Editor



GOT A PROBLEM?



DID YOU KNOW?

21 million homes get invaded by rodents each winter according to The National Pest Management Association (NPMA)

Rodents can spread more than 35 diseases including Salmonella and Hantavirus

35



Rats and mice are the most common rodents found inside the home

Rats can squeeze through an opening as small as a quarter and mice can crawl through a hole as small as a dime



3ft.

Rats can jump up to three feet high

1. Understand How Rodents Enter Homes

Rodents typically seek shelter indoors, especially during colder months. They are attracted to warm spaces and food sources. Understanding how they gain entry into your home is crucial for effective prevention. They can squeeze through very small openings, making it essential to inspect your home thoroughly. Common entry points include:

- **Cracks and Holes:** Mice can squeeze through gaps as small as a dime. Check the exterior of your home for any cracks in the foundation, gaps around doors and windows, and holes where utilities enter.
- **Vents and Chimneys:** Unscreened vents and open chimneys provide easy access. Make sure these areas are well-covered.
- **Basements and Attics:** Mice, rats and squirrels often enter through basements and attics, looking for shelter. Inspect these spaces for any possible openings.

By identifying and sealing these entry points, you can significantly reduce the chances of rodents getting into your home.

2. Seal Entry Points

One of the most effective ways to keep small animals out is by sealing all entry points. Inspect your home for gaps around windows, doors, and areas where pipes enter. Use caulk, steel wool, or foam insulation to seal these openings. Remember, if you can fit a pencil through a gap, a mouse can likely fit through it too.

- **Caulk for Small Gaps** is excellent for filling in tiny cracks around window frames, door frames, and other small crevices. Look for a durable, weather resistant option which adheres well and withstands temperature changes.
- **Steel Wool for Larger Hole** is a strong deterrent for rodents, as they cannot chew through it easily. Use steel wool especially around areas where pipes enter the home. Brands like Brillo or Red Devil are popular choices. Pack the steel wool tightly into openings, then secure it with caulk or another filler to keep it in place.
- **Foam Insulation for Cracks** is ideal for sealing wide cracks or larger gaps that are difficult to fill with caulk alone. Products like [Great Stuff Pestblock](#) are designed to keep rodents out and provide a durable barrier against various pests. Apply carefully, as foam can expand significantly.
- **Weatherstripping for Doors and Windows** provides an effective seal around doors and windows, preventing animals from squeezing in through these areas. Look for high-quality weatherstripping to create a tight seal while also improving energy efficiency by blocking drafts.

3. Install Door Sweeps and Screens

Installing door sweeps at the bottom of exterior doors can prevent rodents from slipping in. Additionally, make sure all windows are properly screened, and consider using mesh screens to cover vents and chimneys.

Adapted from:

California Attic and Build/Griffin Pest Solutions/Franklin Pest Solutions/Orkin

4. Maintain a Clean and Clutter-Free Environment

Keeping your home clean is vital in deterring animals. Regularly clean up crumbs and spills, and store food in airtight containers. Decluttering your space reduces hiding places and makes it easier to spot any signs of infestation.



5. Reduce Outdoor Attractions

Small animals are attracted to food sources outdoors too. Keep trash bins sealed and remove any outdoor food sources, such as pet food or birdseed. Trim bushes and trees away from your home to eliminate potential pathways for rodents. Store firewood at least 20 feet away from the house.

6. Effective Pest Control Methods

Despite your best efforts to rodent-proof your home, you might still encounter the occasional animal. Knowing effective control methods can help you manage any unexpected visits. Utilizing traps and natural repellents can significantly reduce the vermin population, while ensuring that you do not solely rely on harsh chemicals that may pose risks to your family and pets.

Use Traps Wisely

Traps can be an effective way to control a rodent population. Choose snap traps for quick results and place them where you have noticed mouse activity. Bait the traps with peanut butter or seeds to attract mice. Sticky glue boards also work for smaller animals. Bait boxes with poisonous bait are better for rats.

- **Choose the Right Trap:** Based on your preference, select between snap traps, electronic traps, bait boxes or humane live traps. Each has its own advantages and drawbacks.
- **Placement Matters:** Place traps where you have noticed signs of activity, like droppings or gnaw marks. Ideal spots include near walls, behind appliances, and in dark corners.
- **Check Traps Regularly** to see if they have caught any mice. Prompt removal of captured rodents prevents odors and encourages further trapping.



7. Employ Natural Repellents

Natural repellents can deter some animals without harmful chemicals. Here are some effective natural repellents:

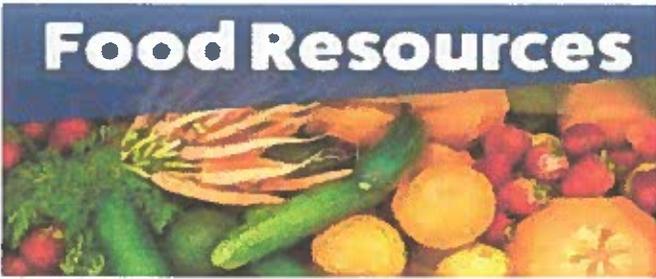
- **Peppermint Oil:** Mice dislike the strong scent of peppermint. Soak cotton balls in peppermint oil and place them in areas where you suspect mouse activity.
- **Essential Oils:** Other essential oils, such as citronella, eucalyptus, and tea tree oil, can also repel mice. Soak cotton balls or use a diffuser to spread these scents around your home.
- **Vinegar:** Vinegar's strong smell can repel mice. Wiping surfaces with a vinegar solution may help deter them.
- **Cayenne Pepper:** Sprinkling cayenne pepper around the house can also deter mice, as they dislike its strong scent.
- **Irish Spring Soap:** Some people swear by the smell of Irish Spring soap to keep rodents at bay. Place bars of the soap in areas prone to mice. Others believe in dryer sheets, moth or cedar balls.
- **Ultrasonic Repellers:** These devices emit high-frequency sounds that are unpleasant to rodents but are inaudible to humans.



8. Consider Professional Help

If you are worried about health concerns, damage or have reinfestations, call a professional.

9. Monitoring and Maintenance. Continue to regularly inspect your home especially during seasonal changes. Look for signs of rodents, such as droppings or gnaw marks, and take immediate action if you find any evidence of their presence to prevent more intrusions.



- **Bridge Card EBT**
888.544.8773
- **Commission on Aging**
616.527.5365
- **Double Up Food Bucks**
866.586.2796
- **EightCAP, Inc.**
616.754.9315
- **Feeding America West Michigan Food Bank**
616.784.3250
- **Food and Nutrition Program Helpline (SNAP)**
855.275.6424
- **Good Samaritan Ministry (Saint Joseph Parish)**
989.593.3440
- **Ionia County Health Department**
616.527.3351
- **Ionia County Commission on Aging**
616.527.5365
- **Lakewood Community Council**
616.522.9773
- **Michigan Department of Health and Human Services**
Food Stamps newmibridges.michigan.gov
- **United Way Montcalm-Ionia Counties 2-1-1**
800.887.1107 or 616.794.9840
- **USDA National Hunger Hotline**
866.348.6479
- **WIC (Women, Infants and Children Health and Nutrition Assistance Program)**



For help finding a food pantry, assistance in applying for SNAP benefits or referrals to other resources, call

1-888-544-8773



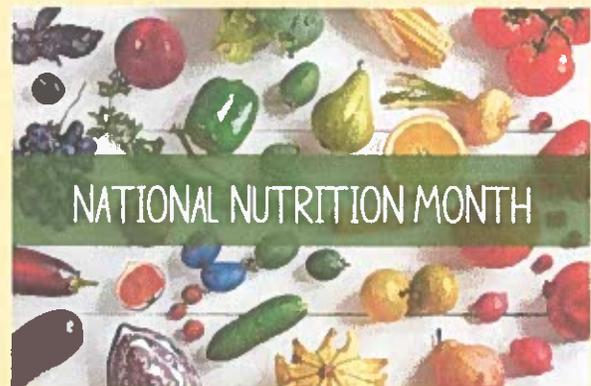
Operated by the Food Bank Council of Michigan
Funded in part by the Michigan Department of Health and Human Services



- 3/3 2pm, Walk up,
Central UMC, Lake Odessa
- 3/3 6pm, Drive Through,
Twin Rivers Elementary, Muir
- 3/10 4:30pm, Drive Through,
Zion, Ionia Fairgrounds
- 3/14 10am, Drive Through,
Mount Hope Church, Portland
- 3/17 6pm, Drive Through,
Hubbardston American Legion
- 3/20 4:30pm, Drive Through,
Belding High School
- 3/25 5pm, Drive Through,
Shiloh Community Church, Orleans

West Michigan
farmer's
MARKET

Heffron Farms, 7724 Ashley Avenue N.E., Belding, MI.
Year Round. Mainly fresh raised meat (616) 794-2527



Good nutrition supports overall health, energy levels, immune function and long-term disease prevention. Even small changes—like eating more fruits and vegetables, or choosing whole grains—can have a meaningful impact.

Academy of Nutrition and Dietetics eatright.org



2026 Peer Lunches

March 6th	Advance Directives
April 3rd	Donate Life—Organ Donation
May	No Lunch—Drab to Fab
June 5th	Pride Event
July 10th	Cookout-Get to Know Your Peers
August 14th	Tips for Talking to your Doctor Get the most out of appointments
September 4th	Motivation
October 2nd	Diabetes Education
November	No Lunch—Drab to Fab
December 4th	Friendsgiving/Holiday Party

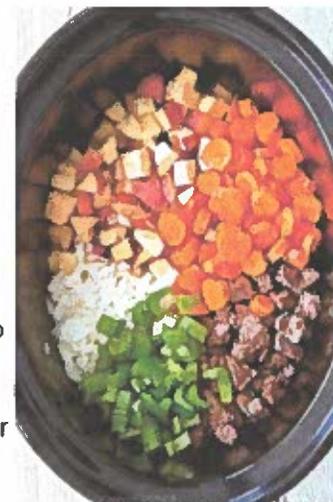
Whether it is Feeding America, or another food bank, the Peers Team had some pantry friendly recipes to take, down our Med Services hall in the past few weeks. Their focus and information changes every few weeks, so be sure to check out their table.

CROCKPOT STEW

(Serves 4-6)

(Budget Friendly)

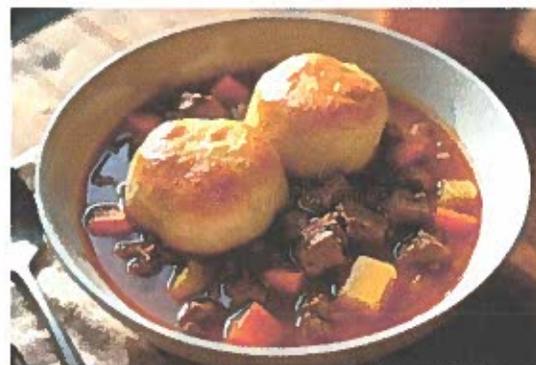
- 1 pound pork shoulder or beef stew meat
- 3 potatoes diced
- 2 celery ribs sliced
- 1 onion chopped
- 1-2 garlic cloves minced or 1/2 teaspoon jarred garlic
- 1 tablespoon oil
- 3 cups water
- 1 bouillon cube
- 1 tablespoon tomato paste
- 1/2-1 teaspoon salt
- 1/2 teaspoon pepper
- 1 teaspoon thyme or Italian seasoning
- 1 bay leaf (optional)
- Thickener: 1 tablespoon flour or cornstarch and 2 Tablespoons water



1. **Brown meat and place in crockpot.**
2. **Add onion, carrots, celery, potatoes.**
3. **Add water, bouillon, tomato paste, garlic, seasonings. Stir.**
4. **Cook: LOW for 7-9 hours or HIGH 4-5 hours.**
5. **Thicken: Stir flour and water to make a slurry. Add slurry 20-30 minutes before serving.**
6. **Taste and adjust seasoning.**

BUDGET TIPS:

- Pork shoulder = cheapest and tender.
- Bouillon + water = cheaper than broth.
- Add extra potatoes to stretch servings.
- Use store-brand spices/tomato paste.
- Freeze leftover tomato paste in tablespoons.



(Serves 8-10)

(Food Pantry Friendly)



DROP BISCUITS

INGREDIENTS:

- 2 cups flour (all purpose or self rising)
- 1 tablespoon baking powder (omit if using self-rising flour)
- 1/2 teaspoon salt (optional)
- 4 tablespoons oil or 4 tablespoons butter or margarine/shortening
- 1 cup milk diluted 1:1 with water (fresh, canned, powdered or evaporated)

INSTRUCTIONS:

1. Preheat oven to 425
2. Mix flour, baking powder and salt in a bowl.
3. Add oil and stir until crumbly or cut in butter or margarine/shortening with a fork.
4. Add milk. Mix until thick, spoonable dough forms.
5. Drop by spoonfuls onto a greased or lined baking sheet.
6. Bake 12-15 minutes or until lightly golden.

OPTIONAL ADD INS (If Available)

- 1-2 teaspoons sugar
- 1/2 teaspoon garlic powder
- 1 teaspoon dried herbs
- Cheese (any type)

Serve with butter, jam, stew, chili, gravy, or as breakfast sandwiches

Emotional Support Animals and Mental Health

Can animals truly provide support in alleviating mental health conditions in humans? The answer is **Yes!**



At The Right Door, we occasionally receive questions and requests regarding emotional support animals. Hopefully we can provide some clarity as you seek to use animals to aid in the treatment of mental health and other medical conditions.

Even though an emotional support animal can be any pet including cats, miniature horses, pigs, more, we will focus on dogs since they are the most common.

Even though there is limited empirical clinical research providing a link between the use of emotional support animals in treatment of psychiatric symptoms and disorders, studies do conclude the benefits of emotional support dogs are wide ranging in our overall mental wellbeing. Petting a dog can increase oxytocin, which can result in feeling calm and content. These interactions may also help decrease cortisol levels in people, which can reduce feelings of stress and anxiety and improve overall mood.



Additional Benefits May Include:

- Alleviating loneliness and isolation
 - Enhancing social interactions
- Normalizing heart rate and blood pressure
 - Reducing pain
 - Increasing pleasure
- Stimulating healthy exercise

The U.S. Department of Housing and Urban Development (HUD) has stated that, *“Emotional support animals, by their very nature, and without training, relieve depression and anxiety and/or help reduce stress-induced pain in persons with medical conditions that are affected by stress.”*

It also might be helpful to clarify the difference between emotional support dogs, therapy dogs and service dogs:

Shelley Hanses,

Certified Peer Support Specialist,
Community Health Worker,
The Right Door

(616) 902-1053



Emotional Support Dogs:

An emotional support dog does not need any special training or certification, but is protected under the Fair Housing Act which allows for an owner to live with their dog in their otherwise “pet free” environment, or have a pet fee waived, if documentation can be provided for the need of the pet.

Therapy Dogs:

Therapy dogs do receive specific training to provide affection and comfort in hospitals, rehab facilities, mental health centers, schools, and in other circumstances such as natural disasters.

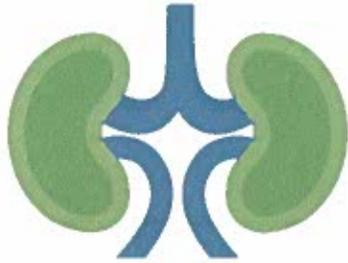
Service Dogs:

A service dog, defined by the Americans with Disabilities ACT (ADA) is “Any dog that is individually training to do work or perform tasks for the benefit of an individual with a disability, including a physical, sensory, psychiatric, intellectual, or other mental disability. Some tasks performed can include pulling a wheelchair, retrieving dropped items, alerting a person to sound, reminding a person to take medication, or pressing an elevator button.”

It is important to note that emotional support and therapy dogs are not covered under the ADA, so their owners do not have the same legal protection as owners of service dogs.

Even though TRD fully supports the use of emotional support animals with our persons served, and clearly see benefits to their mental health, we have developed agency policy of not writing letters of recommendation for emotional support animals. The lack of empirical evidence creates an ethical dilemma for our psychiatrists to write a prescription for treatment that has not been proven. We also do not have the capability of completing a thorough evaluation, or the ability to mitigate liability. We typically refer our persons served to other providers for the documentation that is needed.

Keeping the KIDNEYS HAPPY



KIDNEYS CONTROL THE BODY'S **FLUID LEVELS**. THEY FILTER **WASTES** AND **TOXINS** FROM THE BLOOD.



EACH KIDNEY IS ABOUT **4-5 INCHES LONG** — ABOUT THE SIZE OF A FIST.



HIGH BLOOD PRESSURE AND **HIGH BLOOD SUGAR (DIABETES)** ARE TWO LEADING CAUSES OF KIDNEY DISEASE.



1 IN 10 AMERICANS WILL HAVE A KIDNEY STONE AT SOME POINT IN THEIR LIFE.

BLOOD IN THE URINE IS NOT NORMAL AND NEEDS TO BE EVALUATED BY YOUR DOCTOR.



MOST PEOPLE HAVE TWO KIDNEYS, BUT YOU CAN LIVE WITH **ONE (OR LESS)**.

COMMON HEALTH PROBLEMS THAT IMPACT THE KIDNEYS ARE **KIDNEY STONES, KIDNEY CANCER** AND **KIDNEY FAILURE**.

MARCH IS **NATIONAL KIDNEY MONTH**.

Urology Care
FOUNDATION[®]
The Official Foundation of the American Urological Association

For more information about kidney health, visit the Urology Care Foundation's website: UrologyHealth.org

WAYS TO KEEP THE KIDNEYS HEALTHY

- 1 Drink plenty of fluids (48 to 64 ounces of water daily) to help the kidneys work well. This is also the best way to prevent kidney stones.
- 2 Don't smoke. Smoking slows the flow of blood to the kidneys, which may reduce their function. Smoking also raises the risk of kidney cancer by about 50 percent.
- 3 Eat healthy, low fat foods to cut your risk of high blood sugar and high blood pressure. Exercise can also help keep your blood pressure and sugar levels under control.
- 4 If you take over-the-counter painkillers, like ibuprofen and naproxen, daily for everyday pain or joint swelling, then talk to your doctor about checking your kidney function. These drugs can cause harm to the kidneys if taken too often over a long period.
- 5 If you have high blood pressure or high blood sugar, then have your kidney function monitored on a regular basis.

26
MILLION

AMERICAN ADULTS HAVE KIDNEY DISEASE, BUT MOST **DON'T EVEN KNOW IT.**

MARCH IS
Brain Injury Awareness
MONTH

HOPE, HEALING, & AWARENESS
for Survivors,
Families,
& Caregivers

Together,
WE CAN MAKE A DIFFERENCE!

Prevent brain injuries by wearing seatbelts. Use appropriate sports protective equipment. Recognize concussion symptoms and take steps to prevent falls to help reduce the risk of traumatic brain injury.

Brain Injury Association of America 703-761-0755



NATIONAL
KIDNEY
MONTH

Kidney Disease Awareness

There are many kinds of kidney disease including chronic kidney disease (CKD), diabetic kidney disease, IgA nephropathy, polycystic kidney disease (PKD), simple kidney cysts, kidney infection (pyelonephritis), and kidney stones.

BLOOD PRESSURE
LESS THAN
120/80
mmHg

TOTAL CHOLESTEROL
LESS THAN
200 mg/dL

BLOOD SUGAR
LESS THAN
100 mg/dL

BODY MASS INDEX (BMI)
BETWEEN
18.5-25

WAIST LESS THAN
35" for women
40" for men



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 Customer Service** 1-888-678-8914
- **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 for basic needs 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 (NAMI Michigan)** 1-800-950-6264
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 ReHab** 1-800-605-6722
- **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



Community Events

CLARKSVILLE

Teen Art Club, Trinket Frame, March 12, 4-5pm, Clarksville Library. Saranac Library, March 26, 4-5pm. Ages 13 plus. Supplies provided.

HUBBARDSTON

Lenten Fish Fry, all you can eat, Hubbardston American Legion, March 6, 13, 20 and 27. April 13. Fish, shrimp, steak fries, baked potato, coleslaw, roll, desserts, coffee and tea. \$18 per person. All take outs, \$16 for 70 and over, \$10, kids 6-12, under 5 eat free.

Hubbardston St. Patrick's Day Walking Parade, March 17, 12:-12:45pm. For information call Sheila O'Grady (517) 974-7386.

IONIA

Open Gym and Book Nook, March 11 and 25, 10:30-11:30am, at the Future Ionia County Library. Sensory bins, obstacle courses, books to read, more. Sponsored by the Ionia County Great Start Collaborative.

Quilt Show and Raffle, for Dolly Parton Imagination Library, 9am-12:30pm, Ionia ISD. (Some displayed at Bigby). Raffle tickets are \$5 each or \$35 for 10.

LAKE ODESSA

Spring Fling Craft Show and Carnival, March 21, 9am-2pm, Lakewood High School for the soccer team. Craft show, games, bake sale, food trucks, face painting, family fun. Free admission.

LYONS MUIR

Hippity Hop Spring Expo, March 21, 9am-3pm, Log Cabin Inn Banquet Center, Muir. Hop on over and take a picture with the Easter Bunny. Visit with Blue Star Mothers, have lunch, see almost 20 vendors and homebased businesses offering/taking orders for desserts, flower bulbs, fishing lures, spinners, t-shirts, wooden crafts, fiber arts, jewelry, maple syrup, Party-Lite and Norwex, more. Collecting canned goods to toilet paper for Zion Food Pantry.

PORTLAND

Dracula: A Comedy of Terrors, Portland Civic Players, March 6, 7 and 8, 7-9pm. Tickets \$12 at <https://portlandcivicplayers.com> or 517.647.4041

SARANAC

Lenten Fish Frys, 5-7pm, St. Anthony's Catholic Church. Dine in or take out. Adults \$12, Seniors \$1, Children \$6. Fried or baked fish, baked potato or fries, mac and cheese, coleslaw, broccoli and cheese. Dessert and beverage included.

GROUPS

Bingo

Peer Led, March 17, 1:30pm, McDonalds

CBT Anxiety

Fridays, 2-3pm, Virtual.

CBT Depression

Ongoing, Fridays, 10-11am, Virtual.

Choosing Strength

Tuesdays, 5-6pm, Virtual.

Coffee and Conversation

Peer Led, March 18, 11am Sozo.

Co Occurring Disorders Group

Thursdays, 1pm, Ionia TRD.

Crafting Coping Skills

Wednesdays 4:15-5:14pm, Ionia TRD. Kids age 6-12 open to services.

Crafts

Peer Led, March 18, 9:30am, Ionia TRD.

DBT Fidelity Group

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

DBT Skills

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

Teen DBT

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

Euchre

Peer Led, March 2, 10, 17, 24, 31, 12pm, REDIC.

Fitness

Peer Led Tuesday Fitness Group 2:30, March 3, 10, 1:30 on the 17th and 3:30 on the 24th. Thursday 3pm, all at Ionia Fitness.

Every Tuesday and Wednesday and Friday, all at 1:30pm, at Ionia Fitness. Contact: Patricia.

Game Night

Peer Led, March 2, 9, 16, 23, 30, 3pm, REDIC.

Grief and Loss Support Group

Peer Led, March 5, 12, 10:30am, REDIC.

Healthy Relationships

Fridays, 1pm, Ionia TRD.

Kids Skills Group

Thursdays, 4:15-5:15pm, Ionia TRD. For youth ages 6-12.

LGBTQIA+

Peer Led, March 2, 3pm, Ionia TRD.

Life Skills

Mondays, 1:30pm, Ionia TRD.

Men's Group

Tuesdays, 2-3pm, Ionia TRD.

Parenting Through Change

Starting April 14, Tuesdays, 1-2:30pm, virtually.

Ready to Work Group

Starting February 11, 12 weeks, Ionia TRD.

Self Love

Peer Led, March 5, 12, 19, 26, 11:30am, REDIC.

Unfold: Fine Art Group

Peer Led, March 2, 10, 17, 24, 31, 10am, Ionia TRD.

Volunteer Group

Peer Led, March 10 17, , 3:30pm, Ionia Theater.

Walking Group

Peer Led, March 5, 10, 12, 19, 26, 10:30am, Ionia TRD.

Writing for Recovery

Peer Led, March 11, 25, 3pm, Ionia TRD.



MICHIGAN STATE UNIVERSITY | Extension

FREE ONLINE HEALTH PROGRAMS

Canr.msu.edu/ionia/ 616.527.535



Parent Café
March 18, April 29, May 20
10-11am, Kincaid Room
Sozo, Ionia



- ◆ Once a month we meet at Sozo so parents and guardians can build connections to share struggles and victories with other community parents.
- ◆ Children not yet in school are welcome.
- ◆ Participants can choose a drink and sweet treat from the Parent Café Menu courtesy of a grant from the Ionia County Community Foundation.



2
 11 Goal Getters
 2 Mindful Monday
 3 Games

3
 10 Euchre
 11 Junk Journaling
 2 Round Table

4
 11 Healthy Relationships
 1 Free Lunch
 2 Bingo

5
 10:30 Grief/Loss Group
 11:30 Self Love
 2 Crafts

6
 11 Lunch with Peers TRD
 11 In the Gym with Donte
 1 Movie

9
 11 Goal Getters
 2 Mindful Monday
 3 Games

10
 10 Euchre
 11 Junk Journaling
 2 Round Table

11
 11 Healthy Relationships
 1 Free Lunch
 2 Bingo

12
 10:30 Grief/Loss
 11:30 Self Love
 12-3 Bowling

13
 11 In the Gym with Donte
 1 Movie

16
 11 Goal Getters
 2 Mindful Monday
 3 Games

17
 10 Euchre
 11 Junk Journaling
 2 Round Table

18
 11 Healthy Relationships
 12-3 St. Patty's Day Party
 1 Free Lunch

19
 10:30 Grief/Loss Group
 11:30 Self Love
 2 Crafts

20
 Butterfly Garden Outing
 Center Closed

23
 11 Goal Getters
 2 Mindful Monday
 3 Games

24
 10 Euchre
 11 Junk Journaling
 2 Round Table

25
 11 Healthy Relationships
 1 Free Lunch
 2 Bingo

26
 10:30 Grief/Loss
 11:30 Self Love
 12-3 Bowling

27
 11 In the Gym with Donte
 1 Movie

30
 11 Goal Getters
 2 Mindful Monday
 3 Games

31
 10 Euchre
 11 Junk Journaling
 2 Round Table



RIVER'S EDGE DROP IN CENTER CALENDAR

MONDAY TO FRIDAY 10AM TO 4PM

302 E. Main Street, Ionia

(616) 522-9773