

2026 MENTAL HEALTH RESOURCE GUIDE



DAILY NEWS
VIEW *Newspaper* Group



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— COMMUNITY PARTNERS —



Fighting to keep local people caring for local people

In February 2025, the Michigan Department of Health and Human Services (MDHHS) announced its intent to put the public mental health system out for competitive bid. Despite continual efforts to express opposition to this plan and to offer alternatives, MDHHS released a Request for Proposals (RFP) in August 2025.

Under the competitive RFP, private entities could manage the mental health services in Michigan – and for every dollar not spent on services, the private entities could keep the money. For public bidders (like MCN and its regional entity), as is required already, any monies not spent on services must be returned to the State. Mind you, these are your taxpayer dollars the State is using to incentivize private entities to take over the county-based, public mental health system.

As a last resort, lawsuits were filed in the Michigan Court of Claims and on January 8, 2026, the Honorable Judge Yates found the Request for Proposals (RFP) “impermissibly conflicts with Michigan law” – meaning MDHHS’s proposed system redesign violat-

ed the core of what community mental health agencies were created by law to do.

While this is a win for the public system, the battle is not yet over. We now wait to see what the State will do next. If you value your local mental health services, please lend your voice in advocating with the State by calling the Governor’s Office at 517-335-7858 (Constituent Services).

For 60 years, Montcalm Care Network, as the County’s community mental health authority, has provided a comprehensive array of mental health services. Caring for those in our community with serious mental illnesses, intellectual and development disabilities, children with serious emotional disorders, and those with autism spectrum or substance use disorders. It has been MCN’s mission to provide better care, better outcomes, and better value for the people of Montcalm County.

At MCN, we are local people caring for lo-



Tammy J. Warner
MCN Executive Director

cal people, and we will continue to fight to protect the system that has prioritized people over profits for the last 60 years. Is the public system perfect? Definitely not. Can we do better? Absolutely! MCN welcomes input from the community which can be given by scanning the QR Code.

Lastly, a reminder that MCN provides the community with 24/7 access to crisis services in a mental health emergency. These services can be accessed by calling 989-831-7520 or toll free 800-377-0974. Whatever your needs, MCN is here to help get you connected to local services and resources.

Wishing all the readers much Help & Hope in 2026!

Tammy J. Warner
MCN Executive Director



Community And The Connection To Mental Health

Mental health is defined as one's social, emotional, and psychological wellbeing. Nearly half of all Americans will meet the criteria for a diagnosable mental health condition sometime in their life. In any given year, about 25% of adults and 15% of youth will experience difficulty with their mental health. Mental wellbeing is a state in which a person:

- Understands and manages their emotions
- Builds and maintains healthy relationships
- Copes with stress and life's challenges
- Feels a sense of purpose and fulfillment
- Thinks clearly and makes balanced decisions

Psychoanalyst Erik Erikson theorized that each stage of life involves a task, or conflict. Relationships and a sense of purpose are vital. When the

conflicts of earlier stages of life are not resolved, older adults are at higher risk for suicide related to poor mental health, physical health concerns, fear of being a burden, and loss of relationships. We often think of suicide as impacting young people the most, but the risk of suicide actually increases as men age and decreases as women age, with men over the age of 85 dying at the highest rate. According for the Centers for Disease Control and Prevention, people older than 65 make up about 17% of Americans – but 23% of suicide deaths.

In terms of prevention and intervention, Erikson's stages of development and the components of mental wellbeing provide a framework. Being part of a community fulfills these tasks, providing a sense of belonging, purpose, and support.

Despite living in a rural area, there are multiple ways to build community:

VOLUNTEERING

Whether it is done virtually or in person, using one's skills contributes to a sense of purpose and connection to others. Libraries, schools, hospitals, and animal shelters all rely on volunteers to support their missions. Completing tasks contributes to an increase in dopamine, a feel-good chemical in the brain.

FAITH-BASED ACTIVITIES

Whether it is by attending church, reading religious text, or attending a study group; faith and spirituality provide a sense of a higher power that can make sense of one's struggles. Faith-based organizations are places of social and material support with some able to provide transportation and meals.

PARTICIPATE

Get out of the house. Share a meal with a friend, tend to flower beds and the garden, or show off your Euchre skills. Work on saying yes

to something new. Learn to paint. Movement and being active help the brain maintain connections necessary for thinking.

SUPPORT GROUPS

Finding people experiencing similar challenges can be so validating. Not only can support groups provide tangible support like navigating appointments or managing health concerns, they can offer emotional support in voicing fears and celebrating success.

CONNECT WITH OTHER




Write letters, make phone calls, send postcards. Video calls can be a great way to connect with family in another zip code. If vision or hearing are barriers, talk to your doctor about devices that can provide assistance or treatment that may be available. If you are having difficulty finding joy and purpose in life, your doctor can discuss treatment options.

As the Community Mental Health

provider for Montcalm County, Montcalm Care Network is available to the community 24 hours a day, 7 days a week for crisis intervention and connects people to providers to meet their mental health needs. If thoughts of harming oneself or others are present, call Montcalm Care Network's crisis line at 989-831-7520 or 1-800-377-0974. If urges to harm oneself or others are uncontrollable, call 911 or go to the nearest emergency room.



Tara Allen
LMSW-Clinical
Outreach Services
Manager
Montcalm Care Network

| ERIKSON'S STAGES OF DEVELOPMENT | | |
|--|---|---|
| ADULTHOOD | | |
| YOUNG ADULTHOOD approx. 18-40 years | MIDDLE ADULTHOOD approx. 40-65 years | OLDER ADULTHOOD 65+ years |
| INTIMACY VS. ISOLATION Forming close relationships with others  LOVE | GENERATIVITY VS. STAGNATION Contributing to society and guiding the next generation  CARE | INTEGRITY VS. DESPAIR Reflecting on life and accepting it  WISDOM |



Mental Health Resources



Tara Allen
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Outreach Services
Manager
Montcalm Care Network

A little self-care goes a long way in maintaining mental wellness. While getting a massage and going to the salon can be a part of self-care, effective self-care really is much more than that. We cannot live without our basic needs being met. Physiological needs include sleep, food, water, air, shelter, and health.

We often take our physiological needs for granted, particularly when it comes to sleeping and eating. We skimp a little here and indulge a bit too much there. Generally, it's not a problem and it all works out at the end of the week. However, under stress, the imbalance grows. Sleep becomes more difficult and our need for it increases. We skip lunch, trying to get more work done, and grab a candy bar and soda to make up for it. In the end, we feel worse.

DAY BY DAY:

1 Avoid substance use.

Dependence on alcohol, marijuana, sedative or pain medications, and other substances to cope with stressors can lead to further difficulty in functioning.

2 Get enough sleep. Sleep allows your brain to store information and process all of the

events of the day. Aim for 7-9 hours with a consistent sleep and wake time.

3 Eat a balanced diet. Eat at regular intervals and take a lunch break. You will increase your afternoon productivity by doing so. Reduce caffeine intake, especially at night.

4 Increase your water intake. Water assists in flushing stress hormones like cortisol from our bodies. It helps clear our minds and reduce fatigue.

5 Practice mindful breathing. Look up Conscious Discipline's Pretzel Breathing. The combination of crossing your arms with taking a shorter breath in paired with a longer breath out tricks your brain into thinking you are calm. It helps both sides of your brain work together, which aids in problem-solving.

6 Get moving. Simply stretching and sitting up straight can improve breathing. Moving from one environment to another can help leave anxiety behind. Fresh air and sunlight reduce depression. Exercise releases endorphins, helping us feel better.

7 Let it out. Emotions are not the problem; it's the way we handle them. Whether it's reaching out to a friend, journaling, gardening, or crafting; expressing yourself releases the built-up emotion. Releasing emotions when we experience them keeps them from building and having a negative impact.

8 Schedule an appointment with your healthcare provider. Scheduling that appointment you've been putting off can help reduce anxiety about your health. Whether it's your annual physical or routine dental cleaning, taking care of your body feels good and can rule out any physical conditions impacting your mental health.

WHEN TO SEEK SUPPORT:

- Changes (for more than two weeks) in appetite, sleep, energy, memory
- Feelings of hopelessness, worthlessness
- Ongoing feelings of emptiness, sadness, worry
- Loss of interest in things you used to enjoy
- If you have thoughts of harming yourself or others



WHO TO CALL:

There are several mental health providers in the area, but it can be intimidating to find the right one. Here are some tips:

- Check with your primary care provider. They may have mental health services available.
- If you're comfortable, ask your friends and family for their recommendations. Perhaps they have had experience with a particular practice.
- Call your insurance company. They can explain your benefits to you and give you a list of providers that accept your insurance.

SERVICES THAT ARE AVAILABLE AT LITTLE OR NO COST

- Call or text 988 to reach the Suicide and Crisis Hotline to connect to a trained crisis counselor. There is no cost for this service.
- Contact your local community mental health agency. As the Community Mental Health provider for Montcalm County, Montcalm Care Network is available to the community 24 hours a day, 7 days a week for crisis intervention and connects people to providers to meet their mental health needs.

For those that qualify for services and do not have insurance, the cost is based on your ability to pay, based on the size of your family and income. For assistance, call 989-831-7520 or 1-800-377-0974.

- In addition to school counselors and school social workers, school-based mental health providers are in local school districts through the 31n partnership between Montcalm Area Intermediate School District and Montcalm Care Network. They are available to students for crisis intervention in addition to brief intervention addressing depression, anxiety, and other mental health concerns. Contact your child's school for details.
- Many mental health providers offer services based on your ability to pay. Ask if an intern or if group therapy is available at a lower cost.
- Utilize your employer's Employee Assistance Program if there is one available. They often provide a limited number of mental health sessions or other services for free.
- Check around for local support groups. There are support groups for almost everything. They meet online or in person. An added benefit is making connections to others going through the same experience.

Supporting Children & Teens After Traumatic Events

We have all heard terms like trauma, triggers, and trauma response, but what do these terms truly mean? How do you know if an event is traumatic to a child or teen? What can adults do when a young person experiences a traumatic event?

WHAT IS TRAUMA?

According to the American Psychological Association (APA), trauma is “any disturbing experience that results in significant fear, helplessness, dissociation, confusion, or other disruptive feelings intense enough to have a long-lasting negative effect on a person’s attitudes, behavior, and other aspects of functioning.” It can be difficult to identify a traumatic event, especially when others perceive it as non-traumatic. Trauma isn’t about the event; it is about the individual response to an event. The question is not, was the event traumatic? Instead, it is how is the event impacting the person?

SIGNS OF TRAUMA IN CHILDREN & TEENS

- Hyper-focus on death, notably morbid and fascinated by death

- Obsession with safety and safety of those close to them
- Sleeping too much or too little
- Eating too much or too little
- Unexplained anger or irritability
- Problems with executive function (focus, managing emotions, planning, decision making)
- Obsessive or pervasive worry
- Difficulty separating from care-giver(s)
- Hyperarousal, unusual sensitivity to perceived signs of danger or threats
- Reliving traumatic events (day-dreaming, nightmares, re-enacting, etc.)
- Avoidance of specific places or people connected with the event
- Sudden withdrawal from others or disinterest in activities they enjoyed
- New or increased risky behaviors, including substance use
- Self-harm or talk of self-harm

WHAT ADULTS CAN DO

- Provide comfort after an event that may be considered traumatic
- Encourage the young person to share their emotions (sadness, fear, etc.)
- Acknowledge/consider the possi-



Sara L Paxton
LMSW, CAADC, CCS
School-Based Mental Health Professional
Montcalm Care Network

- Ability of trauma
- Make the child/teen feel safe physically & mentally
- Empathize and validate their experiences
- Provide routines and structure
- Be patient, there is no set time limit for healing

WHEN TO SEEK PROFESSIONAL HELP

- Signs/symptoms are extreme (i.e. cutting)
- Signs/symptoms are impacting daily functioning and do not improve
- Signs/symptoms continue or increase 3-6 months after the event
- You are concerned about the impact of an event
- The young person expresses a desire to meet with a professional

YOUR MENTAL HEALTH IS IMPORTANT TO US!

We are here to help with Mental Health, Substance Use and Autism Services!

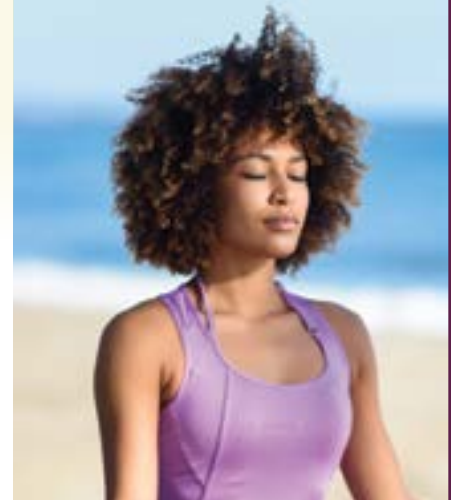
Serving: Medicaid, Medicare, Healthy Michigan Plan, Uninsured and Underinsured and Autism Services.

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- ★ **CATHOLIC CHARITIES WEST MICHIGAN**
(616) 855-5923
- ★ **COMMUNITY HOPE CHRISTIAN COUNSELING**
(616) 255-8220
- ★ **NORTH KENT GUIDANCE SERVICES**
(616) 754-2364
- ★ **RELIEF AFTER VIOLENT ENCOUNTER (RAVE)**
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- ★ **TRANSITIONS COUNSELING SERVICES**
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- ★ **GREENVILLE PUBLIC SCHOOLS STUDENT SERVICES**
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Tips To Safeguard Your Mental Health Each Day

When seeking to be as healthy as possible, it's important that people do not overlook the importance of protecting mental health. The World Health Organization says more than a billion people across the globe live with a mental health condition. The need for action on mental health is urgent and undeniable, as safeguarding mental health is integral to a person's well-being.

The National Institute of Mental Health says that mental health is more than just the absence of a mental illness. It includes emotional, psychological and social well-being. Self-care and action play key roles in maintaining good mental health and getting support and treatment if a serious issue is present. Here are

steps anyone can take each day to protect their mental health.

EXERCISE REGULARLY. Just 30 minutes of exercise most days, which can include walking, can boost a person's mood and improve health. The NIMH says small amounts of exercise add up, so it's possible to spread out the 30 minutes over the course of the day. Exercising outdoors also exposes a person to natural sunlight, which is proven to boost mood.

FOSTER RELATIONSHIPS. Good relationships are important for mental well-being. If possible, a person should take time each day to be with family, friends or

colleagues. Volunteer work at a local school, community group or hospital can foster socialization for those who may not be able to get together with friends or family with regularity.

LEARN NEW SKILLS. The United Kingdom-based NHS Services says research shows learning new skills can improve mental well-being by boosting self-esteem and self-confidence. It also helps identify a sense of purpose.

RELAX. People should schedule time for relaxation and stress management. Yoga, meditation, reading, or spending time in nature are great ways to slow down, relax and recharge.

SEEK HELP. Anyone with a mental health concern should seek someone to talk to. For some, simply talking things through with a friend or family member may be enough to resolve issues. Others may find that talking to a therapist or counselor is the best course of action. There also are support groups where others who understand similar experiences can provide validation and support.

CURTAIN HARMFUL BEHAVIORS. Some people turn to drugs and alcohol to mitigate mental health issues. This self-medication is harmful and can exacerbate mental health conditions. Individuals should consult with medical professionals if they suspect they may need medication or additional help to treat mental health issues.

Efforts to safeguard mental health are essential. Anyone who has concerns about their mental health or the mental health of others should speak first to a primary care provider. He or she can then offer a referral to a qualified mental health professional.

Ionia County Health Department

The Ionia County Health Department provides many programs and services to protect and promote the health of everyone in Ionia County.

We provide:

- ◆ Well & Septic Permits
- ◆ Food Licensing
- ◆ Women, Infants & Children (WIC)
- ◆ Childhood Lead Poisoning Prevention
- ◆ Children's Special Healthcare & Maternal Infant Health Program
- ◆ STI/HIV & Immunization Clinic
- ◆ Substance Use Prevention
- ◆ Emergency Preparedness



Office Hours:
Monday - Friday 8am to 4pm
Immunization hours vary; please call ahead.

175 E. Adams Street
Ionia, MI 48846
WIC Office: (616) 527-5337
Main Line: (616) 527-5341

www.facebook.com/IoniaCountyHD

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MCVA
MONTCALM COUNTY
VETERAN'S AFFAIRS

SERVICES OFFERED:
Veteran Benefits
Survivors Benefits
Burial/Funeral Benefits
Education Benefits
Veteran Resources
& Other Services

Veterans Crisis Line
1-800-273-8255 PRESS 1
24/7, confidential crisis support for Veterans and their loved ones.

211 W MAIN ST. STANTON MI 48888
OFFICE: (989) 831-7477
MONTCALMVETS@MONTCALM.US



that couples therapy for veterans and their significant others can help them reconnect spiritually and romantically. Therapists leading this type of therapy aim to create a space for listening and mutual understanding.

MILITARY SEXUAL TRAUMA (MST) COUNSELING. The VA notes military sexual trauma refers to sexual assault or harassment experienced during military service. Counseling for MST can help veterans cope with how a traumatic sexual experience while serving is impacting veterans' current lives and can involve in-depth discussions of the experience.

READJUSTMENT COUNSELING. Readjustment counseling aims to help veterans and their families

successfully transition from military life to civilian life. That transition can be difficult for both veterans and their families, and it's important to note that family members of individuals who served in combat zones or received a military campaign ribbon are eligible for readjustment counseling.

BEREAVEMENT (GRIEF) COUNSELING. Many veterans go through emotional and psychological stress after the death of a fellow service member who they knew or served alongside at some point during their time in the military. This type of counseling offers support after the death of loved one. It's important to note that bereavement counseling can be sought even if a loved one

who passed away was not in the military.

SUBSTANCE USE TREATMENT. The VA notes many veterans have problems with alcohol, tobacco, street drugs, and prescription medicines. Various services, including medically managed detoxification, are offered to veterans under the umbrella of substance use treatment.

Mental health issues are not uncommon among military veterans. Various therapies are available and effective at helping veterans navigate such issues.

More information is available at va.gov and veterans.gc.ca/.

Therapy Options For Veterans

Military service members provide an invaluable service that protects national ideals and ensures the country and various regions around the world are safe havens for people from all walks of life. That service requires considerable sacrifice, and the cost of service can extend well beyond the time military personnel are on active duty.

According to the U.S. Department of Veterans Affairs, more than 1.7 million veterans utilized mental health services at the VA last year. That need is not exclusive to American veterans, as the Government of Canada

reports that one-fifth of Canadian veterans experience a diagnosed mental health disorder at some point during their lives. Mental health services can help veterans successfully navigate difficult periods in their lives, and the following are various types of therapies service members may encounter during their treatment journeys.

INDIVIDUAL AND GROUP COUNSELING. American Addiction Centers notes that individual counseling is a one-on-one approach to therapy that can help veterans work through their issues, thoughts, concerns,

emotions, and individual situations. Some veterans may prefer individual counseling because of confidentiality and the one-on-one attention each session provides. But group counseling provides an opportunity to receive and give support from and to others who may be in similar situations and have similar experiences during their time in the military.

COUPLES AND FAMILY COUNSELING. Couples and family counseling can help veterans open up with those closest to them, which some veterans struggle with after their time in the military. The VA notes

We're all about YOU!
We're all about relationships.
We're all about people.
We're all about satisfaction.
We're all about trust.

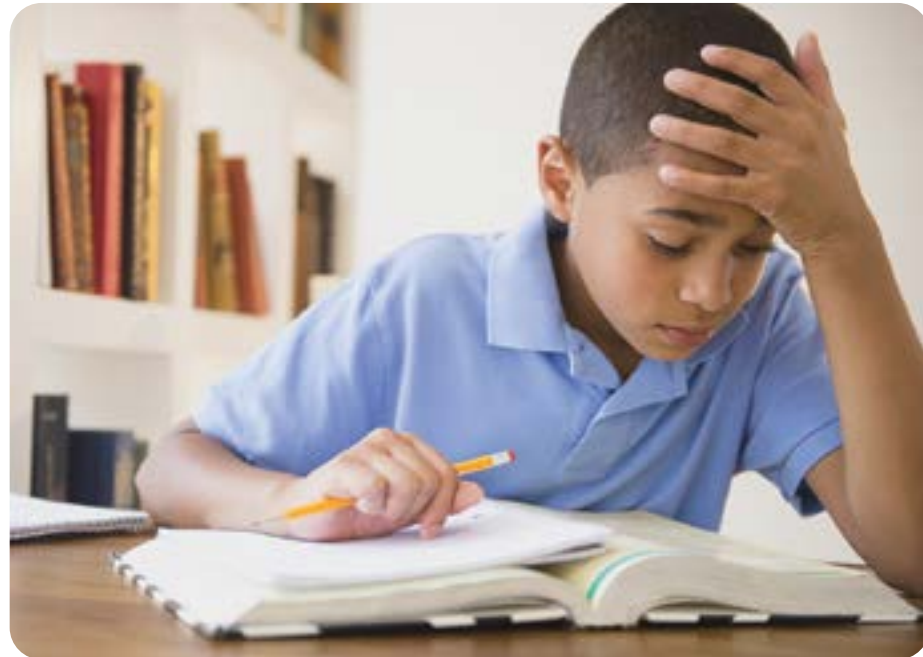
LAURELS
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What Can Be Done To Help Students With ADHD Improve Focus

Attention deficit hyperactivity disorder (ADHD) may seem like a relatively recent phenomenon that perhaps developed late in the twentieth century, when more and more distractions started vying for humans' attention. However, WebMD notes the condition actually dates back several centuries to 1798, when a Scottish doctor recognized some people were more easily distracted than others.

The ADHD people know today may or may not bear much resemblance to the condition first identified in the eighteenth century, but it's notable that issues affecting human beings' ability to focus are not exactly a recent phenomenon. Many students with ADHD, diagnosed or undiagnosed, face an uphill battle in the classroom, where the ability to focus is integral to their success. It may take some trial and error and some help from educators and physicians, but the following are some strategies that could help students with ADHD as they seek to improve their focus in the classroom.

ASK EDUCATORS ABOUT BEHAVIORAL CLASSROOM MANAGEMENT. The Centers for Disease Control and Prevention notes behavioral classroom management is an



approach that involves encouraging students when they behave positively in a classroom. The approach may be centered around a reward system or involve teachers issuing daily report cards. Teachers also discourage negative behaviors. The CDC notes behavioral classroom management is driven by teachers and has been shown to have a constructive impact on students of all ages that increases their academic engagement.

EMPHASIZE ORGANIZATION SKILLS TO STUDENTS. The CDC notes organizational training that emphasizes time management and planning has been tested

on children and adolescents and found to be effective. The Attention Deficit Disorder Association (ADDA) suggests people with ADHD learn how to break down complex tasks, such as end-of-semester school projects or exams, into smaller sub-tasks, and the planning skills emphasized by the CDC can be employed to do just that.

TAKE BREAKS. It's hard for anyone to maintain intense focus for lengthy periods of time, and that's true for people with ADHD and those who do not have the condition. A report from the American Psychological Association notes that routine breaks from challenging

tasks, including coursework, can restore energy, prevent burnout and improve performance. Fatigue can compromise a person's ability to focus, so students and parents should not see routine breaks as counterproductive in relation to the goal of improving focus. In fact, purposeful breaks that are not too long can sharpen focus.

ADJUST STUDENTS' ENVIRONMENT. The ADDA notes that several strategies can help students optimize their environment so they can better focus on the task at hand. Utilizing noise-canceling headphones while studying in a quiet spot away from noise and distraction is one way students can optimize their environment. Turning off smartphone notifications, periodically decluttering a workspace and keeping only study materials in spots where schoolwork is done can help students with ADHD sharpen their focus.

Students with ADHD may be able to improve their focus, and thus their academic performance, with a few simple strategies.

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— Dr. Combs



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Signs Adolescents Might Be Struggling With Mental Health

Adolescence can simultaneously be an exciting and challenging time for children. The World Health Organization defines adolescence as a transitional period children experience between the ages of 10 and 19. The physical changes and challenges of adolescence are widely recognized, but mental health also can be challenged during this pivotal period in a young person's life.



It's easy to mistake signs of mental health issues among adolescents as normal struggles that tend to affect all children at this point in their lives. However, the WHO reports that one in seven adolescents across the globe experiences a mental disorder, which is why it's so important that parents do not quickly dismiss signs of struggle as a normal part of adolescent life. Recognition of signs suggesting adolescents are struggling with mental health issues can increase the chances kids get the help they need.

BEHAVIORAL DISORDERS

The WHO reports that behavioral disorders, which include attention deficit hyperactivity disorder (ADHD) and conduct disorder, are more common among younger adolescents than kids nearing the end of this period in their lives. Kids who have difficulty paying attention, are excessively active and act without regard to consequences might be dealing

with a behavioral disorder. Conduct disorder may compel children to exhibit destructive or challenging behaviors that compromise a child's ability to fulfill their academic potential. Conduct disorder also can increase a child's risk of engaging in criminal behavior.

EATING DISORDERS

The WHO notes girls are more commonly affected by eating disorders than boys. These conditions, which include anorexia nervosa and bulimia nervosa, tend to emerge during adolescence and are marked by abnormal eating patterns. Adolescents may exhibit an abnormal preoccupation with food and be particularly concerned about their body weight and the shape of their bodies. The WHO reports eating disorders often co-exist alongside other mental health disorders, including anxiety, depression, substance abuse, and even suicide.

PSYCHOSIS

Conditions marked by symptoms of psychosis, which can include hallucinations or delusions, tend to emerge in late adolescence or early adulthood. Participation in activities typical of daily life, such as school, are impaired by conditions indicative of psychosis.

RISK-TAKING BEHAVIORS

Some adolescents struggling with mental health turn to risk-taking behaviors in an effort to cope with their emotional challenges. The WHO reports that young people are especially vulnerable to substance abuse when confronting mental health challenges during adolescence. Some adolescents also look to risky sexual behavior as a means to coping with mental health issues during adolescence.

Various mental health issues can arise during adolescence. Parents are urged to be vigilant and observe children's behavior.



Pain Management Lisa Pullum, DO

Dr. Pullum is a double board-certified anesthesiologist and pain management specialist with more than 18 years of clinical expertise. Trained at the Philadelphia College of Osteopathic Medicine, she delivers advanced, patient-centered pain solutions tailored to each individual. Dedicated to improving quality of life, Dr. Pullum combines leading-edge techniques with compassionate, personalized care.

Procedures Offered

Basivertebral Nerve Ablation (BVN)

Basivertebral nerve (BVN) ablation is a minimally invasive procedure that deactivates the nerve inside the vertebrae that causes chronic vertebrogenic low back pain, providing long-term relief for appropriate patients.

Minimally Invasive Lumbar Decompression (MILD)

Minimally Invasive Lumbar Decompression (MILD) is a small-incision procedure that removes excess ligament tissue narrowing the spinal canal, helping relieve pressure on nerves and reduce pain in patients with lumbar spinal stenosis.

Radiofrequency Ablation (RFA)

Radiofrequency Ablation (RFA) is a minimally invasive medical procedure that uses heat generated by radiofrequency energy to destroy or deactivate targeted tissue, commonly used to treat chronic pain and tumors.

Tumor Ablation

Tumor ablation is a minimally invasive procedure that destroys cancerous tissue using extreme heat, cold, or chemical energy.

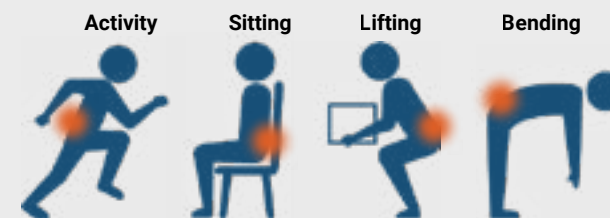
Kyphoplasty

Kyphoplasty is a minimally invasive outpatient procedure that treats a fractured vertebra in your spine. Dr. Pullum uses a cannulated needle to access the broken bone, inflate a balloon to create a cavity for cement, then inject bone cement into the bone, creating an internal cast. Pain relief is quick and lasting.

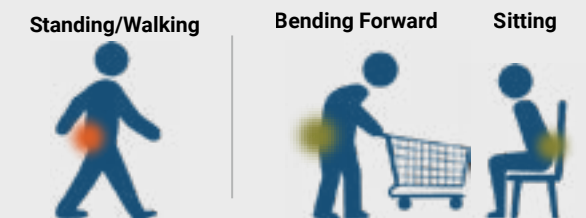
A CLOSER LOOK

Pain Relieved

BVN: Chronic low back pain during activity, sitting, lifting, or bending can indicate that BVN may be an appropriate treatment option.



MILD: Pain, numbness, or tingling when standing or walking, with relief when bending forward or sitting, may indicate that MILD is an appropriate treatment option.



301 N. Main Street | PO Box 279 | Sheridan, MI 48884

616-754-5036

616-619-6010

— AREA SUPPORT GROUPS —

MONDAYS

BELDING

AL-ANON: 7 p.m., Family Life Center Church of God, 8683 Storey Road. Info: (616) 416-5786.

ENCOUNTER GRACE IN GRIEF: (First and third Mondays) A support group for those dealing with grief at whatever stage, by any type of grief that may be experienced. Find support by attending in the morning, from 10 a.m. to 11 a.m., or in the evening from 6:30 p.m. to 7:30 p.m. at 1213 W. State St (Encounter Community Church). *For more information, email pellettb@charter.net.*

CEDAR SPRINGS

AA MEETING: 7 a.m., Noon & 7 p.m. Rebos House, 10 N. 1st St. (7 p.m. Big Book study.)

EDMORE

AA MEETING: 7 p.m., Faith United Methodist Church, 833 S. 1st St. For information, call (989) 427-5575.

FENWICK

RECOVERY GROUP: Noon at Outreach 419, 235 W Fenwick Road. Need a ride or more info? Call (616) 788-7394. An all-recovery meeting which welcomes all who struggle with addiction, are affected by addiction and/or support the recovery lifestyle.

OUTREACH 419 RECOVERY/ SAFE & SOBER EVENTS & DROP-IN CENTER: 235 W Fenwick Road. Open from noon to 6 p.m. Need a ride or more info? Call (616) 788-7394

GREENVILLE

GRIEF SHARE: 5:30 p.m., Greenville Community Church, 6596 Vining Road. Help rebuild your life after losing a loved one. Christian-based 13-week series open to all (Sept. 8- Dec. 1). For information, call (616) 225-2105.

AA MEETING: Noon, Montcalm Alano Club, 117 E. Montcalm St. For information, call (616) 232-2002.

GRIEF SHARE: 10 a.m. to help rebuild life after losing a loved one, led by people who've dealt with grief and want to help others. Christian-based series open to all at St. Charles parish, 505 S. Lafayette St. Call the office to register at (616) 754-4194.

AL-ANON: 7 p.m., St. Paul Lutheran Church, 9844 SW Greenville Road. Contact: Mark at (616) 754-6676 ext. 12.

OPEN AA MEETING: 7 p.m., Community Hope Center, 6596 S. Vining Road. Information, Jeff, (616) 225-7987.

AA OLD SCHOOL: Open, 8 p.m., Montcalm Alano Club, 117 E. Montcalm St. For information, call (616) 232-2002.

IONIA

AA MEETING: Noon & 8 p.m., 910 E Lincoln Ave. Call (616) 822-1182 or email ionianoongroup@outlook.com

NARCOTICS ANONYMOUS (NA): 6 to 7 p.m., Ionia County Health Department, 175 E. Adams St.

GRASP (GRIEF RECOVERY AFTER A SUBSTANCE PASSING): 6 to 7 p.m. at the Ionia County Health Department. Providing sources of help, compassion and understanding for families who have had a loved one die through drug use. Information or registration: Sherri Boster, (616) 523-6141 or Sherri0516@gmail.com.

AA MEETING: 6 p.m., 910 E Lincoln Ave. (616) 822-1182

SHERIDAN

AA MEETING: 6 p.m., Congregational Church, 113 S. Main St. Ken S. (616) 894-3398.

SIX LAKES

TAKE OFF POUNDS SENSIBLY (TOPS): Chapter 1712, weigh-in 5:30 p.m., meeting at 6:15 p.m., New Life United Methodist Church fellowship hall, 6584 Howard City-Edmore Road (M-46 east of Lakeview).

VIA ZOOM

AL-ANON AND ALATEEN: 10:30 a.m. and 7:30 p.m. Contact Sandi at (616) 255-3751 or Joy at (616) 901-7779 for Zoom meeting ID and password. No dues or fees. Al-Anon is a fellowship of friends and family of alcoholics who share their experience, strength and hope to solve our common problems.

TUESDAYS

CEDAR SPRINGS

AA MEETING: Noon, Rebos House, 10 N. 1st St. (Big Book study).

AA MEETING: Rebos House, 10 N. 1st St. (Separate meetings for women at 5:30 p.m. and men at 7 p.m.)

CRYSTAL

CLOSED AA: (Big Book Meeting) 7:30 p.m., Crystal Congregational Church, 300 S. Main St. Information at (616) 894-1118.

FENWICK

RECOVERY GROUP: Noon at Outreach 419, 235 W Fenwick Road. Need a ride or more info? Call (616) 788-7394. An all-recovery meeting which welcomes all who struggle with addiction, are affected by addiction and/or support the recovery lifestyle.

WOMEN'S GROUP: 3 p.m. at Outreach 419, 235 W Fenwick Road. Need a ride or more info? Call (616) 788-7394. An all-recovery meeting which welcomes all who struggle with addiction, are affected by addiction and/or support the recovery lifestyle.

OUTREACH 419 RECOVERY/ SAFE & SOBER EVENTS & DROP-IN CENTER: 235 W. Fenwick Road. Open 10 a.m. to 6 p.m. Need a ride or more info? Call (616) 788-7394

***Meeting dates and times are subject to change.*

— AREA SUPPORT GROUPS —

GREENVILLE

OPEN AA: 7 p.m. Montcalm Alano Club, 117 E. Montcalm St. Information at (616) 232-2002.

AA STRAIGHT SHOOTERS: 7 p.m., 300 S. Greenville Road.

AL-ANON: meeting 7 p.m., Montcalm Alano Club, 117 E. Montcalm St. Nonsmoking. For information, call Kathy, (616) 232-2002.

OPEN NA: 7 p.m., Montcalm Alano Club, 117 E. Montcalm St. Kasey: (616) 255-5417

NARCOTICS ANONYMOUS: 7:30 p.m., Community Hope, 6728 S. Vining Road.

ALZHEIMER'S CAREGIVERS: (Second Tuesdays) 3 to 4 p.m., Clay Street Center, 913 S. Clay St. Presented by the Alzheimer's Association. Caregivers are welcome to bring their loved one to the center free of charge during that time. RSVP to Sally Fox Bolek at (616) 835-9080 or email info@claystreetcenter.org for more information.

IONIA

AA MEETING: 7 a.m. & 7 p.m., Ionia Northside Group, 423 Washington St.

AA MEETING: Noon & 8 p.m., 910 E. Lincoln Ave. Call (616) 822-1182 or email ionianoongroup@outlook.com.

YOUTH SUPPORT GROUP: (Second & Fourth Tuesdays) Soaring Above Teen Center, 318 S. Jefferson St., at 6 p.m. for teens age 13 to 20 affected by trauma. This is a free event. For more information, contact RAVE Ionia-Montcalm Youth Advocate Abbey at abbeyb@raveim.org or (616) 522-2830.

STANTON

ENTRICAN AA: 7 p.m., 3899 Grow Road NW.

TRUFANT

OPEN AA: 7 p.m., Maple Valley Community Center, 239 First St.

VIA ZOOM

AL-ANON AND ALATEEN: 10:30 a.m. and

7:30 p.m. Contact Sandi at (616) 255-3751 or Joy at (616) 901-7779 for Zoom meeting ID and password. No dues or fees. Al-Anon is a fellowship of friends and family of alcoholics who share their experience, strength and hope to solve our common problems.

WEDNESDAYS

BELDING

SMART RECOVERY: 6 to 7:30 p.m., Alvah N. Belding Library, 302 E. Main St. For information, call (616) 527-5341.

CEDAR SPRINGS

AA MEETING: 7 a.m., Rebos House, 10 N. 1st St.

AA MEETING: Noon, Rebos House, 10 N. 1st St.

AA MEETING: 7 p.m., Rebos House, 10 N. 1st St.

CORAL

AA MEETING: 7 p.m., 4427 N. Bailey Road. Open meetings and NA meetings, loved ones welcome.

FENWICK

OUTREACH 419 RECOVERY/ SAFE & SOBER EVENTS & DROP IN CENTER: 235 W. Fenwick Road. Open 10 a.m. to 6 p.m. Need a ride or more info? Call (616) 788-7394.

MIDWEEK CHECK-IN: Noon to 2 p.m. at Outreach 419, 235 W. Fenwick Road. Need a ride or more info? Call (616) 788-7394. An all-recovery meeting which welcomes all who struggle with addiction, are affected by addiction and/or support the recovery lifestyle.

GREENVILLE

TAKE OFF POUNDS SENSIBLY (TOPS): Chapter 911, weigh-in 8:30 to 9 a.m., meeting 9:10 a.m., St. Paul's Episcopal Church, 305 Clay St. For information, call Jan at (616) 794-2281.

OPEN AA: Noon, Montcalm Alano Club, 117 E. Montcalm St. For information, call (616) 232-2002.

ACA CLOSED: 6 p.m., Montcalm Alano Club, 117 E. Montcalm St. For information, call (616) 232-2002.

IONIA

AA MEETING: 7 a.m. & 10 a.m., Ionia Northside Group, 423 Washington St.

AA MEETING: Noon & 8 p.m., 1910 E Lincoln Ave. (616) 822-1182. ionianoongroup@outlook.com

BIPOLAR/MANIC DEPRESSION SUPPORT GROUP: Noon to 1 p.m., 322 W. Main St. For information, call Roberta or Kirby, (616) 522-9773.

SMART RECOVERY: 6 p.m., Ionia Straight Street, 212 W. Main St.

SHERIDAN

AA/AL-ANON WOMEN ONLY: 5:30 p.m., Congregational Church, 113 S. Main St.

CLOSED AA MEETING: 6 p.m., First Congregational Church, 113 S. Main St.

BRIDGE TO RECOVERY: 7 p.m., Beth Haven Baptist Church, 1158 W. Carson City Road (M-57). Faith-based addiction abstinence program. For information, call (989) 291-0555.

SIX LAKES

ADDICTION SUPPORT OFFERING: Christian-based support for anyone suffering from any type of addiction, alcoholism, or mental health-related disorders and the people who love them at 6 p.m., 124 E Bridge St. Veronica or Kathy are the contact people, email churchofthegentleshepherd@gmail.com

VIA ZOOM

AL-ANON AND ALATEEN: 10:30 a.m. and 7:30 p.m. Contact Sandi at (616) 255-3751 or Joy at (616) 901-7779 for Zoom meeting ID and password. No dues or fees. Al-Anon is a fellowship of friends and family of alcoholics who share their experience, strength and hope to solve our common problems.

***Meeting dates and times are subject to change.*

— AREA SUPPORT GROUPS —

THURSDAYS

BELDING

FASTFORWARD: 7 to 9 p.m., Encounter Community Church, 1213 W. State St. For survivors of sexual abuse. Must be at least 18 years of age to attend. Open to the public.

CEDAR SPRINGS

AA MEETING: Noon, Rebos House, 10 N. 1st St.

AA MEETING: 7 p.m., Rebos House, 10 N. 1st St. (also a separate meeting for women at 5:30 p.m.).

CRYSTAL

CLOSED AA (EXPERIENCE, STRENGTH & HOPE MEETING): 7 p.m., Crystal Congregational Church, 300 S. Main St. For information, call (616) 894-1118.

FENWICK

OUTREACH 419 RECOVERY/ SAFE & SOBER EVENTS & DROP IN CENTER: 235 W. Fenwick Road. Open 10 a.m. to 6 p.m. Need a ride or more info? Call (616) 788-7394.

RECOVERY GROUP NOON AT OUTREACH 419: 235 W. Fenwick Road. Need a ride or more info? Call (616) 788-7394. An all-recovery meeting which welcomes all who struggle with addiction, are affected by addiction and/or support the recovery lifestyle.

GREENVILLE

PARKINSON SUPPORT GROUP: Third Thursdays from 11 a.m. to noon at First Methodist Church, 204 W. Cass St. Welcoming those dealing with Parkinson's and their caregiver from Montcalm, Ionia and Northern Kent counties. For information, contact Jim Brousseau at (616) 334-4084 or at Montcalmparkinsons@gmail.com.

OPEN AA: Noon, Montcalm Alano Club, 117 E. Montcalm St. For information, call (616) 232-2002.

CAREGIVER SUPPORT GROUP: 3:30 to 5 p.m., St. Charles Catholic Church, 505 S. Lafayette

St. Meets the first Thursday of each month, sponsored by the Alzheimer's Association. For family caregivers of a person with Alzheimer's disease or other related dementias. For information, call Maria Robertson, (616) 204-1216 or maria.robertson@metronihs.com.

TAKE OFF POUNDS SENSIBLY (TOPS): Chapter 458, weigh-in 5 p.m. Meeting at 5:30 p.m., Greenville Area Senior Center, 715 S. Baldwin St.

OPEN AA MONTCALM: Alano Club, 7 p.m. 117 E. Montcalm St.

AA: 7 p.m., Community Hope Christian Counseling, 6596 S. Vining Rd.

AA WOMEN'S ONLY: 7 p.m., 407 S. Nelson St. For information, call (616) 232-2915.

NA: 7 p.m., 407 S. Nelson St. For information, call (616) 824-8854.

AA: 7:30 p.m., First Congregational Church, Cass and Clay streets.

SMART RECOVERY: 7:40 p.m., Montcalm Alano Club, 117 E. Montcalm St. For information, call (616) 232-2002.

HOWARD CITY

AA MEETING: 7 p.m., Bethel Lutheran Church, 18669 Howard City-Edmore Road (M-46). Everyone welcome.

IONIA

NA: 10 a.m., Ionia County Health Department, 175 E. Adams St.

AA MEETING: Noon, 6 p.m. & 8 p.m., 910 E Lincoln Ave. (616) 822-1182. ionianoongroup@outlook.com

AA MEETING: 7 p.m., Ionia Northside Group, 423 Washington St.

LAKEVIEW

OPEN AA: 7 p.m., United Congregational Church of Christ, 115 W. Fifth St.

TRUFANT

AA: 7 p.m., St. Thomas Lutheran Church, 408 W. 2nd St.

VESTABURG

SERENITY GROUP: 5:30 to 7 p.m., Vestaburg First Baptist Church, 8400 Derry Road. A group for anyone dealing with personal addiction or family members dealing with a loved one who is suffering with an addiction. For more information, contact Peter Carlson, (989) 268-5332.

VIA ZOOM

AL-ANON AND ALATEEN: 10:30 a.m. and 7:30 p.m. Contact Sandi at (616) 255-3751 or Joy at (616) 901-7779 for Zoom meeting ID and password. No dues or fees. Al-Anon is a fellowship of friends and family of alcoholics who share their experience, strength and hope to solve our common problems.

FRIDAYS

CARSON CITY

AA: 7 p.m., Open Door Church, 121 S. Williams St.

CLOSED AA: 7 p.m., United Methodist Church, 119 E. Elm St.

CEDAR SPRINGS

AA MEETING: 7 a.m., Rebos House, 10 N. 1st St.

AA MEETING: Noon, Rebos House, 10 N. 1st St.

AA MEETING: 7 p.m., Rebos House, 10 N. 1st St.

CORAL

ALCOHOLICS ANONYMOUS STUDY GROUP: 7 p.m., Cowden Lake Church, 4510 Gravel Ridge. For information, call Call Jake at (989) 710-6897.

FENWICK

OUTREACH 419 RECOVERY/ SAFE & SOBER EVENTS & DROP IN CENTER: 235 W. Fenwick Road. Open 10 a.m. to 9 p.m. Dinner at 5:30 p.m., Events from 6:30 to 8 p.m. Open share meeting from 8 to 9 p.m. Need a ride or more info? Call (616) 788-7394

**Meeting dates and times are subject to change.

— AREA SUPPORT GROUPS —

GREENVILLE

OPEN AA: 11:30 a.m., First Congregational Church, corner of Cass and Clay streets.

OPEN AA: 7 p.m., Montcalm Alano Club, 117 E. Montcalm St. For information, call (616) 232-2002.

HOWARD CITY

NA: 7 p.m., United Heritage Church, 19931 Kendaville Road.

IONIA

AA MEETING: Noon & 6 p.m., 910 E Lincoln Ave. (616) 822-1182 ionianoongroup@outlook.com

LIVING FREEDOM: 7 p.m. service, 8 p.m. recovery groups, Ionia Armory. Men's and women's groups include NA, alcoholic issues and emotions anonymous as well as women of domestic violence and men's issues. For information, call (616) 902-4274.

AA MEETING: 8 p.m., 910 E Lincoln Ave. (616) 822-1182.

VIA ZOOM

AL-ANON AND ALATEEN: 10:30 a.m. and 7:30 p.m. Contact Sandi at (616) 255-3751 or Joy at (616) 901-7779 for Zoom meeting ID and password. No dues or fees. Alanon is a fellowship of friends and family of alcoholics who share their experience, strength and hope to solve our common problems.

SATURDAYS

BELDING

SMART RECOVERY: 10 a.m., First Congregational Church, 301 W. Washington St.

CEDAR SPRINGS

AA MEETING: 8:30 a.m., 2 p.m., 5:30 p.m. and 7 p.m., Rebos House, 10 N. 1st St.

AA MEETING: 10 a.m., E. Nelson United Methodist Church, 9024 18 Mile Road NE.

CORAL

OVERCOMERS AA/NA: 10 a.m., Cowden Lake Christian Church, corner of Gravel Ridge and Kendaville roads. Closed meeting. No smoking.

FENWICK

OUTREACH 419 RECOVERY/ SAFE & SOBER EVENTS & DROP IN CENTER: 235 W. Fenwick Road. Open noon to 5 p.m. Need a ride or more info? Call (616) 788-7394

OUTREACH 419: Let's Create at 2 p.m., 235 W. Fenwick Road. Need a ride or more info? Call (616) 788-7394.

**Meeting dates and times are subject to change.

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— AREA FOOD PANTRIES —

ALPHA FAMILY CENTER

Location: 705 N. Hillcrest St. in Greenville
Contact: (616) 255-2265 for appointment.

BARRIE'S HOUSE FOOD & CLOTHES PANTRY

Location: 8900 W. Colby Road, Greenville (former Turk Lake Methodist Church)

Contact: (616) 255-9827

Info: Open from 11 a.m. to 3 p.m. Thursdays. Individuals/families can attend once per month for food, but clothing is available every week.

BELDING FOOD PANTRY

Location: St. Joseph's Catholic Church, 409 S. Bridge St. in Belding

Contact: (616) 794-2145

Info: Open from 2 to 3 p.m. Thursday, except holidays. Available to anyone in need.

BELDING FOOD PANTRY

Location: Ashley Baptist Church, 10463 Belding Road in Belding

Contact: 616-794-3410

Info: Open by appointment only.

BLESSINGS PANTRY

Location: In the hallway outside the Michigan State University Extension office within the Montcalm County Administrative Building, 211 W. Main St. in Stanton.

Contact: (989) 831-7500 or email msue.montcalm@msu.edu

Info: Open when the Montcalm County Administrative Building is open (typically 8 a.m. to 4 p.m. Monday through Friday). Donations appreciated.

BREAD OF LIFE FOOD PANTRY

Location: Greenville Community Church, 6596 Vining Road in Greenville

Contact: (616) 225-8055 or visit www.bolpantry.org

Info: Hours are 10 a.m. to 1 p.m. Tuesdays and Thursdays. Individuals/families can attend once per month. Must be resident of Montcalm, northeast Kent or Ionia counties. Valid ID is required.

CARSON CITY FOOD PANTRY

Location: St. Mary's Parish, 404 N. Division St. in Carson City

Contact: (989) 584-6044

Info: Hours are from 10 a.m. to noon Tuesdays. Must be resident of the Carson City-Crystal Area Schools district and may come once a month for food. Valid picture ID with address required.

CEDAR SPRINGS COMMUNITY FOOD PANTRY

Location: 140 S. Main St. in Cedar Springs

Contact: (616) 439-4665

Info: Monday to Thursday from 9 to 11 a.m. Clients welcome one time per month with referral from North Kent Connect. Call (616) 866-3478 to become a client.

CHILDREN'S PANTRY

Location: Encounter Community Church, 1213 W. State St. in Belding

Contact: (616) 79-5080

Info: Open second and fourth Thursday, 9 to 11 a.m. and 5:30 to 7:30 p.m.

CRYSTAL LAKE COMMUNITY CHURCH

Location: 122 S. Main St. in Crystal

Contact: (989) 235-2522

Info: Hours are 1 to 3 p.m. Tuesdays.

CROSSROADS COMPASSIONATE MINISTRY

Location: Church of the Nazarene, 10087 S. W. Greenville Road in Greenville

Contact: (616) 754-7605

Info: Hours are 4 to 6 p.m. first and third Wednesdays.

EAST MONTCALM BABY PANTRY

Location: Ferris Church of Christ, 3443 N. Crystal Road in Vestaburg

Contact: (989) 268-5551

Info: Hours are 10 a.m. to 5 p.m. second and fourth Tuesdays. Driver's license required.

FEEDING AMERICA AT FIRST CHURCH OF GOD

Location: 101 S. Franklin St. in Greenville

Contact: (616) 754-3187

Info: Last Monday of the month starting at 4:30 p.m. for residents of Montcalm and Ionia counties.

FEEDING AMERICA BELDING

Location: 850 Hall St., lower parking lot at Belding

High School.

Contact: (616) 794-4900

Info: Open third Friday of the month from 3:30 to 5:30 p.m.

FEEDING AMERICA STANTON

Location: First Baptist Church parking lot, 134 S.

Lincoln St. in Stanton.

Contact: Call or text (616) 824-3632 or email jacky-mcgill@charter.net

Info: Open first Thursday of the month at 4 p.m.

GREENVILLE AREA ECUMENICAL FOOD MISSION

Location: St. Paul Lutheran Church, 9844 SW Greenville Road in Greenville

Contact: (616) 754-6676

Info: Hours are 10 a.m. to noon Tuesdays and 5:30 to 7 p.m. Wednesdays. Serving the Greenville Public Schools district, must bring two forms of identification.

GREENVILLE FOOD KITCHEN

Location: 305 S. Clay St. in Greenville

Contact: (616) 754-3163

Info: Serves take-out meals from 3:30 to 5 p.m. Tuesdays to anyone who comes through the door.

HANDS OF JESUS FOOD PANTRY

Location: 1220 N. Lafayette St. in Greenville

Contact: (616) 225-9999

Info: Open 11 a.m. to 4 p.m. Fridays. Must bring own boxes and baskets. Name, address, phone number and driver's license required for service.

HELPING HANDS FOOD PANTRY

Location: 1105 Ensley St. just south of Howard City

Contact: (231) 937-5177

Info: Open Monday, Wednesday and Thursday, 10 a.m. to 2 p.m. for residents within the Tri County Area Schools district.

HOPE'S PANTRY

Location: Hope Lutheran Church, 4741 W. Stanton Road in Stanton

Contact: (989) 831-5594 or (989) 831-4462

Info: Call to set up an appointment.

IONIA FOOD PANTRY

Location: Zion Church, 423 W. Washington St., Ionia.

Contact: (616) 527-1910

Info: Hours are 2 to 4:30 p.m. every Wednesday, serving Ionia County residents once per month.

LIFE CENTER

Location: Endeavor Center, 302 W. Main St. in Edmore

Contact: (989) 341-4695 to make an appointment

Info: Located in the northwest lower entrance of the Endeavor Center. Includes a food pantry, clothing closet and foster care pantry.

LAKEVIEW MINISTERIAL ASSOCIATION FOOD PANTRY

Location: Lakeview Community Church, 8980 Howard City-Edmore Road (M-46) in Lakeview

Contact: (989) 352-7788 or newlifeumc@cmsinter.net

Info: Open from noon to 3 p.m. Thursdays. Serving the Lakeview Community School district with identification, or anyone attending a Lakeview-area church.

M-46 TABERNACLE FOOD PANTRY

Location: 11098 E. Howard City-Edmore Road (M-46) in Riverdale

Contact: (989) 388-8926

Info: Open from 10 to 11 a.m. Tuesdays. Driver's license required. Individuals/families can attend once per month.

SHERIDAN ASSEMBLY OF GOD

Location: 4010 S. Sheridan Road in Sheridan

Contact: (616) 799-2558

Info: By appointment only.

SHERIDAN COMMUNITY CARES

Location: 113 S. Main St. in Sheridan

Contact: (616)835-1286

Info: Open from 9 a.m. to 1 p.m. on second Fridays for residents of Montcalm County. Operated by Sheridan First Congregational Church and Sheridan Community Hospital.

SHILOH COMMUNITY CHURCH

Location: 8197 Heth St. in Orleans

Contact: (616) 761-3584

Info: Pre-register by calling, then pick up on Mondays. 11 a.m. to noon. Individuals/families can attend once per month.

ST. CHARLES CATHOLIC CHURCH GOD'S COMMUNITY KITCHEN MEALS

Location: 505 S. Lafayette St. (use the Activities Building entrance off Benton Street)

Contact: (616) 754-4194

Info: Serves take-out meals from 11 a.m. to noon Saturdays.

ST. JOSEPH THURSDAY SUPPER

Location: St. Joseph Church (gym/kitchen) 409 S. Bridge St. in Belding.

Contact: (616) 754-2145

Info: Serves take-out meals from 4 to 5 p.m. on first and third Thursdays to anyone in need.

STANTON BABY PANTRY

Location: 415 N. Mill St. in Stanton.

Contact: (989) 831-5728

Info: Hours are 10:30 a.m. Serving residents of Montcalm County. Picture ID required.

TRINITY CHURCH

Location: 415 N. Mill St. in Stanton.

Contact: (989) 831-5728

Info: Hours are 10 a.m. to noon, first and third Wednesdays. Serving Stanton, Sidney, McBride and Entrican. Individuals/families can attend once per month.



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