

## Social Opportunities

### Center for Child Bearing Years

Phone: (734) 663-1523

Birthing, breastfeeding & newborn care

### Mothers & More

Phone: (734) 527-6880

Support group for Mothers

Annual fee: \$45

### Parents without Partners

Phone: (734) 994.0587

Support group for single parents

Annual fee: \$30

### Mothering Arts Support Group

Phone: (734) 663-1523

\$60 per 8 week session

### Vineyard Church

Single Mothers Ministry

Phone: (734) 477-9135

### Huron Valley Multiples

Phone: (734) 483-3371

arborwoman.com

arborwoman.com

ArborWoman empowers women facing unexpected pregnancies with the knowledge, material resources and caring support needed to make their own decisions regarding pregnancy, and to move forward in hope.

#### OUR SERVICES

- ◇ Pregnancy Testing
- ◇ Ultrasounds
- ◇ Pregnancy Options Counseling
- ◇ Abortion Information
- ◇ Community Resources
- ◇ Pregnancy Support
- ◇ Post-Abortion Support

Monday

Tuesday

Thursday

9 am—4 pm

2 pm—8 pm

9 am—4 pm

arborwoman.com

625 E. Liberty Street, (Below Starbucks)

Phone: (734) 994-8863

24 Hour Hotline: (800) 712-HELP

Email: info@arborwoman.com



## Parenting Support Services

arborwoman.com  
by your side

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## CHILD DEVELOPMENT PROGRAMS

### **First Steps—Ann Arbor (Rec & Ed)**

Phone: (734) 994-2300 ext: 53186

Birth—5 years

Normal Development

Sliding Scale Fee

### **Maternal Infant Health Care**

(Washtenaw Health Department)

Phone: (734) 544-2984

Services for pregnant women and babies up to the 1st year of age

### **Healthy Families**

(Catholic Social Services)

Ann Arbor/Ypsilanti Only

Phone (734) 971-9781 ext. 331

## WASHTENAW INTERMEDIATE SCHOOL

### DISTRICT PROGRAMS (WISD)

#### **Early on Program (Federal Grant)**

Phone: (734) 994-8100

Free: 0-3 years

Suspected developmental delays

#### **Project Find (Federal Grant)**

Phone: (734) 994-8100 ext. 2178

3+ years

Continuing developmental delays

#### **Head Start Preschool (Federal Grant)**

Phone: (734) 994-8100 ext. 2178

Age 3

#### **Great Start Readiness (State Grant)**

Phone: (734) 994-8100 ext.2178

Age 4

#### **WISD: Parent Support Program**

Phone: (734) 994.8100

Meetings are held the first Friday of the month: 12 p.m.

Series of classes on parenting children ages 0-6.

Fee for Class

## MOTHER CARE

### **Emotional Support for New Moms**

Phone: (734) 748-4707

Sliding scale fee

### **Postpartum Depression Group**

Phone: (734) 418-2683

Website: [www.ppd-annarbor.org](http://www.ppd-annarbor.org)

Free drop in on the 1st & 3rd Mondays  
10:30 a.m.—12 p.m.

### **MOPS: Mothers of Preschoolers**

Location: St. Luke Lutheran Church

4205 Washtenaw Road,

Ann Arbor, MI 48108

Support, fellowship and learning

1st & 3rd Thursdays 9 a.m.—11:30 a.m.

## PARENTING ADVICE HOTLINE

### **Parenting.org**

Phone: (800) 448.3000

Website: [www.parenting.org](http://www.parenting.org)

Specializes in training, consulting and researching parenting practices