

# BARRY COUNTY RESOURCE GUIDE FOR FAMILIES AND NEW PARENTS



Visit us online at [www.greatstartbarry.org](http://www.greatstartbarry.org) or on Facebook @barryparentcoalition

June 2020

## Where can my family receive medical care?

### Women's Health/Obstetrics/ Gynecology/ Midwives

#### Spectrum Health Pennock Obstetrics and Gynecology

Office of James Patenge, DO, R. Renee Gaiski, CNM, J. Daniel Woodall, DO, Jessica Travis, CNM, Carey Groendal, CNM  
1005 W Green St Suite 301 Hastings, MI  
(269) 945-8080  
<https://goo.gl/pa32rr>

### Doulas

(will travel to Barry County)

#### Birth Kalamazoo

2001 Hudson Ave Kalamazoo, MI  
(269) 598-1488  
<https://birthkalamazoo.com>  
Email: [info@birthkalamazoo.com](mailto:info@birthkalamazoo.com)  
Facebook: @birthkalamazoo

#### Gold Coast Doulas

1430 Robinson Rd SE, Suite 204 Grand Rapids, MI  
(616) 294-0207  
[www.goldcoastdoulas.com](http://www.goldcoastdoulas.com)  
Facebook: @goldcoastdoulas

#### Oak Tree Birth Services - Jenn Seif

(269) 953-6882  
<https://oaktreebirth.weebly.com/>  
Facebook: @quakermama

### Pediatricians/Family Medicine

#### Southside Pediatrics

Office of Carrie Wilgus, MD, Abby St. Jacques, MD, Emily Sydloski, PA, Ashley Gielarowski, NP, and Jessica Peacock, PNP  
300 Meadow Run Dr Hastings, MI  
(269) 818-1020  
[www.southside4kids.com](http://www.southside4kids.com)  
Facebook: @southside4kids

#### Bright Start Pediatrics

Office of Amy Beck, MD, and Kathy Carlson, CFNP.  
1375 W Green St Suite 3 Hastings, MI  
(269) 818-0070  
<http://brightstart-pediatrics.com>  
Facebook: @BrightStartPediatrics

#### Barry Community Health Center

Office of Stacia Lagarde, MD, Chia-Hui Neilly, NP-C  
200 S Boltwood St Hastings, MI  
(269) 945-4220  
<https://goo.gl/BrXmN3>  
Facebook: @CherryHealthMI

#### Family Tree Medical Associates

Office of Troy Carlson, MD, Brenda Nyenhuis, CFNP, Callan Oljace, CFNP  
1375 W Green St Hastings, MI  
(269) 945-7497  
[www.familytreemedical.com](http://www.familytreemedical.com)

#### Ascension Borgess Family Medicine

11320 Michigan 43 Delton, MI  
(269) 623-5521  
<https://goo.gl/3cgZ5J>

#### Spectrum Health Pennock Family Medicine - Lake Odessa

Office of Laurie Braker, MD, Lee Stuart, MD, Erica Nyman, PA-C, Michelle VanBuren, FNP, Zachary Jones, PA-C  
4294 Laurel Dr Lake Odessa, MI  
(616) 374-7660  
<https://goo.gl/nX2puq>

#### Spectrum Health Pennock Family, Internal & Pediatric Medicine

Office of Tiffany Jackson, ANP, Scott Brasseur, MD, Alia Anthony, FNP, Maty Yakoby, MD  
1108 W State St Hastings, MI  
(269) 945-0922  
<https://goo.gl/ezxh6K>

#### Family Medical Center

Office of CR Barnett, MD, KC Bellin RN  
1020 4th Ave Lake Odessa, MI  
(616) 374-8881  
[www.fmcdrbarnett.com](http://www.fmcdrbarnett.com)

#### Spectrum Health Pennock Family Medicine - Middleville

Office of Douglas Smendik, MD, Andrew Mephram, PA-C, Lynda Simpson, DO  
490 Edward St Middleville, MI  
(269) 795-4434  
<https://goo.gl/rMwXZy>

#### Middleville Family Practice

Office of Christopher Noah, MD  
4525 N M-37 Hwy Suite M Middleville, MI  
(269) 205-2900  
[www.middlevillefamilypractice.com](http://www.middlevillefamilypractice.com)

#### Spectrum Health Pennock Family Medicine - Gun Lake

Office of Andrew Stanley, DO, Rebecca Eckert, FNP  
12851 W M179 Hwy Wayland, MI  
(877) 377-7322  
<https://goo.gl/MZa3Gj>

#### SHMG Family Medicine - Caledonia

Office of Nichole Bundschuh, FNP, Jaime Burns, FNP, Andrew Kingsbury, FNP, Jamie McCartney, MD, Adam Mitchell, DO  
9090 S Rodgers Ct Suite A, Caledonia, MI  
(616) 891-0422  
<https://goo.gl/eUnQA7>

#### Borgess ProMed Pediatrics Richland

8450 N 32nd St Richland, MI  
(269) 552-2500



## Where can I find help with breastfeeding?

### In Person Support Groups

#### Barry County Baby Café

Drop-in casual group led by lactation consultant/counselor. Free to all breastfeeding/pregnant mothers. Siblings/pumping mothers welcome.

Drop in during Thursdays 10a-12p.

Hastings Library, 2nd floor Community Rm  
227 E State St, Hastings, MI

<https://goo.gl/sP66kd>

Facebook: @barrycountybabycafe

#### Spectrum Pennock Hospital

RN lactation consultant-led support group. Free to breastfeeding/pregnant mothers. Overview of advantages of breastfeeding for both mother and baby. Instruction on positioning, latch and hunger cues are provided. Tips for how to return to work while breastfeeding are also presented.

1st Monday every month 6-8p

Pennock Hospital Family Birth Center  
1009 W Green Street Hastings, MI  
(269) 948-3129

### Group Classes And Education

#### Spectrum Pennock Hospital

Group breastfeeding education class led by an RN lactation consultant. Open to all breastfeeding and pregnant mothers and partners.

2nd Monday every month 6-7:30p

Pennock Hospital Family Birth Center  
1009 W Green Street Hastings, MI  
(269) 948-3129

#### WIC

Free group breastfeeding education for WIC participants.

Hastings Office: (269) 945-9516

330 W Woodlawn Hastings, MI

1st Friday every month 1:30-2:30p

3rd Friday every month 10-11a

Charlotte Office: (517) 541-2630

1003 Health Care Dr Charlotte, MI

1st Wed every month 1:30-2:30p

3rd Wed every month 10-11a

### Individual Consult Services

#### MedNow Spectrum Health

Video conference support from a lactation counselor. By appointment M-F 9a-5p.

(616) 391-9437

#### WIC

Lactation support available from a peer counselor, lactation specialist, or lactation consultant. M-F by appointment.

Hastings: (269) 945-9516

Charlotte: (517) 541-2630

#### Spectrum Pennock Hospital

Consultations from a board-certified lactation consultant available on a variety of topics, including individual lactation (in person or by phone), returning to work, and pumping. Available 7 days/week by appointment with the Family Birth Center.

(269) 948-3129

#### Reagan Gielincki MS OTR, IBCLC, LLC

Private, home-based breastfeeding support from a lactation consultant. Services include lactation consults. Fee-based service with insurance reimbursement. Available weekends.

(801) 388-1640

[www.reangielincki.com](http://www.reangielincki.com)

[reangielincki@gmail.com](mailto:reangielincki@gmail.com)

#### Feed The Baby LLC

Private, home-based breastfeeding support from a lactation consultant. Services include lactation consults and individual or group breastfeeding education. Fee-based service with insurance reimbursement.

(517) 285-7819

[www.feedthebabyllc.com](http://www.feedthebabyllc.com)

[laura@feedthebabyllc.com](mailto:laura@feedthebabyllc.com)



### Online Resources

#### Coffective

Free mobile app with evidence-based breastfeeding educational materials that can be downloaded to any smart phone. Search for breastfeeding help near you. [www.coffective.com](http://www.coffective.com)

#### Kelly Mom

Evidence-based information and articles organized by topic and covering a broad range of breastfeeding-related subjects. [www.kellymom.com](http://www.kellymom.com)

#### Michigan Breastfeeding Network

Information, materials, and links for all types of breastfeeding support including breastfeeding in public and in the work place. Information on breastfeeding laws. [www.mibreastfeeding.org](http://www.mibreastfeeding.org)

#### Breastfeeding USA

Information and support plus breastfeeding counselors available by email or phone. [www.breastfeedingusa.org](http://www.breastfeedingusa.org)



## Where can I find classes, counseling, and support programs?

### Birthing Classes

#### Spectrum Pennock Hospital

Overview of pregnancy, labor, delivery, pain medications, relaxation techniques, and possible medical procedures. Learn about newborn care. Tour the Family Birthing Center. Partners encouraged to attend. One Saturday a month from 9a-3p, please call the Family Birth Center at (269) 948-3129 or the Women's Care center at (269) 945-3451 for dates and to

### Home Visiting

#### Early Head Start Home Visiting - Community Action Agency of SC Michigan

Provides Early Head Start and Head Start, which promote healthy infants, toddlers up to age 5, and pregnant women. 175 Main St Battle Creek, MI (877) 422-2726; Email: [contact@caasm.org](mailto:contact@caasm.org) [www.caasm.org](http://www.caasm.org) Facebook: @CommunityActionSCM

#### Family Support Center Family Educator

231 S Broadway Hastings, MI (269) 945-5439 <https://familysupportbarry.com> Facebook: @familysupportbarry

#### Little Seedlings Home Visiting

Free program offering families with children prenatal through age 5 years resources, developmental screenings, and support from trained Parent Educators. Must be in Hastings or Delton Kellogg school districts. Contact Julie McMillen at (269) 945-9545 ext.166. Email: [jmcmillen@barryisd.org](mailto:jmcmillen@barryisd.org)



### Parenting Classes/Support

#### Michigan State University Extension

Courses on topics such as prenatal health, social/emotional health, parenting, nutrition, and cooking. Call for schedule. (269) 945-1388 <https://www.canr.msu.edu/barry/index>

#### Family Support Center Family Workshop Series and Newsletter

Many family resources, including cribs, safe sleep resources, and family support guides. Free family workshop series that has dinner and education from speakers; childcare and transportation available. 231 S Broadway Hastings, MI (269) 945-5439 <https://familysupportbarry.com> Facebook: @familysupportbarry

#### Great Start Collaborative Parent Coalition

A group of parents and caregivers dedicated to supporting early childhood work in Barry County. Many free events. Email: LeeAnn Miller-Busson at [lbusson@barryisd.org](mailto:lbusson@barryisd.org) [www.greatstartbarry.org/parent-coalition](http://www.greatstartbarry.org/parent-coalition) Facebook: @barryparentcoalition

#### Michigan Alliance for Families

Organization to connect families of children with disabilities to resources to help improve their children's education. (616) 588-1988 <https://www.michiganallianceforfamilies.org/> [debbier@michiganallianceforfamilies.org](mailto:debbier@michiganallianceforfamilies.org)

#### Barry County Community Mental Health Authority - Infant Mental Health Program

Supports healthy family relationships and the social/emotional well-being of infants. Serves families of infants 0-48 months or pregnant women in 3rd trimester. Must meet Medicaid eligibility guidelines. 500 Barfield Dr Hastings, MI (269) 948-8041 <https://www.barrycountyrecovery.com>

### Individual/Family Counseling

#### Barry County Community Mental Health

Provides mental health services and substance misuse treatment to all ages, including outpatient, home-based, school, and community-based programs. 500 Barfield Dr Hastings, MI (269) 948-8041 including 24/7 crisis help <https://www.barrycountyrecovery.com>

#### Pine Rest Christian Mental Health Services

Offering outpatient counseling, inpatient and partial inpatient mental health services, addiction counseling. 450 Meadow Run Suite 300 Hastings, MI (800) 678-5500 <https://www.pinerest.org> Facebook: @PineRest

#### Meadow Run Holistic Counseling

Practice specialties include depression, grief/loss, stress management, post-traumatic stress disorder, children's behavioral issues, childhood and adult trauma, domestic violence, relationship issues, and others. 450 Meadow Run Suite 400 Hastings, MI (269) 945-8806 [www.meadowrunholisticcounseling.com](http://www.meadowrunholisticcounseling.com)

#### Barry Community Health Center

Counseling and substance use treatment 200 S Boltwood St Hastings, MI (269) 945-4220 <https://goo.gl/BrXmN3> Facebook: @CherryHealthMI

### Pre/Postpartum Counseling

#### Pine Rest Mother and Baby Program

Short-term day program for women with significant postpartum depression and other perinatal mood/anxiety disorders. For women who are pregnant or up to 3 years postpartum. 450 Meadow Run Suite 300 Hastings, MI (800) 678-5500 <https://goo.gl/EjX9Tt>



## I'm concerned about my child's development...

*Talk with your child's doctor about any concerns you have!*

### Early On/Build Up Michigan

Network of services for children with developmental delays, at risk of delay due to a medical condition, or who have a diagnosed disability. Parents encouraged to call if you have questions about how your child is developing or if you think your child might need extra help. Children birth through 5 years are eligible. Free services. For birth-3 years: Contact Jen Baird at (269) 945-9545 ext. 133 for Hastings or Delton-Kellogg school district residents; (800) Early-On for everyone  
Email: Jen Baird at [jbaird@barryisd.org](mailto:jbaird@barryisd.org)  
[www.greatstartbarry.org/early-on](http://www.greatstartbarry.org/early-on)  
For 3-5 years: Contact Dawn Weeks (269) 945-9545 ext. 112  
Email: [dweeks@barryisd.org](mailto:dweeks@barryisd.org)  
[www.greatstartbarry.org/build-up-michigan](http://www.greatstartbarry.org/build-up-michigan)  
1800earlyon.org

### Autism Service - Barry County Community Mental Health Authority

Services for families who have a child with developmental challenges, emotional difficulties, or are on the autism spectrum.  
500 Barfield Dr Hastings, MI  
(269) 948-8041  
[www.barrycountyrecovery.com/family](http://www.barrycountyrecovery.com/family)

### Hearing and Vision Screenings

Barry-Eaton District Health Department offers free hearing and vision screenings. Call (269) 945-9516 for an appointment.  
330 W Woodlawn Ave Hastings, MI

### Online Resources

#### CDC's Milestone Tracker

Web and app-based resources to track development from 2 months to 5 years.  
[www.cdc.gov/ncbddd/actearly/index.html](http://www.cdc.gov/ncbddd/actearly/index.html)

### American Academy of Pediatrics Ages and Stages Website

Web-based resources for child health and development from before birth to age 21.  
[healthychildren.org/English/ages-stages/](http://healthychildren.org/English/ages-stages/)



## Where can I get my child's car seat checked?

### Barry County United Way

Call for an appointment  
231 S Broadway St Hastings, MI  
(269) 945-4010

### Michigan State Police - Hastings

Call for an appointment  
1127 W State St Hastings, MI  
(269) 948-8283

### Early Childhood Connections/CISD

Call for an appointment  
485 W Roosevelt Rd Battle Creek, MI  
(269) 660-1606

### Battle Creek Police Department

Call for an appointment  
20 N Division Battle Creek, MI  
(269) 966-3306 ext. 22

### Family and Child Services

Call for an appointment  
778 W Columbia Ave Battle Creek, MI  
(269) 660-1606

### Michigan State Police - Battle Creek

Call for an appointment  
610 W Columbia Battle Creek, MI  
(269) 968-6115

### Eaton Great Start

Call for an appointment  
311 W First St Charlotte, MI  
(517) 541-8799



## How do I make sure my baby sleeps safely?

### WIC

Education, resources for infant safe sleep  
330 W Woodlawn Ave Hastings, MI  
(269) 945-9516  
[www.barryeatonhealth.org](http://www.barryeatonhealth.org)

### Family Support Center CRIB Program

Cribs, pack-n-plays, toddler beds available.  
Must be referred by a qualifying organization. Call for more information.  
231 S Broadway Hastings, MI  
(269) 945-5439  
<https://familysupportbarry.com>  
Facebook: @familysupportbarry



## Where can I find child care or playgroups?

### Child Care/Preschool

#### Great Start to Quality

Search for licensed child care, preschools, and school-age programs and get information to help choose a program.  
(877) 614-7328 SW Resource Center  
<http://greatstarttoquality.org>  
Facebook: @greatstarttoquality

#### Michigan Department of Licensing and Regulatory Affairs

Resources on child care licensing, selecting a provider, help with paying for care.  
(517) 241-0199

#### Great Start Readiness Program

Free preschool for qualifying 4 year olds  
Superintendent Rich Franklin (269) 945-9545 or Intake Specialist Robynn Harden (269) 945-9545 ext. 113  
[www.greatstartbarry.org/preschool](http://www.greatstartbarry.org/preschool)



#### Community Action Agency of SC Michigan

Provides Early Head Start/Head Start, which offer child care and promote healthy infants, toddlers up to age 5, and pregnant women.  
175 Main St Battle Creek, MI  
(877) 422-2726  
[www.caascm.org](http://www.caascm.org)  
Email: [contact@caasm.org](mailto:contact@caasm.org)  
Facebook: @CommunityActionSCM

### Playgroups

#### Little Seedlings Playgroup

Drop-in infant/toddler group with healthy snacks, educational activities, Parent Café.  
Wednesdays 10:30-11:30a at Hastings Baptist Church 309 E Woodlawn Ave;  
Wednesdays 9-10a OR 10-11a at Delton Kellogg Elementary School Rm 63, 327 N. Grove St Delton, MI  
(269) 945-9545 ext. 164 LeeAnn Miller-Busson Email: [lbusson@barryisd.org](mailto:lbusson@barryisd.org)  
<https://goo.gl/7uUYa3>  
FB: Little Seedlings Playgroup - Hastings

#### Great Start Collaborative Parent Coalition

A group of parents and caregivers dedicated to supporting early childhood work. Many free events with childcare.  
[www.greatstartbarry.org/parent-coalition](http://www.greatstartbarry.org/parent-coalition)  
Email: Rachel Ward at [rward@barryisd.org](mailto:rward@barryisd.org)  
Facebook: @barryparentcoalition

#### Thornapple Valley Church Mothers of Preschoolers

Church-based mothers support group offers education, food, speakers. Free child care. 2nd and 4th Tuesdays from 9-11a.  
2750 S M-43 Hwy Hastings, MI  
(269) 948-2549

#### Hastings Mothers in Training Together

Church-based support group that offers socializing, food, speakers, games for mothers. Free child care.  
Meets every 1st and 3rd Tuesday 9-11:30a during September to May  
Hastings Baptist Church  
309 E Woodlawn Ave Hastings, MI  
(269) 948-8004  
<http://hastingsbaptist.com/ministry-2/mitt>  
Email: [office@hastingsbaptist.com](mailto:office@hastingsbaptist.com)

#### Kilpatrick United Brethren Church Mothers of Preschoolers and MOMSnext

Mothers of Preschoolers: Church-based mothers support group offers education, food, speakers. Free child care.  
3rd Fridays from 9-11a in the Sanctuary  
MOMSnext: For mothers with children in K-12th grades. Childcare not available.  
Meets 1st Thursdays from 6:30-8:30p in KC28, lower level  
10005 E Barnum Rd Woodland, MI  
<http://kilpatrickchurch.com/events/calendar>

## Where can my family find something to do?

### Events for Families

#### Barry Great Start Collaborative - Events for Families

Links to many community events such as Barry County Builds; Books, Bubbles, and Balls; Park Jump; Roll & Read Event; Very Barry Family Event and more.

[www.greatstartbarry.org/events-for-families](http://www.greatstartbarry.org/events-for-families)

Facebook: @barryparentcoalition

#### Barry County Kids

Barry County family events, activities, and resources collected in one place.

[www.barrycountykids.org](http://www.barrycountykids.org)

Facebook: @barrycountykids

#### Grand Rapids Kids

Central location for events and resources in the greater Grand Rapids area.

<https://grkids.com>

Facebook: @grkids

#### KZOO Kids

Central location for events, and resources in the greater Kalamazoo area.

[www.kzookids.com](http://www.kzookids.com)

Facebook: @kzookids



### Recreation

#### Barry County Parks and Recreation

Parks, trails, and related events

(269) 953-9823

Email: [Parks@barrycounty.org](mailto:Parks@barrycounty.org)

<https://goo.gl/4AjuJe>

#### Hastings Community Education and Recreation Center (CERC)

Swimming, yoga, sports camps, etc.

520 W. South St Hastings, MI

(269) 948-4414

Email: [CYoungs@hassk12.org](mailto:CYoungs@hassk12.org)

<https://hasscerc.weebly.com>

Facebook: @hastingscerc

#### Hastings 4 Movie Theater

Free morning movies in the spring

213 W State St Hastings, MI

(269) 945-2578

<https://goo.gl/eSXsaa>

Facebook: @GoodrichHastings

#### Pierce Cedar Creek Institute

A nature center, environmental education center, and biological field station on 742 acres with 9 miles of trails. Many family-friendly events.

701 W Cloverdale Rd Hastings, MI

(269) 721-4190

[www.cedarcreekinstitute.org](http://www.cedarcreekinstitute.org)

Facebook: @piercedarcreekinstitute

#### YMCA of Barry County

Athletic activities for all ages, youth and adult sports, youth programs, adult healthy living programs, and more.

2055 Iroquois Trail Hastings, MI

(269) 945-4574

<https://www.ymcaofbarrycounty.org/>

Facebook: @ymcabarrycounty

### Community Centers/Resources

#### Hastings Public Library

Many public events, including story times, gaming clubs, teen anime club, and more.

227 E State St Hastings, MI

(269) 945-4263

[www.hastingspubliclibrary.org](http://www.hastingspubliclibrary.org)

#### Delton District Library

Weekly story times, Lego club, and more.

330 N Grove St Delton, MI

(269) 623-8040

<https://deltonlib.org>

#### Dowling Public Library

1765 E Dowling Rd Hastings, MI

(269) 721-3743

[www.dowlingpubliclibrary.com](http://www.dowlingpubliclibrary.com)

Facebook: @dowlinglibrary

#### Freeport District Library

Story times and other activities.

208 S State St Freeport, MI

(616) 765-5181

[www.freeportdl.michlibrary.org](http://www.freeportdl.michlibrary.org)

Facebook: Freeport District Library

#### Lake Odessa Community Library

Many public events, including preschool story times, teen STEM club, and more.

Games, activities, craft ideas on website.

1007 Fourth Ave Lake Odessa, MI

(616) 374-4591

[www.lakeodessalibrary.org](http://www.lakeodessalibrary.org)

#### Thornapple Kellogg Community Library

3885 Bender Rd Middleville, MI

(269) 795-5434

Facebook: @ThornappleKellogg

#### G.W. Spindler Library

Story times, Legos, games, and more.

186 N Main St Woodland, MI

(269) 367-4694

[www.spindler.michlibrary.org](http://www.spindler.michlibrary.org)

Facebook: G W Spindler Memorial Library

#### Putnam District Library

Story times and other activities.

327 N Main St Nashville, MI

(517) 852-9723

[www.putnamlib.org](http://www.putnamlib.org)

Facebook: @PutnamDistrictLibrary

