



November 2025



A SEASON OF CHANGE

Autumn always brings change—but this year brings more than most. Sadly, state funding for the Great Start Collaboratives, Family Coalitions, and the Growing Families Home Visiting Program has been eliminated from Michigan's budget, ending nearly 20 years of local early childhood system building, family support, and programming as of November 1, 2025.

Over the years, the GSC has worked to build a stronger, more connected system for young children—identifying service gaps, coordinating partners, and helping families navigate resources with ease. The Family Coalitions have amplified parent voices, hosted events like Fun Fest, storytimes, Talking is Teaching initiatives, summer literacy programming for kids 0-5, Family Fun Nights, and so much more. They built the "village" every parent needs while embarking on this wonderfully chaotic journey of raising children. Together, these efforts have made Delta and Schoolcraft Counties better places to grow and raise families.

We've had the privilege of working with countless wonderful organizations, agencies, and individuals—far too many to name. We are deeply grateful for their dedication and the strong foundation they helped build, which will continue to support families for years to come. We've renamed our platforms **Delta-Schoolcraft Early Childhood**, including the newsletter and Facebook page. The **great-start.org** site, which is full of early childhood resources, will follow in time. Strong partnerships remain in place:

- **Delta-Schoolcraft ISD** will continue publishing the newsletter and convening partners around school readiness
- UPCAP/2-1-1 will maintain our community events calendar on the website
- Help Me Grow will continue navigating families and offering developmental screenings.
- United Way of Delta County will provide free books at storytimes and host Reach and Read sites
- Manistique and Escanaba Public Libraries and Northern Lights YMCA will continue offering family programs and literacy-rich environments for families to gather

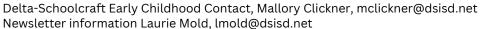
Best of all, **Family Coalition members** are joining together to keep storytimes, playgroups, and parent connections alive through a grassroots effort led by local parents. To get involved, contact:

- Schoolcraft County: Monica Powell, 574-274-1949
- Delta County: Rebecca Bender, 906-241-3145, rmbender@mtu.edu
- Delta County: Megan Hansen, 906-280-2665, flathmegan@gmail.com

It has been a joy to work with so many families and see your children grow and thrive over the years. We remain hopeful the state will restore funding in the future. If these programs have made a difference in your family's life, please reach out to your state lawmakers and share how their loss impacts our rural communities, where services for young children are already very limited. You can also share your story with us at https://bit.ly/GreatStartStories to support these efforts. Children are the future, and all deserve the best possible start in life.









November 2025 Community Events

Delta County Events

Schoolcraft Events begin on Page 5

11/1/25 **Bonifas Art Holiday Art Fair** 10 am- 3pm Various artists showcase their work at the Bonifas Art Center. Raffle, bake sale, and free admission.

11/1-11/30/25 New Life Community Center Free Play Free open play hours in the Play Zone Fridays 3-7 PM Saturdays 10 AM - 2 PM Sundays 1-3 PM. Socks are required. Contact 906-786-3858 with any questions.

11/1/25 **Happy Tails Storytime** 10:30am-11:15 am on the 1st Saturday of the month for ages 3-6 years. Enjoy animal-related stories, crafts, and meet animal guests. It is free. They ask participants to bring an item from the shelter's wish list to help the animals. www.deltaanimal.org

11/3/25 through the end of the school year. **We Rock the Spectrum UP North After School program** An inclusive, sensory-friendly environment fostering learning, creativity, and personal growth M-F. Homework assistance, rotating academic enrichment themes, gross motor & life skills. Call 906-553-7186 for more info.

11/3 through 11/24/25 **Interactive Storytime and Dance** Mondays 10:30am-11:30am at We Rock the Spectrum-UP North. A story and a fall dance with scarves! \$15 first child \$10 for each additional child. werockthespectrumupnorth.com

11/3 through 12/19/25 **NLYMCA Before/After School Program** Monday-Friday 7am-9am and 2:30pm-6:30pm at the Northern Lights YMCA and Cameron Center in Gladstone. It provides a reliable, safe, fun environment for your child (Ages 5-12) to prepare for their school day and unwind afterward. \$50 per week. Contact 906-789-0202 for more information.

11/3 through 11/28/25 **Parent Tot Playtime** 9am to noon Monday through Friday at the Northern Lights YMCA. Playtime is open and FREE to ALL families with kids 5 and under looking to socialize and play! Call 906-789-0005 to reserve a time or for more info.

11/3 to 11/17/25 **Homechool Art Class** 10am-11am Mondays at the Bonifas. Homeschoolers ages 1st grade-8th grade learn about art techniques and explore through hands-on fun with Lauren Hovland.\$60 for the series. www.bonifasarts.org

11/3 & 11/4/25 Laser Tag at Bay College 4pm-8pm in the Joseph Heriman center. Tickets are required—free for Bay College students and employees, \$5 for the general public or at the Student Accounts Office window. baycollege.edu

11/3 to -11/24/25 **Mindful Parenting Series** 5pm - 6:30pm Mondays at the Escanaba Early Childhood Center,1905 S 21st St., Escanaba. A free series to learn Conscious Discipline strategies that help build connection and cooperation with children.

11/4/25 Delta Co Foster/Adoptive/Kinship & Guardianship Support Group 6pm-8pm on the first Tuesday of the month at New Life Church 2005 8th Ave S., Escanaba. Dinner and childcare provided. RSVP to Victoria Declaire at 906-464-4046 ext 4.

11/5 through the end of November **Escanaba Farmer's Market** 1501 Ludington St. Open Wednesdays 3pm-6pm & Saturdays 8am-12pm.

11/6/25 through 9/25/25 **Rapid River Area Playgroup** 9:30am on Thursdays. Location varies. Follow them on Facebook for details and to be aware of cancellations due to weather or sickness. You may also contact Amanda Nietling at 906-420-4572 for more info.

11/7/25 **Child Find Developmental Screenings** A FREE and confidential service provided at the Delta-Schoolcraft ISD (DSISD). Screenings and evaluations for children from birth to age 5 help to find children in need of early intervention and special education services as early as possible. Call (906) 786-9300 ext. 201 with questions and to schedule an appointment.

11/7 to 11/21/25 **Toddler Art at the Bonifas** Fridays 9:30am-10:30am. Children ages 1 to 4 years old and their caregivers enjoy creative play activities and fun music! Toddlers will combine fun and learning to nurture imagination, problem-solving, and motor skills. \$5 per session. Register at www.bonifasarts.org

11/7-11/9/25 **The Spongebob Musical: Youth Edition** 7pm at the Forest Roberts Theatre, 1401 Presque Isle Ave, Marquette. Explore the musical adaptation of Nickelodeon's long-running animated children's sitcom of the same name. We find ourselves in the undersea city of Bikini Bottom, inhabited by happy-go-lucky and ever-optimistic yellow sea sponge! Sat 11/8 is 1pm matinee. Superior Arts Youth Theater \$22 adults, \$20 Seniors, \$15 kids & students under 18. nmu.universitytickets.com

11/8/25 **Eskymo Baseball Annual Craft & Vendor Show** 9am-4pm at Eskynaba Gyms and Commons. Handmade crafts, woodworking, jewelry, Christmas gifts, food vendors, baked goods, and so much more! \$3 ages 12 and up, \$2 ages 6-11 years, and Senior citizens, 5 and under, and Veterans are free!

11/8/25 Musical Show & Tell with Jim's Music 11am at the Escanaba Public Library Join instructors from Jim's Music for a Musical Show & Tell on a variety of instruments. They will talk about their personal journeys learning to play. Hands-on activities for children ages 7-15. Free! NO registration!

11/8/25 **Escanaba Library Lego Club** 1pm at Escanaba Public Library. Bring one container of Legos per child in attendance. Be entered into a prize drawing. The theme is 'thankful'.

11/8/25 **Nerf at the Turf** 7pm-8:30pm at the Hannahville Ice and Turf, 6645 N.75 Drive, Escanaba. \$10 for YMCA members, \$15 for the general public. Ages 4th through 6th grade. Northern Lights will provide the space, obstacles, and supervision. Bring your own NERF gear (guns, bullets, vest &goggles). ALL FOAM Nerf equipment is welcome. Eye protection is required, and limited supplies will be available. Visit nlymca.com to register through 11/7. Spaces fill up quickly.

11/11/25 Free Entrance Day in the National Parks. Celebrate Veterans' Day with a fee-free day at any national park that normally charges an entrance fee. The entrance fee waiver for fee-free days does not cover amenity or user fees for activities such as camping, boat launches, transportation, or special tours.

11/11/25 **Baby Cafe** 4pm-6pm at Pregnancy Services of Delta Co. A free drop-in support and information group for all expecting and breastfeeding mothers and their babies. Great Start will be bringing free nursing capes for attendees. Call 906-786-7474 or with any questions.

11/19/25 **Feed America Mobile Food Pantry** 10am at the Salvation Army 3001 5th Ave. S., Escanaba.

11/19/25 **Escanaba Book Mobile** in Rock 1pm-2pm at the Rock Senior Center on the last Wednesday of the month. Open to the public. A Library Card is required for checkout. On-site registration available with I.D. Call 906-789-7323 for more info.

11/20 & 12/18/25 Parents Like Me Support Group 7pm-8:30pm at the Escanaba Early Childhood Center, 1905 S. 21st St. Designed for caregivers raising children with special needs. Snacks and beverages provided. No childcare. Contact Carrie at 906-786-7080 EXT 163 to RSVP. (changed from $4^{\rm th}$ to $3^{\rm rd}$ Thurs in Nov. & Dec.)

11/22/25 **Delta Co. Family Coalition Storytime: Hibernation** 10:30am at the Escanaba Public Library. The Great Start Family Coalition presents a free storytime for ages 0-8 years old. There will be stories, movement activities, and social time! FREE No registration is required. Contact lmold@dsisd.net for more info.

11/25/25 **Thanksgiving Lunch** noon-12:45pm The Salvation Army is providing free Thanksgiving turkey lunches to people in need at the Salvation Army Community Center, 3001 5th Ave South, Escanaba.

11/25/25 Escanaba Black Friday and Christmas Tree Lighting Ceremony 7pm at the Escanaba DDA 1025 Ludington St. Business sales from 3pm-9pm.

11/26/25 **School's Out Fun Day** 7:30am-5:30pm at the Wells Childcare Center in Wells, MI. \$35 for members, \$45 for non-members. Registration is required. The fun-filled day will include group activities, arts & crafts, and games. Please bring lunch, outdoor wear, and snacks. 906-789-0202.

11/27/25 **Escanaba Community Thanksgiving Dinner** 11:30am-1:30pm In the Escanaba High School in the Commons. Sit-down meals will be provided at no cost. Meal reservations are encouraged but not required. DATA Bus transportation is available upon request. Contact Escanaba Senior Center for reservations at 906-786-8850 or visit communitythanksgivingdinner.org for more information.

11/28 & 11/29/25 **TV6 Thanksgiving Craft Show** 10am-5pm,at the UP State Fairgrounds. Crafters, vendors, artists, and small businesses. Admission is \$3. Kids 12 and under are free. www.uppermichiganssource.com

11/28/25 Gladstone Old Fashioned Christmas and Tree Lighting Ceremony 4:30pm-8pm downtown Gladstone. An enchanting evening filled with holiday cheer, including Santa's arrival at 4:30pm, and tree lighting ceremony at 5:30pm with live music, carriage rides, and festive activities for all ages. Don't miss this magical tradition that brings our community together to kick off the holidays. Free family fun for all ages!

11/29/25 **Carter's 10th Annual Tree Lighting** 6:30pm at 5017 View 17.5 Drive, Escanaba. Kick off the holiday season with music, family fun, and the magical lighting of the tree. Limited parking- arrive a little early. This event supports the Delta County Sheriff's Department Shop With a Cop program, helping local children enjoy a brighter Christmas.

11/29/25 H.O.P.E. Project FREE Store's Annual Christmas Toy Event 11am - 3pm at The Delta Drop In Center, 1500 N. 19th St., Escanaba. Advance sign up through November 14th. Attendees MUST sign up in advance. (no exceptions) Parents & guardians only. No children allowed during the event. One person per household will be allowed to "shop". Sign up at the HOPE store, 2301 9th Avenue North, Escanaba. Open Tues-Fri 10am-5pm or online via their Facebook Page. Eligible participants will be notified on 11/18. \$2.00 entry fee to "shop" (which will be paid at time of sign up). Everything at the event will be free.

11/29/25 **Santa Storytime** 12pm at the Delta Plaza Mall Santa will be reading the classic 'Twas the Night Before Christmas' followed by pictures with Santa and a festive treat table with milk, juice, and cookies

12/4-12/6 & 12/11-12/13/2025 NMU Presents: Rudolph the Red-Nosed Reindeer 7:30pm at the Forest Roberts Theatre, Marquette Basd on the timeless TV special NMU brings to life a magical production full of heart and holiday cheer. Featuring classic songs and characters. 1:30pm matinee on 12/6. Prices: Gen Pub: \$25,, Military & Seniors (60+): \$22 Student (18 & under): \$15 nmu.universitytickets.com

12/5-12/7/25 **TV6 Christmas Craft Show** at the NMU Superior Dome. Fri 5pm-9pm, Sat 10am-6pm, Sun 11am-4pm Crafters, vendors, artists, and small businesses. 10 am to 5pmAdmission is \$3. Kids 12 and under are free. www.uptravel.com

12/5 & 12/6/25 **Christmas in the Village** 11am-7pm both days at the UP State Fairgrounds. Come visit Santa and enjoy the old-fashioned holiday atmosphere. Enjoy wagon rides, photo ops, cookie sale, popcorn, hot chocolate, and goodies galore. Admission is free, but non-perishable canned goods are accepted for their holiday food drive. upsteamandgasengine.org

12/5/25 Annual Escanaba Christmas Parade 6pm-7pm. Line-up starts at 5pm.

12/5-12/7 & 12/11-12/13/25 Players de Noc presents: The Best Christmas pagent & The Great Christmas Cookie Bake-Off! 7:30pm at Bay de Noc Community College's Besse Center Auditorium. Enjoy this festive kid-friendly production filled with music and capers, guaranteed to fill you with holiday spirit. (12/7 1:30pm Matinee). \$20 tickets on sale at playersdenoc.org

12/6/25 **Gingerbread House Workshop** 12pm-1:30pm at Bonifas Art Center in Escanaba. \$12 per kid. All ages will enjoy this traditional family holiday workshop by creating their own gingerbread house! Registration required at bonifasarts.org or 906-786-3833.



Free Story Times

Manistique School & Public Library 11/7 Music & Mayhem at 10am 11/21 Storytime at 10am

Manistique Senior Center 11/19 Storytime at 10am

Delta Animal Shelter 11/1 at 10:30am

Escanaba Public Library 11/22 Delta Co. Family Coalition Storytime 10:30am



DELTA COUNTY

Mindful Parenting Series

Join us for a 5-week series as we dig deeper into the Conscious Discipline Parenting Series!

Escanaba Early Childhood Center

1905 South 21st Street, Escanaba

5:00 - 6:30 PM

October 27 - Welcome & Composure

November 3 - Assertiveness & Encouragement

November 10 - Choices

November 17 - Empathy & Positive Intent

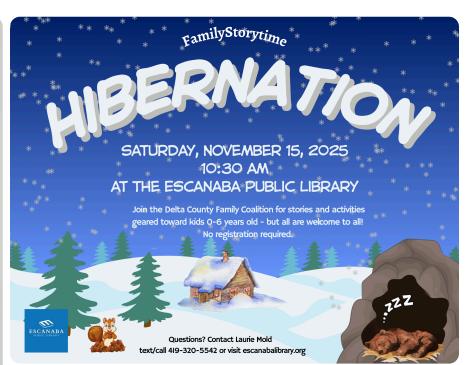
November 24 - Consequences

Dinner is provided and childcare is available! For questions or to RSVP, contact Mikiah Tryan at 906-789-0997 ext. 266.

Please RSVP by noon the day prior to allow us to plan for meeting supplies, dinner, and childcare!







YOUR VOICE IS NEEDED!

Have you been a part of the Family Coalition or Great Start Collaborative (GSC)? You may have—and not even realized it! Locally, they've brought so much joy and support to families through amazing programs like storytimes, summer literacy for little ones, resource materials for WIC and resource closets, home visits, Fun Fest, Reach Out & Read books at doctors' offices, picnics, playgroups, free books, parent education, and so much more!

Now, statewide, GSC's are gathering stories of how families have benefited from these programs to help secure funding so these incredible initiatives can keep going strong! Whether you're a parent, caregiver, or community partner, your voice matters. Please take a moment to share your experience and help keep the magic alive!









Delta-Schoolcraft Counties



SCAN ME

https://bit.ly/GreatStartStories

Schoolcraft County Events

11/2, 11/9 & 11/23/25 **Youth Archery Session** 5pm-7pm at the Manistique Rifle and Pistol Club. Children ages 8 and up. Youth do not need to have their own equipment to participate. Registration is required at www.4Honline.ocm. Contact Jill at conninji@msu.edu for questions.

11/3 through 11/2/25 **Food and Clothing Pantry** 11am-1pm at the Christ Fellowship Church in Germfask. Weekly on Mondays. Free food and clothing for families in need. Closed on holidays. Contact Pastor Diana at 906-286-0591 for more information.

11/4-11/25/25 **Mindful Parenting Series** 5pm - 6:30pm Tuesdays at the Early Childhood Center, 426 Chippewa Ave, Manistique. A free series to learn Conscious Discipline strategies that help build connection and cooperation with children. Please register by the day before the session with Lacey at 906-341-6423 to plan for food & childcare.

11/5/25 **Feeding America Mobile Food Pantry** 10am-11:30am or until food is gone at Schoolcraft Memorial Hospital 7870 West US-2.

11/5/25 through 11/26/25 **Soup Kitchen** 11am-2pm at Good Neighbor Services 200 Deer St, Manistique. Every Wednesday, Thursday, and Friday. All are welcome (no age or income limit) to Free Soup and crackers (to-go containers are also available). Contact Todd at 956-874-8401 with questions or volunteer opportunities.

11/5 through 11/13/25 **Christ's Lighthouse Crew** 3:30pm-5pm at First Baptist Church. Kids in grades K-5th grade are welcome! Have fun learning, eating snacks, and playing games. Contact the church for more information at 906-341-2814 or office@fbcmstq.org.

11/6 through 11/30 **Good News Club** 3:30pm-5pm at Manistique Bible Church every Thursday that there is a full day of school. Grades K-5th grade are all welcome to attend for activities and songs. Parents are also welcome to attend with their children. Contact Jean Head at 906-286-1610 for more information.

11/6/25 **Community Academy** 5:45pm-8pm at First Baptist Church. This program meets on the 1st Thursday of the month through March. It's designed to teach leadership skills, community engagement, and effective service. Participants will learn how non-profit organizations, local government, and various community programs work. The program is FREE and free childcare and transportation are available if needed. Spaces are limited. Register at https://forms.gle/Sj7yr8nXUMFtoeQx6

11/7/25 Manisitque School and Public Library Storytime: Music and Mayhem 10am-11am Children 5 and under, with adult supervision, are invited for story time about music and to make a musical instrument. We will share a snack, and have our very own music parade! 100 N Cedar S. Manistique MI

11/7 through 11/28/25 **Elks Fish Fry** 4:30pm-7:30 Every Friday night Fish Fry. Take Out, Curbside Pick Up or Indoor Dining Available. All entrees \$18.00. Call 906-341-2536 with any questions. 213 Walnut St. Manistique

11/7 through 11/28/25 **Friday Fish Fry** 5pm - 8pm Public Welcome! Take out or inside Dining. Manistique Moose Lodge, M-149, Manistique.

11/8/25 **Escanaba in Da Moonlight Highway 2 Drive In Movie** 6pm Come out to the Highway 2 Community Drive-In Theater and enjoy the last event of our special 10th anniversary season! The gates open at 5:00 pm with the movie starting approximately at 6pm. Admission is free. The Highway 2 Community Drive-In Theater is located on US2 across from the Schoolcraft County Airport just East of Manistique.

11/12/25 **Schoolcraft County Family Coalition Meeting** 5:30pm-7pm at Lake Effects Art Center. Families are invited to discuss local early childhood needs and ways to help maintain them following the elimination of funding for Great Start Collaboratives and Family Coalitions. Potluck dinner-bring a dish to pass. onsite childcare. Contact Monica with the # attending and with any questions at574-274-1949.

11/13/25 **Lego Building Session** 3:30pm-4:30pm Manistique School & Public Library. Open to all K-8 youth in the community (kindergarteners must bring an adult). Registration is required at www.4Honline.com. Contact Jill at conninji@msu.edu for questions.

11/19/25 **Acorn Story Time** 10am-11am Join us at the Manistique Senior Center for our acorn story time. We will be reading stories about seasons changing and making fun acorn crafts. A snack will be provided. Everyone is welcome to join the fun! 101 Main Street, Manistique.

11/21/25 Manistique School & Public Library Storytime:How to Hide a Turkey 10am-11am Children 5 and under, with adult supervision, are invited for story time fun! We will share a story, activities and a snack. 100 N Cedar St.

11/28/25 **Manistique Christmas Parade** 6:30pm The Parade route will start at Habitat for Humanity and end at the Post Office. Line-up is at 6:00 pm. The theme this year is Winter Wonderland. To register, please call the advisor at 906-341-2424

Mindful Parenting Series

Join us for a 5-week series as we dig deeper into the Conscious Discipline Parenting Series!

Manistique Early Childhood Center

426 Chippewa Ave, Manistique

5:00 - 6:30 PM

October 28 - Welcome & Composure

November 4 - Assertiveness & Encouragement

November 11 - Choices

November 18 - Empathy & Positive Intent

November 25 - Consequences

Dinner is provided and childcare is available! For questions or to RSVP, contact Lacey Agawa at 906-341-6423 ext. 721.

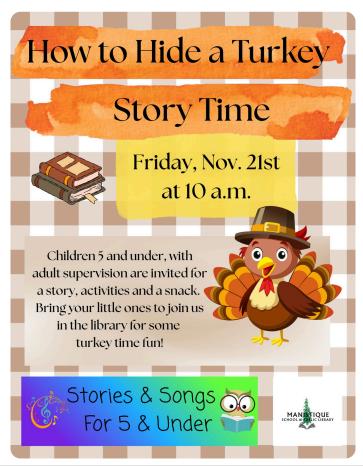
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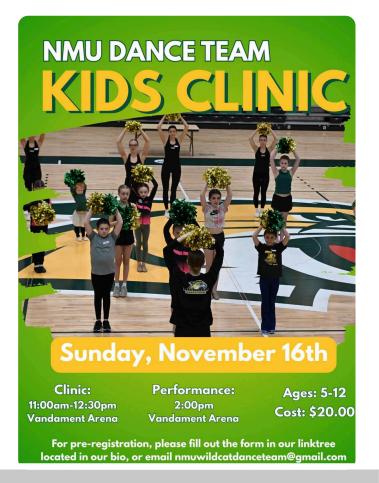














FREE Special Education Webinars for Families www.michiganallianeforfamilies.org

for registration & more special education information

- 11/5 IEP: A Closer Look 6:30pm-8:00pm.
- 11/5 MI Special Education Basics 12:00pm-1:00pm
- 11/7 FAPE in the LRE 12:00pm-1:30pm
- 11/12 Assistive Technology: What It Is and Why It Matters with Alt+Shift 11:00am-12:00pm
- 11/13 Special Education State Complaints 4:30pm-6:00pm.
- 11/14 Crafting Your Parent Input Statement 12:00pm-
- 11/17 Intro to AAC & Resources with Michigan Disability Rights Coalition 6:30pm-8:00pm
- 11/18 Positive Behavioral Interventions and Supports 12:00pm-1:30pm
- 11/20 Due Process Complaint and Hearing 4:30pm-6:00pm
- 12/2 How to Prepare for and Participate in Mediation or Facilitation 12:30pm-2:00pm
- 12/3 The Power of Notice 12:30pm-2:00pm

Every County in Michigan has a Parent Mentor who is able to help families understand and navigate special education services/issues at NO COST? Our Upper Peninsula Parent Mentor is Sally Beauchamp. You can reach her at sally.b@michiganallianceforfamilies.org or 800-779-5695





Visit https://bit.ly/msuext-parentedu to register

Early Childhood Online Extension Extra Parenting Hour

A free online series of parenting workshops that guide parents of young children as they navigate the challenges, joys, and concerns of parenting. They run Tuesdays from 8pm-9:30pm.

- 11/4 Introduction to Autism and Neurodiversity
- 11/11 Setting the Stage: Promoting Social-Emotional Health in Young Children
- 11/18 The Birds and the Bees: Talking with Kids About Sex
- 11/25 **Potty Training 101**

Class Series

(Certificates of attendance are available)

Guiding Principles for Highly Successful Parenting: Explore routines, emotional control, rules, relationships, and being a calm, assertive parent. Tuesdays, October 28 through November 25 from 11:30am-1pm

Building Early Emotional Skills: For caregivers of children 0-3. Teaches how young children develop strong social-emotional skills and how to deal with the stress of caring for young children. Thursdays, October 30 through November 20 7:30pm-9pm

The Parent Talk System Parents and caregivers of children of all ages and is designed to improve communication and provide practical verbal strategies for raising confident, caring, responsible children.

Mondays, Nov 10th through Dec 15thfrom 7pm-8:30pm

ATTENDANCE MATTERS

Coming to school every day builds strong routines and a love for learning. Give your child the best start in PreK and Kindergarten— Strong attendance today builds bright tomorrows.

Salvation Army Christmas Toy Shop

Is your family in need of gifts this Christmas? If you have children in the home 0-18 years that are still in K-12, you may qualify for the Salvation Army's Christmas program.

Christmas applications go through December 5th on Tuesdays and Fridays 9am-3pm each week at the Salvation Army, 3001 5th Ave S., Escanaba.

You will need:

- Photo ID
- Proof of address
- Proof of any and all income
- Proof of the children in the home
- Children's wish list of wanted items

For hours, questions, to volunteer or make donations, please contact the office at wum.escanaba@usc.salvationarmy.org or 906-786-0590.

*2-1-1 may have other assistance options. However, you can only





Parent to Parent

Finding Support in Uncertain Times



In uncertain times, having a plan can make all the difference. A sense of control and hope can ease anxiety and shift focus from problems to solutions. Asking for help is <u>not</u> a sign of weakness—it's a step toward strength, resilience, and preventing small challenges from becoming bigger problems. Connecting to local resources not only supports individual well-being but also strengthens our community as a whole—building a healthier, happier, and more connected place for everyone.

That's where community resources come in. Several local agencies specialize in connecting families to free information, services, and support when it's needed most. They're a great place to start:

- **Help Me Grow** Connects families with children from birth to age five to a trained care coordinator who helps answer questions, identify local supports and follow up to ensure success. Text or call 844-464-0005 or visit miearlychildhood.org.
- **UPCAP / 2-1-1** Serves the entire Upper Peninsula, connecting residents to programs for housing, utilities, food, mental health, and employment. Call 1-800-338-7227 or simply dial 2-1-1.
- Schoolcraft Memorial Hospital Community Connect Links patients to community and mental health resources. A patient navigator assists with referrals, follow-ups, and questions. Call 906-341-3750, email PN@scmh.org, or visit scmh.org.
- MDS Community Action Agency (MDSCAA) Supports families through housing aid, early childhood programs (including Head Start and free Pre-K), senior nutrition, and energy-efficiency assistance. Call 906-786-7080 or visit mdscaa.org
- Delta-Schoolcraft Early Childhood Offers local information and resources for young children and families at great-start.org.

Together, these resources help ensure children grow up supported, families feel connected, and our community continues to thrive.





Eve's Tasty Turkey Tetrazzini

Do you have too many Thanksgiving leftovers? Try this easy, one-dish meal with 1/2 the sodium, and more vegetables than the original version, without sacrificing flavor or texture. It just might become a new after-Thanksgiving tradition for your family!

Ingredients

- 8 ounces whole-wheat fettuccine, spaghetti, macaroni, or other noodles
- 4 tablespoons light butter (unsalted)
- 2 cups mushrooms, sliced (fresh or canned)
- 1 teaspoon dried thyme
- 1/2 cup all-purpose flour
- 2 cups reduced-sodium chicken broth
- 11/2 cups skim milk
- 4 cups chopped cooked turkey
- 1/2 cup slivered almonds, toasted
- 1 cup peas (frozen)

2 tablespoons grated Parmesan cheese



Directions

- 2 cups mushrooms, sliced (fresh Preheat oven to 400 °F. Lightly grease a 9x9 inch baking dish.
 - Cook pasta in a large pot of boiling water until tender. (Check cooking time for pasta; remove pasta approximately 2 minutes early.)
 - While pasta is cooking, melt butter in a saucepan over medium heat. Add the mushrooms and thyme. Stir and cook until mushrooms are softened, about 5 minutes.
 - Stir in flour until well blended. (Note: Start with 1/3 cup flour and add more, if needed.)
 - While whisking, slowly add chicken broth and milk. Bring to a boil, reduce heat, and simmer until the sauce is thickened and smooth, about 5 minutes.
 - Add turkey, toasted almonds, frozen peas, and cooked pasta. Gently mix. Pour into the baking dish and sprinkle with Parmesan cheese.
 - Bake until the sauce is bubbling and the cheese is golden brown, 25 to 35 minutes. Let cool 15 minutes before serving.

~Recipe provided by Tosha Mason, Public Health Delta & Menominee Counties W.I.C. employee and mother of five.

