

# CSM Update

February 2009

## MEETINGS THIS MONTH

### Post Adoption Parent Support Group

When: Thursday, February 5, 2009  
Where: Catholic Services of Macomb  
15945 Canal  
Clinton Township MI 48038  
Time: 7:00 PM

For additional information, call **586.416.2300**.

### Alzheimer's Support Group

When: Monday, February 16, 2009  
Where: Catholic Services of Macomb  
15945 Canal  
Clinton Township 48038  
Time: 1:00-3:00 PM

On-site respite services available at A Friend's House-Clinton Township for a small fee.

Pre-registration required. For additional information or to pre-register for on-site respite, call **586.412.8494**.

### Caregiver's Support Group

When: Wednesday, February 25, 2009  
Where: A Friend's House-Warren  
26238 Ryan  
Warren 48091  
Time: 1:00-3:00 PM

On-site respite services are available for a small fee. Pre-registration required. For additional information or to pre-register for on-site respite, call **586.759.8700**.

## SERVICES AVAILABLE IN LAPEER

Since 1958, Christian Family Services of Lapeer County has provided children and adults of all ages with help and hope in coping with the changes and challenges of life. Since 2002, services have been provided in partnership with Catholic Services of Macomb.

Christian Family Services is staffed by experienced and licensed clinical professionals, including Master's level Social Workers, Professional Licensed Counselors, a Board-certified Psychologist and Psychiatrist. CFS accepts many health insurance plans, as well as fees for service, and offers a sliding scale payment plan for those who qualify.

For additional information, call **810.664.4557**

## WOMEN'S OPTIONS GROUP TO BEGIN IN MARCH

Unhealthy or abusive relationships can begin at any age. Women's Options is a group for women ages 25-60. The group helps women to identify and recognize the "red flags" of unhealthy relationships; to develop the ability to set boundaries; and to develop a sense of healthy independence.

The group will meet from 1:00 to 2:30 PM on Fridays, for ten weeks. Fees are based on ability to pay.

For information, call facilitators Susan Husken or Kelly Henson at **586.416.2300**.

## NEW WEBSITE

Catholic Services of Macomb has launched phase one of a new, more inter-active web site.

New features include resources for local parishes, as well as access to an archive of caregiving tips for those caring for aging loved ones at home.

Please visit our new web site and let us know what you think. Comments can be submitted to [info@csmacomb.org](mailto:info@csmacomb.org).

## BULLETIN AND NEWSLETTER ARTICLES AVAILABLE ON-LINE

Looking for filler articles for your parish bulletin or employee newsletter? Catholic Services of Macomb has a number of brief articles posted on our new web site about various agency programs and services. The articles are listed by topic, and are brief – under 100 words.

## EARLY CHILDHOOD EMAIL GROUP

The Michigan Child Care Expulsion Prevention Initiative hosts an email group for early childhood mental health consultants, therapists and others who are interested in the social-emotional development of children from birth to age five. To join the group, send your name and e-mail address to [dmarcini@mphi.org](mailto:dmarcini@mphi.org).