

## Social Connections

Humans are a social species. Our ability to connect with others is essential to our health and well-being. As parents, we want to share our experiences. We want to celebrate our children's growth & development. We want to have someone to talk to when we're struggling. And we want our children to connect with others. Naturally, parenthood has us wanting to reach out and interact with others. A trusted circle of support is immensely helpful and essential to our success as parents. **Reflect on your social connections by asking yourself:**

1. Who do I know who could help me once in a while? Create a list.
2. Who can I call for advice or just talk to? How often do I see them?
3. What kind of support do I want/need? What does my child need? Make a list.
4. Is it easy or challenging to make friends? What specifically makes it challenging?
5. What helps me feel connected?

***We weren't meant to parent alone! Our tribe can help us through the journey of parenthood and family life.***

## Baby & Me Group

Join us for our Baby & Me group the third Wednesday of the month (Feb. 17<sup>th</sup>). This group is meant to bring parents together to share their experiences with their infant, to learn from one another, and develop new friendships. This group is meant for parents with infants under 12 months old. Check out our Facebook page for more information, @PCLeelanau.



## COVID VACCINATION CLINIC INFORMATION

**Stay informed** about where we are with our COVID vaccination program and when appointments are available.

1. **Fill out the COVID-19 Vaccine Sign-up Survey on our website at [www.bldhd.org](http://www.bldhd.org).** This does not schedule an appointment, but puts your information on a list so that we can contact you via email when appointments for your priority group are available. If you have already filled out the Survey form, you do not need to fill it out again but you may want to subscribe to the Vaccine Updates as well.
2. **Subscribe to receive COVID-19 Vaccine updates:** Enter your email address on our website at [www.bldhd.org](http://www.bldhd.org).
3. **Seniors without internet/email can call 231-715-5557** and follow the prompts to the COVID information line. You will hear general information and then be able to leave your name/phone number and someone will call you when appointments are available.

**It will take months to vaccinate all those in the current priority group so please continue to be patient.** Vaccine supply is very limited and we are only able to open up appointments one week at a time. We will email the scheduling link (or have someone call, if no email address) as appointments are available, starting with those who have registered earliest.

**Please do not call the health department.** Due to the volume of calls, we may not be able to call you back. If you have questions, email us at [hotline@bldhd.org](mailto:hotline@bldhd.org) and we will try to respond as soon as possible.





# Parenting Communities Calendar February 2021



Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
31 <i>NO PLAYGROUPS UNTIL FURTHER NOTICE</i>	1 <b>LCN:</b> Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	2 <b>GROUNDHOG DAY</b>  Suttons Bay Bingham Twp Library virtual story hour @ 9:30	3 <b>Child Care: An Essential Service Webinar Forum to address the childcare crisis via Zoom 12pm</b> (check FB for details)  <b>Leelanau Laundry Project</b> 8-11:45am (last wash 10:30)	4	5	6 <b>Indoor Farmers Market @ The Village Commons</b> 10-2
7	8 <b>LCN:</b> Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	9 Suttons Bay Bingham Twp Library virtual story hour @ 9:30	10	11	12 <b>CHINESE NEW YEAR</b>	13 <b>Indoor Farmers Market @ The Village Commons</b> 10-2
14 	15 <b>PRESIDENTS DAY</b>  <b>LCN:</b> Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	16 Suttons Bay Bingham Twp Library virtual story hour @ 9:30	17 <b>ASH WEDNESDAY</b>  <b>Parenting Communities Virtual Baby &amp; Me Group via ZOOM 10am</b> (check FB for details)  <b>Leelanau Laundry Project</b> 8-11:45am (last wash 10:30)	18	19	20 <b>Indoor Farmers Market @ The Village Commons</b> 10-2
21	22 <b>LCN:</b> Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	23 Suttons Bay Bingham Twp Library virtual story hour @ 9:30	24	25 <b>PURIM</b>	26	27 <b>Indoor Farmers Market @ The Village Commons</b> 10-2
28	1 <b>ST DAVID'S DAY</b>  <b>LCN:</b> Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	2 <b>NATIONAL READ ACROSS AMERICA DAY</b>  Suttons Bay Bingham Twp Library virtual story hour @ 9:30	3	4	5	6 <b>Indoor Farmers Market @ The Village Commons</b> 10-2

### Helpful Phone Numbers/Links

Benzie-Leelanau District Health Dept. (231)256-0200  
 Community Connections 1-833-674-2159  
 LCN 7322 E. Duck Lk Rd.: (231) 994-2271  
 NMHSI Medical/Dental: 947-0351

### Parenting Communities Community Health Workers:

Hollie Anderson (231)357-5777

Kathy Bartell (231)357-5443

<https://www.facebook.com/PCLeelanau/>




### Leelanau Office

7401 E. Duck Lake Rd  
 Ste 100  
 Lake Leelanau, MI 49653



Like us on  
**Facebook**

@PCLeelanau



*Perinatal Support Alliance Presents*

# Rooted Beginning Support Group

A soft place to land to receive connection and support wherever you are in your pregnancy or postpartum journey.



Beginning Tuesday, February 2nd, 2021 at

**TUESDAYS, FROM 10-11:30AM AT THE  
GREAT LAKES CHILDREN'S MUSEUM**

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PLEASE VISIT OUR WEBSITE FOR MORE  
INFORMATION AND TO REGISTER FOR THE GROUP  
AT [WWW.PERINATALSUPPORTALLIANCE.ORG](http://WWW.PERINATALSUPPORTALLIANCE.ORG)





Early Childhood Needs & Services Committee Presents

# Child Care: An Essential Service

February 3, 2021 at NOON



A skilled, capable workforce  
in our country requires  
high-quality, affordable  
childcare for our children.

## Webinar Panelists

**Mary Manner**, with an overview of the local state of childcare.

**Molly Grovenor**, Program Director for Leelanau Children's Center.

**Corine Couturier**, sharing a home-based provider's perspective.

**Kendra Deering**, local parent on challenges in finding day care in the area.

The Forum includes recommendations for what we  
all can do to address the childcare crisis.

The public is welcome.

Register in advance for this webinar:

[https://us02web.zoom.us/webinar/register/WN\\_W92enl-5SBmOxzweWUe3wA](https://us02web.zoom.us/webinar/register/WN_W92enl-5SBmOxzweWUe3wA)

**LWV**

LEAGUE OF WOMEN VOTERS\*  
OF LEELANAU COUNTY

LWVLeelanau.org FB @LWVLCnow