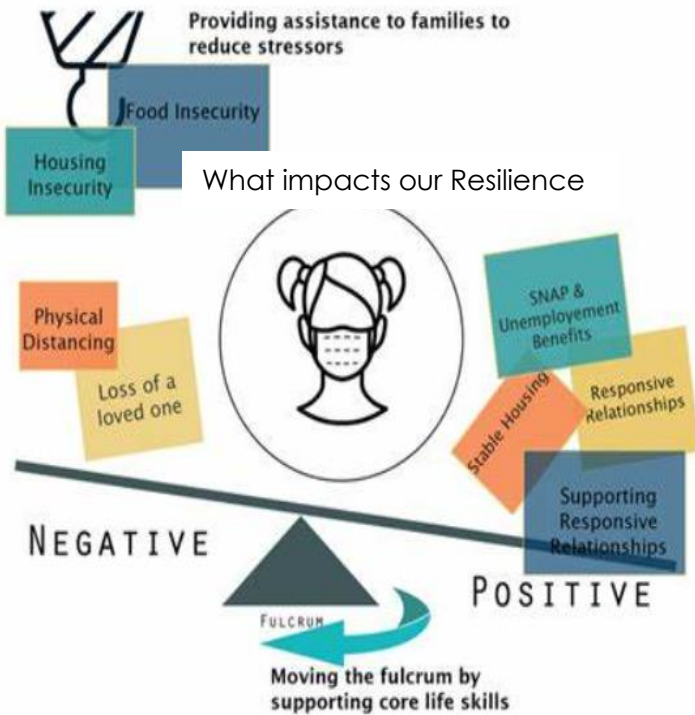


Parental Resilience

Life is full of curve balls that create stress in our lives. How we respond to stress plays a big part in determining outcomes for ourselves, as well as for our children. If we are able to be flexible and find our inner-strength during stressful times, we are more likely to bounce back from the stressful situations we encounter. This also models positive ways to manage stress for our children, which will impact how they respond to stressful situations. We are building resilience when we are able to manage our stressors effectively. We are in turn helping our children to build theirs. Check out this YouTube video for more insight: <https://youtu.be/H7dVvuYKWsl>



Baby & Me Group

Join us for our Baby & Me group the 1st & 3rd Wednesday of the month at 10 (next meeting is on Mar. 3rd). 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.



HAPPY NATIONAL PARENTING AWARENESS MONTH

Ways that we help our children throughout the various stages of development:





Parenting Communities Calendar March 2021



National Parenting Awareness Month

Sun.	Mon.	Tue.	Wed.	Thu.	Fri.	Sat.
28 <i>NO PLAYGROUPS UNTIL FURTHER NOTICE</i>	1 St. David's Day LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	2 Suttons Bay Bingham Twp Library virtual story hour @ 9:30 (check FB for details)	3 Parenting Communities Virtual Baby & Me Group via ZOOM 10am (check FB for details) Leelanau Laundry Project 8-11:45am (last wash 10:30)	4 Stories & More with Glen Lake Community Library (via Zoom)	5 St. Piran's day Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	6 Indoor Farmers Market @ The Village Commons 10-2
7	8 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	9 Suttons Bay Bingham Twp Library virtual story hour @ 9:30 (check FB for details)	10	11 Stories & More with Glen Lake Community Library (via Zoom)	12 Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	13 Indoor Farmers Market @ The Village Commons 10-2
14 National Pi Day	15 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	16 Suttons Bay Bingham Twp Library virtual story hour @ 9:30 (check FB for details)	17 St. Patrick's Day Parenting Communities Virtual Baby & Me Group via ZOOM 10am (check FB for details) GTB Heritage Library Spring Storytime 5:30-7:30 Via Zoom https://zoom.us/j/91024716730?pwd=Mlc0Um92dkhJZ2xYOStrMDZFSzc4QT09 Leelanau Laundry Project 8-11:45am (last wash 10:30)	18 Stories & More with Glen Lake Community Library (via Zoom)	19 Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	20 Spring Equinox Indoor Farmers Market @ The Village Commons 10-2
21	22 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	23 Suttons Bay Bingham Twp Library virtual story hour @ 9:30 (check FB for details)	24 GTB Heritage Library Guitar Class 5:30-7:30	25 Stories & More with Glen Lake Community Library (via Zoom)	26 Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	27 Passover Begins Indoor Farmers Market @ The Village Commons 10-2
28	29 LCN: Food Pantry 2-6 Baby Pantry 2-6 Neighborhood Assistance 2-4	30 Suttons Bay Bingham Twp Library virtual story hour @ 9:30 (check FB for details)	31	1 Stories & More with Glen Lake Community Library (via Zoom)	2 Virtual Storytime Reimagined with Leland Township Library 10:30 (Check FB for details)	3 Indoor Farmers Market @ The Village Commons 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

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Facebook

@PCLeelanau