



# “For You”

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by Paula Campbell

(1999 MSU Graduate & Student Parents on a Mission Co-Chair)

You brought me here, crying and cold.  
Then you warmed me, with one hold.  
You dried my tears, held me to your heart.  
It was on that day my life did start.

Then I would roll, scoot, and crawl.  
I would grow two feet tall.  
I would walk and talk and all the while.  
Your face was full of love and smiles.

But I was so small I did not see.  
That you were learning as much as me.  
You had school and work which made you be  
At many times away from me.

Now I'm bigger and I know.  
You had to do, you had to go.  
Those things that took you I can see.  
Were things you had to do for me.

So please forgive me if I cry.  
And I'll forgive you all the time.  
No matter what we have to do.  
Always know that I love you.

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# ***Introduction***

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This handbook is designed to assist students who have the courage to undertake the responsibility of a family, a home, a job, and college all at the same time. For some it may be the first encounter with higher education while for others it may be a continuation of studies or a transition to a new career.

We recommend you take the time to read the entire handbook because you might discover something that you didn't even know you needed. This handbook is designed to help you through some of the obstacles. Hopefully it will assist student parents in making college a more rewarding and less frustrating experience.

*-Kim Steed-Page  
Coordinator*

## **Student Parent Resource Center**

University Village Apartments  
Community Center  
1199 Garden City Rd, Rm 107  
E. Lansing, MI 48823  
(517) 432-3745

The Student Parent Resource Center staff is available to meet with you regarding your individual concerns. Please call to make an appointment. You may also read more about the office on page 37 of this guide.

# ***Student Parents on a Mission (SPOM)***

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MSU Student Parent  
Organization  
“*Striving for Success*”

We recognize student parents as parents first. We work to help them retain a balance between university expectations and family life. We seek to motivate, assist, and unite parents associated with Michigan State University to facilitate retention and academic success.

Student Parents On a Mission (SPOM) is an MSU Registered Student Organization, established in 1994, to provide encouragement and support for student parents. SPOM provides an opportunity to network with other student parents and to discover the many resources that are available at MSU and in the surrounding communities.

- Meetings are typically held monthly during the academic year and feature guest speakers focusing on topics affecting student parents and their families.
- Free childcare is typically provided at all SPOM meetings.

- Social events and activities are planned for parents and children.

- An informal network increases student parent access to information in such areas as: employment opportunities, scholarships/financial aid and inexpensive/free activities for families.

- E-mail listserv available for SPOM members.

Student Parents on a Mission is about student parents who want to succeed academically, make new friends and develop an effective peer support system. This group will provide support and encouragement to student parents at MSU and will give you an opportunity to voice your concerns!

The Student Parent Resource Center Coordinator serves as the Advisor to the SPOM organization. For more information and a SPOM application please call the Student Parent Resource Center at (517) 432-3745.

# Where will we live?

## ON CAMPUS

### 1855 Place

#### Family Apartments

Nestled just across from the Breslin Student Event Center and numerous campus resources, 1855 Place offers one- and two-bedroom contemporary family apartments. Enjoy the many amenities of apartment living in these newly developed spaces adjacent to ample, on-site parking. In summer 2017, residents can also enjoy a marketplace and a Starbucks on-site. Designated green space and plenty of common outdoor areas offer the perfect setting for studying, picnicking or a quick game of catch.

One Bedroom - \$800

Two Bedroom - \$925

### Spartan Village

Spartan Village Community Center  
49 Middlevale, Suite 180  
(517) 355-9550  
uainfo@rhs.msu.edu  
<http://liveon.msu.edu/>

Enjoy an on-site community center and one- or two-bedroom apartments perfect for Spartan families or upperclassmen. Options include standard and

renovated spaces as well as barrier free housing. Spartan Village offers the comfort of community living with the convenience of on-campus amenities.

### Costs of Living On Campus

University apartment rent includes all heat, water, gas, electricity, sewer, cable and ethernet or wifi, and local phone service. Shower curtains, lock-out service, and waste removal and recycling are also available. Laundry services are available in each village.

The Spartan Village apartments do not permit washers, dryers, dishwashers, or freezers. Renovated apartments have central AC. Standard units have an installation and monthly service fee for personal AC units.

Student rates for 2016-2017 are:

*(\$40 non-refundable application fee)*

Standard Student:

One Bedroom \$656

Two Bedroom \$782

Renovated, Student:

One Bedroom \$723

Two Bedroom \$864



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**Other Advantages  
of Living On Campus**

- It is close to the main campus and on bus routes.
- Everyone in the village shares a common purpose in pursuing an education.
- The Spartan Village Community Center and Study Rooms are available for programming events, meetings and study groups (call 353-9557 to reserve).
- Spartan Village has numerous play areas for children as well as adult recreational facilities including volleyball courts, basketball courts and picnic areas.

**Community Police Officer**

1434-D Spartan Village  
(517) 355-1103  
Call 911 for emergencies

A Satellite Office of MSU Police is located in Spartan Village. The Department of Police & Public Safety works directly in the community, assisting residents with a variety of neighborhood and police related problems.

**East Lansing Schools**

509 Burcham Dr.  
East Lansing, MI 48823  
(517) 333-7420  
<http://www.elps.k12.mi.us>

Spartan Village Apartments are serviced by the East Lansing School District. For enrollment information call the number above.

**Additional Services Available:***Spartan Child  
Development Center*

33 Crescent Road  
E. Lansing, MI 48823  
(517) 353-5154  
[www.scdc.msu.edu](http://www.scdc.msu.edu)

**MSU Surplus Store**

468 Green Way  
E. Lansing, MI 48824  
(517) 355-0364  
[www.msusurplusstore.com](http://www.msusurplusstore.com)

The Surplus Store sells used low-cost furnishings and office supplies as well as bicycles, computers, and household items.

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## **Residence Education and Housing Services**

Wilson Hall  
219 Wilson Rd., RM. G60  
East Lansing, MI 48825  
(517) 353-3780  
[www.rhs.msu.edu](http://www.rhs.msu.edu)

Residents and their families living in University Apartments have the opportunity to take part in many programs and events that are free to the community. The dates and times of programs are posted on the web site. Events are also advertised in weekly emails sent to residents.

Residence Life also addresses resident concerns and oversees facility reservations. For assistance, call or visit the website.

## **University Apartments Council of Residents**

[www.msu.edu/~uacor](http://www.msu.edu/~uacor)  
[uacor@msu.edu](mailto:uacor@msu.edu)

The University Apartments Council of Residents (UACOR) serves the students, faculty, and staff residents of Spartan Village. The tax collected each semester is used to provide programs for residents as well as assist in funding of special interest activities, such as safety, recreation and sports programs.

UACOR promotes and coordinates these programs, and provides information and services for residents of University Apartments. UACOR also serves as an advocate for residents with other community agencies and the University. The board aims to make University Apartments a better place to live. All residents are encouraged to attend meetings and participate in all activities. Become an active voice in University Apartments by joining the Council!

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## **OFF-CAMPUS HOUSING**

### **Student Life**

101 Student Services, MSU  
556 E. Circle Drive  
(517) 355-8286  
<http://offcampushousing.msu.edu>

Looking for a place to live off-campus? Utilize MSU's Off Campus Listing Service to help you find the ideal place to rent. The Off Campus Listing Service features multiple property listings and includes advanced search filters, a roommate finder, message boards, and educational resources. It's a FREE service.

### **Added Costs**

Expenses related to apartment and housing rentals may include security deposits/cleaning deposits, extra costs for pets, utilities (all or part), deposits for turning on the utilities, and local/long-distance telephone service.

### **Renters' Insurance**

Whether you live in University Apartments or off-campus, consider the purchase of renters' insurance. This may seem costly, but the cost is small compared to large, unanticipated expenses which may result from theft, fire, or negligence.

Residents are responsible for damaged property if the damage was caused by their own negligence. The risks of being uninsured are high. Most local insurance agents will give you price estimates over the phone. Comparison shopping will help you obtain the best coverage for the lowest cost.

### **Subsidized Housing**

There are several subsidized apartment complexes within the Lansing area for which you may qualify. Many have lower income limits, require a security deposit in the amount of one month's rent, and a satisfactory payment record at other residences (no late payments or evictions). Some apartments allow pets and most allow washers and dryers. Often there are waiting lists for subsidized housing, so begin your housing search early. Subsidized rental rates are based on 30% of your income, substantially lowering monthly rates.

### **Michigan State Housing Development Authority**

735 E. Michigan Avenue  
Lansing, MI 48909  
(517) 373-1974  
[www.michigan.gov/mshda](http://www.michigan.gov/mshda)

The Michigan State Housing Development Authority, estab-

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lished in 1966, provides loans to first time homebuyers that qualify based on their income. Home purchase educational programs are available. Section 8 subsidies (used for free choice of home location/individual houses) are currently not available. However, lists of subsidized housing apartment complexes are available. Call for more information or visit the website.

**Lansing Housing Commission**  
419 Cherry St.  
Lansing, MI 48933  
(517) 487-6550  
[www.lanshc.org](http://www.lanshc.org)

The Lansing Housing Commission is the Public Housing Authority in Lansing, MI. Through its public housing and homeownership programs, the Lansing Housing Commission provides families, senior citizens, and disabled individuals the ability to seek and retain decent, safe, affordable housing.

**Hometown Housing**  
1290 Deerpath  
E. Lansing, MI 48823  
(517) 332-4663  
[www.capitalareahousing.org](http://www.capitalareahousing.org)

Provides downpayment assistance and rehabilitation assistance to low-income and moderate income home buyers

who are purchasing a house in the target area. Call for more information.

**City of Lansing Single Family Housing Rehabilitation Loan Program**

316 N. Capitol Ave., Suite D-2  
Lansing, MI 48933  
(517) 483-4040  
[www.lansingmi.gov/rehabilitation](http://www.lansingmi.gov/rehabilitation)

Income eligible families that own a home and live in Lansing may be eligible to receive a 0% interest loan to help with repairs such as furnace, boiler, water heater, roof, windows, siding, sewer, and electrical.

**MSU College of Law Rental Housing Clinic**

610 Abbott Road  
E. Lansing, MI 48823  
(517) 336-8088  
[www.law.msu.edu/clinics/rhc](http://www.law.msu.edu/clinics/rhc)

The clinic is staffed with second and third year law students who provide legal counseling, representation, and education to tenants and landlords who have rental housing difficulties. The service compliments other local nonprofit organizations' efforts at informing tenants and landlords about their rights and responsibilities. The service furthers those efforts when the rental housing issue is a legal one. The Clinic operates under

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Michigan Court Rules 8.120 which permits law students who are supervised by a member of the State Bar to provide legal services to clients.

### **Housing Considerations**

Several things should be considered when looking into off-campus rental units, such as:

- What amount is required for a security deposit?
- What utilities are included in the cost of rent?
- How much will the cost of utilities run per month?
- Is there a deposit required for the utility?
- Is it convenient to campus, either within walking distance or by bus?
- Are there laundry facilities, study areas, recreational facilities?
- Can a lease be signed just for the academic year?

Cost of apartments in the

Lansing/East Lansing area can range from \$600.00 to \$800.00 for a two-bedroom and more than \$800.00 for a three-bed-

room. Single home rental rates in East Lansing depend on the proximity to campus and the size of the home. Costs of rentals in Lansing and areas further from campus are considerably lower. However, lower costs for housing is balanced against higher transportation costs, commuting time, etc.

# *Transportation*

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The cost of getting to and from class depends on how far away you live from campus. Commuters have the option of driving to campus and parking in the commuter lots. Others may opt to ride the bus. Those living in University Apartments are not permitted to drive or park on campus unless they are Graduate Assistants or have faculty/staff stickers.

## **CATA**

420 S. Grand Ave  
Lansing, MI 48933  
(517) 394-1100  
[www.cata.org](http://www.cata.org)

All bus service for the MSU campus and the greater Lansing area is provided by the Capital Area Transportation Authority (CATA). CATA operates campus service to University apartments, residence halls, commuter lots, and the main campus, 24 hours/day, 7 days/week during Fall and Spring semester. Additionally, CATA provides direct service to many off-campus apartments in the Lansing, East Lansing, Okemos and Haslett areas year round.

The discounted student cash fare is 60¢. MSU student customers must show the bus

driver a valid MSU ID to qualify for the 60¢ fare. Students may also purchase a CATA 31-day pass for \$18; a Semester Pass for \$50; or a Commuter Lot Pass for \$20.00/semester or \$33 for both semesters. Passes are available at select Sparty Stores in neighborhoods, the MSU ID Office in the International Center, MSU Dept. of Police and Public Safety, University Apartments office in Spartan Village, and the Sparty Store MSU Union. Children under 42" ride for free. The non-student adult fare is \$1.25. All passes (with the exception of the Commuter Lot Route pass) are good for all on and off campus fixed-route transit services. Free transfers are available on all buses.

*"We'll Come to You" Services*  
(517) 432-8888

CATA provides several curb-to-curb transportation services on MSU's campus. Call from any campus phone when you are ready for a ride. A small bus will arrive within 20 minutes of your call to take you to your campus destination. No advance reservations will be accepted.

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*Fixed Route Campus Service*  
Five campus routes provide service Monday through Friday, beginning at 7:00 AM with three operating as late as 2:00 AM. Three weekend routes provide service to MSU Saturday and Sunday from 9:00 AM until 2:00 AM.

*Lot Link*

Mon-Fri, 7:00 PM-2:00 AM,  
Sat-Sun, 9:00 AM-2:00 AM.  
The Lot Link provides evening and weekend campus service between MSU's student parking Lots 83 or 91 and other campus locations. All ride must start or end at one of the two lots.

*Night Owl*

Mon-Fri, 2:00 AM-7:00 AM, Sat-Sun, 2:00 AM-9:00 AM. The Night Owl provides late night/early morning campus service at times when other services are not running. Rides are restricted to campus only.

*CATA's Spec-Tran  
Contact RCPD  
(517) 353-9643  
(517) 355-1293 (TTY)*

Advance reservation curb to curb service is provided to individuals who have permanent or temporary physical disabilities preventing them from using regularly scheduled buses.

Customers must be certified to be eligible to use Spec-Tran service. The CATA cash fare for this service is \$2.50 per trip. Discount fare cards are available for Spec-Tran certified students through the RCPD office.

*MSU/CATA Transportation Center (MSU-CTC)*

This indoor facility is the main boarding center for CATA bus routes serving campus. It is located on the ground level of the Shaw Ramp, between North and South Shaw Lanes, just east of the MSU Planetarium. Amenities include phone access to CATA's customer service and ride request line, print maps and timetables, direct access to the Shaw Ramp, comfortable indoor seating areas, a community policing office, Sparty Convenience Store, ATM, vending machines and restrooms. The facility is open 24 hours a day, seven days a week.

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## **Parking Enforcement Division**

1120 Red Cedar Road, MSU  
East Lansing, MI 48824  
(517) 355-2221  
[www.police.msu.edu](http://www.police.msu.edu)

Motorized vehicles (including motorcycles and mopeds) and bicycles that are parked or operated on campus must be registered with the MSU Parking Office. The Parking Office issues permits for parking of motorized vehicles and bicycles on campus. Failure to register your vehicle as well as non-compliance with University parking ordinances and regulations may result in tickets and fines. Go to the website to view the Student Parking Regulations. Pay particular attention to the regulations that apply to your permit as well as violation (tickets and fines) information. Other parking and MSU Police information can be viewed online.

### *Graduate Assistants*

With a valid permit properly displayed on the vehicle, may park in employee spaces south of the Red Cedar River. Graduate assistant permits are available to purchase on-line.

### *Commuters*

Persons residing off-campus, who are not graduate assistants, are considered commuter students. With a valid permit properly displayed on the vehicle, commuters have the option of parking in Lot 89 (corner of Farm Lane and Mt. Hope Road) or in the campus pay lots (some at a reduced rate). A commuter may purchase a parking permit on-line.

### *University Apartments*

#### *Residents*

With a valid permit properly displayed on the vehicle, residents of Spartan Village Apartments may park in their assigned apartment area and in the campus pay lots (some at a reduced rate). University Apartment residents may purchase a yearly parking permit on-line. Each apartment may be issued a complimentary visitor permit. Should the visitor permit be lost or stolen, or you have additional guests, one-day and weekend permits are available at a nominal fee. Lost or stolen complimentary visitor permits will not be replaced.

### *Bicycle Registration*

Bicycles must be registered on campus, otherwise, they may be impounded and a fee assessed to retrieve it. The



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Parking Office provides bicycle permits at no charge. Permits must be current, valid and adhered to the bicycle frame's post below the seat, facing the handle bars. Failure to properly display and/or affix the permit may result in bicycle impoundment. To register your bicycle, go to the MSU Police website.

### *Parking Services*

Parking Services is responsible for enforcement of University parking ordinances and regulations utilizing civilian student employees. In addition, it provides vehicle "jump starts" for motorists on campus, can contact a towing company if your vehicle is disabled, provide a free gallon of gas, and cut bike locks.

### **Parking Questions**

MSU Parking Office  
1120 Red Cedar Road, MSU  
East Lansing, MI 48824  
(517) 355-2221  
[www.police.msu.edu](http://www.police.msu.edu)

Office Hours:  
7:30 AM – 4:45 PM  
Monday – Friday

### **MSU Bikes Service Center**

B10 Bessey Hall, MSU  
434 Farm Lane  
East Lansing, MI 48814  
(517) 432-3400  
[www.bikes.msu.edu](http://www.bikes.msu.edu)  
[bikes@msu.edu](mailto:bikes@msu.edu)

MSU Bikes offers select Fuji and SE bikes for rental to MSU faculty, staff, students and alumni. Rental includes general maintenance\* and a lock is provided. Rentals are on a first come basis and can be rented Mon - Fri between 10am - 5pm.

A refundable deposit, equal to the bike's retail price, will be charged upon signing the lease agreement. Student with a valid A-PID are exempt from paying a deposit. Helmets are highly recommended and inexpensive ones are for sale. Sorry, we have no loaners. Only adult bikes available.

\*Basic maintenance and general wear and tear items (tires, tubes, brake pads) are included during the lease period. Repairs for damage due to accidents or neglect are not included and will be charged at our normal service rates. Missing or stolen parts will result in partial loss of the deposit. Stolen bikes will result in the loss of the deposit.

# ***Financial Aid***

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There is money available to help finance your education! (Not available in most cases to international students.)

The money comes from a variety of sources:

- \$ Federal government
- \$ State government
- \$ City and County governments
- \$ University funds
- \$ Private foundations and individual funders

To apply for financial aid you need to complete the Free Application for Federal Student Aid (FAFSA) as soon as possible after January 1 of each year in which you plan to attend.

## **MSU Office of Financial Aid**

252 Student Services Bldg.  
556 E. Circle Dr.  
East Lansing, MI 48824  
(517) 353-5940  
<http://www.finaid.msu.edu>

## ***Aid Based on Financial Need***

MSU's Office of Financial Aid awards a mixture of grants, loans, and work study to students who demonstrate appropriate financial need. Filing the FAFSA is the first step in determining your need for aid.

## **Grants**

Grants are awards that do not have to be repaid.

### *Pell Grants*

Pell Grant offers assistance to high need students working toward their first bachelor's degree. If you are eligible for the Pell Grant, it will be listed on your MSU financial aid award offer. Eligibility is determined by the FAFSA (Free Application for Federal Student Aid). There is no separate application, and the award will disburse automatically once you are registered. If you are enrolled less than full-time (12 credits) the amount disbursed will be less than the amount listed on your award offer.

### *Supplemental Educational Opportunity Grants (SEOG)*

SEOG is a federal grant available to those first-time students with exceptional need, as determined by the University. If you are eligible for SEOG it will be listed on your award offer. There is no separate application, and the award will disburse automatically once you are registered. You must be enrolled full-time (12 credits per semester) to receive this grant.

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*MSU Childcare Grant*

The MSU Child Care Grant is available to student parents who meet the criteria as listed on the financial aid website at [www.finaid.msu.edu](http://www.finaid.msu.edu). Click on “Students with Children” for criteria and application.

*MSU Assistance Grant (MAG)*

The MSU Assistance Grant (MAG) is for first undergraduate degree student with family contributions less than \$10,001 but above Pell Grant eligibility. Students must be Michigan residents. There is no separate application, and the award will disburse automatically once you are registered. The amount listed on the award offer assumes full-time enrollment. The disbursed amount will be lower for less than full-time enrollment.

*MSU Enrollment Deposit Grant (MEDR)*

New students who were eligible for a deferment on their Advance Enrollment Deposit will see the charge on their Fall registration bill. Students who demonstrate need will receive a grant to cover the cost of the deposit. Student must be Michigan residents.

*MSU Program Fee Grant (MPFR)*

Upper division undergraduate students in certain majors will be assessed an additional program fee. Students who demonstrate need will receive a grant to cover the cost of the program fee. Students must be Michigan residents.

*MSU Spartan Advantage Program (SPAD)*

The MSU Spartan Advantage Program (SPAD) is offered to new freshmen who are Michigan residents, Pell eligible and exceptionally needy based on family income. Spartan Advantage provides a combination of scholarships, grants and work study sufficient to meet the basic cost of education (average cost for tuition and fees, room and board, and books). This award is renewable if the student and family income continues to meet the requirements.

*MSU Student Aid Grant (SAG)*

The MSU Student Aid Grant (SAG) is available to undergraduate and graduate students based on need. Students must be Michigan residents. There is no separate application, and the award will disburse automatically once you are registered. The amount listed on the award offer assumes full-time

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enrollment. The disbursed amount will be lower for less than full-time enrollment.

*MSU Reserve Officer Training Corps Room & Board Scholarship Program*

First time freshmen beginning Fall 2009 or later who are accepted into the MSU Army or Air Force ROTC Program may be eligible for this award. The student must receive full or partial tuition assistance through the MSU ROTC program, must have an out-of state residency status, and must be enrolled full time.

The program provides a scholarship to cover up to the full cost of a standard MSU double occupancy residence hall and Silver meal plan.

Continued eligibility for the award requires the student remain in good standing in the ROTC.

*MSU Detroit Compact Scholarship*

Is a partnership of business, community organizations, government agencies and public colleges and universities including MSU. Awarded to Detroit public school students and guarantees the student sufficient grant funds, through a combination of federal, state, and MSU funding, to cover the

average cost of tuition and fees at the instate rate.

*MSU Wade McCree Jr. Incentive Scholarship*

Awarded to high school students in selected Michigan school districts who meet specified high school academic standards. Through a combination of scholarships and grants, student will receive the average costs of tuition and fees based upon the current MSU rates.

**Loans**

Loans must be repaid in installments after graduation or when you drop below a half-time course load.

Think very carefully about whether you want the loans awarded. Large loans can create problems of repayment. Do not borrow money unless you need it and keep tabs on your cumulative balance.

*Perkins Loan*

The Perkins Loan is a low-interest (5 percent) loan for undergraduate and graduate students with exceptional financial need, as determined by the Office of Financial Aid. The school is the lender. This loan must be repaid. Award amounts depend upon availability of funds.

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*Federal Stafford Loan  
(Subsidized)*

Stafford Loans are low-interest loans made to students attending school at least half-time. These loans are insured by the guarantee agency in each state and reinsured by the Federal Government. You must repay this loan. Depending on your financial need, you may borrow up to:

- \$5,500 Freshman year
- \$6,500 Sophomore year
- \$7,500 a year, if you have completed 2 years of undergraduate study and have achieved junior status.
- \$20,500 a year, if you are a graduate/professional student.

Before you can receive a Stafford Loan, the University must first determine your eligibility for need-based financial aid, using the information you have reported on the FAFSA. After you graduate, leave school, or drop below half-time, you have a certain period of time before you begin repayment, called a “grace period.” The length of the period depends on when you took out the loan, but it is usually six months. You must notify the lender as soon as one of the above conditions occurs.

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*Federal Stafford Loan  
(Unsubsidized)*

Even if you are not eligible for need-based aid, you may be eligible for an Unsubsidized Federal Stafford Loan. The amount of your eligibility depends upon the amount of Federal Stafford Loan you have been awarded in your financial aid package, your year in school, and your prior loan history. Unlike the Subsidized Federal Stafford Loan, the borrower is responsible for the interest that accrues while in school. Interest payments may be made while the student is in school or the interest can be deferred and added to the original loan amount. Repayment begins after graduation.

There are also lifetime loan limits that determine how much Subsidized and Unsubsidized Loan you may borrow throughout your college career.

Limits are:

- \$31,000 for dependent undergraduates
- \$57,500 for independent undergraduates
- \$138,500 for graduate/professional students (includes the amount borrowed in undergraduate loans)

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## **Short-term Loans and Other University Loans**

If you need money temporarily, short-term loans are available in the Office of Financial Aid. Depending on student demand, as well as good credit with the University, these loans are available within a relatively short time.

### *ASMSU Loans*

(517) 355-8266

[www.asmsu.msu.edu](http://www.asmsu.msu.edu)

ASMSU also has a loan program which provides a maximum loan of \$300.00 interest free loan for up to eight weeks. It is available to registered undergraduate and graduate students who have paid their ASMSU tax.

### *Council of Graduate Students Loan*

(517) 353-9189

[www.cogs.msu.edu](http://www.cogs.msu.edu)

The COGS loan fund is administered by the Office of Financial Aid, allowing graduate and professional students to receive interest-free loans of \$500.00 for 60 days.

## **Other Aid**

### *Junior League of Lansing*

1231 Michigan Ave. Ste 204

E. Lansing, MI 48823

(517) 324-8716

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

Two scholarships in the amount of \$1,000 each are funded to two outstanding men or women in the Greater Lansing Area. Nomination forms must be completed by a referring office and are due around March of each year. Call for more information.

### *William & Phoebe Clark Scholarship*

332 Union, MSU

(517) 353-1635

[www.wrc.msu.edu](http://www.wrc.msu.edu)

If you are a non-traditional student enrolled in a degree program at MSU, and can demonstrate financial need, you may be eligible to receive a William and Phoebe Clark Scholarship. Single parents and applicants who have experienced life-changing circumstances (such as the death of a spouse or partner) are particularly encouraged to apply. Scholarships cover the approximate cost of one undergraduate or graduate course, up to \$1,500. The scholarship will be included as part of your financial aid

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package from MSU. You may receive more than one scholarship award to assist you in earning a degree, but you must reapply each semester.

*Mildred B. Erickson Fellowship*  
332 Union, MSU  
(517) 353-1635  
[www.wrc.msu.edu](http://www.wrc.msu.edu)

The Fellowship is designed to assist nontraditional students who have had to delay or interrupt their degree studies. For students with financial need, the grants cover up to five undergraduate credits at MSU. Funds may also be used for personal or professional growth. There are a limited number of awards granted each semester and decisions about awards are based on financial need and content of your application.

The amount of the Erickson Fellowship is included in your total financial aid package from MSU, which is figured by the Office of Financial Aid. You may receive more than one Fellowship award to assist you in earning a degree, but you need to apply each semester; the limit is three semesters. Apply or call online for an application.

*Michigan Competitive Scholarship (MCS)*

MCS is a need-based scholarship of up to \$1300/year for undergraduate students who are Michigan high school graduates and Michigan residents and received a qualifying score on the ACT (American College Test) taken in high school. No application is required other than the FAFSA (to determine need). The amount listed on the award offer is for full-time enrollment. The award is reduced for less than full-time enrollment, and cancelled for less than half-time enrollment. The award is renewable for 10 semesters provided the student maintains at least a 2.0 grade point average. If MCS does not appear on your award offer and you believe you are eligible, contact the Office of Financial Aid.

*Donor Scholarships and Grants*

There are numerous scholarships and grants provided by individuals, clubs, foundations, associations, agencies, and corporations for MSU students. Qualifications and eligibility for these scholarships and grants vary. Scholarships for particular fields of study are administered through the specific colleges, departments, or schools. Interested students should inquire about application procedures at

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the appropriate college, department, or school offices. The Office of Financial Aid can provide additional information on scholarship search services.

### *Fellowships*

A variety of graduate fellowships are available to MSU students. Stipends and sources of support vary widely.

Michigan State University annually awards a number of fellowships and tuition scholarships to encourage and assist high achieving students to pursue study leading to a degree. A recipient of one of these awards must be enrolled in a degree program but is not required to give formal service to the University or to the department or school.

For a student not currently enrolled in a graduate program at MSU, the application for admission also serves as an application for these awards. A student currently enrolled may apply through their respective department, school, or college.

### **Applying for Financial Aid**

It is important to read the directions very carefully before you begin filling out your FAFSA. There are sections within the form which may not pertain to

you if you are an independent student.

You are independent for financial aid purposes if you are any of the following:

- 24 years of age or older before January 1 of the year in which you want aid
- Veteran of the U.S. Armed Forces
- Enrolled in a graduate or professional level program (beyond a bachelor's degree)
- Married
- An orphan or a ward of the court, or were a ward of the court until age 18
- Provider of a legal dependent, other than a spouse, for whom you provide at least half support.

*You may answer "Yes" to this question if you have any children who get more than half of their support from you. You may also answer yes if other people (not your spouse or children) live with you and get more than half of their support from you and will continue to get that support during the school year.*

Filling out your FAFSA in a



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timely manner is important. It is recommended that you submit the FAFSA as soon as possible because the University uses a priority system in granting aid. The earlier you submit the FAFSA, the better your chance of receiving aid.

NOTE: Aid from Federal programs is not guaranteed from one year to the next. You must reapply every year. Also, if you change schools, your aid does not “go with you.” You must apply at your new school, as well. Check with the Office of Financial Aid at the institution you are planning to attend to find out what steps you should take.

Award Letter: Once the Office of Financial Aid has determined your eligibility for grants and loans, a message will be emailed to you informing you to view your financial aid awards in stu-info under ‘Financial Aid - Check Your Aid’ This will list all awards, scholarships and loans you are eligible to receive.

After careful examination, either accept or decline the loans according to the instructions online.

# ***Employment / Careers***

Some students may find that financial aid does not cover all costs related to their education such as rent, food, clothing, and personal needs. The alternative may be to find full or part time employment while working toward your degree. There are other advantages to seeking employment during your college career, such as gaining experience in your career field and building a resume. Many potential employers hire those who have shown positive work experience during college more often than those who can produce only a degree.

Working while taking classes, however, may not be advantageous to everyone. You might consider alternatives before seeking a position, such as the amount of time you will be away from home, family, and homework; the additional amount needed for childcare; and the additional transportation costs. If you do not see enough advantages and there are other alternatives available to you, you might consider not seeking employment.

## **MSU Student Employment**

110 Nisbet Building  
113 Student Services Building  
(517) 355-9510  
[www.careernetwork.msu.edu](http://www.careernetwork.msu.edu)  
[www.careernetwork.msu.edu/my-spartan-career-login](http://www.careernetwork.msu.edu/my-spartan-career-login)  
[www.hr.msu.edu](http://www.hr.msu.edu)

Jobs can be found on individual department websites and at Student Employment websites. There are over 400 departments on campus that hire students.

MSU Student Employment develops student employment policies and procedures, resolves work-related concerns, and maintains student employee work records.

## **College Work-Study**

252 Student Services  
556 E. Circle Dr.  
(517) 353-5940  
[www.finaid.msu.edu/work.asp](http://www.finaid.msu.edu/work.asp)

The College Work-Study (CWS) Program provides funding for undergraduates and graduate students who qualify for financial aid. CWS lets you earn money to help pay your educational costs. Depending on your financial need, you are awarded a certain amount which you can earn during the year with on

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and off-campus employment. Since the government subsidizes the wages of work-study students, employers are usually eager to hire and are flexible about arranging working hours to meet the needs of the students.

If you work on campus, you will work for the University. If you work off campus, your employer will be a private non-profit organization or a local, State, or Federal public agency, and the work performed must be in the public interest.

Again, a variety of things must be taken into consideration when you accept a work-study award such as: the extra child-care you will be paying while working, the time away from your family and your studies, the cost of transportation to and from your job, etc. If you want a work-study job and have not been awarded College Work Study, inquire with the Office of Financial Aid.

### **Career Services & Placement**

113 Student Services, MSU  
(517) 355-9510  
and/or  
290 Spartan Way, MSU  
(517) 884-1300

### **Career Services & Placement**

provides assistance to students and alumni planning careers in all employment areas. Services include individual career advising and workshops in areas such as resume writing, interviewing, and conducting job campaigns.

CSP at the MSU Stadium is the site for on-campus interviewing where employers from across the country interview students for potential positions. Students may also speak with employers during career fairs such as the Diversity Career Fair, the Government Career Fair, and the Summer Employment and Internship Fair.

CSP in the Student Services Building offers an extensive collection of information on: the MSU curriculum, occupations, graduate schools, planning a career or job campaign, job market prospects, and employers in many fields. Vocational interest inventories and the computerized System of Interactive Guidance and Informa-

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tion (SIGI) are also available for student use.

### **Teaching / Graduate Assistantships**

Teaching and Research Assistantships are available only to the Master & Doctoral level. If you wish to obtain an assistantship you must apply within your college. At present, graduate assistants are given a 9-credit tuition waiver at registration and receive a monthly stipend. They also receive in-state tuition status. They are available in quarter time (10 hours/week), half-time (20 hours), and three-quarter time (30 hours) levels and can be awarded for teaching and/or research. Most assistantships are assigned for the academic year although some colleges assign assistants each semester. The receipt of an assistantship will affect your eligibility for other financial aid.

# ***Public Assistance***

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## **Department of Human Services**

Ingham County  
5303 S. Cedar Street  
Lansing, MI 48909  
(517) 887-9400

Eaton County  
1050 Independence Boulevard  
Charlotte, MI 48813  
(517) 543-0863

Clinton County  
105 W. Tolles Rd.  
St. Johns, MI 48879  
(989) 224-5100

[www.michigan.gov/dhs](http://www.michigan.gov/dhs)

A student may receive food assistance, Medicaid, cash assistance, and/or assistance with childcare costs. The following section will provide some general information about the Department of Human Services (DHS).

Students who have children and want to apply for benefits will need to follow the new Department of Human Services (DHS) policies and guidelines.

If you receive assistance from DHS, be aware that scholarships and grants over the amount of tuition, fees, books,

and minimal expenses, will count as income and reduce the assistance you may receive. Keep all receipts for books, school supplies, clothing, transportation costs, and miscellaneous expenses.

The Family Independence Program (FIP) is one of the programs that are administered by DHS. It is a cash assistance program for adults with minor children, or for women who are pregnant. When a client applies for FIP benefits, their case is assigned to a Family Independence Specialist (FIS). The FIS will explain the program requirements and make the eligibility determination. The FIS is also responsible for coordinating other public assistance benefits for a client, which could include Medicaid, food assistance, employment-related activities and childcare assistance.

Be aware that DHS policies often change and are difficult to keep updated. To inquire about your eligibility call DHS in the county where you live.

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### *Childcare Assistance*

Clients meeting financial and non-financial guidelines, may qualify for assistance with childcare costs. An application must be filed with the Department of Human Services. The childcare provider must be registered with the DHS or licensed by the State of Michigan. The client may select a licensed group home or day care center. If the provider is a family member, they must be a grandparent, aunt, uncle or sibling, who is at least 18 years old. See childcare section for information on finding a childcare provider.

### *Food Assistance*

In order to receive food assistance you must meet financial and non-financial requirements. It is important to check with your DHS Specialist to determine your eligibility.

### *Medicaid*

A student may qualify for Medicaid benefits. The DHS Specialist assigned to the client can assist with more information about health care coverage programs.

### **Ingham Health Plan (IHP)**

5303 S. Cedar Street  
Lansing, MI 48909  
(517) 887-4641

For uninsured adults and children in Ingham County. Non-citizens are eligible for IHP. Call for more information.

### **Healthy Kids**

5303 S. Cedar Street  
Lansing, MI 48909  
(517) 887-4306 (Health Dept.)  
(517) 887-9400 (DHS)

Healthy Kids is a Medicaid program for pregnant women, babies, and children under 19 years of age. You may have other forms of insurance. The other insurance would be primary and Healthy Kids Medicaid secondary. For income and eligibility information call Ingham Health Department or Ingham County Department of Human Services.

### **MI Child**

1-888-988-6300

MI Child is a health insurance program. It is for uninsured children of Michigan's working families. If your child qualifies you pay a monthly premium of only \$10 for one or more children. There are no copays or deductibles.

# Childcare

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Student Parent Resource Center  
University Village Apartments  
Community Center  
1199 Garden City Road, Rm 107  
E. Lansing, MI 48823  
(517) 432-3745  
[www.frc.msu.edu](http://www.frc.msu.edu)

## Finding Childcare

Great Start Connect  
<http://greatstartconnect.org>

Early Learning Resources.  
Your destination for Child Care  
& Preschool Resources. Together we can give every child in Michigan a Great Start!

Parents can go online to find names and phone numbers of licensed childcare providers in your community. You can search for centers, homes, and preschools. You select the criteria of your choice regarding hours of care, location, etc.

As a parent of a young child, you will be concerned about your child's well-being while you attend class, study, work, and handle other tasks throughout your day. You are facing a big challenge, but the good news is that there is help along the way. MSU's Family Resource Center will assist you. Call or visit our website.

## Determine Your Care Needs

Parents may want childcare just to cover the time they are out of the home. Other parents want their child to have experiences in a group setting. Information such as the time you need childcare, the age of your child, philosophy and curriculum needs of your child, and financial constraints will be important factors to consider when choosing childcare.

Second, find out what is available. There are several different types of childcare available. Knowing what type of care you prefer will be important in making your choice.

## Prefer In-Home Care

Care.com  
[www.care.com/msu](http://www.care.com/msu)

A one stop shop for babysitters, nannies, senior/edler care support, housekeepers and even pet sitters! Their site allows you to view detailed profiles of their vetted providers and select by experience, hourly rate, availability and more.

You can also look for "College Caregivers". If you want to have access to MSU students'

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profiles, you can search the system by college. Enter the portal using the website listed above and enroll using your MSU NET ID email.

## **What is Available?**

### **Basic Types of Childcare**

There are a variety of childcare options available to parents in the Lansing/East Lansing area. Arrangements can be made on an informal basis for in-home care with a friend, neighbor or relative, or on a more formal basis with a childcare provider. The State of Michigan is the licensing agency for childcare provided outside the home.

There are two broad categories of licensed childcare: care offered at a center and care provided in a home setting.

#### *Childcare Centers*

There are various types of childcare centers: day care centers, before and after school programs administered by school districts, nursery preschools, cooperative preschools, and temporary care centers.

Childcare centers may offer full or half-day options and will vary in philosophy and technique. When choosing a center appropriate to a child's needs,

parents should be aware of differences such as provider/child ratios, cost, and types of specialized services such as emergency drop-in care.

#### *Home Settings*

There are two types of care provided in home settings: family daycare homes for up to six children and group day care homes for a maximum of 12 children. Family and group daycare can only be offered in the residence of the caregiver.

In order to be registered, or licensed, family day care providers must furnish the State of Michigan with three personal references and current proof that all persons 14 years of age or older living in the home are free from tuberculosis. A computer search is conducted on all members of the household 18 years or older to check for criminal convictions or substantiated cases of child abuse or neglect. All licenses must have a finger print identification registered with the State to identify a criminal history. Additionally, all applicants must have valid infant, child and adult CPR and First Aid training. Applicants must attend an orientation session during which the rules for day care are explained. Upon completion of the orientation,



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the provider signs a statement of registration certifying their eligibility to provide care. A certificate of registration is then issued.

### **Childcare Home & Center Licensing & Violations**

1-866-856-0126  
[www.michigan.gov/dhs](http://www.michigan.gov/dhs)

To view violations against a childcare provider, visit the website. To file a complaint against a provider, please call.

### **Childcare Options**

There are many different types of programs available and parents should choose the program which best suits both their child's developmental stage and the practical needs of the parent.

#### *Childcare Centers*

Childcare centers serve the needs of parents who need part-day or full-day care for their children. Childcare centers generally provide care five days a week, and are open about ten hours a day, year round. Child-centered curricula encourage physical, social, emotional and intellectual development through play-based activities. Most childcare centers serve children 2 1/2 to six years of age, while others offer pro-

grams for infants, toddlers and school-age children as well.

#### *Nursery Schools*

Nursery Schools are half-day preschool programs designed for children ages three to five. Nursery schools are usually open only during the school year and focus on the intellectual development of the child.

#### *Cooperative Preschool Programs*

Co-op Preschool Programs are a parent-administered version of the nursery school, designed to contain operating expenses. Parents are required to actively participate in the program through various operational tasks (e.g., painting, minor repairs, cleanup and teacher aid assistance). Cooperative preschools generally enroll children three to five years of age and the fees are usually lower than nursery schools.

#### *Temporary Care Centers*

Temporary care centers serve the needs of parents who want a few hours of care for their children or need care on an irregular basis. This option is ideal for parents who have a doctor's appointment or want an occasional preschool experience for their children. Temporary care centers require par-

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ents to register their child(ren) in advance and to notify the center when care will be needed. In general, temporary care is more expensive than other kinds of licensed center care.

### *Family Daycare Home*

A family daycare home is a private residence where the provider is registered to care for other people's children. Family day care providers are permitted to care for up to six children, including their own children, under the age of seven. Only two of the six children may be under the age of one year. They serve a wide range of children from infant through school-age and sometimes provide evening or weekend care. As with center care, the philosophies and techniques used by family day care providers may vary widely and should fit the needs of the parent and child.

### *Group Daycare Home*

A group daycare home is a private residence where the provider is licensed to care for up to 12 children. There is a second adult in the home assisting with care whenever there are more than six children present.

### *School-Age Childcare Programs*

School-age childcare programs provide before and after-school care for elementary and middle school children when school is open. These programs offer a wide variety of activities which include indoor and outdoor games, guided arts and crafts experiences, field trips and tutoring. Before and after-school programs usually accommodate professional development half-days, however, most do not operate when schools are closed for inclement weather or other emergencies. Summer care programs for school aged children are available in some school systems.

### **Choosing Childcare**

It is very important that you take time to select your childcare provider, as quality of care may differ significantly between providers. A match between your child and the setting is necessary for a successful experience.

### **Initial Phone Contact**

Begin by calling those childcare providers who appear to meet the criteria for your childcare needs. You may want to ask the following questions:

- How long have you been a

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childcare professional?

- What is the training background of staff who will interact with my child?
- What days and hours can my child attend?
- What are your fees for caring for my child? Do you participate in any funding programs?
- What types of meals do you serve? Or is the parent required to bring food?
- What is your program philosophy? How is the day structured?
- How do you handle discipline?
- What happens when my child is absent? Do I still pay? Am I allowed any vacation or sick days during the year? Do you take a vacation? Do I pay during your vacation days?
- What is your application process?
- When can I tour?

### **Visiting Prospective Childcare Providers**

Your goal in visiting childcare providers is to see their programs in action. Take your

child along if possible, so they have the opportunity to experience the program. Make observations about the following areas:

Is the setting clean, safe and sanitary to your standards? Remember, this is a children's setting; there may be materials and toys on the floor so the children can play and interact, but it should be a safe environment at all times.

Is the physical environment pleasant? Would you enjoy spending a long period of time in this space?

Are the children interacting and active in their play? Children should be busy and involved in activities. They should be talking and moving around in a constructive fashion. Do the children seem generally happy? Are they comforted when they are unhappy?

Are the children supported in their play with other children? Conflicts will occur, children struggle to "share", and get frustrated with each other. These are normal parts of a program. Effective adults will help children work things out by guiding, redirecting and negotiating conflicts. How many adults are with how many

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children? Does this match required ratios?

Are the philosophy, program and discipline guidelines of the program consistent with your goals for your child? Is the interaction that you see between children and adults consistent with the philosophy discussed. This information should be included in a parent handbook.

How does your child respond to the setting? Does your child take an interest in the activities of the program? Children will demonstrate this interest in different ways; some will get right in and become involved, others will watch from the parent's arms. You know your child best, so look for signs of interest typical of your child.

How does the provider respond to your child? Did they welcome them, interact with them and introduce them to the other children? Do they appear loving and nurturing?

### **After the Decision is Made...**

After you have selected the best care giver for your child, it is important to finalize the details of the relationship. Make an appointment to meet with the caregiver to cover details. Specific areas you should be

sure to cover are:

- Filing fees, any penalties or additional fees, and payment plan
- Days of service, beginning date, holidays and days closed
  
- Arrival and pickup times and procedures
  
- First day procedures, paperwork required
  
- Special supplies to bring (i.e., diapers, child's belongings, special foods)

## **Childcare Financial Assistance**

The following programs have been identified to assist MSU student-parents:

### **MSU Childcare Grant**

252 Student Services, MSU  
Office of Financial Aid  
(517) 353-5940  
[www.finaid.msu.edu](http://www.finaid.msu.edu)

The MSU Child Care Grant is available to students who meet the criteria as listed on the financial aid website. Click on "Students with Children" or call for an application.

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**MSU Spartan Kids Grant  
Student Parent Resource Center**

University Village Community  
Center  
1199 Garden City Road, Rm 107  
E. Lansing, MI 48823  
(517) 432-3745

"Spartan Kids" is a childcare grant that reduces the cost of childcare for MSU students at one of the contracted local providers. The grant amount is \$5,000 or 1,042 hours per child in the family. You may be a domestic undergraduate student at Michigan State University who received or is eligible for the Pell-grant or an income eligible graduate or international student (must be approved at time of application by the staff at the Student Parent Resource Center).

**MSU Office of Financial Aid**

252 Student Services, MSU  
556 E. Circle Dr.  
(517) 353-5940  
[www.finaid.msu.edu](http://www.finaid.msu.edu)

The MSU OFA attempts to meet the needs of students with dependent care expenses, by adjusting the budget to reflect the cost of childcare, or of having dependents in the home. To qualify for increased assistance you must have applied for financial aid for the current academic year. You do not

need to be a financial aid recipient in order to qualify. Call the Office of Financial Aid and ask to speak with a financial aid officer. You will need to file a "Cost of Attendance Increase Request" form.

**Department of Human  
Services - State of Michigan**

If you are income eligible, the Department of Human Services may be able to help with childcare costs. See page 28 for more information.

**City of Lansing Scholarship**

(517) 887-4319  
<http://hd.ingham.org/Home/OfficeforYoungChildren/ParentsandGuardians/FinancialAssistance.aspx>

Available to residents living in the corporate city limits of Lansing for children infant through school age. You must meet eligibility requirements; reside and use child care in the corporate city limits of Lansing, must not be eligible or receiving child care assistance through DHS, scholarships run for a 45 week period: Mid August through Mid June.

Full-time \$40 per week  
Part-time \$20 per week

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## **Student Parent Resource Center**

University Village Community Center  
1199 Garden City Rd, Rm 107  
E. Lansing, MI 48823  
(517) 432-3745

The Student Parent Resource Center coordinates information and resources to assist students who are balancing work and education with family responsibilities. The SPRC staff refers students to the appropriate agencies or information sources and disseminates information about University child and elder care support programs.

Call SPRC for information or assistance on:

- types of child-care available
- sources of financial assistance
- emergency child-care
- elder care assistance
- breastfeeding support
- sick childcare
- free pre-finals childcare
- student support
- parenting classes

Feel free to stop in or call to discuss your needs. Appointments are preferred.

## **Emergency Back-up Childcare Service**

MSU provides an Emergency Backup-Childcare Service to meet the emergency and short-term childcare needs of students, faculty and staff. It can serve infants through age 12. As a student parent, you are eligible for five days of childcare, per year, per child, at no charge. Additional days may be available on a daily-fee basis. There are two contracted providers. Students may use their five days of care per child at both locations, in combination (i.e. 2 days at one provider, 3 days at the other).

### ***On campus:***

Spartan Child Development Center  
33 E Crescent Road  
East Lansing, MI 48823  
(517) 353-5154  
Monday-Friday  
7:30 AM - 6:00 PM  
Ages 3-6 years old

Space is limited. You may call to reserve a space within two weeks of needing care. Same-day childcare needs will be met when possible. Call to inquire about emergency care space.

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**Off campus**

Mrs. B's Childcare  
Tameka Billingslea  
2445 Dobie Road  
Mason, MI 48854  
(517) 676-3020  
Monday-Friday  
6:00 AM - 5:30 PM  
Ages 6 weeks-12 years

Mrs. B operates an accredited, licensed group home southeast of campus. The five Emergency Back-up days apply to her program as well. The program is located at the border of Okemos and Mason.

**Sick Childcare**

(517) 333-0610 (Sick Care)  
(517) 353-1635 (WorkLife Office)  
[www.worklife.msu.edu](http://www.worklife.msu.edu)

Have you ever worried what would happen if you had a very important exam, project, or class to attend, and your child was ill and unable to attend day care or school? If this situation should ever happen to you, take advantage of MSU's Sick Child Care program.

This service brings qualified home health care aides into your home to supervise your child who is ill. This services covers children who are sick with the common cold, ear infections, chicken pox and other illness.

Each MSU student is eligible for 16 hours of care per academic year. Service is to be used in three-hour minimum blocks. MSU subsidizes 70% of the cost with an added 10% discount for students, resulting in a co-pay of \$5.00/hr. for parents. More hours of care may be available with prior approval.

Parents may call Home Instead 24 hours a day to request care. Calling during business hours, with a four-hour notice, is optimal. The sooner you call, the better. On-call staff cannot be guaranteed, but they will do their best to accommodate your needs.

Parents and guardians are encouraged to pre-register with Home Instead by providing medical histories before the care is actually needed. By pre-registering, the intake process is shortened. Forms to pre-register are available through the WorkLife Office.

**Elder Care**

Linton Hall  
479 West Circle Dr.,  
Linton Hall, Suite 116/118  
(517) 353-1635  
[www.worklife.msu.edu](http://www.worklife.msu.edu)

(517) 887-1440 (TCOA)  
[www.tcoa.org](http://www.tcoa.org)

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Students, faculty and staff managing the care of an elder may call the Life Span and Family Services Coordinator for consultation assistance, to be included on our eldercare listserv or participate in the eldercare education series. Or you may contact the Tri-County Office on Aging to receive a referral and information on a variety of elder care issues and support services.

### **Campus Based Childcare**

#### *Spartan Child*

#### *Development Center*

33 Crescent Road  
E. Lansing, MI 48823  
(517) 353-5154  
[www.scdc.msu.edu](http://www.scdc.msu.edu)

MSU provides the facility for the Spartan Child Development Center (SCDC) in Spartan Village. The service is administered as a private not-for-profit organization and the majority of the families enrolled in the center are students, faculty, and staff of MSU. Scholarships are available for student families. Full-time and half-day programs are designed to meet the unique needs of students, for their children ages 6 weeks to 6 years. There is a \$45.00 application fee. Please contact SCDC for further information.

### **MSU Laboratory Preschools On Campus**

325 W. Grand River Avenue  
East Lansing, MI 48823  
(517) 355-1900  
[www.hdfs.msu.edu/cdl](http://www.hdfs.msu.edu/cdl)  
Childcare program operates full year/full time for ages 18 months - 6 years.

This program offers 4 day morning and afternoon sessions, which correspond to the MSU calendar. The program serves as a training site for college students.

Off Campus  
5750 Academic Way  
Haslett, MI 48840  
(517) 339-6045  
[www.hdfs.msu.edu/cdl](http://www.hdfs.msu.edu/cdl)  
Ages 3 - 6.

### **Off Campus Childcare**

#### *School Age Children*

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

The school year in Michigan generally runs from Sept. through June and the school day is typically 8:00 AM to 3:30 PM. School districts and specific schools have vacations, teacher workdays and other events which affect the availability of services to children. Please check with the specific school your child will attend for details.



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Your child's school calendar may or may not correspond with the MSU calendar. Please be aware that winter and spring holidays of the schools may be different than the semester breaks of MSU, and that during each semester there may be days in which you need temporary or short term childcare to cover when schools are closed. Some private childcare providers and centers, as well as public schools, offer services for Before and After School Hours ("B and A" Programs). Check with the your local school for details on programs in your area or visit [www.greatstartconnect.org](http://www.greatstartconnect.org).

*City of East Lansing  
Before & After School  
Childcare Programs*  
Hannah Community Center  
819 Abbott Rd.  
East Lansing, MI 48823  
(517) 319-6979 (school aged)

Please contact the Hannah Community Center for further information on these programs housed within the East Lansing Public School Buildings.

*Family Growth Centers  
Free Drop In Care*

*Bethlehem Lutheran Church*  
549 E. Mt. Hope Rd., Lansing  
(517) 371-1347 (Tues., Wed.,  
Thurs.)

9am-11:30am or 1:30pm-4pm

*University United Methodist  
Church*

1120 S. Harrison Rd., E. Lansing  
(517) 351-6641(Mondays)

9am-11:30am or 1:30-4pm

There are two sites that offer free drop off respite childcare for families who need to run an errand, go to a doctor's appointment or just have time to themselves. FGC accepts children from six weeks through age five and may attend up to 6 times a month. Morning or afternoon sessions available. Call for more information.

*Parent Education Programs*  
(517) 882.4000

The Family Growth Center offers parent support and education classes throughout the year. For more information and a schedule of classes please call.

*Kindergarten Round-Up*

"Kindergarten Round-up" is offered by school districts each Spring for children who are eligible to begin school (must

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be 5 years old by September 1). This event is offered to allow teachers to evaluate and make recommendations about a child's readiness for school, and allows young children an opportunity to find out what school is about.

Preparing children for school involves "enrolling" the child in the school. Paperwork needed to complete this process includes immunization, health/physical records and emergency cards. Contact your local school as soon as possible.

*The Great Start Readiness Programs (GSRP)*  
(517) 244-1246  
<https://michiganpreschool.org>

The Great Start Readiness Program (GSRP) is a FREE preschool program for children that are 4 years old. There are many GSRP classroom sites in the Ingham Intermediate School District, with highly qualified teachers offering curriculums that are proven to help prepare children for kindergarten. Full day and half day programs are available.

*Head Start*  
727 N. Jenison St.  
Lansing, MI 48915  
(517) 372-9411

Free preschool for eligible children ages 3-5. Full day and part day classroom options are available, at over thirty-five locations.

Early Head Start  
727 N. Jenison Ave.  
Lansing, MI 48915  
[www.cacsheadstart.org](http://www.cacsheadstart.org)

Services include home visits for pregnant women and children 0-3. Four infant/toddler classrooms are also available.

**Immunizations for Childcare**  
Immunizations and physicals are required to enroll a child in day care and in the public school system. These physicals and immunizations may be obtained through the health department or from physicians. A child whose parents object to physical examinations or medical treatment on religious grounds may be enrolled if the parent provides a signed statement that the child is in good health and that the parent assumes responsibility for the child's health.

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**Car Seats**

Michigan law requires that a child under the age of one must be seated in a child safety seat in the back of the vehicle, rear facing (if the vehicle does not have a back seat, the child can be in the front).

The center of the back seat is preferred. Never place a child in the front seat when the car is equipped with air bags.

Children over 1 yr. of age until about 4 yr. of age (between 20-40 lbs) need to be in forward facing seats, but still located in the center rear seat. Children over 4 years of age until about 8 years of age (between 40-80 pounds) need to be in weight appropriate booster seats.

Children over 80 pounds and 8 years of age can fit correctly in lap/shoulder belts. To fit correctly in the safety belt, kids must be tall enough to sit with knees bent at the edge of the seat without slouching. The rear seat is always the safest for children.

**Car seat rental programs:**

Lansing Safety Council  
3315 S. Pennsylvania  
Lansing, MI 48910  
(517) 394-4614  
[www.safetycouncil.org](http://www.safetycouncil.org)

Short-term rental for 1-3 weeks. Infant, toddler, and booster seats available. \$20.00 deposit, \$5 cleaning fee if soiled.

Clinton County  
Family Resource Center  
4179 S. US 27  
St. Johns, MI 48879  
(989) 224-1173

Programs and services offered include: low cost car seats for WIC/Medicaid recipients, parenting information and support groups using the Meld Model, 0-3 Healthy Start, Maternal/Infant Support Services, Great Start School Readiness Program preschool (for 4 yr. olds), and Clinton Co. Cares which provides referrals for other human resource agencies.

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# *Health Services*

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As low income, you may be eligible for Medicaid health insurance through the State of Michigan (see pg. 28).

MSU also offers health insurance for students. Several options are available for students only and for spouses and children. Each student receives a copy of the new health care costs at the beginning of each academic year.

## **Olin Health Center**

### **463 E. Circle Dr.**

(517) 884-6546 (Health Center)  
(517) 353-4660 (Appointments)  
(517) 355-7707 (Cancellations)  
(517) 353-4700 (Courtesy Van)  
(517) 353-0718 (Health Education)  
(517) 353-5557 (Nurse Info)  
(517) 353-8737 (Psychiatry)  
olin@msu.edu  
www.olin.msu.edu

MSU Student Health Services provides medical, and health education services to the students of MSU. Services are available year around at Olin Health Center, located on East Circle Drive between Berkeley Hall and the Grand River Avenue parking ramp. Olin is open fall and spring semesters from 8:00 am - 6:00 pm Monday through Friday, and 10 am to 1 pm on Saturdays. Summer

and break hours are 8 am to 5pm Monday through Friday.

Neighborhood Clinics are open during fall and spring semesters, and are located in Holden, Hubbard, Brody, and McDonel Halls. For Neighborhood clinic hours, please visit: olin.msu.edu.

The Olin Courtesy Van provides free transportation to patients within one mile of campus who have difficulty getting to and from the Student Health Services.

Students are encouraged to call ahead to make an appointment. Patients arriving without an appointment will have an appointment scheduled for them. If illness or injury is urgent, the patient will be given a same day appointment, referred to local urgent care facilities, or transferred to the Sparrow emergency department when warranted.

### *Health Education*

Olin Health Education Services are available to address the health promotion, education and prevention needs of students. Individual counseling, outreach programming and learning opportunities are

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provided for students interested in health and lifestyle issues, including nutrition, fitness, sexual health, tobacco, alcohol, and other drugs.

LIFE:Rx Fitness testing, and one-on-one nutrition counseling and free confidential HIV testing are available by appointment.

#### *Women's Health Clinic*

Patients receive specialized services including routine pelvic and breast examinations, Pap test, treatment of gynecological problems, counseling, and contraceptive services.

#### *Allergy and Immunization Clinic*

Allergy and Immunization services are available by appointment Monday through Friday at Olin Health Center. To schedule an appointment, call (517) 353-4660. For details about starting services visit [olin.msu.edu/services/allergy/](http://olin.msu.edu/services/allergy/).

#### *Specialty Services*

Psychiatry, orthopedics, sports medicine are available at Olin by referral.

#### *Ancillary Services*

Pharmacy, physical therapy, radiology, and laboratory services are also available at Olin. These services must be prescribed by licensed physi-

cians. As an additional service, MSU Pharmacies can deliver prescription or non-prescription pharmacy items to you.

#### *Phone Information Nurse*

Available to provide answers to general health related questions and provide assistance with medical decision making, the Phone Nurse is available 24 hours per day, 7 days a week.

#### *Eligibility and Fees*

Student Health Services are available to all MSU and MSU College of Law students and their spouses or documented domestic partners. **Services are not available for children of students.** Enrolled MSU students receive three pre-paid medical office visits each academic year. Three lifetime psychiatry visits, as well as for other services such as lab tests, medical procedures and x-rays. Charges for students with health insurance will be billed directly to the student's insurance company, and the student will be billed for whatever is not covered. For additional information on billing and eligibility, visit <http://olin.msu.edu>.

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*Planned Parenthood of Mid and South Michigan*

Lansing Health Center  
300 N. Clippert #6  
Lansing, MI 48912  
Phone: 517-351-0550  
Fax: 517-351-6608  
www.ppmism.org

Planned Parenthood provides full access to reproductive health care through medical services, education, and advocacy with services and programs available to all people regardless of race, age, gender, marital status, national origin, disability or sexual orientation.

**Patient Services:**

- Annual Exams
- Birth Control
- Pregnancy options information
- Colposcopy and cryotherapy for abnormal Pap test
- STI testing and treatment
- Pregnancy Testing
- Emergency Contraception
- Rapid HIV testing and education

## **Insurance**

Medical insurance is highly recommended for all students. MSU Student Health Services will bill directly to insurance companies, including out-of-state and foreign sponsors, for reimbursable charges. The patient is then billed for any remaining balance.

### **Student Health Insurance Plan**

110 Nisbet Building, MSU  
(517) 353-4434 HR Benefits  
1-800-353-4434  
studentinsurance@hr.msu.edu  
www.hr.msu.edu/benefits/student-health

**Learn More!**

1-800-662-6667 (Blue Care Network)

[www.bcbsm.com/msu](http://www.bcbsm.com/msu)

Information is mailed to each registered student prior to the start of Fall semester. Health insurance plans are also available for spouses and dependent children (for additional fees).

All International, Medical and Veterinary Students are required to have health insurance coverage while attending MSU and are automatically enrolled in the Student Health Insurance Plan through a charge on their tuition bill for Fall and Spring Semesters. In order

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to waive coverage under the MSU student health plan, other coverage must meet the waiver standards. You may submit an on-line waiver request. Students and spouses covered under the MSU Student Health Insurance Plan must seek treatment and/or referrals through MSU Student Health Services. Dependent children within 45 miles of the MSU East Lansing campus, are encouraged to utilize the services of the MSU Health Team for medical treatment. A referral is required for each separate medical condition. Failure to seek a referral, except in certain conditions such as emergencies, maternity care or when more than 45 miles from MSU will exclude medical treatment from coverage under the health plan.

**Ingham Health Plan**

5303 S. Cedar Street  
Lansing, MI 48909  
(517) 887-4641

Offering a limited amount of medical coverage for people who are not eligible for Medicaid. International students are eligible.

**People's Prescription Plan**

1-800-527-5433

The People's Prescription Plan

offers lowest or best prices to members. Participating pharmacies will give you or your family the lowest or best prices available in their pharmacy.

**Local Hospitals**

**McLaren Greater Lansing**

401 W. Greenlawn  
Lansing, MI 48910  
(517) 975-6000  
<http://www.mclaren.org/Lansing/Lansing.aspx>

The Center includes an inpatient facility, emergency department, pharmacy, specialty clinics, and cardiac, pulmonary, cancer, and other services.

**McLaren Regional Orthopedic Hospital**

2727 S. Pennsylvania  
Lansing, MI 48910  
(517) 975-6000  
[www.mclaren.org/orthopedichospital/orthopedichospital.aspx](http://www.mclaren.org/orthopedichospital/orthopedichospital.aspx)

A part of McLaren Healthcare services include orthopedics, endoscopy, medical rehabilitation, inpatient geropsychiatry, sleep disorders, infusions, full surgical services, and an outpatient pharmacy.

**Sparrow Hospital**

1215 East Michigan Avenue  
Lansing, MI 48912  
(517) 364-1000  
[www.sparrow.org](http://www.sparrow.org)

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Inpatient and Emergency, as well as various other services, are within the main facility with additional services within the immediate two-block circumference of the hospital. These include a family practice center, pharmacy, health care supply, and weight management center. Sparrow Hospital Family Practice Centers offer several locations in Lansing, East Lansing, and one in Mason.

**Sparrow Hospital,  
St. Lawrence Campus**

1210 W. Saginaw  
Lansing, MI 48915  
(517) 364-1000  
[www.sparrow.org](http://www.sparrow.org)

St. Lawrence Campus is a division of Sparrow Health System. Emergency services, mental health, substance abuse programs and hospice services.

**MSU HealthTeam**

Clinical Center, MSU (Service Rd.)  
(517) 353-3000  
[www.healthteam.msu.edu](http://www.healthteam.msu.edu)

The MSU HealthTeam's largest clinical facility is located in the MSU campus Clinical Center on Service Rd. Primary and specialty health care services are offered to the greater Lansing community. Students and their families may use services at the MSU Clinical Center facil-

ity on a fee-for-service basis. Specialty clinics include internal medicine, laboratory, MRI, neurology, pediatrics, physical medicine and rehabilitation, radiology and pharmacy services are also available.

**Redi Care**

(517) 694-4134 - Lansing  
(517) 339-2100 - Haslett

Urgent care clinic option for non-emergency health needs. Evenings and weekends.

**Hear USA**

[www.hearusa.com](http://www.hearusa.com)  
705 W Lake Lansing Rd  
East Lansing, MI 48823  
(517) 337-2411

Offering state of the art solutions that give you a lifetime of the sounds you love.

**Ingham County  
Health Department**

5303 S. Cedar Street  
Lansing, MI 48909  
(517) 887-4311  
(517) 485-2251 Nights, Weekends,  
Emergency

A fee is charged for services based on the ability to pay. Services include:

- Adult Health Primary Care
- Adult Dental Services
- Child Health Primary Care
- Family Planning Services



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·STI Clinic  
·Women, Infants, and Children Program

**Cristo Rey  
Community Center**

1717 N. High Street  
Lansing, MI 48906  
(517) 372-4700  
www.cristo-rey.com

Low income, Ingham County residents are eligible if they have no insurance. Family Health Center appointments are made by calling.

**Well Child Health Center**

901 W. Mt. Hope  
Lansing, MI 48910  
(517) 267-3400

The Well Child Health Center services children up to age 18 that are on Medicaid or Ingham Health Plan Insurance with regular health exams. For children without insurance, the parent must provide proof of income to receive a sliding scale fee.

**Care Free Medical Clinics**

5135 S. Pennsylvania, Lansing  
(517) 887-5922 - Lansing  
790 E. Columbia, Mason  
(517) 244-0120 - Mason  
admin@carefreemedical.com  
www.carefreemedical.com

Provides free medical care to low-income families, regard-

less of citizenship, if they do not have medical insurance and are not able to use Olin Health Center on campus. Female patients are able to receive annual gynecological examinations as well as the possibility of free mammograms and pap smears. Males will receive examinations and testing as warranted. Regularly scheduled follow-up visits will be planned based upon specific needs. All children and young adults will receive recommended annual and well-child examinations as well as immunizations. Free laboratory and x-ray services when warranted as well as medical supplies and equipment when available.

**Physicians Referral Services**

Not everyone has the same medical needs or preferences. The area hospitals offer a Physician Referral Service to assist you in locating a doctor who will best suit your needs.

*Sparrow Health System*

1-888-7WE-HEAL  
Physician referral service of doctors who are accepting new patients.

*McLaren Greater Lansing*

(877) 224-4325

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## **Emotional Health MSU Counseling Center**

207 Student Services, MSU  
(517) 355-8270  
[www.couns.msu.edu](http://www.couns.msu.edu)

Programs include individual and group, personal or career counseling, testing, multicultural issues, substance abuse assessment, and sexual assault crisis and safety education. Any student registered for one or more credits is eligible for a consultation or assessment interview. As resources permit, additional services and/or referrals may be provided.

## **MSU Psychiatric Clinic**

B119 W. Fee Hall, MSU  
(517) 353-3070  
[www.psychiatry.msu.edu](http://www.psychiatry.msu.edu)

This clinic offers comprehensive, multidisciplinary assessments specializing in challenging and complex psychiatric problems for children and adolescents. Additional therapeutic services include focused group treatment, problem solving, social skills training, focused group treatment for parents, family therapy, behavioral management treatment and psychiatric medication treatment in collaboration with primary care physicians.

## **MSU Psychological Clinic**

151 Psychology Building, MSU  
(517) 355-9564  
<http://psychology.msu.edu/clinic>

Provides sliding-scale psychotherapy and assessment services to the East Lansing and MSU communities. They serve adults, adolescents, children, couples, and families. Services include individual psychotherapy, child play therapy, and group therapy. Testing services include evaluations for depression and mood problems, dementia, learning disabilities, ADHD, Autism/Asperger's Disorder, and neuropsychological problems. Community outreach includes school consultations, parent education, grief and loss groups for children and adults, and domestic violence groups.

## **Couple & Family Therapy Clinic**

Clinical Center, Ste. A233  
(517) 432-2272  
<http://hdfs.msu.edu/clinic>

Ph.D. students specialization in Marriage and Family Therapy provide therapeutic services to individuals, couples and families in local and campus communities. Student rates available. Call for more information or to schedule an appointment.

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**Community Mental Health Services**

812 E. Jolly Road  
Lansing, MI 48910  
1-800-372-8460 (Emergency)  
1-888-800-1559 (Non-Crisis)

Mental health services are available to residents of Clinton-Eaton-Ingham Counties for adults and children with mental illness, emotional problems, developmental disabilities, and drug problems. Contact the CMH Authority of Clinton-Eaton-Ingham for more information. CMH serves persons with Medicaid and some other types of insurance.

**St. Vincent Catholic Charities**

2800 W. Willow Street  
Lansing, MI 48917  
(517) 323-4734  
[www.stvcc.org](http://www.stvcc.org)

Family Counseling Center provides counseling to individuals and families. Family Counseling Center accepts most major insurances and cost of services are provided on a sliding scale basis. Agency also provides residential treatment for children who are victims of abuse and/or neglect, foster care, refugee resettlement, programs for seniors, and transitional housing.

**Cristo Rey Community Center**

1717 N. High Street  
Lansing, MI 48906  
(517) 372-4700  
[www.cristo-rey.com](http://www.cristo-rey.com)

Focuses on the Spanish/Hispanic community although programs are available to all individuals within the Lansing/East Lansing area. Programs offered by Cristo Rey include, mental health, family and child services, family health clinic, latch-key childcare, food and clothing bank, diversion program, prescription assistance for those without insurance, adults with disabilities assistance, alcohol and substance abuse programs, and minority services.

**Child & Family Services, Capital Area**

4287 Five Oaks Drive  
Lansing, MI 48911  
(517) 882-4000  
[www.childandfamily.org](http://www.childandfamily.org)

Provides mental health counseling to children, adolescents, and adults. Individual, couple/marital, and family therapy is provided. Adolescent substance abuse assessment and outpatient treatment is also provided to youth ages 10-20. Most insurances are accepted and services are provided on a

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sliding scale fee basis.

**Listening Ear Crisis Center**

2504 E. Michigan  
Lansing, MI 48912  
(517) 337-1717  
<http://theear.org>

Free, anonymous, and confidential services include a 24 hr. crisis hotline and sexual assault counseling services for survivors and their significant others. Call to talk to someone and/or to set up an appointment with a sexual assault counselor.

**End Violent Encounters, Inc.**

(517) 372-5976 Administration  
(517) 372-5572 Crisis Line  
[www.eveinc.org](http://www.eveinc.org)

Provides free residential and non-residential supportive services to victims of domestic violence. EVE offers 24-hour crisis line support, safe, temporary emergency shelter, family and individual counseling, advocacy, support groups, children's programs, community education and personal protection order assistance.

**MSU Safe Place**

G-55 Wilson Hall, MSU  
(517) 355-1100 (Safe Place)  
(517) 355-2221 (MSU Police)  
[www.msu.edu/~safe](http://www.msu.edu/~safe)  
[noabuse@msu.edu](mailto:noabuse@msu.edu)

MSU Safe Place offers free and confidential services to students, staff, faculty, their partners, and members of the Greater Lansing community who are experiencing relationship violence and/or stalking. Services include short-term emergency shelter, counseling, support group, advocacy, information, and referrals. Individuals do not have to stay in the shelter to get support. MSU Safe Place also provides community education in the hopes of raising awareness about these issues.

**Haven House**

121 Whitehills Drive  
E. Lansing, MI 48823  
(517) 337-2731  
[www.havenhouseel.org](http://www.havenhouseel.org)

Emergency shelter for families with children for approximately 30 days as available. Assistance with counseling, education, job search, and housing relocation is also available to residents of the shelter.

Emergency Food Assistance, walk-in 5-8pm Friday, Saturday, Sunday, and Holidays when Greater Lansing Food Bank is Closed.

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## **Substance Abuse Treatment**

### **Alcoholics Anonymous**

1915 E. Michigan Avenue, Ste D  
Lansing, MI 48912  
(517) 377-1444 (24 hr. AA line)  
(517) 355-8270 (MSU Counseling Center)  
[www.aalansingmi.org](http://www.aalansingmi.org)

A list of area AA, ALANON, and ALATEEN meetings is available by calling the above number. The list indicates the type of program, time and place. There is a meeting somewhere every day of the week in the Greater Lansing area. Several AA and Narcotics Anonymous programs are held on the MSU campus. The MSU Counseling Center can assist you in finding the program that suits your needs.

### **Sparrow Substance Abuse Programs**

1210 W. Saginaw  
Lansing, MI 48915  
(517) 364-7740  
[www.sparrow.org/behavioralhealth](http://www.sparrow.org/behavioralhealth)

Offers specialized programs for adults with drug and alcohol problems. Inpatient and outpatient options are available. 24 hour confidential help is available by calling.

### **Par Rehab Services**

3960 Patient Care Drive, Suite 104  
Lansing, MI 48911  
(517) 887-9801  
<http://parrehab.org>

Located off campus and is a provider of chemical dependency and mental health treatment services. Therapists work with clients to define and identify solutions for alcohol and drug addiction, dual diagnosis, family counseling, women's issues, anxiety disorders, grief and loss counseling, and more.

### **Dental**

#### **LCC Dental Hygiene Clinic**

515 N. Washington Square  
Rm. 107  
(LCC Arts and Sciences Building)  
Lansing, MI 48906  
(517) 483-1458  
[www.lcc.edu/health/dental/clinic](http://www.lcc.edu/health/dental/clinic)

Preventative dental hygiene services and sealants provided by dental hygiene students supervised by a licensed dentist and licensed dental hygienists are offered. Cost of service is \$25 for children under 18, adults range from \$40.00-\$60.00, and seniors over 60 years of age are \$25.00. Services are offered during all academic terms - fall,

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spring and summer. Ap-  
pointments are made fol-  
lowing a no-cost screening  
appointment.

MSU students and spouses  
receive routine and emer-  
gency dental services  
provided by dentists and  
hygienists.

**Ingham County Health  
Department**

**Adult Dental Center**

5303 S. Cedar Street  
Lansing, MI 48911  
(517) 887-4423

Provides preventative, rou-  
tine, and restorative treatment.  
Serves 18+ year olds and older  
Ingham County residents with-  
out insurance and with Meicaid.  
Proof of income and residency  
are required.

**Ingham County Health  
Department**

**Healthy Smiles Dental  
Center**

2815 S. Pennsylvania Ave.Ste  
203  
Lansing, MI 48911  
(517) 272-4150

Sees Ingham County chil-  
dren under 18 with Medicaid,  
Healthy Kids, and MIChild  
insurances. Children receive  
preventative, routine, and re-

storative treatment. The child's  
Social Security Card and insur-  
ance cards are needed.

**Care Free Dental Clinic**

5135 S. Pennsylvania  
Lansing, MI 48911  
(517) 272-5053  
[www.carefreemedical.com/dental.  
html](http://www.carefreemedical.com/dental.html)

The Care Free Dental Clinic  
is an all volunteer, non profit  
dental clinic. Our mission is to  
provide much needed dental  
treatment for the underserved,  
whose access to dental health  
is limited due to inadequate  
income and/or reduced access  
to Medicaid care. We provide  
quality, caring, and compassion-  
ate treatment.

# ***Legal/Safety Services***

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## **ASMSU/COGS Student**

### **Legal Services**

329 Student Services, MSU

(517) 353-3716

[www.asmsu.msu.edu](http://www.asmsu.msu.edu)

The Associated Students of MSU and Council of Graduate Students provide a legal services clinic. This entitles currently enrolled undergraduate and graduate students (who have not refunded their student activity fee) to receive legal counsel from staff attorneys on most student legal concerns. Students may be able to receive representation in court or be counseled in landlord-tenant problems, criminal misdemeanors, traffic offenses, and other legal matters.

Legal Services cannot represent students in regards to divorce, child custody issues, child-support enforcement, felonies, etc. Legal Services may be helpful in recommending affordable private attorneys.

The legal staff is also available to present educational programs about the office, and other law-related matters or concerns.

## **Judicial Affairs**

101 Student Services, MSU

(517) 355-8286

[www.studentlife.msu.edu](http://www.studentlife.msu.edu)

The Judicial Affairs Office can assist students who have been harassed or victimized by another MSU student on campus, including University Apartments. They also offer educational programs for court referred substance abusers that are MSU students.

## **Ombudsman**

129 N. Kedzie, MSU

(517) 353-8830

[www.msu.edu/unit/ombud](http://www.msu.edu/unit/ombud)

The Ombudsman offers confidential and impartial service to students who have conflicts with faculty, staff, and administration. The Ombudsperson independently assesses the validity of each complaint, advises on possible remedies, and, where indicated, assists the student in securing a fair resolution of the matter. The Ombudsperson is a neutral third-party who has a wide understanding of university policy and practice, including the grievance system and the process to resolve academic dishonesty allegations.

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**Legal Services of  
South Central Michigan**

3490 Belle Chase Way, #50  
Lansing, MI 48911  
(517) 394-3121/(888) 783-8190  
[www.lsscm.org](http://www.lsscm.org)

Provides a full range of free legal services to those who cannot afford a lawyer. Legal Services attorneys give advice, represent clients in court, and help those living on low incomes to know and assert their rights. Legal Aid provides services in civil cases only. No criminal or traffic violations are handled. Legal Services also provides information and education to help prevent legal problems from happening.

**MSU College of Law  
Tax Clinic**

610 Abbot Rd.  
E. Lansing, MI 48823  
(517) 336-8088, ex. 4  
[www.law.msu.edu/clinics/tax](http://www.law.msu.edu/clinics/tax)

Provides low-cost, high-quality legal assistance to low-income taxpayers who have cases or controversies with the IRS or who are non-filers. Advises persons for whom English is a second language of their rights and responsibilities.

**Chance at Childhood Clinic**

610 Abbott  
E. Lansing, MI 48823  
(517) 336-8088  
<http://chanceatchildhood.msu.edu/>

MSU College of Law and School of Social Work students represent abused, neglected, and at-risk children and families as part of the Child and Family Advocacy Certificate Program.

**MSU Police**

87 Red Cedar Road, MSU  
(517) 355-2221 (Non-emergency)  
911 (Emergencies)  
[www.police.msu.edu](http://www.police.msu.edu)

The MSU Police perform a variety of tasks for the benefit of individual citizens, organizations, and institutional agencies that comprise the University community. MSU Police performs the duties of a similarly sized municipal department, plus a wide variety of non-police oriented services.

**Green Light Telephones**

A network of emergency telephones strategically placed in campus parking areas and along campus walkways (mounted on posts topped with a green light). As you walk around campus, familiarize yourself with the locations of these phones.



# ***Women's Resources***

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## **LCC Women's Resource Ctr.**

1121 Gannon Building, #204

Lansing, MI 48933

(517) 483-1199

[www.lcc.edu/wrc/](http://www.lcc.edu/wrc/)

The Center provides assistance to both men and women returning to college at Lansing Community College, attending for the first time or exploring educational/career options. Services include tuition and childcare grants, general information appointments, academic advising, support services, "Back to School" workshops and community referrals.

## **Women's Center of Greater Lansing**

1710 E. Michigan Ave. #1712

Lansing, MI 48912

(517) 372-9163

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

The Women's Center of Greater Lansing is a place where women can participate in personal and career counseling, comprehensive employment services, attend a workshop or parenting class, take a yoga class or talk with an attorney, all under one roof and on a sliding scale fee basis.

# Libraries

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## **MSU Libraries**

100 Library, MSU  
East Lansing, MI 48824  
(517) 353-8700 or 1-800-500-1554  
<http://www.lib.msu.edu>  
<http://magic.msu.edu>

MSU Libraries has a substantial collection, approaching 5 million volumes. Access to the collection is through the Libraries' online catalog, MAGIC.

Those with time constraints can access the tens of thousands of electronic resources available through the Libraries' website. Reference librarians help by pointing visitors to the most relevant resources. They are available on a daily basis via email, chat and in person.

The Main Library houses a Writing Center outpost, the Cyber Café, and a Children's Nook, as well as a Copy Center and group study rooms. High tech collaborative study spaces and a presentation practice room are available by reservation. During fall and Spring Semesters, the Libraries hosts a Friday Night Film Series and the Michigan Writers' Series. Off-campus students, faculty and staff are supported through the Libraries' Distance Learning

Services.

## **East Lansing Public Library**

950 Abbott Road  
E. Lansing, MI 48823  
(517) 351-2420.  
[www.elpl.org](http://www.elpl.org)

The library is open daily including Sunday afternoon (Sept.-May) and is staffed by highly skilled librarians and assistants to help visitors make use of library services and collections. The library catalog is available online. The library has multiple public computer workstations that provide access to numerous electronic resources, including the Internet. Coin-operated copy machines and computer printers are also available. The library offers programs throughout the year for children, teens, and adults; for more information, check the Calendar of Events online. The Friends of the Library conduct an ongoing used book sale. The library is accessible and parking is available in front of the building. Residents of MSU housing are considered residents of East Lansing and are entitled to free library cards. Non-residents of the City of East Lansing pay a \$20 annual library card fee.

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**Library of Michigan**

702 W. Kalamazoo  
Lansing, MI 48909  
(517) 373-1300 (Reference Desk)  
(517) 373-0630 (Law Library)  
[www.michigan.gov/libraryofmichigan](http://www.michigan.gov/libraryofmichigan)  
[www.MeL.org](http://www.MeL.org)

The Library is equipped with the latest in electronic resources, including the Michigan eLibrary, and staffed by librarians who will assist with accessing materials and searching ANSWER, the Library's online catalog. The Law Library has a comprehensive collection of legal resources. There are copy machines, public Internet workstations, study areas, a gift shop and a concessions area where food may be purchased. The building is handicapper accessible. Parking is available in the state owned lot for \$1.00 per hour.

**Capital Area District Library**

401 S. Capitol Avenue  
Lansing, MI 48901  
(517) 367-6300  
[www.cadl.org](http://www.cadl.org)

There are thirteen library locations serving residents of the Capital area. The Main Library is located in Lansing. Information and reference services, public use computers and a wide variety of programming for children, teens and adults are

available at the Main Library, South Lansing, Dansville, Haslett, Holt-Delhi, Leslie, Mason, Okemos, Stockbridge, Webberville and Williamston.

**Capital Area District Library  
Outreach Services**

401 S. Capitol Avenue  
Lansing, MI 48933  
(517) 367-3608  
[www.cadl.org](http://www.cadl.org)

The Capital Area District Library offers outreach services in several ways. The Bookmobile, stocked with fiction and non-fiction books in large and regular print, movies, audio books and children's materials, travels to locations throughout Ingham County Monday thru Friday. Books may be requested online with a library card. Books by mail are available to persons who are disabled or infirm. Contact the library to receive information about other Outreach Services.

# Academics

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## **Learning Resources Center**

202 Bessey Hall, MSU

(517) 355-2363

<http://lrc.msu.edu>

The Learning Resources Center supports the teaching departments of the University by making available a variety of study and skill development programs to all students.

A variety of workshops and seminars related to listening, note-taking, and study skills are available for students who do not have the reading comprehension and study techniques necessary to cope with reading assignments. There is a professional staff of instructors and tutors who can provide information about instructional material and services to meet individual needs. Service provided is one-on-one.

## **Office of Supportive Services**

209 Bessey Hall, MSU

(517) 353-5210

<http://oss.msu.edu/>

The OSS is an academic support unit whose primary goal is to assist in the increase of retention rates, facilitate academic success and enhance graduation rates among income

eligible, first-generation and disabled students.

A variety of services are designed to facilitate the development of coping and self-management skills in students. The program assists students in developing their abilities and skills and in developing plans to fulfill realistic objectives and goals.

OSS services include academic advising, tutoring, skill enrichment workshops, social counseling, career exploration, peer counseling, graduate study planning, and orientation programs.

## **The Writing Center**

300 Bessey Hall, MSU

(517) 432-3610

<http://writing.msu.edu>

Experienced Undergraduate and Graduate Student Writing Consultants are available to work with students in one-on-one or small group writing sessions. Appointments for up to 50 minutes are available Sunday-Friday during daytime and evening hours. Sunday's and evenings are walk-in only at the Library satellite writing center across from CyberCafe.

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## **Academic Advising**

170 Bessey Hall, MSU  
(517) 355-3515  
<https://www.msu.edu/unit/uud/advising.html>

Engagement Centers  
Brody Hall (517) 353-3863  
Holden Hall (517) 884-6680  
Hubbard Hall (517) 884-3501  
North (517) 884-4050  
River Trail (517) 884-4080

All undergraduate students who have been admitted to MSU with fewer than 56 credits are enrolled in the Undergraduate University Division/UUD. Academic advising in the UUD and in all colleges is a continuing process. An advisor assists students in interpreting policies and procedures, selecting a major, schedule planning, career exploration and is a key resource for other available services on campus.

Advising programs in the colleges vary in specific details. Students who declare Major Preferences are assigned to academic advisers in the colleges of their major (UUD advisers are also available to these students). No-Preference students are assigned to an academic advisor and advised in one of the Student Affairs Offices of the UUD.

Keeping in contact with your academic advisor is critical to your success as a student. Mistakes can be costly and time consuming. Students with children are encouraged to meet with their advisor early in the semester to inform them of their family responsibilities.

Graduate students are assigned a member of the faculty who serves as the academic advisor. The name of the advisor is included with other information which is mailed to the student before registration.

## **English As A Second Language**

(517) 355-7587  
<http://cls.celta.msu.edu>

MSU's CeLTA Language School, part of the College of Arts and Letters Center for Language Teaching Advancement, offers weekly language classes for preschoolers, kids and teens.

## **English Language Classes at MSU (Spring 2015) 6wks.**

FREE

Contact: Dr. Debra Hardison  
Phone: (517) 884-1506  
Email: [hardiso2@msu.edu](mailto:hardiso2@msu.edu)

# ***Religious Activities***

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Religious Advisors Association  
P.O. Box 6802  
E. Lansing, MI 48826  
[www.msu.edu/~msuraa](http://www.msu.edu/~msuraa)

Student Life  
101 Student Services, MSU  
(517) 355-8286  
[www.studentlife.msu.edu](http://www.studentlife.msu.edu)

The many churches, synagogues and religious centers in the Greater Lansing area serve students in a variety of faiths by providing opportunities for formal worship and informal fellowship activities. For a complete list of those available in the community, consult the yellow pages of the telephone directory. In addition, you may wish to contact the Religious Advisors' Association at the address above.

Many religiously oriented registered student organizations are active on campus. To find out what groups exist and how to contact them, go to the Student Organization Directory on the Department of Student Life website.

The interfaith Alumni Memorial Chapel, located on campus just east of the Kresge Art Center, is available for MSU-affiliated individuals and groups for reli-

gious-passage ceremonies. It is especially popular for weddings. It is also available to individuals wishing to enter the sanctuary for private meditation. Hours are posted at the chapel entrance.

# ***Persons with Disabilities***

## **Resource Center for Persons with Disabilities (RCPD)**

120 Bessey Hall, MSU  
(517) 884-7273  
[www.rcpd.msu.edu](http://www.rcpd.msu.edu)

Provides individual consultation and general assistance for students with disabilities and those working with persons with disabilities. RCPD staff develop and conduct general disability awareness sessions, as well as programs on specific issues for faculty, staff, and students across campus.

The RCPD provides a number of services which allow students with disabilities to compete on an equitable basis with other students pursuing similar academic and career goals. Services include:

- Referrals on accessible transportation for those with physical disabilities
- Alternative reading and learning resources
- Housing and classroom accommodation arrangements
- Coordination of sign-interpreters or notetakers and examination scribes

- Personal care assistant referrals

- Tutorial referrals

- Information on or assistance with admission, orientation, registration, financial aid, and employment

Tower Guard Honorary and Service-Learning volunteers help RCPD provide readers, notetakers, and other assistance to students with disabilities.

## **Council of Students with Disabilities**

<https://www.rcpd.msu.edu/join-council-of-students-with-disabilities>

Provides programs and activities surrounding a variety of disability related issues. Contact RCPD for more information.

# ***Diversity Services***

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## **Mosaic Multicultural Unity Center**

Union Building, Rm. 223MSU  
(517) 432-7153  
<http://mosaic.msu.edu/>

The Mosaic Multicultural Unity Center has space available for student group meetings and programs as well as four computers for general student use, where students can do their homework, write papers, check their e-mail, and surf the web. There is a small collection of resource materials such as videos of racially/ethnically-themed films, books, and publications (magazines and journals).

The Center hosts a variety of different programs throughout the school year, from academically-oriented presentations to student group meetings to informal social receptions to which everyone is welcome to attend.

The CORES offices (Asian Pacific American Student Organization; Black Student Alliance; Culturas de la Razas Unidas; and North American Indian Student Organization) are also located within the center.

## **Office of Cultural and Academic Transitions**

339 Student Services, MSU  
(517) 353-7745  
<http://ocat.msu.edu/>

OCAT initiates and coordinates a range of services and programs to positively impact the academic success and quality of life of racial ethnic students at Michigan State University.

The office serves as a support and advocacy network for African American, Asian Pacific American, Chicano/Latino, and Native American Students. The office also assists in the formulation of university policies that affect all students at MSU.

## **Lesbian, Bisexual, Gay, and Transgender Resource Center**

302 Student Services Building  
(517) 353-9520  
<http://lbgtrc.msu.edu/>

Addressing issues of gender identity and expression across campus is an important priority for the Resource Center. The goal is to collect and provide information about aspects of learning, living and working on campus that are pertinent to the LGBT community.



# ***Parenting Resources***

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## **Big Brothers / Big Sisters**

### **Michigan Capital Region**

330 Marshal St., Ste. 103, Lansing  
(517) 372-0160

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

This program matches adults and children ages 5-17 for one to one activities, mentoring, and fun.

## **Boys and Girls Club of Lansing**

4315 Pleasant Grove, Lansing  
(517) 394-0455

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

Offers life enhancing programs and character development experiences to inspire and enable young people between the ages 7-17. Tutoring is also available.

## **Boy Scouts of America Chief Okemos Council**

4000 W. Michigan, Lansing  
(517) 321-9400

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

## **Chance at Childhood Clinic**

610 Abbot  
E. Lansing  
(517) 336-8088

[www.chanceatchildhood.msu.edu](http://www.chanceatchildhood.msu.edu)

MSU College of Law and School of Social Work students represent abused, neglected, and at-risk children and families as part of the Child and Family Advocacy Certificate Program - a joint program offered by

the MSU College of Law and the Graduate School of Social Work.

## **Child Abuse Prevention Services**

4287 Five Oaks Dr.  
Lansing, MI 4910  
(517) 882-4000

Provides parenting education, family strengthening classes, free respite childcare, and a parent aide program.

## **Eaton Regional Education Service Agency**

1790 Packard Hwy.  
Charlotte, MI 48813  
(517) 543-5500

Eaton Intermediate School District Prevention Program Services offers parenting classes covering various topics. Classes are offered in Clinton, Eaton and Ingham Counties.

## **Expectant Parents Organization**

271 Woodland Path, Ste 125 East-Lansing  
(517) 337-7365

<http://epobaby.org/>

Provides support, information and classes for expectant parents and breastfeeding mothers. Teen prenatal series is also available as well as sibling classes for 3-8 year olds. The EPO offers financial assistance.

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**Family Growth Centers**

549 E. Mt. Hope  
Lansing, MI 48910  
(517) 371-1347

Parent education classes, free drop-off childcare, support groups and referral services are available for parents. The other branch is in the University United Methodist Church on Harrison near Trowbridge Rd.

**Girls Scouts Heart of Michigan**

1223 Turner St. Ste. 200, Lansing  
(517) 699-9400  
www.gshom.org

Serves Ingham, Eaton and Clinton Shiawassee County.

**Parent Helpline**

1-800-942-4357

The Parent Helpline is run by the State of MI and can provide information on child protective services, crisis intervention and local referral services. Operators are trained to help with emotional crisis and listening/discussion to help parents.

**Project Great Start**

The Early Childhood Investment Corp.

112 E. Allegan  
Lansing, MI 48933  
(517) 371-9000

www.mi.gov/greatstart

Information and resources for families with children ages 0-3.

**Children with Disabilities****Children's Special Health Care Services**

1-800-359-3722

<http://www.michigan.gov/mdch>

Financial assistance for medical care to families who have children with special needs and require care, ages birth to 21.

**ARC Michigan**

1-800-292-7851

State organization on mental retardation and developmental disabilities.

**Helping Hands Respite Care**

201 Hillside Ct., East Lansing

(517) 372-6671

Respite care. Trained staff of children with disabilities relieve family caregivers. Services may be provided to families for a few hours, a few days in the family home, or at the Respite House, depending on need and availability of service.

**Early On® Michigan**

1-800-327-5966

www.1800earlyon.org

Early intervention services for infants and toddlers, 0-3 years of age, with developmental delays or diagnosed conditions, and their families. Early On ensures that eligible children receive comprehensive, family-centered, services.

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## Schools

*City of East Lansing*  
[www.elps.us](http://www.elps.us)

*East Lansing High School*  
(9-12)  
509 Burcham Dr.  
East Lansing, MI 48823  
(517) 333-7500

*MacDonald Middle School*  
(6-8)  
1601 Burcham Dr.  
East Lansing, MI 48823  
(517) 333-7600

*Donley Elementary School*  
(K-5)  
2961 Lake Lansing Rd.  
East Lansing, MI 48823  
(517) 333-7370

*Glencairn Elementary School*  
(K-5)  
939 N. Harrison Rd.  
East Lansing, MI 48823  
(517) 333-5091

*Marble Elementary School*  
(K-5)  
729 N. Hagadorn Rd.  
East Lansing, MI 48823  
(517) 333-7860

*Pincrest Elementary School*  
(K-5)  
1811 Pincrest Dr.  
East Lansing, MI 48823  
(517) 333-7870

*Whitehills Elementary School*  
(K-5)  
621 Pebblebrook Ln.  
East Lansing, MI 48823  
(517) 333-7900

*Haslett Public School*  
[www.haslett.k12.mi.us](http://www.haslett.k12.mi.us)

*Haslett Senior High School*  
(9-12)  
5450 Marsh Rd.  
Haslett, MI 48840  
(517) 339-8249

*Haslett Middle School (6-8)*  
1535 Franklin St.  
Haslett, MI 48840  
(517) 339-8233

*H.M. Murphy Elementary School*  
(2-5)  
1875 Lake Lansing Rd.  
Haslett, MI 48840  
(517) 339-8253

*Vera Ralya Elementary School*  
(2-5)  
5645 School St.  
Haslett, MI 48840  
(517) 339-8202

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*Wilkshire Early Childhood Center (K-1)*  
5750 Academic Way  
Haslett, MI 48840  
(517) 339-8208

*Okemos Schools*  
[www.okemosk12.net](http://www.okemosk12.net)

*Okemos High School (9-12)*  
2800 Jolly Rd.  
Okemos, MI 48864  
(517) 706-4900

*Chippewa Middle School (7-8)*  
4000 Okemos Rd.  
Okemos, MI 48864  
(517) 706-4800

*Kinawa Schools (5-6)*  
1900 Kinawa Dr.  
Okemos, MI 48864  
(517) 706-4700

*Bennett Woods (K-4)*  
2650 Bennett Rd.  
Okemos, MI  
(517) 706-5100

*Cornell School (K-4)*  
4371 Cornell Rd.  
Okemos, MI 48864  
(517) 706-5300

*Haiwatha Elementary School (K-4)*  
1900 Jolly Rd.  
Okemos, MI 48864  
(517) 706-4500

*Okemos Public Montessori Program (at Central School/K-4)*  
4406 Okemos Rd.  
Okemos, MI 48864  
(517) 706-5400

*Holt Public School*  
[www.hpsk12.net](http://www.hpsk12.net)

*Lansing School District*  
[www.lansingschools.net](http://www.lansingschools.net)

*Mason Public Schools*  
[www.mason.k12.mi.us](http://www.mason.k12.mi.us)

*Waverly Community Schools*  
[www.waverlycommunityschools.net](http://www.waverlycommunityschools.net)

Holt, Lansing, Mason, and Waverly have many schools in their districts. Please see their websites for a complete list.

To see a complete list of schools in Ingham County by name and grade visit the Ingham School District (ISD) website at <http://www.inghamisd.org/about/area-schools-our-districts/>

For Information on preschool through the Great Start Readiness Program (GSRP) see pg. 41.

# ***Food & Personal Needs***

## **Ingham County Food Bank** (517) 393-4537

ICFB is an information and referral source for those in need of emergency food assistance. Non-perishable food items are provided to families/individuals for three to six days. Food may be provided once in a 30-day period. Eligibility is determined on an individual basis. It is based on need, not income. Clients must have current identification and their own transportation to pick-up food.

## **St. John's Student Parish** 327 M.A.C. E. Lansing, MI 48823 (517) 337-9778

The food bank is open each Saturday morning during the academic school year from 9:00-11:00 AM, and two Saturdays a month in the summer. No referral is needed. MSU students, East Lansing residents and parish members are eligible.

## **MSU Student Food Bank** Olin Health Center Dining Room (517) 432-5136 [www.msu.edu/~foodbank](http://www.msu.edu/~foodbank) During Fall and Spring semesters, the MSU Student Food

Bank is open in the evening twice a month. All enrolled MSU students who do not have Residence Hall meal plans are eligible for Food Bank services. All enrolled MSU students are required to show proof of enrollment and a student ID. Visit the website for distribution dates.

## **Women, Infants and Children** 5303 S. Cedar Street, Bldg #2 Lansing, MI 48909 (517) 887-4326 [www.ingham.org](http://www.ingham.org)

The Women, Infants and Children (WIC) Program is a supplemental food and nutrition education program for women and children who qualify as nutritionally at risk due to income or medical deficiencies. Income eligibility for WIC is determined under the Federal Guidelines of 185% of poverty. WIC also uses a priority assignment system in order to guarantee service to those with the greatest need for the program. The priority system is as follows:

- Pregnant women, breast feeding women and infants at nutritional risk as demonstrated by blood tests, abnormal growth, or other nutritional or medical conditions.

- 
- Infants up to twelve months of age.
  - Children to age five at nutritional risk as demonstrated by blood tests, abnormal growth, or other nutritional or medical conditions.
  - Children at nutritional risk due to inadequate diet.
  - Post partum women at nutritional risk.

WIC services are available at the Ingham County Health Department. Call for additional information and for appointments.

### **Cristo Rey Community Center**

1717 N. High Street  
Lansing, MI 48906  
(517) 372-4700  
[www.cristo-rey.com](http://www.cristo-rey.com)

Focuses on the Spanish/Hispanic community although programs are available to all individuals within the Lansing/East Lansing area. Programs offered by Cristo Rey include, mental health, family and child services, family health clinic, latch-key childcare, food and clothing bank, diversion program, prescription assistance for those without insurance, adults with disabilities assistance, alcohol and substance abuse programs, and minority

services.

### **Capital Area Community Services (CACS)**

1301 Renson St.  
Lansing, MI 48910  
(517) 393-7077

CACS offers assistance in finding housing as well as help with food and personal needs items for the homeless. Commodity and supplemental food programs for low income families are also available.

#### *Commodity Supplemental Food Program:*

Provides monthly nutritious foods to supplement the diets of low-income pregnant, breast-feeding and post-partum (up to one year) women as well infants and children up to the age of six. Participants must be within Federal income guidelines and not be currently receiving WIC services. Call for more information.

#### *Emergency Food Assistance Program:*

Provides low-income individuals and families USDA donated/purchased food for household consumption. Distribution is four times per year. Eligible participants must register with CACS and provide proof of income and social security numbers for all adult members of the household.

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**Food Assistance**

You may qualify for food assistance from the State of Michigan. See page 28 for information.

**Capital Area Human Services Connection**

2-1-1 (Lansing local number or cellphone)

2-1-1 is an easy to remember free phone service that links people with the human service information they need. By dialing the easy to remember 2-1-1 numbers, callers are connected with a call specialist who can discuss the caller's needs and give them the information and/or agencies they can contact for assistance. Referrals include rent and utility assistance, parenting resources, shelter, food pantries, housing, transportation, health care, counseling and much more! This service is available for free 24/7, 365 days a year.

**Christian Services**

(517) 394-5411

Email: [christianservices@acd.net](mailto:christianservices@acd.net)

Christian Services offers help with items which cannot be purchased with food stamps such as soap, shampoo, toilet paper, laundry soap, tooth care, etc. They are also able to help with

small household items, a clothing closet for women and men, holiday food baskets, a clothing center for children, emergency diapers/formula, and more.

**The Salvation Army**

525 N Pennsylvania Ave.  
Lansing, MI 48912  
(517) 282-9715

The Salvation Army assists with emergency food and personal needs. Gives away free produce every Wednesday at 1:00 pm. A valid photo ID is required, first come, first serve. Personal need items are provided on Tues. & Thurs. from 8:30-11:00 AM. (Produce and personal need items given out only when available). Birthdates and social security numbers for all adults in the home required. May also assist with utility shut offs and rent/mortgages arrearages, if funding is available.

**Shared Pregnancy**

503 N. Walnut  
Lansing, 48933  
(517) 484-0365  
[www.sharedpregnancy.org](http://www.sharedpregnancy.org)

Offers counseling, free pregnancy testing, and free ultrasounds for women. Non-profit faith-based ministry which provides emotional, material and spiritual assistance to pregnant

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women. Offers a parenting program called Learn & Earn, where a women can earn diapers, clothing and baby equipment by attending classes.

### **Kelly's Consignments**

4800 Okemos Rd.  
Okemos, MI 48864  
(517) 574-4523

Expect the Unexpected - Kellie's Consignments is a retail and consignment store, charity operation, and gathering place, all in one colorful, exciting, thirteen thousand square foot establishment. From couture to basic, vintage to modern, Kellie's Consignments sells gently used quality clothing for men and women. At Kellie's you will find furniture and décor items, as well as fabulous jewelry and accessories.

### **Resale Shops**

Carousel Consignments  
1780 W. Grand River  
Okemos, MI  
(517) 347-0668

Volunteers of America  
430 N Larch St.  
Lansing, MI  
(517) 484-4414

5411 Cedar St.  
Lansing, MI  
(517) 272-3126

Second Time Around  
4737 Marsh Road  
Okemos, MI  
(517) 349-2151

Salvation Army Store  
3800 W. Saginaw  
Lansing, MI  
(517) 321-2520  
TinyTown Trading Company  
1925 W. Grand River Ave.  
Okemos, MI 48864  
(517) 339-2111

Plato's Closet  
2843 E. Grand River Ave.  
East Lansing, MI 48823  
(517) 332-6622



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## **DEBT & CREDIT COUNSELING**

### **MSU Federal Credit Union**

3777 West Rd.  
East Lansing, MI 48826  
1-800-MSU-4YOU  
517-333-2424  
[www.msufcu.org](http://www.msufcu.org)

Provides services for debt and loan consolidation. Call for more information.

### **Greenpath Debt Solutions**

Credit Counseling Centers  
612 S. Creyts Road, Suite C  
Lansing, MI 48917  
(517) 321-5836  
1-888-776-6735 (first time callers)

Provides financial counseling in a confidential and dignified manner by trained counselors. They help families work out an orderly debt repayment program and provide sound money management information on budgeting and the wise use of credit. They may also pull credit reports. Anyone seeking services is eligible. The initial interview is free.

## **Financial Empowerment Center**

[www.lansingmi.gov/ofe](http://www.lansingmi.gov/ofe)  
211 or (866) 561-2500

Free confidential counseling from professional counselors that speak multiple languages. Meet 1-on-1 with a Lansing Financial Empowerment Counselor who can help you:

- Take control of your debt
- Deal with debt collectors
- Improve your credit
- Create a budget
- Open a bank account
- Start an emergency fund
- Save and plan for your future
- And much more

# ***Fun & Recreation***

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## **“Things to Do at MSU”**

(517) 353-1635

[www.worklife.msu.edu](http://www.worklife.msu.edu)

The WorkLife Office publishes an activity guide for families. Call or go online for a copy.

## **Spartan Youth**

517-355-7610

[www.spartanyouth.msu.edu](http://www.spartanyouth.msu.edu)

The Spartan Youth website has information on activities and camps for children.

## **MSU Museum**

(517) 355-2370

Explore the wonders of the natural world and world cultures at the MSU Museum. It is located on West Circle Drive across from the MSU Main Library. Admission is free.

## **Eli and Edythe Broad Art Museum**

(517) 355-7631

[www.museum.msu.edu](http://www.museum.msu.edu)

The Eli and Edythe Broad Art Museum at Michigan State University is committed to exploring international contemporary culture and ideas through art. The museum also provides a striking and unique backdrop for your next event or gathering.

## **Abrams Planetarium**

(517) 355-4672

The Abrams Planetarium is a panoramic space science theater. Star shows, seasonal shows, sky lectures, and observing sessions are offered to the public on weekends and on special occasions.

## **Children’s 4-H Garden**

(517) 355-5191

This garden is located behind the Plant & Social Science Bldg. at the corner of Bogue St. and Wilson Rd. The Garden is open from June 1 through September 30. The admission is FREE.

## **MSU Union**

### **Spartan Lanes Bowling**

(517) 355-3357 (Bowling)

Spartan Lanes has 16 bowling lanes located on the sub-ground floor of the MSU Union and is a smoke free environment.

# ***Quick Reference***

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Alcoholics Anonymous	(517) 377-1444
Capital Area Community Services	(517) 393-7077
Capital Area Transportation Authority	(517) 394-1100
Career Services and Placement	(517) 355-9510
Child Abuse Prevention Services (office)	(517) 484-8444
Computer Center	(517) 432-6200
Council Against Domestic Assault	(517) 372-5976
Department of Human Services for	
Ingham County	(517) 887-9400
Clinton County	(517) 543-0863
Eaton County	(989) 224-3896
Shiawassee County	(989) 725-3200
East Lansing Police/Fire/Ambulance	911
Ending Violence Encounters (EVE)	(517) 372-5976
Family Growth Centers -	
Bethlehem Evangelical Lutheran Church	(517) 371-1347
Family Growth Centers	
University Methodist Church	(517) 351-6641
Head Start	1-800-482-1504
Housing Development Authority	(517) 373-1974
Housing- Rental Housing Clinic	(517) 336-8088
Ingham County Food Bank	(517) 887-4357
Ingham County Health Department	(517) 887-4311
McLaren Greater Lansing	1-877-224-4325
East Lansing School District	(517) 484-2929
Lansing Housing Commission	(517) 487-6550
Lansing School District	(517) 755-1000
Listening Ear Crisis Center	(517) 337-1717
Legal Services of South Central Michigan	(517) 394-3121
Michigan Rehabilitation Services	(517) 887-0141
MSU Child Development Laboratory	(517) 355-1900
MSU Clinical Center Information	(517) 334-2337
MSU Counseling Center	
Student Services Building	(517) 355-8270
MSU HelpLine	(517)353-1855
MSU Office for Inclusion and	(517) 353-3922
Intercultural Initiatives	
MSU Legal Services	(517) 353-3716

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MSU Main Library Information	(517) 432-6123
MSU Police	(517) 355-2221
Emergency	911
Spartan Village Satellite Office	(517) 355-1103
MSU Safe Place (crisis)	(517) 355-1100
MSU Safe Place (business)	(517) 355-1100
MSU WorkLife Office	(517) 353-1635
Office of Financial Aid	(517) 353-5940
Office for Young Children	(517) 887-4319
Olin Health Center Information	(517) 884-6546
Prevention Program Services- Eaton RESA	(517) 543-5500
Resource Center for	
Persons with Disabilities	(517) 884-7273
Sparrow Hospital	(517) 364-1000
Spartan Child Development Center	(517) 353-5154
Student Employment Office (MSU)	(517) 355-3343
Student Health Insurance	(517) 353-4434
Student Parent Resource Center	(517) 432-3745
Tax Help- MSU College of Law Clinic	(517) 336-8088
University Apartments Council of Residents	(517) 355-9557
University Apartments Residence Life	(517) 355-9557

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## WEB Reference

MSU Homepage	<a href="http://www.msu.edu">www.msu.edu</a>
Career Services	<a href="http://www.careernetwork.msu.edu">www.careernetwork.msu.edu</a>
Counseling Center	<a href="http://www.counseling.msu.edu">www.counseling.msu.edu</a>
Directory Information	<a href="http://www.search.msu.edu/people">www.search.msu.edu/people</a>
Financial Aid Office	<a href="http://www.finaid.msu.edu">www.finaid.msu.edu</a>
Graduate School	<a href="http://grad.msu.edu/">http://grad.msu.edu/</a>
Residence Life	<a href="http://www.liveon.msu.edu">www.liveon.msu.edu</a>
Student Parent Support	<a href="http://www.msu.edu/~studentp">www.msu.edu/~studentp</a>
Student Affairs & Services	<a href="http://www.vps.msu.edu">www.vps.msu.edu</a>
University Housing	<a href="http://www.liveon.msu.edu/">www.liveon.msu.edu/</a>

### Community References

Off-Campus Child Care	<a href="http://greatstarttoquality.org">http://greatstarttoquality.org</a>
GSRP/Headstart	<a href="http://inghampreschool.org">http://inghampreschool.org</a>
Parent Resource Guide	<a href="http://inghamgreatstart.org/parent-resource-guide/">http://inghamgreatstart.org/parent- resource-guide/</a>

### Fatherhood Resources

Strong Start Healthy Start	<a href="http://www.strongstarthealthystart.org/dads">www.strongstarthealthystart.org/dads</a>
Stepping Up Together	<a href="http://www.stepsinguptogether.org">www.stepsinguptogether.org</a>

## Academic Calendar

	Fall 2016	Spring 2017
Classes Begin	8/31	1/9
Labor Day	9/5	
ML King Jr. Holiday		1/16
Thanksgiving/Fall Break	11/24-11/25	
Spring Break		3/6 - 3/10
Classes End	12/9	4/28
Final Exams	12/12 - 12/16	5/1 - 5/5
Commencement	12/16 - 12/17	5/5 - 5/7













