

# KALKASKA COUNTY



## Welcome to Kalkaska County!

In 2013, we surveyed parents about what it means to live in a place that values and supports parents and children. Parents were clear, they said they wanted to know about resources and fun things to do with their kids in their own communities. The Kalkaska County Resources that follow are our best effort to help you feel connected to things you might need and fun

things to do with your kids. We also included some regional, state and national resources as knowing about them might be useful to you.

The map above offers you a view of Kalkaska County and highlights some lakes, rivers and major roads. It also shows you where you can find elementary schools, libraries and health departments (see key).

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We did our best to collect everything we could and to be as accurate as possible and we undoubtedly missed the mark on a few things.

Please let us know what we missed or what needs to be updated, at: [additions@greatstartkids.com](mailto:additions@greatstartkids.com).

Also, things change. This could not be more true for organizations that strive to support families and young children. Please call ahead to verify location, times, and hours of operation.

# Kalkaska County

## EARLY LEARNING & CARE

Childhood experts agree: Attending high-quality child care or preschool programs prepares kids for kindergarten and beyond. Finding the best option for your child takes time and research.

The following listings offer the best "go-to's" for licensed child care or preschool options in your area.

## Child Care & Preschool

### Great Start to Quality Northwest Resource Center

(877) 614-7328  
www.greatstarttoquality.org  
202 E. Grandview Parkway  
Traverse City, MI 49684

*This is your "go to" for finding quality, licensed child care and preschool options. The Great Start to Quality NW Resource Center is a statewide network that provides child care referrals, a lending library of high quality early childhood materials, and professional development and workshops that are open to caregivers and parents. For child care providers, consulting about how to increase quality in child care is also an option.*

### Head Start & Great Start School Readiness Program (GSRP)

(231) 947-3780  
www.nmcaa.net  
3963 Three Mile Rd.  
Traverse City, MI 49686

*Tuition free preschool programs are available throughout the 5 county region for qualifying children. Families with children ages 3 and 4 are encouraged to call and hear about programs and to complete an application. Programs have eligibility and prioritization requirements.*

## Elementary Schools

### Cherry Street Intermediate School (KPS, Grades 4-5)

231-258-9146  
www.kpschools.org

314 South Cherry St.  
Kalkaska, MI 49646

### Crawford School

231-258-2934  
www.crawfordschool.com/  
5521 M-72 NE  
Kalkaska, MI 49646

### Birch Street Elementary School (KPS)

231-258-8629  
www.kpschools.com  
309 N. Birch St.  
Kalkaska, MI 49646

### Rapid City Elementary School (KPS)

231-331-6121  
www.kpschools.com  
5258 River St.  
Rapid City, MI 49676

## CHILD DEVELOPMENT & PARENT SUPPORT

Find information on who to call if you are concerned about your child's development or just looking for tips and info on parenting.

## Concerns about Development?

### CDC List of Developmental Milestones

www.cdc.gov/ncbddd/actearly/milestones/

*While children grow and develop at different rates, we know that there are some developmental milestones that we can be aware of. Check out this site to review what these developmental milestones are by age.*

### Children's Special Health Services

(231) 258-8669  
www.dhd10.org/index.php/childrens-special-health-care-services  
625 Courthouse Dr. NW  
Kalkaska, MI 49646

*CSHCS is a program within the Michigan Department of Health and Human Services (MDHHS). It is for children and some adults with special health care needs and their families.*

### Children's Therapy Corner

(231) 929-2354  
www.Childrenstherapycorner.com  
1810 Chartwell Dr  
Traverse City, MI 49696

*Consultation and therapy for Autism, Sensory Processing Disorders, Occupational Therapy, Speech Therapy, and Physical Therapy and more. Insurance may be accepted.*

### Early Head Start

(231) 947-3780  
www.nmcaa.net/early\_head\_start.asp  
3963 Three Mile Rd. N  
Traverse City, MI 49686

*NMCAA Early Head Start we give parents the skills and support to make the most of the first three years in their child's life. Families with children ages birth to 3 are enrolled, sometimes even before the baby is born. The NMCAA Early Head Start program is a year round home visiting program, with opportunities for families to attend socialization experiences at a variety of area Family Development Centers.*

### Healthy Futures

(231) 935-5640, (888) 403-8468  
www.munsonhealthcare.org/  
healthy-futures-online  
2600 LaFranier Rd.  
Traverse City, MI 49686

*Free service to pregnant women and families with small children. A registered nurse provides moms personal support through phone calls and/or visits. Provides health information about immunizations, safety & nutrition.*

### TBAISD Early On (ages birth to 3)

(231) 922-6397  
www.tbaisd.org/academic-services/  
early-childhood-education/  
1101 Red Dr.  
Traverse City, MI 49686

*Early On is Michigan's educational support system that helps infants and toddlers who may be delayed in their development. Early On listens to parents and*

caretakers concerns and guides families toward local supports and services that will help their child develop and learn. Free evaluation, resources and referrals.

### **TBAISD Preschool Assessment (ages 3-6)**

(231) 922-6288  
www.tbaisd.org/academic-services/early-childhood-education/age-3-to-6  
1101 Silver Drive  
Traverse City, MI 49685

Provides developmental assessments and service coordination for children age 3 to 6. This service is provided at no cost to families.

### **Home Visiting Programs**

Early Childhood home visiting programs provide support to parents/caregivers and their children in their homes or wherever they feel most comfortable. Home visiting provides a unique experience which aims to enhance child development, the parent-child relationship and connections to resources. Services are provided by a trained home visiting staff. Please note that this list of programs and services listed may have different eligibility requirements.

### **Early Head Start**

(231) 947-3780  
www.nmcaa.net/early

Home visiting program, designed to support you as your child's first and most important teacher! EHS staff and parents partner to support child development and family goals. Program provides weekly home visits and parent-child socialization groups. Note: EHS is for families with certain risks or below the federal poverty line. Free for families with children ages: Prenatal to Age 3 who qualify.

### **Early On**

(231) 922-6397  
tbaisd.org  
1800earlyon.org  
1101 Red Dr.  
Traverse City, MI 49684

Early On is a family centered program that provides support to families with children ages birth to three who have delays or disabilities or are at risk for delay

due to a medical condition. This program uses a coaching model and is focused on supporting goals set by the family. Children must qualify for services based on a free evaluation. Home visit frequency varies from weekly to monthly, depending on child need. Free service for families who qualify. Free evaluation, resources and referrals. Ages: Birth to Three. "Don't Worry, but Don't Wait!"

### **Healthy Families Northern Michigan**

District Health Department #10  
(231) 258-8669 or (989) 688-8612  
www.dhd10.org  
625 Courthouse Dr. NW  
Kalkaska, MI 49646

We recognize that parents are the most important teachers! We offer the most current growth and development information and provides related activities along with personalized, family focused support in the comfort and convenience of your home. Your Family Support coach will share information on the resources available in your community. Eligibility: Prenatal to age 4. Non-income based. Contact for enrollment information.

### **Healthy Futures Northern Michigan**

(231) 935-5640 or (888) 403-8468  
Healthyfuturesonline.org

Prenatal phone calls with a nurse, follow up postpartum home visit with a nurse, and 2-3 phone calls through baby's age of 6 months. This resource will also connect you to other evidenced-based home visiting programs as needed. Enroll through your doctor's office, Healthy Future's website, or health department office.

### **Infant Mental Health (IMH) through North Country Community Mental Health**

(800)834-3393  
norcocmh.org

Mental Health Prevention services for pregnant and parenting families with infants and toddlers up to 47 months. "Infant Mental Health is the infant's ability to experience healthy emotions, develop secure relationships and learn about the world they live in. The Infant Mental Health Worker's focus is on infants' and toddlers' relationships with their parent, working through any emotional stress

or life circumstances that may affect the parent-infant relationship. The focus is also on positive attachment and strong social emotional development between infant and parent. It is a home based program that meets weekly to provide therapy." Must meet program requirements, please call for an assessment.

### **Maternal Infant Health Program (MIHP)**

District Health Department #10  
(231) 258-8669 or (231) 314-8625  
dhd10.org  
625 Courthouse Dr. NW  
Kalkaska, MI 49646

MIHP is a home visiting program for pregnant women and infants with Medicaid insurance. MIHP provides support service to women and parents so they have healthy pregnancies, good birth outcomes, and healthy infants. Health assessment and assistance for pregnant women and infants. Services include Nurse, SW, and Dietician, focused on education and risk reduction. Eligibility: Must be enrolled in Medicaid. Must enroll during pregnancy or before child is 12 months old.

### **Supports for Parents**

#### **211**

Dial 211 to connect you to services including food, shelter, utility assistance, disaster recovery, child care, transportation, and more. Whoever you are, whatever your needs, 211 makes it easy to find help for yourself, a neighbor or a loved one.

#### **5toONE**

Facebook:  
5toONEneighborhoodnetwork  
5toONE is an innovative project of the Great Start Collaborative that brings together families and local partners to ensure that all children reach their highest potential. Check out facebook for activities and playgroups in your area.

#### **Big Brothers Big Sisters**

(231) 946-2447  
www.bigsupnorth.com  
900 E. Front St. Suite 125  
Traverse City, MI 49686

## Kalkaska County

### **Catholic Charities West MI**

(231) 346-5250

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

806 Hastings St., Suite R  
Traverse City, MI 49686

*Non-profit child welfare office providing foster care, licensing and adoption.*

### **Center for Social Emotional Development:**

[www.csefel.vanderbilt.edu/resources/family.html](http://www.csefel.vanderbilt.edu/resources/family.html)

*Learn fun and easy ways to support your child's social and emotional development!*

### **Disability Network of Northern MI**

(231) 922-0903

415 E. 8th St.

Traverse City, MI 49686

*Support services for individuals with disabilities to live independently.*

### **Early Head Start**

(231) 409-3599

[www.nmcaa.net](http://www.nmcaa.net)

3963 Three Mile Rd

Traverse City, MI 49686

*Please call the main office to schedule an appointment.*

### **Families First Monthly**

(231) 271-0222

[www.familiesfirstmonthly.com](http://www.familiesfirstmonthly.com)

PO Box 433

Suttons Bay, MI 49682

### **Great Start Collaborative**

(231) 922-6437

[www.greatstartkids.com](http://www.greatstartkids.com)

202 E. Grandview Parkway  
Traverse City, MI 49684

*Great Start is Michigan's statewide early childhood initiative to create a comprehensive system of supports for children ages birth to eight and their families to ensure they reach their highest potential. Great Start Collaboratives all over the state partner with parents, caregivers, and community stakeholders to focus on four important outcomes.*

### **Great Start Parents**

(231) 922-6437

[facebook.com/greatstartparents](https://facebook.com/greatstartparents)

[www.greatstartkids.com](http://www.greatstartkids.com)

202 E. Grandview Parkway  
Traverse City, MI 49684

*Great Start Parents is a volunteer parent group that works to empower parent voice in support of early childhood and the Great Start Collaborative. This group serves our 5-county region and connects parents to make a difference in our communities.*

### **Great Start to Quality Northwest Resource Center**

(877) 614-7328

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

202 E. Grandview Parkway  
Traverse City, MI 49684

*The Great Start to Quality NW Resource Center provides child care referrals, a lending library of high quality early childhood materials, professional development and workshops that are open to caregivers and parents. Early childhood consulting for licensed child care is also an option.*

### **Help Link Grand Traverse (Part of the Little Collaborative)**

(231) 946-6278

[helplinktc.karen@gmail.com](mailto:helplinktc.karen@gmail.com)

[www.networksnorthwest.org/community/poverty-reduction/helplink](http://www.networksnorthwest.org/community/poverty-reduction/helplink)

1105 East Front Street  
Traverse City, MI 49684

*HelpLink is a network of volunteer Navigators who connect people to resources in the five county area*

### **Kalkaska County Kiddos**

[www.facebook.com/kalkaskacountykiddos/](http://www.facebook.com/kalkaskacountykiddos/)

*The Kalkaska Kiddos page is a place to find out about early childhood events in our community, as well as other early childhood information.*

### **Kids Up North Online Magazine**

[www.mynorth.com/My-North/Living/Kids-Up-North](http://www.mynorth.com/My-North/Living/Kids-Up-North)

### **Legal Services of Northern Michigan**

(231) 941-0771 or (888) 941-9599

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

221 Garland St.

Traverse City, MI 49684

*Mon-Fri 8:30 am to 4:30 pm Legal services, representation and information; follows poverty guidelines. Assist with:*

*Appeals if turned down for food stamps, medicaid, Consumer debt collections, landlord tenant, family law-divorce, custody, domestic violence.*

### **Michigan Alliance for Families**

(800) 552-4821

[info@michiganallianceforfamilies.org](mailto:info@michiganallianceforfamilies.org)

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

1325 S. Washington Ave.

Lansing, MI 48910

*Offers comprehensive information and referrals on all disability and education issues involving children and young adults from birth to age 26. Services include one-on-one support, online and printed resource information and referrals to the appropriate community services. Parent Training and Information Center for Michigan under the IDEA in coordination with the MDE Office of Special Education.*

### **Michigan Migrant Legal Assistance Project, INC.**

(800) 418-3390

1104 Fuller NE

Grand Rapids, MI 49503

*Provides bilingual advocacy for migrant farm workers.*

### **Networks Northwest**

(231) 421-8411

[www.networksnorthwest.org/community/poverty-reduction/helplink](http://www.networksnorthwest.org/community/poverty-reduction/helplink)

1105 E Front St.

Traverse City, MI 49686

*Supports Antrim, Benzie, Grand Traverse, Kalkaska, and Leelanau Counties (and more). Our primary service categories are: workforce development, business & economic development; and community development. Including mentoring for families.*

### **NMCAA**

(231) 947-3780

[www.nmcaa.net/](http://www.nmcaa.net/)

3963 Three Mile Rd.

Traverse City, MI 49686

*Offers many services throughout the 10 county region including: asset development, winterization, child development, housing support and others. Eligibility requirements vary for programming and services.*

## Office of Great Start

[www.michigan.gov/mde/o,4615,7-140-63533---,00.html](http://www.michigan.gov/mde/o,4615,7-140-63533---,00.html)

*The Office of Great Start has been charged with ensuring that all children birth to age eight, especially those in highest need, have access to high-quality early learning and development programs and enter kindergarten prepared for success.*

## Parent Helpline

(231) 533-8619

## Shape Up North (SUN)

[www.shapeupnorth.com/](http://www.shapeupnorth.com/)

*We are here to help you and your family have fun and enjoy good health, simple as that. Shape Up North (SUN) is a community collaboration created to provide the resources you need to achieve and maintain a healthy weight. We're excited to offer tips, guidance, and support for individuals, schools, businesses and health care providers in northern Michigan.*

## Vroom

[Dailyvroom.org](http://Dailyvroom.org)

*Whether it's mealtime, bath time or anytime in between, there are so many great ways to help build your child's brain. Check out the free Vroom app and website for free downloads, tips and ideas on supporting your child's brain development.*

## HEALTH & WELL-BEING

The following is a list of organizations dedicated to helping you find information, support and or help when you need it.

## Addiction Treatment

### Al-Anon & Alateen

(231) 938-7399

[www.alanon-d39.org](http://www.alanon-d39.org)

*Call for local information regarding meetings and support.*

### Alcoholics Anonymous

(231) 946-8823

[www.district11-aa.org](http://www.district11-aa.org)

3291 Racquet Club Dr. Suite B  
Traverse City, MI 49684

## NMSAS Recovery Center

(989) 732-1791

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

2136 W. M-32

Gaylord, MI 49735

*Welcoming, family-friendly counseling and treatment services for opiate and other drug addictions.*

## Smoking Quitline

(800) 784-8669 or

(800) QUIT NOW

[www.michigan.quitlogix.org](http://www.michigan.quitlogix.org)

*Quitting smoking can be a difficult journey. If you are interested in learning more about tools and tips, give this number a call. Includes personalized support and plans to help you quit.*

## Baby Pantries

Baby Pantry locations sometimes change locations. It may be best to call ahead to see if the location has changed before driving there.

## Kalkaska Baby Pantry

(231) 258-9441

1725 W. Kalkaska Rd.

Kalkaska, MI 49646

*Please call for current hours as sometimes they change. Currently located at Kalkaska Church of Christ. Offer diapers, wipes and clothing available as well for infants through age 3-4.*

## Child Protection & Safety

### Child Abuse Reporting

(855) 444-3911

Statewide 24/7

## Department of Human Services (DHS)

(231) 258-1200

503 N. Birch St.

Kalkaska, MI 49646

## Safe Sleep

(800) 331-7437

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

Free information and resources on safe sleep practices for infants.

## Wellspring Lutheran Child & Family Services of Michigan

(231) 943-4348

955 Commerce Dr.

Traverse City, MI 49685

*Abuse and neglect prevention and intervention, counseling & therapy programs.*

## Crisis & Emergency

### 911

*Dial 911 if you have an emergency and need assistance right away.*

## Father Fred Foundation

(231) 947-2055

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

826 Hastings St.

Traverse City, MI 49686

*Emergency food, clothing and partial help with some bills (car repair, rent, past-due child care bills, utility assistance, winter boots for children).*

## KAIR-Kalkaska Area Interfaith Resources

(231) 258-7836

324 S. Cedar St.

Kalkaska, MI 49646

*Food pantry and resale store*

## Northwest Michigan Family Intervention

(989) 732-0448

Facebook: Northern-Family-Intervention-Services-Inc

405 W. Main S.

Gaylord, MI 49735

*A non-profit agency based in Gaylord, Michigan. We work directly in the home, helping families stay together. Offering home-Based Interventions and Wrap-Around Services. For Antrim, Grand Traverse, Kalkaska, and Leelanau Counties, home-based services can be accessed through assessment and referral by Northern Lakes Community Health or North Country Community Health. Infant-Mental Health services are also available. Wrap-around services for Antrim and Kalkaska Counties can be accessed through direct referral. All services are for Medicaid eligible families.*

Parent  
Resilience

Social  
Connections

Knowledge  
of Parenting  
and Child  
Development

**Concrete  
Support**

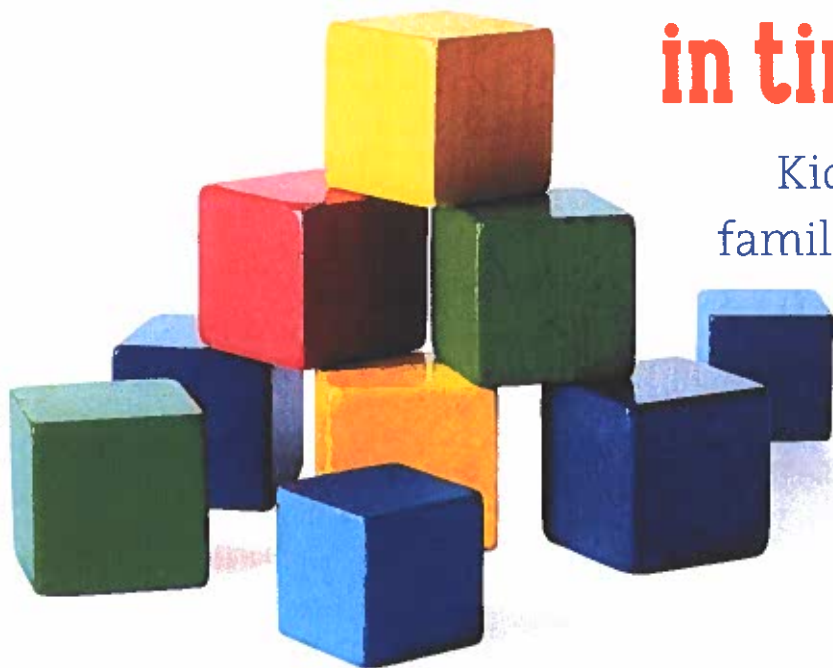
Social and  
Emotional  
Competence

**STRONG  
FAMILIES!**

We all need

# CONCRETE SUPPORT in times of need!

Kids do better when  
families get help when  
they need it.



## WHAT DO **YOU** THINK ABOUT:

- What are your basic needs and how are they being met?
- When your family is going through a rough time, how can your children be part of the solution?
- When your family has needed help, who has been there and how did they help?
- What are the most important things you've learned about making and managing money?
- In your experience, what are some good things that have come out of a crisis?
- When is asking for help a sign of strength and when is it a sign of weakness?

*What Do YOU Think About questions are from Parent Cafe in a Box, conversations to keep your family strong.*

StoONE uses the "Strengthening Families" framework to talk about what's right within families and to build the 5 Strengths in all families. Think of the 5 Strengths as the opposite of risk factors—having these 5 Strengths helps your family thrive, even during times of stress. **You will find each of the 5 Strengths sprinkled throughout this Guide!**

## Parent Help Line

(800) 942-4357

24 hours, 7 days a week crisis intervention and information referral service.

## Poison Center

(800) 222-1222

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

24-7. Poison centers offer free, confidential medical advice.

## Third Level Crisis Intervention Center

(800) 442-7315

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

1022 E Front St

Traverse City, MI 49686

Crisis counseling, problem assistance, information and referrals. Available 24-7

## Traverse Bay Children's Advocacy Center

(231) 929-4250

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

121 E Front St., Ste. 301

Traverse City, MI 49684

Provides prevention, advocacy, awareness, multi-disciplinary intervention, assessment and treatment of child sexual and physical abuse.

## With Open Arms (Winter Clothing Needs)

(231) 649-1127

Kalkaska, MI 49646

Supplies Winter Clothing Needs

## Women's Resource Center

(231) 258-4691

(800) 554-4972 Crisis Line

[www.kalkaskacounty.net/wrc.asp](http://www.kalkaskacounty.net/wrc.asp)

24-7 domestic violence support. Kalkaska

Office hours: Monday and Wednesday

8:30 - 4:30 Thursday noon till 8:00pm

BY APPOINTMENT ONLY

## Health Clinics/Medical

### American Heart Association

(800) 442-7315

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

Find classes / instructors in your area.

## HealthLink-Munson Medical

(231) 935-5886

or, toll free: 1-800-533-5520

[healthlink@mhc.net](mailto:healthlink@mhc.net)

[www.munsonhealthcare.org/physician](http://www.munsonhealthcare.org/physician)

Connection to nine hospitals and more than 950 health care providers in northern Michigan, including physicians and advanced practice professionals in more than 50 specialties. We can help you find health care providers who are accepting new patients, participate with your insurance carrier, and offer services close to where you live. Our free, confidential assistance includes information about a provider's education, special interests, hospital affiliation, practice location, and average wait times. We are happy to take your call. Hours: Monday - Friday, 8 am - 5 pm (closed all major holidays)

## Kalkaska Memorial Health Center (Hospital)

(231) 258-7500

[www.munsonhealthcare.org/KMHC/](http://www.munsonhealthcare.org/KMHC/)

419 South Coral St.

Kalkaska, MI 49646

## Michigan Enrolls/Medicaid Plan Enrollment

(888) 367-6557

[www.healthcare4mi.com](http://www.healthcare4mi.com)

## MICHILD Insurance

(888) 988-6300

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

Health insurance for children.

Call for applications and information.

## Munson Medical Center Pediatric Therapy Program

(231) 935-8600

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

550 Munson Ave.

Traverse City, MI 49686

Pediatric Feeding Therapy Program, Physical Therapy, Occupational Therapy, Speech and Language Therapy.

For Feeding Therapy support please call:

(231) 935-7620

## Planned Parenthood

(231) 929-1844

[www.plannedparenthood.org/planned-parenthood-michigan](http://www.plannedparenthood.org/planned-parenthood-michigan)

1135 E 8th St., Traverse City, MI 49686

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, gender identity or expression, marital status, national origin, disability or sexual orientation.

## Traverse City Health Clinic

(231) 935-0799

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

1719 S. Garfield

Traverse City, MI 49686

Everyone is welcome. As a community health center, primary care is provided, as well as counseling, and coordination of a variety of support services. Providing free or low-cost health care to financially challenged and uninsured persons.

## Health Department

### District Health Department #10

(231) 258-8669

[www.dhd10.org](http://www.dhd10.org)

625 Courthouse Dr. NW

Kalkaska, MI 49646

Prenatal and parenting education, immunizations, postpartum home visit, Healthy Futures enrollment, health insurance and nursing support to children with certain health needs, and referrals.

## Housing/Shelter/Utility Support

Here you will find information on finding housing, emergency shelter and utility help.

## Goodwill Inn

(231) 922-4890

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

2943 Keystone Rd.

Traverse City, MI 49686

Emergency shelter and access to donated food to homeless men and women.

## Habitat For Humanity

(231) 399-0300

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

Through volunteer labor and donations of money and materials, Habitat builds houses in partnership with families in need.



# Kalkaska County

## NMCAA

(231) 947-3780  
www.nmcaa.net

*Homeless Prevention Counseling, Rental Counseling, Foreclosure Prevention Counseling, Home Repair Programs, Weatherization, Homebuyer and Budget Counseling and Workshop*

## Mental Health & Counseling

### North Country Community Mental Health

(231) 258-5133 24hr Crisis Line (800) 442-7315  
625 Courthouse Dr. NW  
Kalkaska, MI 49646

*Respite, counseling, and family support subsidy. Services covering Kalkaska, Otsego, Antrim, Charlevoix, Emmet and Cheboygan counties.*

## Nutrition/Food Support

Here you will find information about community meals, nutrition classes and food pantries.

### KAIR-Kalkaska Area Interfaith Resources

(231) 258-7836  
324 S. Cedar St., Kalkaska, MI 49646  
*Food pantry and resale store*

### Kalkaska United Methodist Church

(231) 258-2820  
2525 Beebe Rd  
Kalkaska, MI 49646

*Hot Meal. Please call for times and options.*

### W.I.C. Women Infants & Children

(231) 258-8669  
www.dhd10.org  
625 Courthouse Dr. NW  
Kalkaska, MI 49646

*Food and nutrition vouchers for pregnant and post partum women, infants and children under 5 years.*

## Pediatric Dentistry

Please note that this is not a full list of dentists that provide dental options, just a list that offers free or low-cost options for pediatric dentistry.

### Dental Clinics North

(231) 587-5068  
205 Grove St.  
Mancelona, MI 49659

### Dental Clinics North

(231) 932-7316  
www.nwhealth.org/dcntc.html  
2600 LaFranier Rd.  
Traverse City, MI 49686

### Delta Dental

(800) 524-0149  
www.deltadentalmi.com

*Under the find dentist link, you can find a dentist for children who have dental care under the MI Child/Healthy Kids dental programs.*

## Prenatal & Pediatric Care

Please note that this is not be an exhaustive list of providers for prenatal and pediatric care. To find a health care provider, call Munson Medical HealthLink 1-800-533-5520 or email healthlink@mhc.net.

### Healthy Futures

(231) 935-5640, (888) 403-8468  
www.munsonhealthcare.org/  
healthy-futures-online  
2600 LaFranier Rd.  
Traverse City, MI 49686

*Free service to pregnant women and families with small children. A registered nurse provides moms personal support through phone calls and/or visits. Provides health information about immunizations, safety & nutrition.*

### MiChild Health Insurance

(888) 988-6300  
www.micighan.gov/michild

*Health insurance for children. Call for application and information.*

## Munson Medical Center Pediatric Therapy Program

(231) 935-8600  
www.munsonhealthcare.org  
550 Munson Ave.  
Traverse City, MI 49686

*Pediatric Feeding Therapy Program, Physical Therapy, Occupational Therapy, Speech and Language Therapy. For Feeding Therapy support please call: (231) 935-7620*

## Munson Prenatal & Newborn Community Education

(231) 935-8200, (800) 4-MUNSON  
www.munsonhealthcare.org  
1105 Sixth St.  
Traverse City, MI 49684

*Childbirth education, breastfeeding support, neonatal emergency services and more.*

## Breastfeeding Support Group Munson-Warm Line

(231) 935-2591

*Help is available for feeding issues, pre and post-weight checks, and for questions regarding a successful breastfeeding experience. For immediate or urgent concerns, please call your health care provider.*

## District Health Department #10

(231) 258-8669  
www.dhd10.org  
625 Courthouse Dr. NW  
Kalkaska, MI 49646

*Prenatal and parenting education, immunizations, postpartum home visit, Healthy Futures enrollment, health insurance and nursing support to children with certain health needs, and referrals.*

## Kalkaska Memorial Health Center

(231) 258-7533  
www.munsonhealthcare.org/  
KMHC/  
419 South Coral St.  
Kalkaska, MI 49646

*Offering prenatal and pediatric care providers.*

## FUN THINGS TO DO WITH KIDS

Kalkaska County boasts a ton of wonderful places to play with your family. Maybe you want to try something new this year, we hope this list stirs your imagination and connects you with some helpful places to play and have fun!

### Art, Music & Movement

#### Fitch's School of Dance

(231) 258-4071  
224 S Walnut St  
Kalkaska, MI 49646

#### Beaches, Parks & Playgrounds

These items include beaches, parks, playgrounds and nature preserves and trails. For more options throughout the state check out: [www.michigan.org/nature-parks/](http://www.michigan.org/nature-parks/)

#### Birch Street Elementary School

(231) 258-8629  
309 N Birch St  
Kalkaska, MI 49646

#### Charles L. Hicking Memorial Park

(231)369-3336  
South Boardman, MI 49680

#### Cherry Street Elementary

2312589146  
[www.kpschools.com/vnews/display.v/SEC/Cherry%20Street%20Intermediate](http://www.kpschools.com/vnews/display.v/SEC/Cherry%20Street%20Intermediate)  
314 S. Cherry St.  
Kalkaska, MI 49646

#### East Lake Beach

Spencer Rd. SE to East Lake Public Access  
South Boardman, MI 49680

#### Freedom Park

5123 Freedom Park Dr.  
Alden, MI 49612

#### Hazel Butler Memorial Park

(231)369-2856

[www.boardmantownshipmi.net/parks-and-recreation/](http://www.boardmantownshipmi.net/parks-and-recreation/)  
South Boardman, MI 49680

#### Heritage Park

Clearwater Township, MI

#### Imagination Station / Chalker Park

Laurel St and Chestnut St  
Kalkaska, MI

#### KART (Kalkaska Area Recreation & Transportation Trail)

Starts at 1905 Fairground Dr  
Kalkaska, MI 49646  
*2 mile long 8 ft wide trail is perfect for easy strolling.*

#### Log Lake Campground and Park

(231)258-2940  
2475 E Log Lake Rd NE  
Kalkaska, MI 49646  
*Electricity, toilets, swimming, and camp store.*

#### Mill Pond

(231)258-9191  
[www.upnorthtrails.org/points-of-interest/mill-pond-park-2.html](http://www.upnorthtrails.org/points-of-interest/mill-pond-park-2.html)  
504 Hyde St.  
Kalkaska, MI 49646

#### Perch Lake Beach

(231)369-3336  
[www.boardmantownshipmi.net/parks-and-recreation/](http://www.boardmantownshipmi.net/parks-and-recreation/)  
Hart Rd. on the east end of Perch Lake  
South Boardman, MI 49680

#### Rapid City Elementary

(231) 331-6121  
5258 River St.  
Rapid City, MI 49676

#### Rapid River Township Community Park

Just W of US-131 on Phelps Rd  
Rapid City, MI

#### Rugg Pond

(231)258-2943  
[www.kalkaskacounty.net/departments/parks\\_and\\_recreation/rugg\\_pond\\_natural\\_area.php](http://www.kalkaskacounty.net/departments/parks_and_recreation/rugg_pond_natural_area.php)  
Rapid City, MI 49676

#### Sand Lake Quiet Area Pathway

(231) 922-5280  
Hiking trailhead at Guernsey Lake State Forest Campground, 8 mi W of Kalkaska via Island Lake Rd & Campground Rd  
Kalkaska, MI 49646

*Part of Pere Marquette State Forest. 10 miles of hiking and biking trails*

#### School Forest

M-72 and Birch Street  
Kalkaska, MI 49646  
*Open space and trails. Located just off M-72 and Birch St in Kalkaska.*

#### Seven Bridges

[www.visitkalkaska.com/7Bridges](http://www.visitkalkaska.com/7Bridges)  
On Valley Rd between Kalkaska and Rapid City (directions at website)  
Kalkaska, MI  
*A picturesque short hike with running water and tranquil sitting areas.*

#### Skegemog Swamp Pathway

(231) 922-5280 or (231) 258-2711  
[www.dnr.state.mi.us](http://www.dnr.state.mi.us)  
From M-72 turn Rt on CR 597, proceed 3 mi to parking area on W side of road, Rapid City, MI  
*Extensive wooden boardwalk winds through a cedar swamp, crosses a small creek, and makes its way to Skegemog Lake*

#### Springfield Recreation Area

[www.springfieldtwpparksandrec-area.weebly.com/](http://www.springfieldtwpparksandrec-area.weebly.com/)  
From Kalkaska take M-66 S 13 mi to Lund Road. Turn W and go 4 miles to Creighton Road. Turn left into the Springfield Recreation Area.  
*Trails, farmers market, pavillion, and other fun activities.*

#### Torch Lake Beach Access Sites

Crystal Beach Road  
Kalkaska, MI  
*Seven swimming access sites on Crystal Beach Rd.*

#### Veteran's Memorial Park

(231)369-3333  
466 W. Sharon Rd.  
Fife Lake, MI 49633

# Kalkaska County

## Bowling

### Country Lanes Bowling Lounge

(231) 369-2732  
3138 US Hwy 131 SW  
South Boardman, MI 49680

## Camping

For a statewide list of campgrounds and various amenities, check out: [www.michigan.org/campgrounds-rv-parks/](http://www.michigan.org/campgrounds-rv-parks/)

### Camp Morr Campground

(231)384-6300  
2231 Robinson Dr. NE  
Kalkaska, MI 49646

### CCC Bridge State Campground

(231)922-5270  
7184 Sunset Trail SE  
Fife Lake, MI 49633

### Guernsey Lake State Campground

(231)922-5270  
Guernsey Lake Rd.  
Kalkaska, MI 49646

### Kalkaska RV Park & Campground

(231) 258-9863  
[www.kalkaskacampground.com](http://www.kalkaskacampground.com)  
580 M-72 SE  
Kalkaska, MI 49646  
*Toilets, showers, camp store, pool, playground, laundry, lounge, and Wifi.*

### Log Lake Campground

(231) 258-2940  
2475 E Log Lake Rd NE  
Kalkaska, MI 49646  
*Electricity, toilets, swimming, and camp store.*

### Pickerel Lake State Forest Campground

(989)348-7068  
Count Rd. 612 & Sunset Trail Rd.

### Smithville Landing

(231)839-4579  
13177 Old M-66 SE  
Fife Lake, MI 49633

### Torch Grove Campground

(231)322-2891  
6815 Crystal Beach Rd.  
Rapid City, MI 49676

### Vista Green RV Resort

(231)369-3400  
6100 Larson Rd.  
South Boardman, MI 49680

## Educational Programming

*Oh no, if there are no listings here, there may not be anything to list and you may want to check out the other counties. Or, we missed it! Please let us know via email at: [additions@greatstartkids.com](mailto:additions@greatstartkids.com).*

## Family Friendly Events & Festivals

There are many family friendly festivals and events throughout MI. For a comprehensive list check out the Pure Michigan Events and Festivals website at: [www.michigan.org/fairs-festivals/](http://www.michigan.org/fairs-festivals/). It's an easy to use site that allows you narrow your focus by activity type and location.

### Christmas In Kalkaska

[www.christmasinkalkaska.webs.com](http://www.christmasinkalkaska.webs.com)  
Downtown Kalkaska  
Kalkaska, MI 49646  
*December: Kalkaska Village tree lighting, parade, cookie contest, Santa, Free swimming & skating, story time, children's crafts, and fire truck rides.*

### Fireworks at Fife Lake and Torch Lake

[www.fifelakechamber.com/](http://www.fifelakechamber.com/)  
Fife Lake, MI  
July

### Independence Day Parade

[www.fifelakechamber.com/](http://www.fifelakechamber.com/)  
Fife Lake, MI  
July

### Kalkaska Airport Fly-In & Pancake Breakfast

[www.kalkaskaifylin.weebly.com/](http://www.kalkaskaifylin.weebly.com/)  
Kalkaska, MI 49646  
June

### Kalkaska County Fair

[www.kalkaskacountyfaironline.com/](http://www.kalkaskacountyfaironline.com/)  
1905 Fairground Dr  
Kalkaska, MI 49646  
*Every August*

### Kalkaska Memorial Health Center's Strawberry Social

[www.kalkaskacounty.net](http://www.kalkaskacounty.net)  
Kalkaska, MI 49646  
June.

### Kalkaska Winterfest

[www.kalkaskawinterfest.org](http://www.kalkaskawinterfest.org)  
Kalkaska, MI 49646  
*January: Dog sled race, dog weight pull, dog sled rides, children's games, 4-H Luncheon, and outhouse races.*

### Kaliseum Recreation Complex

(231) 258-5913  
[www.kaliseum.com](http://www.kaliseum.com)  
1900 Fairground Rd  
Kalkaska, MI 49646  
*Kids \$3/resident \$4/non-resident. Adults \$4/resident \$5/non-resident. Free paved walking trail.*

### National Trout Festival

[www.nationaltroutfestival.com](http://www.nationaltroutfestival.com)  
Kalkaska, MI 49646  
*Every April: Includes parades and festivities throughout Kalkaska.*

### Shelter Family Dairy

(231)258-8216  
5436 Tyler Rd. SE  
Kalkaska, MI 49646

## Ice Skating

### Kaliseum Recreation Complex

(231) 258-5913  
[www.kaliseum.com](http://www.kaliseum.com)  
1900 Fairground Rd.  
Kalkaska, MI 49646  
*Lessons for swimming, hockey, ice skating, dance, gymnastics and martial arts.*

### Springfield Recreation Area

From Kalkaska take M-66 S 13 mi to Lund Road. Turn W and go 4 miles to Creighton Road. Turn left into the Springfield Recreation Area.  
*Warming hut.*

## Indoor Playgrounds

Oh no, if there are no listings here, there may not be anything to list and you may want to check out the other counties. Or, we missed it! Please let us know via email at: [additions@greatstartkids.com](mailto:additions@greatstartkids.com).

## Libraries

### Kalkaska County Library

(231) 258-9411  
[www.kalkaskalibrary.org](http://www.kalkaskalibrary.org)  
247 S Cedar  
Kalkaska, MI 49646

## Martial Arts

Oh no, if there are no listings here, there may not be anything to list and you may want to check out the other counties. Or, we missed it! Please let us know via email at: [additions@greatstartkids.com](mailto:additions@greatstartkids.com).

## Miniature Golf

Oh no, if there are no listings here, there may not be anything to list and you may want to check out the other counties. Or, we missed it! Please let us know via email at: [additions@greatstartkids.com](mailto:additions@greatstartkids.com).

## Museums

### Kalkaska County Historical Museum

[www.kalkaskacounty.net/kalkhistory.asp](http://www.kalkaskacounty.net/kalkhistory.asp)  
Located in the Train Depot building in downtown Kalkaska.

Exhibits include 1898 Elmer car, a 1929 Durant car, and a wooden smokehouse, farm equipment, lumbering history artifacts, artifacts from the area, and military uniforms.

## Playgroups

### StoONE Playgroups

Facebook:  
[StoONEneighborhoodnetwork](http://StoONEneighborhoodnetwork)  
Free playgroups for families and children. Siblings welcome! Stay in touch with StoONE at our facebook page to find current offerings and playgroups in your area.

### Kalkaska County Kiddos

[www.facebook.com/kalkaskacountykiddos/](http://www.facebook.com/kalkaskacountykiddos/)

The Kalkaska Kiddos page is a place to find out about early childhood events in our community, as well as other early childhood information.

## Skiing & Snowboarding

Oh no, if there are no listings here, there may not be anything to list and you may want to check out the other counties. Or, we missed it! Please let us know via email at: [additions@greatstartkids.com](mailto:additions@greatstartkids.com).

## Swimming (Indoor)

### Kaliseum Recreation Complex

(231) 258-5913  
[www.kaliseum.com](http://www.kaliseum.com)  
1900 Fairground Rd.  
Kalkaska, MI 49646

Lessons for swimming, hockey, ice skating, dance, gymnastics and martial arts.

## U-Pick Farms

### Nad's Nursery

(231) 499-0422  
5948 Lund Rd. SW  
Fife Lake, MI 49633

### Strawberry Fields

(231) 392-5393  
1047 CR 571 NE  
Kalkaska, MI 49646

Local and seasonal fruits. Call ahead to see what is available and hours.

## Other Fun Things to Do with Kids

### Traverse City Kid

[www.facebook.com/traversecitykid/](http://www.facebook.com/traversecitykid/)  
[www.traversecitykid.com](http://www.traversecitykid.com)

Traverse City Kid is an online resource of events and opportunities for families in and around Traverse City!

### Up North Kids

(231) 943-2150  
[www.upnorthkids.com](http://www.upnorthkids.com)

Up North Kids is the resource that I always wished for as a parent. It's all the best parts of family-friendly Northern Michigan, in one place, whenever you need it.

## Are We Missing Anything?

Please note any suggested additions or corrections to these County listings here, and then, let us know! You can send any additions and suggestions to: [additions@greatstartkids.com](mailto:additions@greatstartkids.com).

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# Kalkaska County

## Parks Features: Summary Grid

### Name of Park:

Park Features:

	Birch Street Elementary	Charles L. Hicking Memorial Park	Cherry Street Elementary	East Lake Beach	Freedom Park East	Freedom Park West	Hazel Buttler Memorial Park	Heritage Park	Imagination Station-Chalker Park	Kalkaska Area Recreation Trail (KART)	Log Lake Campground & Park	Mill Pond	Perch Lake Beach	Rapid City Elementary	Rapid River Twp. Community Park (Phelps)	Rugg Pond	School Forest	Seven Bridges	Skegemog Swamp Pathway
Accessible Play Structure																			
Adaptive Swings									●										
Baby Swings					●		●	●	●		●	●			●				
Baseball Field		●				●	●	●		●	●								
Basketball Court	●		●				●		●					●					
Benches	●	●	●		●	●	●	●	●	●	●		●	●	●	●	●	●	●
Bicycle Racks	●		●						●	●		●		●					
Bicycle/Walking Pathway	●		●		●			●		●	●		●		●	●	●	●	●
Changing Tables																			
Designated as Non-Smoking	●		●						●					●					
Direct Access to Water				●	●	●					●	●	●			●		●	●
Disc Golf Basket/Catcher											●								
Drinking Fountain-Seasonal									●	●	●								
Drinking Fountain-Year-Round																			
Fenced-in	●		●	●				●	●		●								
Flush Toilets									●		●								
Grill/s					●	●		●	●		●	●	●		●				
Hill for Sledding								●	●										
Lit After Dark		●							●	●	●								
Open After Dark		●								●									
Parking Area	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●
Pavillion		●			●	●		●	●		●	●			●				
Pavillion Can Be Reserved		●									●								
Pet-Friendly-Animals Allowed		●		●	●	●	●	●		●					●	●	●	●	●
Pet-Friendly-Any Restrictions					●	●		●		●									●
Pet-Friendly-Waste Bags								●		●									
Picnic Area	●	●			●	●	●	●	●		●	●	●	●	●				
Pit Toilet/Port-a-potty		●		●	●	●	●	●				●	●						
Play Structure, Ages 2-5	●				●			●	●					●	●				
Play Structure, Ages 5-12	●	●	●		●		●		●		●			●	●				
Restroom Seasonal		●			●	●	●	●	●		●	●	●						
Restroom Year-Round				●															
Safely Accessible by Foot/Bicycle	●	●	●	●			●	●	●	●	●	●	●		●	●	●	●	●
Trash Cans		●			●	●	●	●	●	●	●	●	●		●		●		
Unique Interpretive Signage					●					●							●	●	●
Water Faucet/Spigot-Seasonal	●	●		●	●	●		●		●		●			●				
Wheel-Friendly	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●	●

To find each Park's contact info, go to the individual listings in "Beaches, Parks & Playgrounds" for this county.

**Name of Park:**

Springfield  
Recreation Area  
Torch Lake Beach  
(Crystal Beach Rd.)  
Veterans Memorial  
Park

If we missed any parks,  
additions@greatstartkids.com

*Park Features:*

Accessible Play Structure

Adaptive Swings

Baby Swings

Baseball Field

Basketball Court

Benches

Bicycle Racks

Bicycle/Walking Pathway

Changing Tables

Designated as Non-Smoking

Direct Access to Water

Disc Golf Basket/Catcher

Drinking Fountain-Seasonal

Drinking Fountain-Year-Round

Fenced-in

Flush Toilets

Grill/s

Hill for Sledding

Lit After Dark

Open After Dark

Parking Area

Pavillion

Pavillion Can Be Reserved

Pet-Friendly-Animals Allowed

Pet-Friendly-Any Restrictions

Pet-Friendly-Waste Bags

Picnic Area

Pit Toilet/Port-a-potty

Play Structure, Ages 2-5

Play Structure, Ages 5-12

Restroom Seasonal

Restroom Year-Round

Safely Accessible by Foot/Bicycle

Trash Cans

Unique Interpretive Signage

Water Faucet/Spigot-Seasonal

Wheel-Friendly

Springfield Recreation Area	Torch Lake Beach (Crystal Beach Rd.)	Veterans Memorial Park
●		●
		●
		●
●	●	●
●		●
		●
		●
●	●	
●		●
		●
	●	
●		●
		●
	●	●
		●
		●
●	●	●
		●
		●
●	●	●
	●	●
●		●
●		●
	●	●

A glossary of the features terms above, can be found on page 117, inside back cover, of this Guide