

# Maternity and paternity support groups

The following resources include a variety of support groups that are available across Michigan for soon-to-be or current parents. Topics include preparing for a baby, breastfeeding support, parenting and more.

## West Michigan

- **Strong Fathers – Strong Beginnings**
  - Support group for fathers
- **Public Health Muskegon County Mom Mentoring Program**
  - Mom-to-mom mentoring program

## Michigan thumb area

- **Genesee County Health Department**
  - Breastfeeding education and support, Children’s Special Health Care Services, Family planning, Fetal Infant Mortality Review, Healthy Start, Genesee County Infant Safe Sleep, postpartum depression resources and Women, Infants & Children (WIC)
- **Great Start Tuscola County Parent Coalition**
  - Parent network for Tuscola County
- **Huron County Health Department**
  - Family planning, Maternal and Infant Health Program and Women, Infants & Children (WIC)
- **Lapeer County Health Department**
  - Breastfeeding support, Mother and Infant Health Program
- **REVIVE Community Health Center**
  - Educational workshops covering breastfeeding, nutrition, preparing for a baby and postpartum support
- **Sanilac County Breastfeeding Friends**
  - Private Facebook group for breastfeeding moms and mom-to-be
- **Sanilac County Health Department**
  - Family planning, Maternal and Infant Health Program, breastfeeding resources and support, Children’s Special Health Care Services and Women, Infants & Children (WIC)
- **Shiawassee County Health Department**
  - Breastfeeding support, childhood lead poison prevention, Children’s Special Health Care Services, family planning, Maternal and Infant Health Program and Women, Infants & Children (WIC)



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- **Shiawassee Regional Education Service District**
  - Playgroups for birth to 5 years
- **St. Clair County Health Department**
  - Maternal and Infant Health Program, Children’s Special Health Care Services, lead testing program, personal health clinic and Women, Infants & Children (WIC)
- **The SMILE Club**
  - Breastfeeding club for Genesee County
- **Tuscola County Health Department**
  - Breastfeeding support. Children’s Special Health Care Services, family planning, Maternal and Infant Health and Women, Infants & Children (WIC)

## Mid-Michigan

- **Fraternity of Fathers**
  - Educational program for fathers of young children
- **Our Village**
  - Parenting support group
- **Mom Power**
  - Educational program for mothers of young children
- **Mom Share**
  - Drop-in support group for expectant and new moms and their babies
- **SafeHouse Center**
  - Domestic violence and sexual assault support groups
- **Strong Start, Healthy Start**
  - Family support, parent coaching, education and case management
- **The Breastfeeding Club**
  - Peer support group for breastfeeding mothers

## Southeast Michigan

- **Black Mothers Breastfeeding Association**
  - Breastfeeding support and resources
- **Nature’s Playhouse of Ferndale**
  - Support services for parents
- **The Children’s Center**
  - Specialized, clinical services for parents and children
- **The Lactation Club**
  - Bi-monthly, kid-friendly, breastfeeding support group
- **Your Good Village Espresso Milk Collective**
  - Breastfeeding support group



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Complaint forms are available at:  
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