

Parent support groups

The resources listed below include support groups for soon-to-be or current parents. Topics include preparing for a baby, breastfeeding support, parenting and more.

Statewide

- **Fraternity of Fathers**
 - Educational program for fathers of young children
- **Great Start Collaborative & Parent Coalitions**
 - Parenting support, classes and advocacy
- **Mom Power**
 - Educational program for mothers of young children
- **SOS MATERNITY**
 - State-wide resources for pregnant and postpartum people

West Michigan

- **Bethany Christian Services Grand Rapids**
 - Pregnancy support and family counseling
- **Deborah Project**
 - Support and guidance for single mothers
- **Strong Beginnings**
 - Education programs and parent support
- **Strong Fathers – Strong Beginnings**
 - Support group for fathers
- **Women’s Resource Center**
 - Career development and personal growth for women

Michigan thumb area

- **Great Start Tuscola County Parent Coalition**
 - Parent network for Tuscola County
- **Lapeer County Health Department**
 - Breastfeeding support, Mother and Infant Health Program



- **Positive Alternatives Pregnancy Resource Center**
 - No-cost pregnancy testing, parenting classes
- **Region 6 Perinatal Quality Collaborative**
 - Resources and support for parents
- **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)
- **Spero Pregnancy Center**
 - Support for soon-to-be and newly pregnant moms
- **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)
- **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

- **Expectant Parents Organization**
 - Pregnancy, childbirth and newborn parenting classes and breastfeeding support programs
- **Shared Pregnancy Women’s Center**
 - Parenting classes, mentor programs and encouragement
- **Strong Start, Healthy Start**
 - Family support, parent coaching, education and case management
- **Willow Tree Family Center**
 - Parenting support and classes

Central Michigan

- **Bay-Arenac Counties Great Start Collaborative**
 - Parent and caregiver support
- **CAN Council Parent Café**
 - Gatherings for new and expectant parents

- **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)
- **Little Lambs Compassionate Ministry**
 - Car seat safety and safe sleep programs, clothing and diapers
- **MSU Extension**
 - No-cost online parenting classes
- **Pregnancy Resource Center Shiawassee**
 - Earn-and-you-learn program for parents to enhance their parenting skills
- **REVIVE Community Health Center**
 - Educational workshops covering breastfeeding, nutrition, preparing for a baby and postpartum support
- **Shiawassee Regional Education Service District**
 - Playgroups for birth to 5 years
- **The Kings Table**
 - Resources and support for fathers
- **The SMILE Club**
 - Breastfeeding club for Genesee County

Southeast Michigan

- **Black Mothers Breastfeeding Association**
 - Breastfeeding support and resources
- **Detroit Health Department**
 - Women’s health education, programs for fathers, post-partum support, grief and bereavement referrals for families who’ve lost a baby, health fairs and help finding a medical home
- **Focus Hope**
 - Peer-to-peer support for pregnancy, birth, breastfeeding and early parenting
- **Mom Share**
 - Drop-in support group for expectant and new moms and their babies
- **Nature’s Playhouse of Ferndale**
 - Support services for parents
- **SafeHouse Center**
 - Domestic violence and sexual assault support groups
- **SisterFriends Detroit**
 - Support and mentorship for pregnant moms and their families until their baby’s first birthday

- **The Children's Center**
 - Specialized, clinical services for parents and children
- **The Children's Center Detroit Fatherhood Initiative**
 - Support group for fathers

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