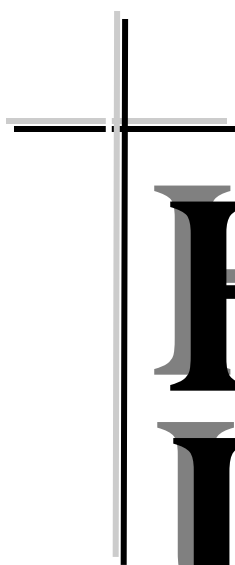


DAVISON
AREA CHURCHES

Present



H

Helping

U

Unemployed

P

People

Statement of the Mission of HUP

*To support individuals in a faith based setting
As they deal with their unemployment
And look for jobs.*

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Section One

The Stress of Unemployment

Managing the Emotional Roller Coaster

There's no way around it – unemployment is a bumpy, unpredictable emotional roller coaster ride. Even under the best of circumstances: when you've got ample savings, decent job prospects, and a healthy severance package, few people manage to escape the unemployment blues. While you can't change the unpredictable nature of the ride, there are steps you can take to better manage your reaction to the peaks and valleys you'll inevitably experience. Here are ten suggestions to help you better manage the anxiety of unemployment

1. Don't compare yourself to others

The impact of job loss varies from person to person. It's true that two people in similar situations may have two totally different reactions to their common loss. Each individual is unique and reacts with a wide range of emotions and behaviors; there is no one right way to handle this transition.

2. Become part of a support group

Interacting with a group of people, who are in your situation and can fully understand what you're going through, can be an invaluable aid in helping you maintain perspective and a sense of humor during your search.

3. Be honest about your emotions

Admitting your anger, fear, and frustrations to your support group is the first step toward managing your emotions instead of letting them control you.

4. Name and claim the enemy

Rather than walking around with a vague but continual sense of anxiety, try to figure out what specific things worry you most.

5. Recognize that luck plays a role in this process

While it's hard not to wonder why your friend landed a job quickly while you're still looking, the answer is that every person's search proceeds at a unique pace. Luck, timing, market opportunities and a hundred other factors conspire together in mysterious ways.

6. Avoid negative people

A group of pessimistic nay Sayers will do nothing but reinforce your worst fears. Align yourself with friends and colleagues who think more of you than you think of yourself – their suggestions will inspire, empower, and encourage you to move on in the face of rejection.

7. Take care of yourself

Get enough sleep, exercise, and eat well.

8. Focus on the positive

While you can't change events, you can change how you react to them. There is undoubtedly something positive to recognize during this difficult transition.

9. Keep busy

There is nothing more depressing than staring at an empty calendar. Force yourself to get out of the house.

10. Volunteer

By helping others you'll help yourself feel more valued. Even if it's only for a few hours each month, the psychological boost of helping those less fortunate can be significant.

Nancy Collamer

Author and Career Consultant Author of "The Layoff Survival Guide"

Section Two

BeFriender Ministry

St. John the Evangelist Church
505 N. Dayton St.
Davison, MI 48423
(810) 652-0304, Ext. 269

Everyone at times is on a different journey and needs a caring companion who will listen, empathize, and be a reminder of a caring faith community. BeFriender Ministry is a group of trained, lay pastoral care members of St. John the Evangelist Church who provide care, through a listening presence, to anyone experiencing the stress of care giving, illness, divorce or separation, death of a loved one, job loss, depression or other stress life experiences.

Bridges to Access

(866) 728-4368
8:00 am – 8:00 pm, (M-F)
www.bridgestoaccess.gsk.com

Description: Provides a 60-day supply of Glaxco Smith Kline medication. \$5.00 to eligible individuals.

Eligibility: Must be a U.S. resident, not be eligible for any other prescription drug benefit and meet income guidelines (currently \$25,000 for an individual, higher for a family, subject to change).

Application: Must be made by a patient advocate (any health care worker involved in the patient's care).

Catholic Charities of Michigan

901 Chippewa

Flint, MI 48503

(810) 232-9950

(810) 232-7599 Fax

www.CatholicCharities-S-G.org

Hours: 8:30 am – 7:30 pm, (M-Th)

8:00 am – 4:30 pm, (Fri)

9:00 am – 2:00 pm, (Sat)

Funding: United Way, DHS, Diocese of
Lansing Comm. Foundation GSAS

Public Transportation Accessible

Description: Program mission is to empower individuals and families in a caring Christian manner to enrich their quality of life and that of the Genesee County Community.

Substance Abuse Counseling: Provides substance abuse counseling for persons with addiction problems. Fees are based on ability to pay. Call (810) 232-9950 for an intake appointment or more information.

Catholic Outreach

509 N. Grand Traverse
Flint, MI 48503
(810) 234-4693

Hours: 9:00 am – Noon, and
1:00 pm – 4:30 pm, (M/W/F)
Funding: Contributions, fund raising,
FEMA, Emergency Services Grant
Parking: Yes, lot free
MTA Bus Stop: Yes, 1 block
Barrier Free: Yes, front

Description: Provides financial assistance with basic needs including water bills, rent, mortgage, and food.

Medical Transportation: Provides transportation for children to medical facilities in Detroit, Ann Arbor, and Lansing. Adults going to the same area can be transported too, if space allows. Service is free and provided by volunteers.

Dept. of Human Services of Genesee Co (DHS).

125 E. Union St.
Flint, MI 48501-1620
(810) 760-2200 General Information
(810) 760-2888 Children’s District #03
(810) 760-2475 North District #05

630 S. Saginaw St.
Flint, MI 48501
(810) 760-7310 Floyd J. McCree District Office #02

2320 W. Pierson Rd.
Flint, MI 48504
(810) 760-4900 Pierson District Office #06
www.mfia.state.mius/olmweb/exhtml/

Hours: 8:00 am – 5:00 pm, (M-F)
Funding: Federal, State, and County
Public Transportation Accessible

Description: Provides assistance programs for individuals or families with financial needs who meet primary eligibility requirements including:

1. *Temporary Aid for Needy Families (TANF):* Financial aid to families with children who are deprived of parental care or support due to death, absence, or incapacity of a parent or the unemployment of the parent who is the primary wage earner.
2. *State assistance:* Financial aid to disabled adults and to adults who will be disabled for 3 months or more.
3. *Medical assistance:* Medicaid, HCAP, Medical Assistance Transportation (must meet Medicaid requirements).
4. *Food Assistance.*
5. *Refuge assistance.*

6. *Repatriate Programs:* Available for 90 days following repatriates' date of entry into the U.S.
7. *State Emergency Relief:* Emergency financial aid not available through other programs. Help preventing foreclosures, evictions, utility shut-offs, also with burials, appliance and home repairs.
8. *Day Care:* For families that show need due to health or social reasons.

Family Service Agency of Mid-Michigan

1170 Robert T. Longway

Flint, MI 48503

(810) 767-4014

(866) 767-4014

(810) 767-0020 Fax

www.fsamich.org

fsagc@aol.com

Hours: 9:00 am – 9:00 pm, (M & Tu);

9:00 am – 5:00 pm, (W/Th/F)

Public Transportation; Accessible

Description: Family Service Agency of Genesee County helps people help themselves. Our change-oriented services improve community life by helping families and individuals understand their choices and maintain their dignity.

Homemaker Assistance/In-Home Meal Preparation/Respite Care: Provides homemaker services for frail, elderly or disabled persons including meal preparation,

basic needs assistance (dressing, feeding, and bathing), errands, respite care (relieves primary caretaker for a 3-4 hour stint) and companionship. Some services are covered by FIA or VAAA; other fees are based on ability to pay. Call (810) 767-4014 or toll free (866) 767-4014 for details.

Eligibility: Anyone is eligible

Fees: Sliding scale based on income

Outpatient Substance Abuse Treatment Programs/ Substance Abuse Counseling: Provides substance abuse prevention counseling for families and individuals. Call (810) 767-4014 or Toll-free (866) 767-4014 for intake appointment.

First Presbyterian Church

746 S. Saginaw Street

Flint, MI 48502

(810) 234-8673 or (810) 234-1643

www.fpcf.org

Hours: 9:00 am – 4:30 pm, (M-F)

Funding: Church

MTA Bus Stop: Yes

Parking: Lot, free

Barrier Free: Yes

Description: Provides faith-based community services.

Robert P. Gerholz Center for Christian Counseling-
Mental Health Care and Counseling: Provides
Christian- based professional and peer counseling
for a wide range of human problems. Open 9:00
am – Noon, 1:00 pm – 5:00 pm and evenings by
appointment only. Call (810) 234-0500 for an
appointment or details, or visit the website:
www.fpcf.org

Eligibility: Open to anyone
Application: Call (810) 234-0500 for an
intake appointment.
Fees: No, Fees are supported by
contributions and a trust fund.
Does not accept insurances.

**Genesee County Community Action
Resource Department**

601 N Saginaw St.
Flint, MI 48502
(810) 232-2185
(819) 768-4667 Fax

Hours: 8:00 am –5:00 pm, (M-F)
Funding: VAAA and donations
Parking: Yes, free parking lot
MTA Bus Stop: Yes, ML King and 3rd Ave.
Barrier Free: Yes

Description: Provides emergency food, shelter,
clothing, housing and utility payment assistance,

training and technical assistance to low- income persons and to organization; nutritious meals for young people during the summer; USDA surplus food commodities (supplementary food program for pregnant women, new mothers and children to age 6).

Genesee County Community Mental Health (CMH)

420 W. Fifth Ave.

Flint, MI 48503

(810) 257-3705 Customer Service

(810) 257-3742 Access Center

(810) 257-3740 Crisis Hotline

www.genecmh.org

Hours: 8:00 am – 5:00 pm, (M-F)

Description: Provides mental health services to persons dealing with temporary coping problems, lifestyle changes, emotional problems, mental illness or developmental disabilities.

Genesee County Free Access Medical Clinic

2437 Welch Blvd.

Flint, MI 48504

(810) 235-4211

(810) 235-5122 Fax

www.gcfmc@intouchmi.com

Hours: Clinic opens by appointment only:
5:00 pm – 6:30 pm, (Tu)
1:00 pm – 2:30 pm, (Wed)
9:00 am – 10:30 am, (Fri)

Parking: Yes

Barrier Free: Yes

Public Transportation Accessible

Description: Mission: “To provide quality health care, excluding emergency care and obstetrics, to the employed uninsured without regard to race, creed, and ethnicity. Professional volunteers are the backbone of care delivery in the Free Clinic. Without their support, the Free Clinic would not be able to fulfill its mission. Professional staff includes physicians, nurses, nurse practitioners, pharmacists, dietitians, social workers, and other specialists who devote their time and talents to ensure quality health care to people in need.”

Genesee Health Plan (GHP)

630 S. Saginaw St
P.O. Box 3599
Flint, MI 48502

Description: A community-sponsored health coverage program funded by local, state and federal funds. GHP has contracted with HeathPlus of Michigan to provide a health benefit program

for low-income adults in Genesee County who do not qualify for Medicaid, Medicare or other health insurance. The GHP plan will generally help to pay for doctor visits, lab tests, prescriptions, and x-rays. There is NO CHARGE to join and NO MONTHLY FEES. You may be asked to pay \$5 to \$10 for certain services. To see if you are eligible to enroll in the plan, please call one of the following enrollment sites for an appointment.

Enrollment Sites:

Health Access

1428 W. Court St.
Flint, MI 48503
(810) 232-4200

Genesee County Health Dept. – Health Care
Outreach and Enrollment Department

630 S. Saginaw St (2nd floor)
Flint, MI 48502
(810) 767-2229 or 257-3612
Hours: 8:00 am – Noon and
1:00 pm – 5:00 pm, (M-F)

McCree North Health Ctr.

115 E. Pierson Rd.
Flint, MI 48505
(810) 785-4819
Hours: 8:00 am – Noon, (M-F)
1:00 pm – 5:00 pm, (M & Th, only)

American Red Cross Genesee-Lapeer Chapter

1401 S. Grand Traverse

Flint, MI 48502

(810) 257-0700

Hours: 9:00 am – 3:00 pm, (M-F)

Health Access

1428 W. Court St.

Flint, MI 48503

(810) 232-4200

www.healthaccessprogram.org

Description: The Mission of Health Access is to improve access to quality health care for uninsured and underinsured residents of Genesee County. Health Access will help you find a doctor, find programs that may help pay your medical bills or connect you with resources to improve your health. Health Access also provides prescription assistance, access to low-cost health care and free clinics. There is no cost to using Health Access services; however, some of the programs they connect you with may have fees. Individuals who are members of Health Access pay a small co-pay to receive their primary health care at one of four participating clinics.

Hope Center for Christian Counseling

119 S Leroy St.
Fenton, MI 48930
(810) 629-2132 ext. 33
www.hopeinfenton.org

Hours: 9:00 am – 4:00 pm, (Mon)
9:00 am – 3:00 pm, (Wed)
6:00 pm – 9:00 pm, (Thurs)
By Appointment, (Tu, Fri, & Sat)

Funding: Fenton United Methodist Church
Fees: Free initial consultation, payment for services is based on “ability-to-pay” pledge/donation system, ranging from \$0 to \$65 per session.

Description: Offers quality counseling provided by fully licensed mental health professionals who are Christ-centered, Bible based and Spirit filled. Services include individual, family and group counseling; intercessory prayer; bible study and enrichment groups; and psycho-educational and psychotherapy groups. Problems addressed include: depression/grief, anxiety/stress/worry, anger management, marital problems/divorce recovery, childhood and family problems, and recovery from childhood trauma.

Michigan Works! Services

711 N. Saginaw St.

Flint, MI 48503

(810) 233-5974

www.michiganworks.org

Description: Local Michigan Works! Agencies oversee a wide variety of programs designed to help employers find skilled workers and to help job seekers find satisfying careers. The programs are also designed to prepare youth and unskilled adults for entry into the labor force and help individuals who face serious barriers to employment to obtain the assistance necessary to get and keep a job.

Outreach East

425 N. Genesee St.

PO Box 61

Davison, MI 48423

Located at the east end of the 425 Building on the campus of St. John the Evangelist Catholic Church.

(810)653-7711

Hours: 9:00 am - 11:30 am,
12:30 pm - 3:00 pm
(Monday and Thursday)
1:00 pm - 6:00 pm
(Tuesday)
9:00 am - 11:30 am
(Wednesday)
Closed Friday

A non-denominational agency assisting individuals who present themselves or are referred by others for assistance with groceries, shelter, utilities, other essentials, and referrals to other agencies. They minister to all those in need living in Atlas, Burton, Clio, Columbiaville, Davison, Elba, Genesee, Goodrich, Grand Blanc, Hadley, Lapeer, Mt. Morris, Ortonville, Otisville, Otter Lake, and Richfield.

St. John Christian Service

425 N. Genesee St.

Davison, MI 48423

Mail: C/O St. John the Evangelist Church

404 N. Dayton St., Davison, MI 48423

Located at the west end of the 425 Building on the campus of St. John the Evangelist Catholic Church

Appointments only -- (810) 653-2377

St. John Christian Service helps St. John Parishioners or Davison residents by providing:

- Food
- Personal care items
- Baby food and care items
- Clothing
- Assistance with rent payments and utility bills
- Thanksgiving, Christmas, and Easter baskets
- School clothing and supplies

“For I know the plans I have for you,” declares the Lord, “Plans to prosper you and not to harm you, plans to give you hope and a future.”

Jeremiah 29:11

Prayer for Those Seeking Employment

Lord, there are many people among us who are in need of a steady job with sufficient wages to care for themselves and their families. Help unemployed persons remain diligent in their job search. Give them the needed confidence to succeed and the perseverance to continue on when they become discouraged. Teach us to encourage those seeking employment and to offer whatever assistance we can give. For all the unemployed, we offer our prayers that they might find productive work that enables them to use and develop their talents and skills, and to meet their economic needs.

Amen.