



Founded in 1999, The Family Center (www.FamilyCenterWeb.org) is a non-profit community organization that provides free programs and resources to empower families to successfully navigate life's social, emotional, and physical challenges.

The Family Center provides:

- Referrals for local mental health experts on:
 - Mental health
 - Addiction and recovery
 - Family dynamics
 - Child development
 - Special needs
- Helpful articles, videos, podcasts and other resources on critical topics and issues facing families today via our website, newsletter, and social media pages.
- Crisis Resource Card with phone numbers and a QR code to a dedicated webpage.
- Mental health support and substance use prevention in schools.

The Family Center is awarded grants that support mental health and substance use prevention in the community and our schools.

Some ways we've assisted local schools include:

- Professional development for teachers and staff
- Wellness fairs and "lunch and learns" for students
- Drug and alcohol prevention fairs and classroom workshops
- Narcan opioid rescue training for teachers and staff
- "Chill Rooms" in schools



School Wellness Days



Drug & Alcohol Prevention



Suicide Prevention Walk & Mental Health Fair



Chill Rooms in Schools



Special Education Program Support



North Peer2Peer Lunch & Learns



Harper Woods Library Teen Mental Health Fair



South Teen Mental Health Panel



Yoga for Pride

SCHOOL RESOURCE LIST

TEACHER & STAFF SUPPORT

Trauma support and group counseling

We can provide and help coordinate counselors virtually and on-site. We also have a list of therapists for individual care.

Professional development for teachers and staff

- motivational speakers on a variety of topics
- Social Emotional Learning
- ACES training
- QPR suicide prevention training
- Drug and alcohol awareness and Narcan training
- Yoga, meditation, and MBSR

Full or Partial School Assemblies

- Motivational speakers on a variety of topics including drug prevention
- INDIEFLIX (makes and distributes social impact films that address common individual and societal issues, from anxiety to social media addiction, cyber-bullying and more. These films cover difficult topics but include empowering strategies and practical tips on how to move forward. Films can be shown in person or virtually with moderated discussion and Q&A, so that reflection and learning can be grounded after each screening.)

STUDENT SUPPORT

Chill Rooms & ASD Sensory Rooms

We can help fund supplies and equipment for student recovery spaces.

Wellness Days

We can provide and help coordinate activities (art therapy, breathing exercises, yoga) and therapy dogs for middle and high schools.

Student Groups

We can provide speakers, food, and supplies for student groups focused on mental health, mentorship, or similar organizations and initiatives.

Drug/Alcohol/Tobacco/Vape Prevention

We can provide and help coordinate prevention activities, programs, and speakers.

Please call us at 313.447.1374 or email MaryJo.Harris@FamilyCenterWeb.org to talk about your needs and how we can help. We look forward to hearing from you!