

## Family



The State of Michigan employs some 55,000 employees all over Michigan in various work settings. Some employees may work irregular shifts, keeping them from being at home putting extra family pressure on their spouses. The following are additional resources to help you find balance between the demands of your job and family responsibilities. There are links on raising children, parents at work, and ways to help you and your spouse strengthen the family.

***Parenting Awareness Michigan*** is a program that offers advice to parents about raising children. Their Web site features articles on *Working Parents and the Time Crunch*; *A Dozen Ways to Strengthen Your Family*; and *Infant, Toddler, Child, and Adolescent Development*. If you would like to read any of these articles, please visit [www.preventionnetwork.org](http://www.preventionnetwork.org).

The Michigan Department of Education's greatstartCONNECT is an excellent site for child care and preschool resources, connecting families to high-quality early learning and child care: <http://greatstartconnect.org/>.

**Call United Way 2-1-1** it is a free telephone number that connects people with community resources. The 2-1-1 call specialists are available 24 hours a day, 7 days a week to provide information on community services such as health care, job training, mortgage foreclosure assistance, rent/utility assistance, food, legal assistance, shelter, support groups and more. **If it's a life-threatening emergency call 9-1-1.**