

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.

The **MI Parent Resources** directory provides state employees, families, and parents information about all of the benefits and help available to them through the State of Michigan. This directory includes information about health insurance, beneficiary changes, paid and unpaid leave time usage, work schedule options, fitness, nutrition, parenting, adoption, paying for college, and so much more. The MI Parent Resources directory is located at www.michigan.gov/miparentresources.

The **Parents At Work** Web site helps parents learn what the signs of drug and alcohol abuse are in their children, and offers help in how to deal with it. Parents who think that their teen is using drugs or drinking and would like help, may visit www.theantidrug.com.

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.**