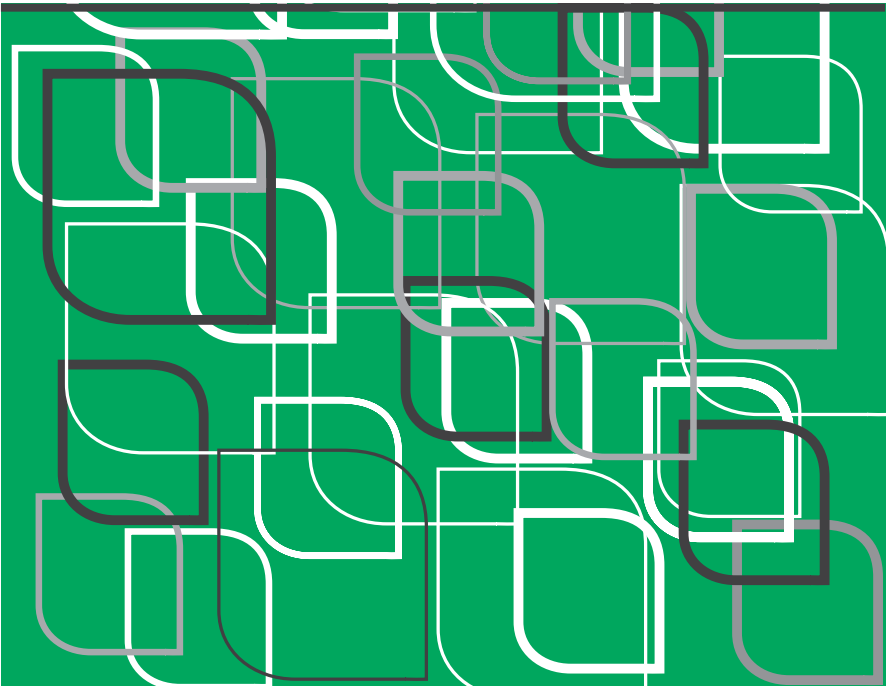


Trinity Cares

Resource Guide



No matter your season of life, we are here to walk with you. The Trinity Care Team is here to help you in leveraging the various seasons of life for the purpose of spiritual transformation. Trinity Church has been meeting the needs of individuals and families in the Greater Lansing area since the 1950s.

This guide provides information about resources located within our church and community. The digital version of the guide provides clickable links to the resources' websites.

Let love be genuine. Abhor what is evil; hold fast to what is good. Love one another with brotherly affection. Outdo one another in showing honor. Do not be slothful in zeal, be fervent in spirit, serve the Lord. Rejoice in hope, be patient in tribulation, be constant in prayer. Contribute to the needs of the saints and seek to show hospitality. Romans 12:9-13 ESV



and Christian Services

Assistance is available for housing support, education, employment, food, health care, mental health, substance abuse, personal and household items, clothing needs, nutritional help, aid for veterans, aid for the elderly, transportation, and much more, by contacting:

- Dial **211** or go to mi211.org
Available 24/7/365
- **Christian Services** 517-394-5411
Monday-Thursday 9:15am-3:00pm

Baptisms

We offer an online class for those interested in being baptized at Trinity Church. This required class covers the Biblical basis for baptism along with how we, as disciples of Christ, can share the Gospel along with our own personal story. To sign up to be baptized, visit wearetrinity.com/baptism.

Cards of Encouragement

Our *Christian Card Ministry* sends cards to individuals who may need extra support and care during this season in their lives. If you know someone who might be encouraged to receive cards periodically or would like to be included yourself, please contact Pat Crosby at 517-282-3820. If you are requesting cards on behalf of someone else, please get their consent before sharing their information with us.

Care Guides for Adults

Care Guides are trained volunteers from Trinity who are available for those in need of someone to walk alongside them during a hard season of life. Care Guides provide a safe place to process life's disappointments and challenges with a Christ-centered, biblical focus. Request a free and confidential meeting with a Care Guide at wearetrinity.com/care-guides.

Celebrate Recovery

Celebrate Recovery is all about celebrating the healing and transformation found in Christ so that we can experience full life with Him! Find freedom from all kinds of hurts, habits, and hang-ups in a safe, caring community of others on the road to recovery. Participants work on a variety of issues including codependency, drug and alcohol addiction, abusive relationships, pornography addiction, food issues, anger or ANYTHING that stunts emotional and spiritual growth. Contact Christy at christy.maniscalco@wearetrinity.com or 517-272-3844 for more information.

Celebrate Recovery meets on Thursday evenings, with dinner at 6:00pm and large- and small-group gatherings from 7:00-9:15pm. Enter Door D on the south side of the church. Dinner is \$5 for adults and \$2 for children.

Counseling

You don't have to face life's challenges alone. If someone is in need of professional Christian counseling, contact:

Monarch Counseling 517-930-3071
Monarch Counseling, conveniently located inside Trinity Church, has a team of Christian counselors ready to help no matter your struggles.

Wellspring Counseling 517-336-4335

You can also visit psychologytoday.com to view counselors' profiles and find a therapist by zip code. This site will provide information on local counselors' beliefs (especially helpful when looking for a Christian counselor), qualifications, specialties, fees, and more.

Crisis Center Helplines

Adult Abuse Resources

Adult Protective Services (elder abuse) 517-887-9650

Elder Abuse, Exploitation, Neglect 24hr 800-996-6228

Aging Information & Referrals

Tri-County Office on Aging 517-887-1440

Child Abuse & Neglect

Child Abuse Prevention Services 517-484-8444
Parent Helpline/Child Abuse 24hr 800-942-4357
Parents Anonymous 24hr 800-482-0747
Ingham County Protective Services 24hr 517-887-9450
Clinton County Protective Services 989-224-5500
after 5:00pm only 989-224-7684
Eaton County Protective Services 517-543-0860
after 5:00pm only 517-543-0863

Crisis Helplines

**Community Mental Health
Emergency Services** 517-372-8460
Listening Ear 24hr 517-337-1717
Runaway Assistance Program 24hr 800-292-4517
Eldercare 800-677-1116

Domestic Abuse

Local law enforcement agencies are always available when someone is being abused. Dial 911 for assistance.

EVE (End Violent Encounters) 24hr 517-372-5572
Provides advice and shelter. Visit eveinc.org.

MSU Safe Place Relationship Violence & Stalking Program
Priority given to MSU community, but help to anyone if there are openings. 517-355-1100 or safeplace.msu.edu.

SIREN/Eaton Shelter, Inc. 517-543-0748
Provides advice and transitional housing
Confidential Crisis Lines 24hr 800-899-9997
517-543-4915

Family Violence Prevention Helpline 24hr 800-996-6228
Parent Helpline 24hr 800-942-4357

Legal Aid 517-394-3121 or 800-968-4445

Lawyer Referral & Information Service 517-482-8816

Human Services Department - Family Independence Program

Clinton County	989-224-5500
Eaton County	517-543-0860
Ingham County	517-887-9400
Shiawassee County	517-725-3200

Mental & Medical Health Resources

Child and Family Charities	517-882-4000
Community Mental Health Authority of Clinton, Eaton, and Ingham Counties	517-346-8460 ceicmh.org
Cristo Rey Counseling & Guidance Program	517-372-4700
Great Lakes Counseling	616-414-1900
Ingham County Health Department	517-887-4300
Ingham County Mental Health Center <i>24hr</i>	517-372-8460
Medical Access Program - Red Cross	517-484-7461
Mental Health Association of Michigan	800-482-9534
Wellspring Counseling	517-336-4335

Services for Refugees

Catholic Refugee Services	517-323-4734
Samaritas	517-321-7663

Substance Abuse Treatment and Resources

Alcoholics Anonymous <i>24hr</i>	517-377-1444
Al-a-non <i>24hr</i>	517-484-1977
Celebrate Recovery at Trinity Church	517-272-3844
Gateway Community Services (ages 12-20)	517-351-4000
Mid-Michigan Recovery Services	517-887-0226

Deacons Ministry

The Deacons of Trinity Church provide compassionate care for those in need. If you need assistance, please contact Jan Galloway at 517-272-3820 or jan.galloway@wearetrinity.com to discuss the situation and fill out an application.

Divorce Care and Support

DivorceCare

DivorceCare provides care and support to those experiencing separation and divorce. Through this group, individuals can find the support of others who also are processing hurt and disappointment over a broken marriage and gain renewed hope for the future. This group meets Sundays at 9:15am. Contact Amy Brown at amy.brown@wearetrinity.com for the most up-to-date meeting information.

Divorce Support for Children and Teens

Little Pieces Club and Little Pieces Club for Teens, two individual ministries of Trinity Church, offer care and support for children and teens impacted by divorce. For more information, contact Chris Pohlod at chris.pohlod@gmail.com.

Financial Counseling

Budget Counseling at Trinity Church

Our budget counselors provide individual help on establishing a budget and getting out of debt. Contact Jan Galloway at jan.galloway@wearetrinity.com for more information.

Financial Peace University at Trinity Church

Financial Peace University is a nine-week class to help you learn how to get out of debt and manage money the way God desires. Offered twice a year. For more information, contact Carolyn Kersten at carolyn.kersten@wearetrinity.com.

Lansing Financial Empowerment Center

The LFEC provides professional counselors who can help create a budget, reduce money stress, improve credit, pay down debt, access affordable bank accounts, and save money for the future. These services are free of charge with no income or residency requirements. To schedule an appointment go to schedulingcity.com/scheduling/LFECLP or call 517-483-4550, Monday-Friday, 9:00am-5:00pm.

Food Assistance

Local agencies may provide meals at no charge. Please contact the agency for the most up-to-date information. Trinity Church also offers food boxes to people in need through our Deacon Ministry (see contact information on page 5).

Advent House Ministries 517-485-4722

Westminster Presbyterian
743 N. MLK, Lansing
Saturdays - 8:00am, 11:30am, 4:30pm
Sundays - 9:30am, 1:00pm, 5:00pm

Calvary Christian Fellowship 517-372-9673

5324 Millett Hwy, Lansing
Visit cclansing.com/services
1st & 3rd Thursday - 12:00-1:30pm

Central United Methodist Church 517-485-9477

215 N Capital, Lansing
Thursdays - 11:30am-12:30pm

Christ Lutheran Community Soup Kitchen 517-482-2252

122 S. Pennsylvania, Lansing
Saturday - 11:30am-1:30pm

Christ United Methodist Church 517-394-2727

517 W Jolly, Lansing
Mondays & Wednesdays - 11:15am-12:30pm

City Rescue Mission 517-485-0145

613 E. Michigan, Lansing
Daily - 6:30pm

Cristo Rey Community Center 517-372-4700

1717 High St, Lansing
Tuesdays & Thursdays - 11:30am-12:30pm

Salvation Army 517-484-4424

525 N Pennsylvania, Lansing
Mondays & Fridays - 12:00-12:45pm

Southside Community Soup Kitchen 517-887-0770
Galilee Baptist Church
2511 Reo Rd, Lansing
Tuesdays & Thursdays - 11:30am-12:15pm

Volunteers of America 517-484-4414
430 N Larch, Lansing
Monday-Friday - 7:30am, 11:30am, 4:30pm
Saturdays & Sundays - 8:00am, 4:30pm

Additional Food Assistance

Ingham County	211
Holt/Mason	517-676-1065
Eaton County	517-543-5465
Clinton County	989-224-6702
Christian Services	517-394-5411

Food Benefits Application Assistance

The Greater Lansing Foodbank can assist individuals in completing the application forms for food benefits and direct them to food distribution sites in the area.

The Greater Lansing Foodbank, 517-899-9457 or [facebook.com/GLFoodBank1/events](https://www.facebook.com/GLFoodBank1/events)

Central Michigan 211 (available 24/7, 365)
By phone: dial 211 or 866-561-2500
By text: text your zip code to 898-211

Food Pantry

The Deacons of Trinity Church maintain a food and personal needs pantry at the church. Personal items such as soap, toothpaste, toilet paper and deodorant and boxes of non-perishable foods are stocked there. Please call Jan at 517-272-3820 if you are in need of food or personal items.

Foster Care & Adoption Assistance

Trinity's *Open Arms Ministry* provides care and support to foster and adoptive families. Contact Carla Kelley at 517-699-2877 or trinityopenarms@gmail.com for more info.

Funerals

Trinity members or attenders who have lost a loved one and would like to hold a funeral or memorial service at Trinity Church may contact Michelle Gondal at michelle.gondal@wearetrinity.com or 517-272-3820.

Grief Support

GriefShare is a friendly, caring group of people who will walk alongside you through one of life's most difficult experiences—the death of a loved one. Contact Amy Brown at amy.brown@wearetrinity.com for the most up-to-date meeting information.

Hospitalization

If someone from Trinity is hospitalized, you can let staff know by calling Pat Crosby at 517-272-3820.

Internationals

Go>Connect is a disciple-making community including students, scholars, singles, families and American friends who get together to connect, encourage and learn from one another. For more information, contact Angela Clark-Pohlod at angela.clark-pohlod@wearetrinity.com.

Marriage Enrichment Community

Trinity Church's *Marriage Enrichment Community* is a close-knit community committed to building healthy, vibrant marriage relationships. For more information, contact amy.brown@wearetrinity.com for more information.

Pornography Support

If you or someone you love struggles with pornography, there is hope and help available. *Celebrate Recovery* (see page 3) and **Covenant Eyes** at covenanteyes.com are organizations that can help with pornography addictions.

Prayer

Request to speak with a Prayer Team member about your prayer needs or submit prayer requests by filling out the form at wearetrinity.com/prayer.

Shelter Assistance

Contact the shelter for the most up-to-date information.

City Rescue Mission <i>for men</i> 613 E Michigan Ave, Lansing	517-485-0145
City Rescue Mission Maplewood Center <i>for women & children</i> 2216 S Cedar St, Lansing	517-485-0145
EVE (End Violent Encounters)	517-372-5572
Gateway Youth Services <i>for ages 12-20</i>	877-833-3689
Hannah's House <i>for pregnant women</i> 625 N Walnut, Lansing	517-482-5856
Haven House <i>for families</i> 121 Whitehills Dr, East Lansing	517-337-2731
Loaves & Fishes 831 N Sycamore St, Lansing	517-482-2099
SIREN/Eaton Shelter, Inc.	517-543-0748
Volunteers of America 430 N Larch St, Lansing	517-484-4414

Suicide Prevention Hotlines & Crisis Help

National Suicide Prevention Lifeline 800-273-8255 *English*
888-628-9454 *Spanish*

Veterans Crisis Line 800-273-8255, option 1
Text 838-255

Crisis Text Line

Text the word “Hello” to 741-741

Send a Facebook message to [facebook.com/crisistextline](https://www.facebook.com/crisistextline)

Vehicle Problems

The *GEAR Ministry* of Trinity Church may be able to provide car repair or maintenance to Trinity members or attenders in need. If you or someone you know might need assistance, please contact Jan Galloway at 517-272-3820 or jan.galloway@wearetrinity.com to discuss the situation and fill out an application.

Weddings

Trinity members or attenders who would like to be married at Trinity Church or by a Trinity Pastor may begin the process by filling out the form at [wearetrinity.com/wedding](https://www.wearetrinity.com/wedding). If you have questions or would like more information, contact Michelle Gondal at michelle.gondal@wearetrinity.com or 517-272-3820.



Trinity Church
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Phone: 517-272-3820
wearetrinity.com
Email: hello@wearetrinity.com