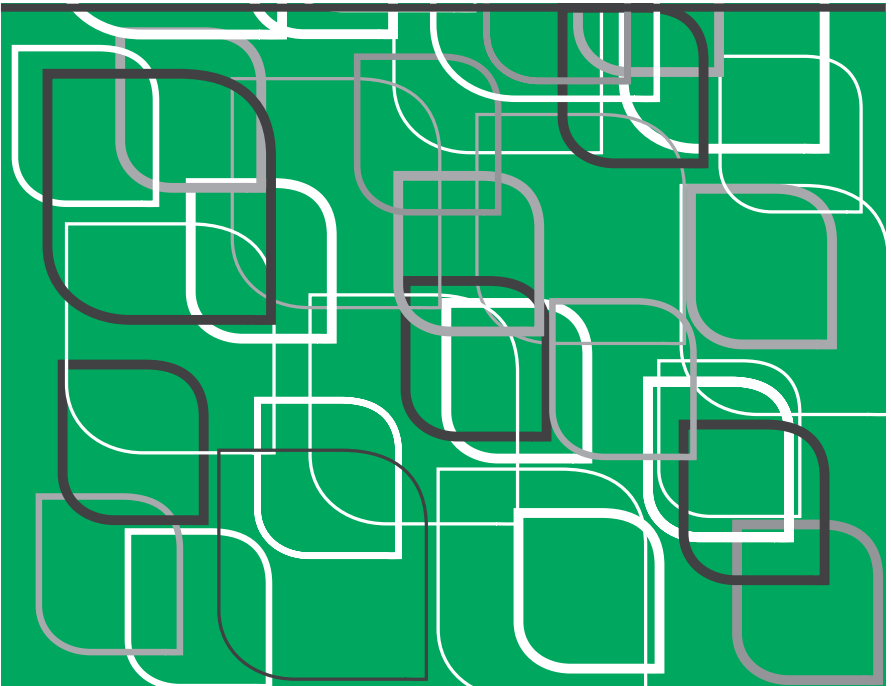


# **Trinity Cares**

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](http://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](http://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](http://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](mailto: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](http://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](http://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](http://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 <a href="http://ceicmh.org">ceicmh.org</a>
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

**Deacon Ministry**

The Deacons of Trinity Church provide compassionate care for those in need. If you need assistance, please contact Robbi Imhoff at 517-272-3820 or [robbi.imhoff@wearetrinity.com](mailto:robbi.imhoff@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 Angela Atkins at [aatkinseddins@aol.com](mailto:aatkinseddins@aol.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](mailto: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 Robbie Imhoff at [robbie.imhoff@wearetrinity.com](mailto:robbie.imhoff@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](mailto: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 [schedulicity.com/scheduling/LFECLP](http://schedulicity.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).

<b>Advent House Ministries</b> Westminster Presbyterian 743 N. MLK, Lansing Saturdays - 8:00am, 11:30am, 4:30pm Sundays - 9:30am, 1:00pm, 5:00pm	517-485-4722
<b>Calvary Christian Fellowship</b> 5324 Millett Hwy, Lansing Visit <a href="http://cclansing.com/services">cclansing.com/services</a> 1st & 3rd Thursday - 12:00-1:30pm	517-372-9673
<b>Central United Methodist Church</b> 215 N Capital, Lansing Thursdays - 11:30am-12:30pm	517-485-9477
<b>Christ Lutheran Community Soup Kitchen</b> 122 S. Pennsylvania, Lansing Saturday - 11:30am-1:30pm	517-482-2252
<b>Christ United Methodist Church</b> 517 W Jolly, Lansing Mondays & Wednesdays - 11:15am-12:30pm	517-394-2727
<b>City Rescue Mission</b> 613 E. Michigan, Lansing Daily - 6:30pm	517-485-0145
<b>Cristo Rey Community Center</b> 1717 High St, Lansing Tuesdays & Thursdays - 11:30am-12:30pm	517-372-4700
<b>Salvation Army</b> 525 N Pennsylvania, Lansing Mondays & Fridays - 12:00-12:45pm	517-484-4424

**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**

<b>Ingham County</b>	211
<b>Holt/Mason</b>	517-676-1065
<b>Eaton County</b>	517-543-5465
<b>Clinton County</b>	989-224-6702
<b>Christian Services</b>	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 Robbi 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](mailto: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 Brandon Hamilton at [brandon.hamilton@wearetrinity.com](mailto:brandon.hamilton@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 Angela Clark-Pohlod at [angela.clark-pohlod@wearetrinity.com](mailto:angela.clark-pohlod@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 Karen Getz at [goconnectmsu@gmail.com](mailto:goconnectmsu@gmail.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 [angela.clark-pohlod@wearetrinity.com](mailto:angela.clark-pohlod@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](http://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](http://wearetrinity.com/prayer).

## Shelter Assistance

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

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

## Surrendering the Secret

*Surrendering the Secret* is an eight-week, interactive small group study to help women heal from the heartache of abortion. It takes place within a caring community of women on the same journey. If you know it’s time to heal, please contact Caroline at [hobbsmystoryhisglory@gmail.com](mailto:hobbsmystoryhisglory@gmail.com). Your identity will be confidential and known only to Caroline.

## 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 Robbi Imhoff at 517-272-3820 or [robbi.imhoff@wearetrinity.com](mailto:robbi.imhoff@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 Brandon Hamilton at [brandon.hamilton@wearetrinity.com](mailto:brandon.hamilton@wearetrinity.com) or 517-272-3820.







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