Caring Network offers help, hope and life-affirming services for pregnant and parenting women of all ages and their babies in the greater Kalamazoo area. Bilingual services available! Our staff are compassionate, well-trained, and ready to welcome you with open arms and quality services.

If you need help with an **unplanned pregnancy**, please call the Caring Network Warm Line at 269-381-1234 **Case Management and Professional Counseling**

Caring, compassionate and knowledgeable people help women explore their options, answer their questions and develop personalized plans for themselves and their babies. Emotional support and practical help are offered to obtain prenatal care, receive information on proper nutrition, referrals to area services and more.

Caring Network Apartments

Mother-Friend Volunteers

New moms and pregnant women receive one to one emotional support, friendship and mentoring from mature women who have experienced pregnancy. Bilingual services are available.

Pregnancy and Parenting Classes and Support Groups

Classes and small groups are offered to women and their partners to help prepare them to meet the challenges of parenting and to build friendships with other parents. Classes are offered on pregnancy and parenting for teens and for older moms, as well as a life skills groups for teens. Call 269-381-1234 for more information.

Postpartum Depression Support Services

Postpartum depression affects up to 20% of new mothers. Caring Network offers support services including screening, individual psychotherapy, problem solving and referrals for postpartum mothers. Support groups are available. Call Bridges counseling at 269-381-1234 for an appointment or for more information.

Adoption Services

For women who aren't sure if parenting is the best choice, adoption options can be discussed with an adoption counselor. Please call 269-381-9800 to learn more.

Post Adoption Services

Services for birth parents and adoptive children. Call 269-381-9800 for more information.

Maternity and Baby Needs

Resources are available for Caring Network clients, including maternity clothes, baby clothes, blankets, furniture and toys.

The Warm Line

24 hour, 7 day a week telephone line offers emotional support and practical assistance by trained volunteers. Call 269-381-1234 any time for help.

"Read Me A Story" Family Literacy Program

Caring Network offers reading opportunities and a lending library full of wonderful books to encourage women to spend more time reading to their children. Staff members help parents discover the joys and rewards that reading can offer.

Prevention Life Skills and Family Advocate Services

Caring Network is excited to begin providing these services in Kalamazoo, Cass, and St Joseph Counties. Through a partnership with the State of Michigan Department of Human Services, staff will engage families and provide services to equip them to deal with stressors and challenges. Only families referred by DHS can participate.

How can you help?

Volunteer - You can be a mother-friend mentor, assist with administrative duties, serve on the WarmLine, or help with a special project. We can find a way to use your talents!

In-Kind Donations - You can donate up-to-date maternity clothes, diapers, onesies, newborn baby clothes, receiving blankets, cribs and many more items for moms and their babies.

Financial Gifts - Always needed and always very much appreciated.

Call 269-381-1234 for more information on how you can help.