

CHRISTENSEN LAW

A COMPREHENSIVE FAMILY GUIDE FOR **STAYING AT HOME**

We hope that our community is staying in good health physically, mentally and emotionally during this season of uncertainty. We know that many families are juggling working-from-home while parenting, teaching and keeping their lives in order. Our managing partner, Sarah Stempky-Kime, has been managing her client work from her home in the suburbs of Detroit with her husband, Dan, and three young children. After many hours of research (mostly during bedtime and naptime!), Sarah put this guide together featuring important resources for Michigan families, including educational activities for kiddos, health & wellness, dining options, government assistance and lots more. Please know that we're here if you need us. We hope our community finds these resources useful in navigating this new chapter in life. Stay well!



Sarah Stempky-Kime with her husband, Dan, and their children.

TOPICS

Fun Activities for Kids // Educational Resources for Kids

Fun Activities for Adults // Health & Fitness

Contact-Free Food Options // Community Assistance

Philanthropy & Good Will // Resources from the Working Parents Network

FUN ACTIVITIES FOR KIDS

- [Born Yoga Studio](#): Birmingham-based children's yoga studio with daily free (donations welcome!) yoga classes via zoom, for all ages.
- **Art Classes with Egan**: Tuesdays at 10 a.m. and 3 p.m. Your kiddos can follow along while Grand Rapids/Northern Michigan-based artist Egan Franks Holz guides them through a masterpiece (think Bob Ross for kids... or the artistically challenged). For all ages! (Free but donations welcome!) @EgFranksHolz on Instagram — send her a DM and she will email you the link for the Zoom classes.
- **Children's Craft Tutorials with Birch Affair**: Detroit-based artist Meghan Keck provides a weekly free craft for caregivers to complete with kiddos. Check her out on Instagram @birchaffair where she will post tutorials!
- [Cleveland Inner City Ballet](#): Offering free online ballet classes via Facebook Live.
- [NASA](#): Their entire library of images and video are now publicly searchable, so anyone can explore all of space from their own home.
- [Detroit Zoo](#): Check out the virtual Vitamin Z videos, or the live cams of some of the Detroit zoo favorites.
- [Monterey Bay Aquarium](#): Tune in to live web cams to see exhibits.
- **@savewithstories on Instagram**: From Jeff Goldblum to Kerry Washington, this is an Instagram collection of your favorite celebrities reading children's books.
- Join the [Cincinnati Zoo](#) on Facebook Live each day at 3 p.m. where they will highlight one of the animals and guide kids through an activity they can do at home.
- [Travel](#) the world while staying at home — virtual tours from the Palace of Versailles to The White House.
- This [Michigan](#) principal reads a new book each day (complete with character voices) to your children.
- [The Kennedy Center](#): The Kennedy Center's YouTube channel has "Lunch Doodles with Mo Willems" each day for the resident artist.
- If you've been unable to do all the **college tours** with your teen, find virtual tours of more than 300 college campuses [here](#).
- [Storytime in Space](#): While in space, astronauts have been videotaping themselves reading children's books; check out their videos.

EDUCATIONAL RESOURCES FOR KIDS



- [Scholastic](#): Day by day projects for all grades to keep kids learning.
- [All-In-One Homeschool](#): Free homeschool curriculum for all ages from preschool to 12th grade (they have thinking games as well)!
- [Kid's Activity Blog](#): This website has tons of activities, but it also provides a list of education companies offering free subscriptions due to school closings.
- [Read Theory](#): Free and helps kids grades k-12 with reading comprehension.
- [Seterra](#): Free geography quiz games and even in different languages.
- [Purpose Games](#): Free and a little of everything.
- [Education.com](#): Free math games for PK-5th grade.

FUN ACTIVITIES FOR ADULTS



- [Sweet Water Floral](#): This Petoskey-based floral designer normally offers in-person workshops across the state. Instead, she's going to offer virtual floral design workshops, where flowers will be sent to your house, and you will then be guided through the design process. Follow her on Instagram for updates (and general entertainment).
- [177 Milk Street](#): This Boston-based business has made its entire library of cooking classes FREE through April 30.
- [Coursera](#) offers hundreds of free adult education online classes in a variety of subjects, including science, history, and art.
- Illustrator **Carson Ellis** ([Instagram: @carsonellis](#)) is leading daily art classes for adults and kids via her Quarantine Art Club.
- **Wendy MacNaughton**: This San Francisco Illustrator is offering a daily drawing class on Instagram for everyone. Follow her @wendymac.
- Pop artists are streaming performances attached to the **Twitter #TogetherAtHome**. Follow the hashtag on Twitter for the next concert.
- Follow @massimobottura for #KitchenQuarantine with Massimo – cooking lessons on Instagram Live.
- Nightly live opera stream from [The Metropolitan Opera](#).
- [Ampersand Lettering Lab](#): This Traverse City-based lettering artist has launched an adult pen pal program, and an online script lettering course. You can find them @ampersandletteringlab on Instagram.

HEALTH AND FITNESS

- [Blue Yoga](#): The Birmingham-based yoga studio has a full lineup of online yoga classes and guided meditations.
- [Nourish Northern Michigan](#): Check out their Facebook events tab and join a live yoga class, or practice along to a video if you miss the live version.
- [Peloton](#): Free 90 day trial subscription. The app has all types of workouts, from outdoor running to dance cardio. Even if you don't have any equipment, there's something for everyone.
- [Daily Method](#): 21 days of (free) guided meditations.
- [YMCA](#): On Demand fitness videos from the YMCA.
- [Planet Fitness](#): offering free online at-home workouts streamed live on its facebook page at 7 p.m. ET (and available to watch later).
- [@mkik808 on Instagram](#): Mark Kanemura, a former backup dancer with Lady Gaga, is hosting daily virtual dance sessions on Instagram.
- A list of [therapy apps](#) to help manage one's mental health during this time.
- Learn how technology can help make [mental health](#) both affordable and available.



CONTACT-FREE FOOD OPTIONS

Metro Detroit

- [Eastern Market](#) is now offering no-contact bulk produce shopping, with drive-through pick up on Tuesdays. You can also pre-order food boxes for Saturday pick up, thus limiting your contact with others.
- [Beyond Juice](#): The metro Detroit favorite is offering delivery of their salads, wraps, and smoothies, but they have also added “essentials kits” to their offerings, including a produce box, a fruit box, and a charcuterie kit.
- Speaking of Beyond Juice, they have partnered with BMG Media to provide a [website](#) where you can check local restaurants to find out their status, and if they are offering services during this time.
- [Calder Dairy](#) offers home delivery service to Monroe, Wayne, Washtenaw and southwestern Oakland.
- [Lumetta Produce](#): Place an order for produce and pick up at 14 mile and Stephenson. They place it in your trunk for contact-free shopping.
- [Ideal Bite Community Kitchen](#): Farmington Hills-based restaurant serving “upscale street food” offering curbside carryout.
- [Oakland County](#): Oakland County Moms have put together a list of Oakland County restaurants, organized by city, still open for curbside and delivery.
- [For the Love of Sugar](#): Detroit-based bakery offering curb-side carryout.

- [Sander’s Candy](#): Michigan based chocolate company offering shipping in time for Easter.
- [Pink Elephant Cupcakes](#): St. Clair Shores-based bakery that offers curbside pickup and local delivery. Options include fun cookie/cupcake kits for kids to decorate.
- [Randazzo Fresh Market](#) offers personal shopping and curbside pickup and delivery.
- [Urge Juice](#): With locations in Berkley and Northville, Urge Juice is offering curbside pickup of its selection of juices, smoothies, nourish bowls, and acai bowls.

Grand Rapids

- Grand Rapids-based [Martha’s Vineyard](#) is a specialty grocer that is currently offering curbside pickup and delivery options.
- [Rise Authentic Baking](#): Grand Rapids-based gluten free, vegan, and soy-free bakery offering curbside pickup.
- [Support Local Grand Rapids](#): Keep up to date on local restaurant offerings, as well as ways to support local Grand Rapids businesses.
- [Kilwins Grand Rapids](#): Offering curbside pick up and pay over the phone.
- [R.W. Bond & Son Family Butchers](#): Offering curbside pick up and free no-contact delivery for orders over \$50.
- [Corridor Coffee](#): Curbside pick up and delivery (via doordash and uber eats).

- [Louis Earl Butcher](#): Curbside pick up available.
- [Robinette’s Apple Haus & Winery](#): Offering curbside and delivery within 5 miles of the farm.
- [Rockford Cheese Shop](#): Curbside pick up and delivery to zip codes 49341, 49319, 49345, 49306.

Ann Arbor

- [Zingermans](#): Ann Arbor-based deli and grocer offering local delivery, as well as online ordering for pickup. Zingerman’s Roadhouse at 2501 Jackson Ave. is delivering within a 6-mile radius. Call to order at 734-663-3663.
- [Fresh Forage](#): Ann Arbor-based farm to table restaurant offering curbside carryout service.
- [Everest](#): Ann Arbor-based restaurant offering curbside carryout services.
***Delivery may be available via third party sites.
- [Main Street Ann Arbor](#): A compilation of your favorite main street restaurants offering curbside and delivery options, as well as retail options available for online shopping.
- [Blue Llama Jazz Club](#) at 314 S Main St. is offering carryout and delivery. Order online.
- [Cafe Zola](#) at 112 West Washington St. is offering curbside carryout and delivery. Call 734-769-2020.
- [Denny’s Restaurant](#) at 3310 Washtenaw Ave. is offering carryout and delivery. Call 734-971-0090.

CONTACT-FREE FOOD OPTIONS CONTINUED

- [Detroit Street Filling Station](#) at 300 Detroit St. is offering delivery and curbside pickup of groceries and food. Call 734-224-2161 to order.
***Unemployed service workers eat FREE!
- [The Lunch Room](#) at 407 N Fifth Ave. is offering curbside pickup. Call 734-224-8859 to order.
- [The Earle Restaurant](#) at 121 W. Washington St. is offering delivery and carryout (Tuesday – Saturday). Call 734-994-0211 to order.
- [Godaike Japanese Restaurant](#) at 3105 Oak Valley Drive is offering curbside pickup and delivery. Call 734-930-2880 to order.
- [Isalita Cantina](#) at 341 E. Liberty St. is offering pickup. Call 734-213-7400 to order.
- [Knight's Restaurants](#): Some locations offering curbside pickup.
- [Lucky Kitchen](#) at 1753 Plymouth Road is offering curbside pickup and delivery on Grubhub and Eat Street. Call 734-747-9968 or 734-222-8888 to order.
- [Miss Kim](#) at 415 N 5th Ave. is offering delivery and curbside pickup, and children in need eat FREE! Call 734-275-0099 to order.
- [New York Pizza Depot](#) at 605 E William St. offers curbside carryout and delivery. Call 734-669-6973.
- [Sava's Restaurant](#) at 216 N State St. is offering curbside carryout and delivery through uber eats. Call 734-623-2233.

- [Slurping Turtle](#) at 608 E. Liberty St. for delivery and pickup. Call 734-887-6868.
- [Silvio's Organic Restaurante & Pizzeria](#), 715 N. University Ave., offers pickup and delivery. Call 734-214-6666. Menu, specials and more on the website.
- [Spencer](#) at 113 E. Liberty St. is open for pickup. Order here.
- [Tios Mexican Cafe](#) is delivering to Ann Arbor, Ypsilanti, Saline and Dexter.
- [Zola Bistro](#) at 3030 Washtenaw Ave is offering carryout and delivery. Call 734-477-8088.

Ypsilanti

- [Aubree's Pizzeria & Grill](#) – the Dexter and South Lyon locations are offering delivery services.
- [Haab's Restaurant](#) at 18 W Michigan Avenue is offering curbside carryout.
- [Ma Lou's Fried Chicken](#) at 15 W Michigan Avenue. Visit the website to order or deliver through Grubhub, Door Dash and Postmates.
- [Ollie Food & Spirits](#) at 42 E Cross Street for curbside pickup and delivery.

Northern Michigan

- [Oryana](#): Full service grocery store in Traverse City offering curbside pickup.

- [Serendipity Farms](#): Organic and pasture-raised meat and produce. Offering delivery in northern Michigan!
- [Bear Creek](#): Organic produce, offering no-contact payment and pickup in Petoskey.
- [Friske's Farm Market](#): Locally made baked goods, carryout food, and produce with curbside pickup available in Ellsworth.
- [The Purple Beet](#): This Northern Michigan-based smoothie company ships smoothie packs directly to your home. Simply add liquid and blend for a whole food smoothie with no added sugars or juice (or ice).
- [Third Coast Bakery](#): Traverse City-based bakery offers shipping all over the country of their allergen-friendly baked goods (think gluten-free, vegan, organic sweeteners).
- [Nourish Northern Michigan](#): This locally owned and operated grocery store is now offering delivery to its patrons. With a full lineup of locally sourced and specialty ingredients, you can safely stock your homes with healthy food, including prepared meals.
- [That French Place](#) in Charlevoix: This gem of a café offers curbside pickup of their offerings, including homemade carry out dinners. Also, you can catch the owners and chefs, Emily and Brian on their Instagram live segment "That French Place Morning Show."

COMMUNITY ASSISTANCE

- [Common Grounds](#): Mental Health support available 24 hours a day, 7 days a week. Interactive map of [Kent County](#) emergency food assistance.
- [Focus Hope](#): For seniors and families in need of food, apply for assistance via monthly food packages.
- [Federal Government](#): Federal website for Health and Medical assistance, financial assistance, loans.
- [Michigan Website for Health](#): food assistance, child care, housing and utility assistance.
- [Michigan Housing Authority](#)
- [Community Action Agency](#): Non-profit organization with local offices in each Region or county that provides housing and food assistance.
- [Blue Water Center for Independent Living](#) is a non-profit in the Thumb region of Michigan that provides housing, utility, and veteran services to individuals in Huron, Lapeer, Sanilac, St. Clair, and Tuscola Counties.
- All Michigan food [pantries](#) by location.
- [Database](#) of all faith based, non-profit, and governmental agencies providing rental assistance based upon zip code.
- Find your local [health department](#).
- [City of Detroit](#): Covid-19 housing, food etc. resources for families and businesses.
- [Map](#) where children can receive meals during school closure.
- Mortgage [relief](#) through Freddie Mac.
- Mortgage [relief](#) through Fannie Mae.
- [Michigan Small Business Admin](#): Disaster loan programs.
- Apply for [unemployment insurance](#).
- [Public housing assistance](#).

PHILANTHROPY AND GOOD WILL

- [Home Beams for Health Care Teams](#): You've heard of "Moonbeams for Sweet Dreams" at Beaumont Hospital. Now, we honor the frontline health care workers. Beginning March 31, each night at 8 pm, families are encouraged to step out their front door and shine a flashlight toward their nearest hospital to show support for health care heroes of Michigan. Families are also encouraged to swap out their porch light with a blue light as a sign of support for health care heroes and first responders.
- [Rainbows Over Michigan](#): A mission to spread rainbows across Michigan; paint/draw/craft a rainbow to put in your window and watch them spread across the state.
- [FLAG \(Front Line Appreciation Group\) Metro Detroit](#): Accepting donations to offer support and meals to front line medical staff, while also supporting local restaurants.



RESOURCES FROM THE WORKING PARENTS BUSINESS NETWORK

Online Resources

[BrainPop](#)

[Curiosity Stream](#)

[Tynker](#)

[Outschool](#)

[Udemy](#)

[iReady](#)

[Beast Academy \(Math\)](#)

[Khan Academy](#)

[Creative Bug](#)

[Discovery Education](#)

[Starfall](#)

[ABC-YA](#)

[Splash Learn](#)

[PBS Kids](#)

[Highlights for Kids](#)

[National Geographic for Kids](#)

[Cool Math for Kids](#)

[Math Game Time](#)

[Unite for Literacy](#)

[Literactive](#)

[Science Kids](#)

[Switch Zoo](#)

[Seussville](#)

[Turtle Diary](#)

[E-Learning for Kids](#)

YouTube Channels

[Science Channel](#)

[SciShow Kids](#)

[National Geographic Kids](#)

[Free School](#)

[Geography Focus](#)

[TheBrainScoop](#)

[Learning Tube](#)

[Geek Gurl Diaries](#)

[Mike Likes Science](#)

[Science Max](#)

[SoulPancake](#)



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