



**MUSKEGON
COMMUNITY RESOURCE
BROCHURE**

Trinity Hospital
1500 E Sherman Blvd
Muskegon, MI 49444

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ACTIVITIES IN YOUR COMMUNITY

Community Access Line

➤ 2-1-1

Recreation

Boys and Girls Club of America

900 W. Western Ave

Muskegon, MI 49441

Ph: (231)-375-9430

<http://www.bgca.org/>

Services: After school and summer programs including educational support, recreation, arts, and life skills.

City of Muskegon Parks

Ph: (231)-724-4100

Website: <https://www.muskegon-mi.gov/departments/parks/>

Services: Offers events and programs located at the city's public parks.

Lake Hawks in Flight

1845 Lakeshore Drive, Suite 43

Muskegon, MI 49441

Ph: (231)-769-9617

Website: www.facebook.com/Lake-Hawks-in-Fight/

Services: Recreational physical activities including basketball, golf, community fairs, and more.

Trinity Health Arena

470 W. Western Ave

Muskegon, MI 49440

Ph: (231)-726-2400

Website: <https://trinityhealtharena.com/>

Services: Offers sporting events and programs, concerts, job fairs, circuses, and more.

Muskegon Area District Library

316 W. Webster Ave

Muskegon, MI 49440

Ph: (231)-722-8000

Website: <https://www.madl.org/>

Services: Offers media and book rentals, computer services, exam proctoring, and research guides.

YMCA of Muskegon

115 Third St.

Muskegon MI 49441

Ph: (231)-722-9622

Website: <https://muskegonymca.org/>

Services: Offers programs and events to build healthy habits, volunteer opportunities, and programs for children.

Arts/Theatre

Lakeshore Museum Center

561 W. Western Ave,

Muskegon, MI 49440

Ph: (231)-722-1363

Website: <https://lakeshoremuseum.org/>

Services: Offers natural and cultural history exhibits at six different locations.

Fire Barn Museum

510 W. Clay Ave,

Muskegon, MI 49440

Website: <https://lakeshoremuseum.org/>

Services: Museum of firefighters.

Holton Museum

6511 Holton-Whitehall Rd, Holton

Ph: (231)-821-2659

Services: Photo, oral histories and documentation of families, farm, and maps.

Scolnik House of the Depression Era

504 W. Clay Ave., Muskegon

Ph: (231)-722-0278

Website: <https://lakeshoremuseum.org/>

Services: Victorian home restored and furnished to represent the Depression Era.

Muskegon Museum of Art

296 W. Webster Ave

Muskegon, MI 49440

Ph: (231)-720-2570

Website: <https://muskegonartmuseum.org/>

Services: Free admission on 2nd Saturdays of the month.

Muskegon Heritage Museum

561 W. Western Ave,

Muskegon, MI 49440

Ph: (231)-722-1363

Website: <https://lakeshoremuseum.org/muskegon-heritage-museum/>

Services: Offers community days for visitors to discover Muskegon products and unique heritage for free.

USS Silversides Submarine Museum

1346 Bluff St.

Muskegon, MI 49441

Ph: (231)-755-1230

Website: <https://silversidesmuseum.org/>

Services: Offers exhibits on the USS Silversides Gato-class submarine, World War II, and US costal guard history.

Theatre

Cinema Carousel

4289 Grand Haven Rd.

Muskegon, MI 49441

Ph: (231)-798-2600

Website: <https://celebrationcinema.com/cinemas/Cinema-Carousel>

Services: Movie theatre featuring first-run films, reserved seating, and matinee deals.

Getty Drive-In

920 E. Summit Ave
Muskegon, MI 49444
Ph: (231)-733-1813

Website: <https://celebrationcinema.com/cinemas/Getty-Drive-In>

Services: Drive-in offers 4 screens showing double features.

Volunteer Opportunities**Muskegon Rescue Mission**

2735 E. Apple Ave, Suite D
Muskegon, MI 49442
Ph: (231)-727-6090

Website: <https://muskegonmission.org/volunteer/>

Activities: Serving meals, tutoring students, helping in the thrift store, or handing out meals.

United Way of the Lakeshore

31 E Clay Ave,
Muskegon, MI 49442
Ph: (231)722-3134

Activities: Serve as a united Way spokesperson conveying the needs of the community, specifically in the area of health and human services.

Step Up

PO Box 1626
Muskegon, MI 49443

Website: <https://www.stepupmuskegon.org/apply/volunteer-mentor>

Activities: Help with landscaping, transportation, mentoring, teaching a class, and volunteering at youth programs.

MENTORSHIP PROGRAMS

Find a safe adult who you can spend time with.

Boys and Girls Club of America

900 W. Western Ave
Muskegon, MI 49441
Ph: (231)375-9430

<http://www.bgca.org/>

Services: After school and summer programs including educational support, recreation, arts, health, and life skills.

Big Brothers Big Sisters

4265 Grand Haven Rd, Suite 201
Norton Shores, MI 49441
Ph: (231)798-1391

Website: <https://www.bbbslakeshore.org/>

Services: Offers one-on-one mentoring relationships that ignite the power and promise of youth.

BeYoutiful Girls with Pathfinders of Muskegon

2500 Jefferson St.
Muskegon Heights, MI 49444
Ph: (231)733-1065

Website: www.pathfindersofmuskegon.org/

Services: Impacts the lives of young women ages 13-25 through open discussions, guest speakers, building a sisterhood, assigning each member a mentor, offering volunteering opportunities, and group outings.

G.U.N.S. (Gaining Unity Through Non-Violent Solutions)

Muskegon Heights Police Department
2715 Baker Street
Muskegon Heights, MI 49444
Ph: (231) 733-8900

Website: <https://www.facebook.com/groups/1316871025173693>

Services: Help reduce gun violence by bringing UNITY between police, community leaders, educators, parents and youth by introducing non-violent solutions.

Kemetic Kings Mentoring

31 E Clay Ave,
Muskegon, MI 49443
Ph: (231) 329-5732

Services: To help boys become great men. Through example and instructions, we aim to instill a habit of morally and intellectual behavior to enhance the awareness of personal potential.

Step Up

P.O. Box 1626
Muskegon, MI 49443
Ph: (231)-744-8588

Website: <https://www.stepupmuskegon.org/home>

Services: Offers mentoring for young women ages 18-24, primarily for those who have aged out of the foster care system.

Taking Back Muskegon

Ph: (616)-422-7512
<http://Takingbackmuskegoninc.com.business.site/>

Services: Offers a 24-hour crisis youth center to help curb violence within the community.

VIOLENCE PREVENTION SERVICES AND RESOURCES

Resilience Advocates for Ending Violence

Ph: (616)-392-1970
Crisis Hotline: 1-800-848-5991

Website: <https://resiliencemi.org/contact-us/>

Services: Emergency shelter, legal advocacy, counseling, therapy, crisis line, and much more.

Every Woman's Place

1221 Laketon Ave
Muskegon, MI 49441

Ph: (231)-722-3333

Website: <https://everywomansplace.org/domestic-violence/>

Services: Offers crisis intervention and response, education, advocacy, support groups, and counseling.

Safe Haven Ministries

3501 Lake Eastbrook Blvd. SE

Grand Rapids, MI 49546

Ph: (616)-452-6664

Website: <https://safehavenministries.org/>

Services: Offers crisis support, temporary housing, living assistance, and support groups.

YWCA

25 Sheldon Blvd. SE

Grand Rapids, MI 49546

Emergency Hotline: (616)-451-2744

Rape Crisis Hotline: (616)-776-7273

Services: Offers housing, counseling, court assistance, and more.

National Domestic Violence Hotline

Ph: 1-800-799-7233

National Teen Dating Abuse Helpline

Ph: 1-866-331-9474

text “loveis” to 22522

U.S. National Sexual Assault Hotline

Ph: 1-800-656-4673

HIV AND STD PREVENTION

What are STDs and HIV/AIDS?

- STDs stands for Sexually Transmitted Diseases. Common STDs include herpes, syphilis, HPV, genital warts, and Chlamydia.
- HIV is the human immunodeficiency virus and causes AIDS.
- A person can have the virus for months or years before any signs of illness appear.
- HIV weakens the body's ability to fight off infections. Therefore, people with AIDS develop serious infections and cancers.

How do people get STDs and HIV?

- HIV and STDs are spread through unsafe sexual contact with an infected person.
- HIV also spreads through contact with blood of infected people, such as sharing used needles and syringes.
- For HIV, contact can also come from breast milk, and it can be passed from woman to baby during pregnancy, childbirth, and when breastfeeding.
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How can I keep myself from getting a STD or HIV?

The best way to avoid getting STDs and HIV is to avoid activities that would allow the virus to be passed to you. By following these suggestions, you will lower your risk of getting STDs and HIV:

- The only way to avoid sexual exposure to STDs and HIV is to have sex with an uninfected partner or to abstain.
- If you are not certain that your sex partner is uninfected, you should use a latex condom correctly every time you have sex.

HIV can also be spread by sharing injection equipment. To lower your risk of getting HIV, do not share needles or syringes.

Why get tested for STDs or HIV?

You cannot generally tell by looking at someone whether he or she has HIV or an STD infection. A person can be infected with HIV or an STD and not know it. *The only way to be confident that you are not infected is to get a HIV test.*

- It is important to find out if you are infected with HIV and STDs so that you know if you need to avoid activities that could infect someone else.
- It is also important to find out if you are infected with HIV or STDs so that you can receive good medical care. Some STDs can be cured with medication, and others can be treated to keep symptoms from bothering you. New treatments for HIV can help keep you healthy.

Whom should I tell if I am HIV-Positive?

- If you test positive, you need to know that this infection is not passed to another person through casual contact.
- Michigan law requires that you must notify any new sexual partner prior to having sex with them. Past sexual and needle-sharing partners are to be notified so that they can also be counseled and offered testing. If requested, your local health department will provide you assistance in notifying partners.

Where can I get tested?

Planned Parenthood

425 Cherry St. SE
Grand Rapids, MI 49503
Ph: (616)-459-3101
Website: <http://www.plannedparenthood.org/>
Payment: Self payment and Medicaid.

Muskegon Pregnancy Services

1775 Wells Ave
Muskegon, MI 49442
Ph: (231) 518-6988
Website: <https://muskegonpregnancyservices.org/>
Services: Offers free STD testing and treatment for women and men.

McClees Clinic Mercy Health

1675 Leahy St
Muskegon, MI 49442
Ph: (231) 672-8300
Website: <https://www.mercyhealth.com/location/trinity-health-medical-group-mcclees-clinic-hackley>
Services: HIV clinic

Public Health- Muskegon County

209 E. Apple Ave
Muskegon, MI 49442
Ph: (231)-724-1258

Website: <https://www.co.muskegon.mi.us/1578/STI-Testing-and-Treatment>

Services: Provides testing, treatment, and follow-up, partner services and education for sexually transmitted diseases.

Where can I get more information?

You can also call the **National AIDS Hotline: 1-800-CDC-INFO (1-800-232-4636) TTY: 1-888-232-6348 Hours: 24 hours a day, 7 days a week E-mail: cdcinfo@cdc.gov In English, en Español** to talk with an HIV specialist. They can give you quick, private answers at any time, day or night.

HEALTHCARE, PREGNANCY, CHILDCARE and PARENTING SERVICES

Healthcare:**Hackley Community Care Center**

1675 Leahy St, Suite 103
Muskegon, MI 49442
Ph: (231)-733-6800

Website: www.hackleycommunitycare.org

Services: Offers primary care, dental, women's health, pharmacy, and behavioral health programs.

HealthWest

376 E Apple Ave
Muskegon, MI 49442
Ph: (231)-722-HELP (4357)

Website: www.healthwest.net

Services: HealthWest has a wide array of integrated health services designed to meet the needs of adults and youth with serious behavioral health challenges, developmental disabilities and co-occurring substance use disorders.

Muskegon Family Care

2201 S. Getty St.
Muskegon, MI 49444
Ph: (231)-739-9315

Website: <https://mfc-health.org/>

Services: Offers medical, dental, behavioral health, and pharmacy services.

Muskegon Health Project

565 W. Western Avenue
Muskegon, MI 49440
Ph: (231)-672-3201

Website: www.mchp.org/

Services: Offers free health care support, advocacy, and services for those in need.

Muskegon Pediatrics

888 Terrance St, Suite 101

Muskegon, MI 49440

Ph: (231)-638 4120

Website: <https://www.muskegonpediatrics.com/>

Services: Offers mental health care, behavioral evaluations, in-house care management, and physical exams.

Pregnancy Resources:**Hackley Community Care Center**

2700 Baker St.

Muskegon, MI 49444

Ph: (231)-737-1335

Website: <https://www.hackleycommunitycare.org/services/ob-and-womens-health-services/>

Services: Offers multiple programs to support pregnant women and women with young children.

Just Be Doula

Website: www.justbedoula.com/

Services: Offers birth planning, birth doula services, postpartum doula services, and childbirth education.

Muskegon Family Care

Home-based service

Ph: (231)-737-1760

Website: <https://mfc-health.org/mihp/>

Services: Offers a maternal infant health program to support pregnant and women with children up to 1 year old.

Muskegon Pregnancy Services

1775 Wells Ave

Muskegon, MI 49442

Ph: (231)-518-6988

Website: muskegonpregnancyservices.org

Services: Offers pregnancy services, STI testing, education, support, and pregnancy education options.

Options Women's Care Center

1275 Peck St. Muskegon, MI 49441

Ph: (231) 261-2881

Services: offer confidential services such as pregnancy testing, ultrasound, and STI testing at no cost to you.

Planned Parenthood

425 Cherry St. SE

Grand Rapids, MI 49503

Ph: (616)-459-3101

Website: <http://www.plannedparenthood.org/>

Payment: Self payment and Medicaid.

Childcare Resources:**Great Start Collaborative of Muskegon**

630 Harvey St.

Muskegon, MI 49442

Ph: (231)-777-2637

Website: www.muskegonisd.org

Services: Offers support to children younger than 5 years old.

Muskegon YMCA: Learning Center

1115 Third St.

Muskegon, MI 49441

Ph: (231)-722-9622

Website: <https://muskegonymca.org/>

Services: Provides a safe, warm, caring, and fun setting that stimulates kids' natural curiosity and encourages personal expression.

Parenting Resources:

Arbor Circle

1060 W. Norton Ave

Muskegon, MI 49441

Ph: (231)-777-2222

Website: arborcircle.org

Services: Offers programs to help parents develop parenting skills, bond with children, and create a safe environment.

Muskegon Area Intermediate School District: Parent Connection

630 Harvey St.

Muskegon, MI 49442

Ph: (231)-777-2637

Website: <https://www.muskegonisd.org/>

Services: Offers parenting and child development programs for parents with children younger than 12 years old.

Pathfinders of Muskegon

2500 Jefferson St.

Muskegon Heights, MI 49444

Ph: (231)-733-1065

Website: www.pathfindersofmuskegon.org/

Services: Offers a play and learn program that has been designed for ages 0-5 and their caregivers. The program promotes early childhood literacy, motor skills, and social and emotional skills alongside their caregiver.

MENTAL HEALTH SERVICES

Find a counselor who you can talk to about your feelings or problems.

HealthWest

376 E Apple Ave

Muskegon, MI 49442

Ph: (231)-722-HELP(4357)

Website: www.healthwest.net

Services: HealthWest has a wide array of integrated health services designed to meet the needs of adults and youth with serious behavioral health challenges.

Arbor Circle

1060 W. Norton Ave
Muskegon, MI 49441
Ph: (231)-777-2222

Website: www.arborcircle.org/

Services: Offers mental health and counseling services for children and families, individuals seeking recovery from alcohol and drug addiction, and they have a safe shelter program for youth aged 10-17.

Lazarusman Community Counseling Services

2416 Peck Street
Muskegon Heights, MI 49444
Ph: (231)-740-2401

Website: www.lazarusman.com/

Services: Offers groups for anger management, domestic violence, shoplifting and theft addiction, substance use disorders, and driver license evaluations.

Mental Health America Information Center

Ph: (800)-969-6642

Will put you in touch with local Mental Health Association, who will help you find community mental health services.

Narcotic Anonymous

Website: <http://www.na.org/>

FREE support group for those wanting to stop using drugs and or are affected by the drug use of another person.

Psychology Today

Website: <https://www.psychologytoday.com/us/therapists/michigan>

Find a safe place to open up. Start a supportive, confidential, and healing conversation. Browse & Find Profiles of top psychologist

Alateen

<http://www.al-anon.org/for-alateen>

Alateen is Al-Anon's **FREE** recovery program for young people (up to 19 years old) for those living with problem drinking or are affected by the problem drinking of another person.

SUICIDE PREVENTION

LOCAL HOTLINE
(231) 722-4357(HELP)

National Suicide Prevention Hotline
Text, call, or chat 988

Mental Health Foundation of West Michigan

160 68th St. SW, Suite 120

Grand Rapids, MI 49503

Ph: (616)-389-8601

Website: <https://www.benice.org/>

Services: Offers the Be Nice Program to spread awareness surrounding the importance of civility and respect.

National Drug and Alcohol Treatment Hotline

Ph: (800)-662-4357

Speak to someone about alcohol, drug or family

problems, information on alcohol and drug abuse, and local treatment options.

OVERDOSE RESOURCES

What is an overdose?

An overdose is when a person takes more alcohol, drugs, or medications than their body can handle. This can lead to death.

What are symptoms of an overdose?

- Blacking out
- Difficulty breathing
- Skin turns blue or pale
- Heart beating too fast or too slow, heart attack

What affects my risk of overdose?

- Using drugs, alcohol, or prescription medications after not using them for a while
- Taking a lot of drugs, alcohol or prescription medications
- Mixing alcohol, drugs or meds
- Having an illness or disease that affects the heart or lungs

What should I do if I see someone overdose?

Call 911 or take the person to ER

- Roll the person on their side to prevent choking if they vomit
- Shake them, try to wake them up

What else do I need to know?

- Many people don't want to call 911 when they see an overdose because of fear of legal problems, but know that you could be saving someone's life
- You don't have to tell the 911 dispatcher your name if you don't want to
- You also don't have to tell the 911 dispatcher that anyone was using drugs, but do tell the paramedics when they come so they can help the person better

Other Resources

National Poison Control Center:

- 1-800-222-1222 (24 hrs./day)

Hotline to talk to experts about overdose, particularly due to medications

Grand Rapids Red Project:

401 Hall St SE, Grand Rapids, MI 49507

- Muskegon: (231) 563-6865
- Grand Rapids: (616) 456-9063

A safe place where people can exercise their right to explore better health choices related to sexual activity and drug use without judgment and fear.

HealthWest:

376 E Apple Ave Muskegon, MI 49442

Ph: (231)-722-HELP(4357)

Website: www.healthwest.net

Services: Free Narcan vending machine

Harm Reduction Coalition:

EDUCATION, JOB TRAINING, EMPLOYMENT SERVICES AND RESOURCES

Boys and Girls Club of America

900 W. Western Ave
Muskegon, MI 49441
Ph: (231)-375-9430

<http://www.bgca.org/>

Services: Various academic success programs including a computer science pathway, digital literacy essentials, diplomas2degrees, DIY STEM, money matters, power hour, project learn, summer brain gain, and ultimate journey for youth of all ages.

Disability Network

27 E. Clay Ave
Muskegon, MI 49442
Ph: (231)-722-0088

Website: www.disabilitynetworkm.org/

Services: Offers independent living resources for people with disabilities. Services include independent living assessments, mentoring, and skills training as well as accessibility resources and employment assistance.

EXIT Center

20 W. Muskegon Ave
Muskegon, MI 49440
Ph: (231)-903-4972

Website: <https://www.mediatewestmichigan.com/exit>

Services: Offers intense job and life skills training, education, and work experience to men returning to their community from incarceration at Muskegon County Jail.

Goodwill Industries of West Michigan

271 East Apple Ave
Muskegon, MI 49442
Ph: (231)-722-7871

Website: www.goodwillwm.org/index.php?page=find-a-job

Services: Offers one-on-one job counseling, resume assistance, job assignments, and career fairs.

Muskegon Community College

200 Harvey St.
Muskegon, MI 49442
Ph: (231)-767-3600

Website: www.muskegonisd.org/ctc-home/career-development/adulted/

Services: Offers adult career training, resume building, and other related workshops.

Pathfinders of Muskegon

2500 Jefferson St.
Muskegon Heights, MI 49444
Ph: (231)-733-1065

Website: www.pathfindersofmuskegon.org/

Services: Offers social and emotional learning groups, literacy support, a STEM program, field trips, physical activities, and creative programs.

West Michigan Works- Muskegon Service Center

316 Morris Ave
Muskegon, MI 49440
Ph: (231)-724-6381

Website: jobs.westmiworks.org/get-started/

Services: Offers one-on-one coaching and other services for unemployed or under-employed job seekers.

Read Muskegon

26 E. Broadway
Muskegon Heights, MI 49444
Ph: (231)-747-7273

Website: <http://readmuskegon.org/>

Services: Offers one-on-one tutoring for student goals, teaches English as a Second Language class, and cooking classes.

HOUSING RESOURCES

National Runaway Safeline

Ph: 1-800-RUNAWAY

If you are a youth needing counseling or shelter referral, 24 hours a day, 7 days a week, 365 week a year.

Muskegon Housing Commission

1080 Terrace St.
Muskegon, MI 49442
Ph: (231)-722-2647

Website: www.muskegonhousing.org/

Services: Offers local and resourceful housing solutions including public housing and section 8 HCVP.

Step Up Muskegon

P.O. Box 1626
Muskegon, MI 49443

Website: www.stepupmuskegon.org

Services: Offers safe housing for young adults aging out of foster care as well as those who have never been in the foster care system. Also offers mentoring, educational guidance, and life skills training for 18–24-year-old youth.

Community enCompass

9 Hartford Ave, Muskegon, MI 49442
Ph: (231) 728-3117

Website: <http://www.communityencompass.org/>

Shelters:

Family Promise of the Lakeshore

2160 Crozier Ave
Muskegon, MI 49441
Ph: (231)-747-8855
Website: www.fp-lakeshore.org/
Services: Offers shelter for families experiencing homelessness.

Center for Women in Transition

300 North Ferry St., Suite #C
Grand Haven, MI 49417
Ph: (616)-392-2829
Crisis Hotline: (616)-392-1970
Services: Offers emergency sheltering and transitional housing for women suffering from domestic or sexual violence.

FOOD AND CLOTHING ASSISTANCE

Age Well Services

560 Seminole Rd.
Muskegon, MI 49444
Ph: (231)-755-0434
Website: agewellservices.org
Services: Offers Meals on Wheels and discount meal programs based on donation.

Community Access Line of the Lakeshore

560 Seminole Rd.
Norton Shores, MI 49444
Hotline: 2-1-1
Ph: (231)-733-1155
Website: call-211.org
Services: Connects callers with resources in the area for shelter, employment, food, mental health helplines, substance use, LGBT issues, parenting, medical clinics, and holiday assistance.

Mission for Area People

2500 Jefferson St.
Muskegon Heights, MI 49444
Ph: (231)-733-9672
Website: missionforareapeople.org
Services: Offers a variety of groceries, clothes, and household goods.

United Way of the Lakeshore

31 E. Clay Ave, P.O. Box 207
Muskegon, MI 49443
Ph: (231)-722-3134
Website: unitedwaylakeshore.org
Services: Offers the Emergency Food and Shelter Program.

LEGAL AND FINANCIAL RESOURCES

Every Woman's Place

121 W. Laketon Avenue

Muskegon, MI 49441

Ph: (231)-722-3333

Website: <https://everywomansplace.org/>

Services: Offers legal services for survivors of domestic, gender, and sexual-based violence.

Legal Aid of Western Michigan

450 Morris Ave, Suite 104

Muskegon, MI 49440

Ph: (616)-727-4887

Website: <https://lawestmi.org/>

Services: Offers civil legal services at no charge to low-income clients and senior citizens.

Legal Assistance Center

180 Ottawa Avenue NW, Suite 5100

Grand Rapids, MI 49503

Ph: (616)-632-6000

Website: <https://legalassistancecenter.org/>

Services: Offers solutions to basic legal problems.

TIPS TO STAY SAFE AND AVOID FIGHTS

Just Chill	✓ Relax, count to 10, and take a moment to think about things.
Never Carry	✓ Don't carry a weapon. If things are getting serious, get help or ask for advice.
You Control You	✓ You're in control of your own actions. Be your own person; don't let others tell you what to do
Think First	✓ Before you act, think about what could happen! Ask yourself, is this worth the consequences?
It's Not That Serious	✓ Is it worth getting in trouble, getting hurt, getting killed?
See Things From His Or Her Point Of View	✓ Think about what the other person is going through. If they have good reason to feel upset, talk to them about the situation. Don't be afraid to apologize if you've done something wrong.
Keep Walking	✓ Sometimes the best thing to do is just walk away. Find something else to do. It may help to get your mind off the situation.
Don't Be An Instigator	✓ If you encourage your friends to fight, you're just adding to the violence. How about telling your friend to let it go or suggesting you go hangout somewhere else.
Work It Out Without Fighting	✓ There are ways to solve problems with another person without fighting. Stay calm and try to talk it through.
Break The Cycle Of Violence	✓ How will your friends and family feel if you get hurt? Be the one to end the violence. Tell your friends and family not to get even.