

Family Resource Guide



Favorite Family Memory by Maddylin, age 9

With the frequent changes occurring in our community at this time, the printing and distribution of our Family Resource Calendar is not feasible. Therefore, we have compiled this list of family resources that may be of benefit to you & your family. Please reach out to the many wonderful agencies and organizations we have listed here via their websites, FaceBook and Twitter accounts for any updated community resource information.

Parent Education

Family, Adult and Children First Council Parent Education Classes

Family, Adult and Children First Council: www.facfc.org or pamela.redding@fairfield.countyohio.gov

First Five Years (3 Class Series)

Parents of children ages birth –5 will learn ages & stages of development, parenting styles, non-violent discipline skills, techniques for self-calming & prepare your child for school success!
www.activeparenting.com

Triple P (Power of Positive Parenting)

Seminars (5 week series), Workshops (2 hour presentation) & Primary Care (individual discussions with facilitator).

Power of Positive Parenting techniques, what causes kids' behaviors, disobedience, good bedtime routines, separation anxiety, tantrums and toilet training are some topics of discussion for parents of children ages birth to 8.
www.triplep.net

Active Parenting (4 Class Series)

Parents of children ages 5-12 will discuss using non-violent discipline, positive communication, effective encouragement, and tips on how to help your child succeed in school.
www.activeparenting.com

Loving Solutions (6 Class Series)

Parents guide to raising strong-willed and/or highly impulsive children ages 5-12. Concrete solutions for tough problems including stopping unwanted behaviors and improving school performance will be discussed. Special application to ADHD/ADD issues are included.
www.parentproject.com

Parent Project (10 Class Series)

For parents of teens ages 12-18 who may be displaying destructive adolescent behaviors. Effective interventions are given to stop unwanted behaviors including arguing, truancy, drugs, running away, media, violence and more.
www.parentproject.com

Children in Between

This program assists parents in understanding their children's reactions to divorce / separation, teaches skills to reduce conflict and to become successful co-parents.
amy.koenig@fairfieldcountyohio

Darkness to Light / Stewards of Children

Learning the facts, talking about it and getting involved helps prevent childhood sexual abuse. If childhood sexual abuse can be prevented, it can be stopped. The Stewards program helps adults learn how to prevent, recognize and react responsibly to child sexual abuse.
Family Y : www.ymcalancaster.org

Relational Skill Building for Families

Families with children between the ages of 2 & 17 will learn how to strengthen family relationships and add joy to your life!
www.OhioGuidestone.org

Fairfield Medical Center

www.fmchealth.org

CPR and First Aid Trainings

You will learn how to aid in choking, CPR and AED operation in this CPR class. In First Aid you learn what to do with bleeding injuries, broken bones, and common injuries until professional help arrives.

Project DAWN—Deaths Avoided With Naloxone

Project DAWN is a community-based overdose education & Naloxone distribution program. Participants receive information about how Project Dawn aims to decrease overdose-related deaths in our community and a free Narcan kit.

Mental Health First Aid

This 8-hour course teaches you how to help someone who may be experiencing a mental health or substance use challenge. The training helps you identify, understand and respond to signs of addictions and mental illnesses.
www.fairfieldadamh.org

Fairfield County District Library & Pickerington Public Library

Summer Reading Programs, GALES courses, "Day by Day" Family Literacy Calendar, Facebook Live Story times, Ask a Librarian, Curbside Pick-up and more! There is so much to enjoy at the library! Check them out— you'll be glad you did!

Fairfield County District Libraries: www.fcdlibrary.org

Pickerington Public Libraries: www.pickeringtonlibrary.org

Parks and Recreation

Alley Park Open Nature Center, Bike Paths, Friday Night Bandstand, Friday Night Flicks, Historical Bridges and Backroads, Rock Mill, Saturday Cinema, Summer Concert Series, Swimming Pools, and more!

Fairfield County Parks & Recreation: www.fairfieldcountyparks.org

Lancaster Parks & Recreation: www.ci.lancaster.oh.us

Pickerington Parks & Recreation: www.ci.pickerington.oh.us

Special Events

Events taking place throughout Fairfield County including Amanda, Baltimore, Bremen, Buckeye Lake, Canal Winchester, Carroll, Lancaster, Lithopolis, Millersport, Pickerington, Pleasantville, Rushville and West Rushville, Stoutsville, Sugar Grove, Tarlton, and Thurston.

Visit Fairfield County: www.visitfairfieldcounty.org

Destination Downtown: www.DestinationDowntownLancaster.com

Only in Ohio: www.onlyinyourstate.com and www.facebook.com/ohioonly

Summer Lunch Program

The free summer lunch program ensures that children continue to receive nutritious meals when school is not in session serving children and teens age 18 and younger. Locations and times available throughout the city of Lancaster are on the website and Facebook pages.

Afterschool Programs of Lancaster: www.afterschoolprogramsoflancaster.org

Online Learning

Many websites are available to support you as you navigate your child's learning experience. Here are just a few for you to check out for special offers / activities throughout the summer!

After School Alliance: www.afterschoolalliance.org

Columbus Zoo: www.columbuszoo.org

Lancaster City Schools "Say, Do, Know!": www.lancaster.k12.oh.us

PBS: www.pbs.org

Scholastic: www.scholastic.com

Storytime:

Dolly Parton Imagination Library Read Aloud: www.imaginationlibrary.com and www.facebook.com/dollysimaginationlibrary

Story Time from Space: www.spacestationexplorers.org/partner-organizations/global-space-education-foundation/

Virtual Tours:

American Museum of Natural History: www.amnh.org and www.youtube.com

COSI Tour: www.cosi.org and <https://mpembed.com/show/>

Decorative Arts Center of Ohio: www.decartsohio.org

Farm Tours (dairy, sheep, etc.): www.facebook.com/VirtualFarmTrips

John Glen Astronomy Park: www.jgap.info and www.facebook.com/JohnGlennAstronomyPark

National Geographic: www.youtube.com/user/NationalGeographic/videos

National Parks: www.earth.google.com

Field Trips / Tours for Kids: www.stayathomehabits.com

Google Earth will take you anywhere you want to explore!: www.google.com/earth

Organizations and camps

4-H: www.fairfield.osu.edu

AHA! A Children's Museum: www.aha4kids.org

Big Brothers/Big Sisters: www.bbbs-fairfieldoh.org

Boy Scouts: www.scouting.org

Girl Scouts: www.girlscouts.org

Family Y: www.ymc.lancaster.org

Virtual Camps:

Camp NuHop Virtual OYO Camp (Special Needs): www.facebook.com/OYOcampOhio

Camp NuHop: www.facebook.com/CampNuhop

Camp Oty'Okwa (BB/BS): www.facebook.com/CampOtyOkwa

Camp Invention: www.facebook.com/CampInvention

Easy Home and Other Activities:

Blanket forts - indoors and outside
Board games / Cards
Cooking / Baking
Gardening
Picnics
Scavenger Hunts
Sidewalk chalk drawings, hopscotch, obstacle course
Water play with hose, sprinklers, balloons
Variety of ideas: www.pinterest.com

Art & Clay Take Home Kits: www.artandclayonmain.com/art-classes
Kids Bowl Free: www.kidsbowlfree.com

Additional parent & family support programs and resources:

Bullying Prevention & Intervention: www.stopbullying.gov
Common Sense: www.commoonsensemedia.org
Divorce Care: www.divorcecare.org
Fairfield County Information and Referral: www.fairfieldcounty211.org
Fairfield County Job and Family Services: www.fcjfs.org
Fair Hope / Hospice: www.fairhopehospice.org
Grief Share: www.griefshare.org
Help Me Grow and Early Intervention: www.faircaa.org
KNOW!: www.preventionactionalliance.org
Lancaster-Fairfield Community Action Agency: www.faircaa.org
Mental Health Consumer Group: www.fairfieldadamh.org
Mental Health Crisis Line: 740-687-8255 (TALK)
Public Transportation: www.ci.lancaster.oh.us
SOCIL (Southeastern Ohio Center for Independent Living): www.socil.org
United Way: www.uwayfairfieldco.org

Loved Ones Support Group

Educational support group for those who have a loved one with a substance abuse disorder. Feel free to contact the Recovery Center for more information.
The Recovery Center: 740-687-4500

NAMI — National Alliance on Mental Health Fairfield Family Support Group

A group designed to foster learning, healing and empowerment among parents & families of children with emotional, mental, and neurobiological disorders.
Mark Conrad: 740-243-4933

Tyler's Light Family Support Groups

Drug education and awareness for students, families, and communities. Family Support Groups meet in Pickerington and Lancaster.
Tyler's Light: www.tylerslight.com
Fairfield County ADAMH Board: www.fairfieldadamh.org

Pickerington Playgroup & Parent Meet-Up

(Coffee, Tea, & Autism-all disabilities welcome)

This new style of support group is led by volunteers whose lives have been touched by autism. Often the best support & information comes from others living the same journey!
Fairfield County Board of Developmental Disabilities: www.fairfielddd.com

Thank you to the
sponsors of this
Family Resource
Guide:



Websites are presented as
information only, not endorsements.

While every effort is made to ensure
the information provided is accurate,
no guarantees are made.

To list programs in the upcoming Fall Calendar, contact Pam Redding by July 21st at:
740-652-7287 or pamela.redding@fairfieldcountyohio.gov