

# PARENTING **RESOURCE** GUIDE

Coshocton,  
Fairfield,  
Holmes, Knox, &  
Licking Counties

September 2020



# COSHOCTON County

*"Behind every young child who believes in himself is a parent who believed first." ~Matthew Jacobson*

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**2-1-1/United Way of Coshocton County 211 Program**

402 Main St., Coshocton, OH • 844-318-3909

[www.coshoctonunitedway.org](http://www.coshoctonunitedway.org) • Information and referral services for Coshocton County.

**Coshocton County Family and Children First Council**

724 South 7th St., Coshocton, OH • 740-622-3760

[www.coshoctoncounty.net](http://www.coshoctoncounty.net) • The Coshocton County Family and Children First Council is comprised of public and private agencies who provide services to families, children and the community.

**Coshocton County Head Start, Inc.**

3201 County Road 16, Coshocton, OH • 740-622-9537

[www.coshoctoncountyheadstart.org](http://www.coshoctoncountyheadstart.org)

Early Head Start - Services for pregnant mothers include helping to access comprehensive prenatal and postpartum care, discussing proper nutrition, supporting their parental roles, enhancing child development skills/knowledge, assisting in accessing community resources, parent engagement activities and opportunities.

**Early Intervention / Coshocton DD**

23720 Airport Road, Coshocton, OH • 740-622-1552

[www.coshdd.org/early-intervention](http://www.coshdd.org/early-intervention) • Early Intervention is a program for families with children ages 0-3 with developmental delays or a disability. An Individualized Family Service Plan (IFSP) is developed by the team to outline services and goals you want to complete. Early Intervention provides families with support and resources to enhance their child's learning and development through everyday opportunities as they strive to reach their goals.

**Family PACT &**

**Fatherhood Initiative and Resource Center/**

**Family and Children First Council**

724 South 7th St., Coshocton, OH • 740-622-6208

[www.coshoctoncounty.net](http://www.coshoctoncounty.net) • Family PACT - Parents acting cooperatively to help facilitate improved family relationships. Fatherhood Initiative Resource Center -To strengthen the family unit through engaging and empowering fathers and father figures to be meaningfully involved in and committed to the child's well-being.

**Head Start Kno-Ho-Co-Ashland Community Action Commission**

120 North 4th St., Coshocton, OH • 330-377-4567

[www.knohoco.org](http://www.knohoco.org)

Services include: Education - experiences designed to meet the child's individual needs; Parent Involvement - critical involvement of parents in their child's education and in Head Start activities; and Disabilities - children are assessed for disabling conditions and given services to meet their special needs.

**Help Me Grow Home Visiting / Coshocton DD**

23720 Airport Road, Coshocton, OH • 740-622-1552

[www.coshdd.org/help-me-grow](http://www.coshdd.org/help-me-grow) • This program is for pregnant mothers or families with infants under the age of 3 months at the time of enrollment. Our team empowers parents with the skills, tools, and confidence needed to give their children the best possible start in life. This is done through support, education, activities, access to community resources, and goal setting.



# COSHOCTON County



*"Being able to resolve conflicts peacefully is one of the greatest strengths we can give our children." ~Mr. Rogers*

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## **Maternal and Child Health Center**

724 South 7th St., Coshocton, OH • 740-622-2999

[www.coshoctoncounty.net/mchc](http://www.coshoctoncounty.net/mchc)

Provides prenatal care to pregnant women.

## **The Mentoring Center of Coshocton County**

410 Main St., Coshocton, OH • 740-623-8110

[www.facebook.com/](https://www.facebook.com/) • Side by side family mentoring services to children and families throughout Coshocton County.

## **Mom as Gateway**

324 Chestnut St., Coshocton, OH

740-502-1882 • [www.coshoctonfathers.org](http://www.coshoctonfathers.org)

To help break down barriers between mothers and fathers and facilitate helpful discussions and efforts toward co-parenting.

## **Nurturing Parenting Program/ Family and Children First Council**

724 South 7th St., Coshocton, OH

740-622-3760 • [www.coshoctoncounty.net](http://www.coshoctoncounty.net)

The Nurturing Parenting Programs are a family-centered initiative designed to build nurturing parenting skills in the families of our community.

**Pregnancy Distress Center** • 819 Main St.,  
Coshocton, OH • 740-622-3808 • [www.facebook.com/Pregnancy-Distress-Center-of-Coshocton-Inc](https://www.facebook.com/Pregnancy-Distress-Center-of-Coshocton-Inc)

Our goal is to provide competent and caring services to women in the Coshocton area who may have distressful pregnancies. Our approach enables the mother to make informed, positive choices for herself and her baby.

## **The Women, Infants, and Children program (WIC)**

724 South 7th St., Coshocton, OH • 740-622-2929

[www.coshoctoncounty.net](http://www.coshoctoncounty.net) • The Women, Infants, and Children Program (WIC) provides nutrition education, healthy foods, breastfeeding support and healthcare referrals for income eligible pregnant women, breastfeeding mothers, non-breastfeeding mothers up to six months postpartum, bereaved mothers up to six months postpartum, infants and children up to age five. Despite our name, dads or any legal guardian are welcome to present their children for services up through the child's fifth birthday.

## **WIC Mom-to-Mom Breastfeeding Support**

724 South 7th St., Coshocton, OH • 740-622-2929

[www.coshoctoncounty.net](http://www.coshoctoncounty.net) • When you're pregnant or a new mom, it helps to talk to other moms who know what you're going through. That's the reason behind our WIC Peer Helper program. A WIC Peer Helper offers: personal breastfeeding success, tricks and tips to conquer barriers to breastfeeding, support when facing hurdles advice based on current research and expert knowledge.



# FAIRFIELD County

*"The way we talk to our children becomes their inner voice." ~Peggy O'Mara*



## **211 of Fairfield County**

108 West Main St., Suite C,  
Lancaster, OH

211 or 740-687-0500

[www.fairfieldcounty211.org](http://www.fairfieldcounty211.org)

Receive information and referral  
24 hours a day by dialing three  
numbers: 2-1-1. Phones are  
answered by real people, trained  
professionals, with access to a  
comprehensive database connecting  
you to all the assistance available.  
It's fast, free and completely  
confidential for information and  
referral or when you need help in a  
short-term crisis.

## **Fairfield Community Health Center, Women's Health Center**

1155 East Main St., Lancaster, OH  
740-277-6043

[www.fairfieldchc.org](http://www.fairfieldchc.org)

Our comprehensive approach to  
healthcare puts the patient first and  
allows us to work WITH you hand-  
in-hand to create a feeling of trust  
and mutual investment in your  
healthy future.

## **Fairfield County Board of Developmental Disabilities Birth to Three Program**

795 College Ave., Lancaster, OH  
740-652-7225

[www.fairfieldddd.com](http://www.fairfieldddd.com)

The Early Intervention Program  
provides services to families of  
children age birth-3 with a  
developmental delay or diagnosed  
medical condition. Eligibility for  
services is established through an  
evaluation from the Help McGrow  
Program.



# FAIRFIELD County

*"At the end of the day, the most overwhelming key to a child's success is the positive involvement of parents." ~Jane D. Hull*

## **Fairfield County Family, Adult and Children First Council**

831 College Ave., Suite C, Lancaster, OH  
740-652-7280 • 740-652-7287 (Parent Education)  
www.facfc.org • The Fairfield County Family, Adult and Children First Council is a partnership of public and private non-profit and for-profit child and family serving agencies and organizations committed to improving the well-being of children and families in Fairfield County.

*Parent Education Programs offered include:*

### **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.

### **First Five Years (3 Class Series)**

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

### **Loving Solutions (6 Class Series)**

Parent 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.

### **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.

### **Triple P - Power of Positive Parenting**

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 eight. Consisting of seminars (5 week series), workshops (2-hour presentation) and primary care (individual discussions with facilitator).





# FAIRFIELD County



*“The greatest gift you can give your children are the roots of responsibility and the wings of independence.” ~Denis Waitley*

## **Fairfield Department of Health Women, Infants, & Children (WIC)**

1550 Sheridan Dr., Suite 100, Lancaster, OH  
740-652-2800 • [www.myfdh.org](http://www.myfdh.org) • WIC is a nutrition education program that provides nutritious foods which promote good health for pregnant women or women who just had a baby, breastfeeding moms, infants, and children up to age five.

## **Fairfield Medical Center**

401 North Ewing St., Lancaster, OH • 740-687-8218  
[www.fmchealth.org](http://www.fmchealth.org) • Family planning, well-woman visits, diagnosis and treatment of reproductive system disorders, such as endometriosis and PCOS (polycystic ovary syndrome), and complete management of pregnancy and delivery. As your due date draws near and your excitement begins to build, knowing what to expect and feeling prepared can help you concentrate more fully on your birthing experience. We provide a variety of educational classes to make your experience one to remember including: Childbirth Education Series, Breastfeeding, Newborn Care, and Getting to Know Your New Sibling.

## **Lancaster-Fairfield Community Action**

1743 East Main St., Lancaster, OH • 740-653-4146  
[www.faircaa.org](http://www.faircaa.org)

*Programs for Parents and Children include:*

### **Early Head Start • 740-653-4146**

An infant and toddler program that provides comprehensive services to pregnant mothers and children from birth to three years of age. Early Head Start is a comprehensive child development and family support service promoting healthy parent and child attachment.

### **Help Me Grow/Help Me Grow Early Intervention**

740-681-4881 • A statewide program for mothers who are pregnant or have an infant under the age of six months. HMG promotes healthy growth and development by working with the parent on the care and nurturing of their infant.

### **Teens with Tots • 740-653-4146**

Teens with Tots offers support to pregnant and parenting teens who are still in school or planning to graduate and is conducted through partnerships with a local school district. It includes group and individual support providing opportunities for peer support, awareness of community resources, and child development information.



# FAIRFIELD County

*"Treat a child as though he already is the person he's capable of becoming." ~Haim Ginott*

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## **Practical Parenting/ Integrated Services for Behavioral Health**

222 South Broad St., Lancaster, OH

740-277-6389 • [info@integratedservice.org](mailto:info@integratedservice.org)

Parenting classes for real parents in the real world are offered. Topics include Healthy Parent-child Relationships and Building Self-esteem, Behaviors at Home, Parent Burnout, and more. Come to the classes to learn new things, improve your parenting, and make some parent friends.

## **Pregnancy Decision Health Center**

1590 East Main St., Lancaster, OH

1-614-888-8774 • [www.pdhc.org](http://www.pdhc.org)

Pregnancy Decision Health Centers (PDHC) services are confidential and no cost. Free pregnancy

testing, ultrasounds, options information, parenting classes, link to community resources and post-abortion healing are offered.

## **Relational Skill Building for Families/ Ohio Guidestone**

111 South Broad St., Suite 209, Lancaster, OH

1-888-522-9174 • [www.OhioGuidestone.org](http://www.OhioGuidestone.org)

Relational Skill Building utilizes the evidence-based Nurturing Parenting Program to strengthen family relationships and bring more joy to the family. The program is provided through individualized home sessions which allows for one on one specialized attention. Participants will learn ways to decrease stress, improve communication and better understand each other's needs.





# HOLMES County



*“We must teach children to dream with their eyes open.” ~Harry Edwards*

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## **H15 Ministries**

34 East Jackson St., Millersburg, OH • 330-231-7147  
andy@h15ministries.org • (H15 Teen Center)

Our facility has places for youth to receive tutoring, counseling, and mentoring. We will also have job and life skills teaching to prepare them for the real world as well as workshops for music, drama, and other arts. Our future plans include a donation-based cafe where the youth can put some of their new life skills to work.

## **Holmes County General Health District**

85 North Grant St., Millersburg, OH • 330-674-5035  
www.holmeshealth.org • info@holmeshealth.org  
Women, Infants and Children Program (WIC) provides nutrition education and supplemental foods for healthy

growth and development. Supplemental foods that are provided include: milk, fruits/vegetables, cereal, juice, eggs, peanut butter or beans and formula for income-eligible infants, children under the age of five, and women who are pregnant, breastfeeding or up to six months postpartum. WIC also provides breastfeeding support, services, and supplies (breast pumps) through a peer helper and certified lactation counselors.

## **Kno-Ho-Co-Ashland Community Action Commission (Knox-Holmes-Coshocton-Ashland Counties)**

120 North 4th St., Coshocton, OH • 740-622-9801  
330-674-6479 • www.knohoco.org • We are your local Community Action Agency providing essential services to better the lives of those that we serve.



# HOLMES County

*"We cannot always build the future for our youth, but we can build our youth for the future." ~Franklin D. Roosevelt*

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## **Kno-Ho-Co-Ashland Family Planning Clinic**

186 West Jackson St., Millersburg, OH  
330-473-6034 • Designed for women's health issues, such as breast exams, pap smears, pregnancy testing, sexually transmitted infections (STIs), low-cost birth control and HIV testing along with OBGYN services and a nurse practitioner is open three days a week in Millersburg.

## **Kno-Ho-Co-Ashland Head Start Glenmont Community Building**

108 Main St., Glenmont, OH • 330-377-4567  
[www.knohoco.org](http://www.knohoco.org) • [KHCAHeadStart@knohoco.org](mailto:KHCAHeadStart@knohoco.org)  
Services include: Education - experiences designed to meet the child's individual needs; Parent Involvement - critical involvement of parents in their child's education and in Head Start activities; and Disabilities - children are assessed for disabling conditions and given services to meet their special needs.

## **LoveINC of Greater Holmes County**

P.O. Box 144, Millersburg, OH • 330-473-6017  
[www.loveincfghc.org](http://www.loveincfghc.org) • [loveincfghc@gmail.com](mailto:loveincfghc@gmail.com)  
Individuals and families who are going through a difficult time can be encouraged to call LoveINC. The phone volunteer will hear their story and complete an intake. LoveINC will verify the need, pray, and discern how best the family can be helped. The family will be connected to the appropriate resources. LoveINC will follow up to see if the family was able to be helped appropriately. Gap Ministries are ministries hosted in local churches that serve families who have gone through the LoveINC clearinghouse: baby items, blankets, household products, gasoline cards, school supplies, shoes and winter apparel are some of the support items available.

## **Safe Haven Hotline: 330-263-7233**

Ohio allows the birth mother or father to leave a newborn, up to 30 days old, with a medical worker in a hospital, at a fire department or emergency services or with an officer at a law enforcement agency. No questions will be asked, and no identification is required.





# KNOX County



*"Parental love is the only love that is truly selfless, unconditional and forgiving." ~Dr. T. P. Chia*

## **211 of Knox County/Crisis Hotline**

Dial 2-1-1 or 800-544-1601

Text your zip code to 898211

[www.navigateresources.net/chic](http://www.navigateresources.net/chic)

Provided by Pathways of Central Ohio, the 2-1-1/Crisis Hotline provides information and referral and crisis hotline services to anyone living or working in Knox County. It is available 24/7 and is confidential. Calls are answered by trained professionals who will answer your questions and listen to your concerns in a non-judgmental manner. The staff can help anyone looking for local resources or those who are in crisis such as suicide attempts or threats, domestic violence, child or elder abuse, homelessness or in need of substance abuse treatment. For more information, visit [211pathways.org](http://211pathways.org).

## **Early Head Start •**

11700 Upper Gilchrist Road, Suite B, Mount Vernon, OH 43050 • 740-397-9304 [bbower@knoxheadstart.org](mailto:bbower@knoxheadstart.org) • Early Head Start (EHS) - EHS serves pregnant moms and infants and toddlers with prenatal, home-based, or center-based services year-round. Services are provided to pregnant moms, infants, and toddlers birth through 36 months; Individualized services to help parents achieve independence and self-sufficiency; Connections to area agencies through resources and referrals including social services, medical, dental, physical, nutrition, mental health services, and disability services; all coupled with parent education, leadership, volunteerism, skill-building, goal-setting, and career opportunities.

## **Head Start Kno-Ho-Co-Ashland Community Action**

120 North 4th St., Coshocton, OH • 330-377-4567

[www.knohoco.org](http://www.knohoco.org)

Services include: Education - experiences designed to meet the child's individual needs; Parent Involvement - involvement of parents in their child's education and in Head Start activities; and Disabilities - children are assessed for disabling conditions and given services to meet their special needs.

## **Knox DD – Early Intervention and Help Me Grow Home Visiting**

11700 Upper Gilchrist Road, Mount Vernon, OH 740-393-5720

[www.knoxdd.com/early-childhood](http://www.knoxdd.com/early-childhood)

[www.knoxdd.com/help-me-grow](http://www.knoxdd.com/help-me-grow)

Early Intervention is a program for families with children ages 0-3 with developmental delays or a disability. An Individualized Family Service Plan (IFSP) is developed to outline services and goals you want to complete. EI provides families with support and resources to enhance their child's learning and development through everyday opportunities. Help Me Grow Home Visiting is a program for pregnant mothers or families with infants under 3 months old at enrollment. Our team empowers parents with the skills, tools, and confidence needed to give their children the best possible start in life. This is done through support, education, activities, access to community resources, and goal setting.



# KNOX County

*"There is no such thing as a perfect parent. So just be a real one." ~Sue Atkins*

## **Knox County Department of Job and Family Services**

[www.co.knox.oh.us/jfs](http://www.co.knox.oh.us/jfs) • 117 East High St., Mount Vernon, OH (3rd and 4th Floors) • 844-640-6446 Public Assistance • 740-397-7177 Main Phone

[jobfam@co.knox.oh.us](mailto:jobfam@co.knox.oh.us) • Throughout the year the Children's Services Division of the Knox County Department of Human Services sponsors parenting sessions for parents of children of all ages. There is also a teen specific group to assist teens in the handling of certain issues including: dealing with authority, self-esteem, setting consequences for actions taken, and a variety of other problems and circumstances that teens face on a daily basis.

## **New Directions - The Domestic Abuse and Rape Crisis Center of Knox County**

110 East Gambier St., Mt. Vernon, OH  
740-397-4357 • [newdirectionsshelter.org](http://newdirectionsshelter.org)  
[newdirectionsshelter.org](http://newdirectionsshelter.org)

*SafeZone:* New Directions offers a free LGBTQ+ 101 training, called Safe Zone. LGBTQ+ folks sometimes question whether they will feel safe, welcomed, or supported in a new environment. There is a pressure to already know how to be LGBTQ+ inclusive. And while many of us want to be, we don't necessarily feel comfortable with the language, with our own level of understanding, and don't know where to go to learn more. Safe Zone trainings are safe places for people to get more information.

*Stewards of Children:* Adults are taught how to prevent, recognize and react responsibly to child sexual abuse. This 3-hour training is designed for individuals concerned about the safety of children. Find out more about the training at [www.D2L.org](http://www.D2L.org).

*Stand Up Speak Out (See the Signs):* The purpose of this program is to teach participants basic information about domestic and sexual violence, as well as how to intervene as a bystander. Participants learn the about different types of intimate partner violence and discuss the power and control associated with these relationships. Participants also learn and practice a variety of ways to be an active bystander and discuss specific examples of what this may look like, what words to say, how to keep themselves safe, and who to contact in a variety of situations.





# KNOX County

*"Kids spell love T-I-M-E." John Crudele*

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## **Parent Support Initiative**

11700 Upper Gilchrist Road, Suite B, Mount Vernon, OH • 740-397-2840  
[www.facebook.com/PSIKC](http://www.facebook.com/PSIKC)  
[psiknox@gmail.com](mailto:psiknox@gmail.com)

*Triple P Programs in Knox County: Group* – for everything you want to know. Be prepared for anything raising kids or teenagers can throw at you with the toolkit of parenting strategies you get in this small group course. Usually, parents meet over 4-8 weeks. You're not alone!

*Discussion Groups* - for common parenting problems - parents with the same single problem join a two-hour group that provides practical solutions. Choose from topics tailored for parents of younger kids or teens.

*Primary Care* - for everyday problems - a problem or two with your child? Try a quick, tailored way to get strategies to help. Just you and a Triple P provider. Approximately four sessions/15-30 minutes each.

*Seminars* - positive parenting in a nutshell - even when parenting is great, a few tips can help make life easier. Get fresh ideas for raising kids in our 90-minute seminars. Choose from three different topics.

## **Touchpointe Family Life Center - Mount Vernon**

120 South Norton St., Mount Vernon, OH  
740-485-5408 • [www.touchpointe.org](http://www.touchpointe.org)  
Offers 8-hour classes for parents that are designed to explore the stages of their child's growth and how needs change over time. Call for current schedule. Provides marriage and family resources designed to strengthen the quality of personal and family life, by providing emotional and relational support through educational facilitators and trained coaches. Most classes are held in the former Fredericktown High School, 117 Columbus Road, Fredericktown, OH.





# LICKING County

*"Everything we do as parents makes an impact...*

*even when it seems like nothing we're saying is making a difference!" ~Unknown*

## **211 of Licking County Crisis Hotline**

Dial 2-1-1 or 800-544-1601 • Text your zip code to 898211  
[www.navigateresources.net/chic](http://www.navigateresources.net/chic) • Provided by Pathways of Central Ohio, the 2-1-1/Crisis Hotline provides information and referral and crisis hotline services to anyone living or working in Licking County. It is available 24/7 and is confidential. Calls are answered by trained professionals who will answer your questions and listen to your concerns in a non-judgment manner. The staff can help anyone looking for local resources or those who are in a crisis such as suicide attempts or threats, domestic violence, child or elder abuse, homelessness or in need of substance abuse treatment. For more information, visit [211pathways.org](http://211pathways.org).

## **Family Health Services of East Central Ohio**

155 McMillen Dr., Newark, OH • 740-344-9291  
800-688-3266 Toll Free • [www.freeclinicdirectory.org](http://www.freeclinicdirectory.org)  
Physical examinations for women, pap tests, breast exams, screening and treatment for STIs, screening for high blood pressure, anemia, pregnancy testing, birth control supplies, emergency contraception, HIV/AIDS counseling/testing.

## **Heartbeats For Life**

336 East Main St., Newark, OH • 740-349-7558  
800-712-4357 Hotline/Helpline  
[www.pregnancynewark.com](http://www.pregnancynewark.com) • [info@heartbeats.org](mailto:info@heartbeats.org)  
This faith-based agency provides a variety of free services and programs to meet the needs of our clients and of the community. Information about various pregnancy and family planning related issues, and referrals for professional and community services to pregnant women, new mothers and fathers is provided. All services are free and confidential. Area served: Licking and surrounding counties.

*Services Include:* Pregnancy tests, limited ultrasound, pregnancy options education with trained client consultants, adoption information and referrals, maternity and baby clothes, post abortion support, information on STI's/reproductive health/fertility awareness, Dreamkeepers: Discovering sexual integrity/health, miscarriage support, support services (including pregnancy and parenting education), childbirth education, referrals for professional and community services, and programs for men. All services are free and confidential.





# LICKING County

*“Your children need your presence more than your presents.” ~Jesse Jackson*

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## **Leads Community Action Agency**

### **Wilson Street Early Head Start**

161 Wilson St., Newark, OH • 740-349-3850

[www.leadscas.org](http://www.leadscas.org) • Program designed to foster healthy development in pregnant mothers and children from birth through age three from income-eligible families. Our program delivers a range of services, responsive and appropriate to the heritage and experience of each child and their family. Each service includes all aspects of development and learning.

## **Licking County Board Of Developmental Disabilities (LCBDD)**

16 North 22nd St., Newark, OH • 740-349-6588

[www.lcountydd.org](http://www.lcountydd.org) • Early Intervention provides family-centered services for infants and toddlers who have a developmental delay, disability, or a medical condition likely to result in a delay. Services are available from birth until their third birthday. If you have questions about your child's development, we will arrange for your child to be assessed and/or evaluated in your home to determine eligibility. Early childhood services are available to Licking County families who have children three years of age and older if they are showing delays in their development. If your child is eligible, they will have a service coordinator assigned to work with your family. For children ages 3-5 years, a developmental specialist may also be available to support you in helping your child learn and accomplish new things.

## **Licking County Children and Family First Council**

74 South 2nd St., Newark, OH • 740-670-8844

[www.lcfamilies.org](http://www.lcfamilies.org) • Licking County CFCC brings together public and non-profit organizations, schools and parents committed to building community capacity, coordinating systems and services, and engaging and empowering families by working together and sharing resources. We provide a family focused, strengths-based service coordination/high fidelity wraparound team planning process for Licking County children, ages birth to 21 and their families, when these children have needs in more than one system of care.

## **Licking County Health Department**

675 Price Road, Newark, OH • 740-349-6535

[www.lickingcohealth.org](http://www.lickingcohealth.org)

[health@lickingcohealth.org](mailto:health@lickingcohealth.org) • Women, Infants and Children (WIC) - Provides education and counseling to pregnant women and new moms. The goal of this program is for the clients to experience a healthy pregnancy, delivery, and equip them to care of their newborn child. This program works closely with the WIC program, and a nurse travels to WIC satellite clinics around the county. Additional parenting services include breast feeding support and child car seat safety program (free car seat for attending).

## **Licking Memorial Health Systems - First Impressions Maternity Services Tours and Classes**

1320 West Main St., Newark, OH • 740-348-4346

[www.lmhealth.org](http://www.lmhealth.org) • *Childbirth Education* - Learn about relaxation, breathing techniques, labor, delivery and your newborn. This class is for expectant mothers and their coaches. For more information on registering for a class or class offerings, please call 740-348-4346 or email us at [FirstImpressions@LMHealth.org](mailto:FirstImpressions@LMHealth.org).

## **Mental Health America of Licking County**

65 Messimer Dr., Unit 3, Newark, OH • 740-522-1341

[www.mhalc.org](http://www.mhalc.org) • *Parenting Education and Support* - The Parent Support program serves parents, grandparents and caregivers of children ages birth through 18 offering classes using evidence-based programs. The program works to educate and empower parents and the in home caregiver to develop positive relationships within their home and family. Triple P (Positive Parenting Program) will assist you as a parent to encourage the behavior you like from your child, take care of yourself and reduce conflict in your household. Triple P is offered in a group or individual setting. Parenting Inside Out focuses on teaching parenting skills that was developed for parents involved in the criminal justice system. The format is appropriate for incarcerated parents who are parenting from prison and has helped thousands of parents rebuild their relationships with their children and families.



# LICKING County

*"Nothing you do for children is ever wasted." Garrison Keillor*

## **Pathways of Central Ohio**

1627 Bryn Mawr Dr., Newark, OH • 740-345-6166  
www.pathwaysofcentralohio.com • The Parent Education Center is a path to effective parenting skills and parent advocacy. We provide programs to meet the needs of parents and their children through parenting workshops, individualized parenting programs brought to your home, and empowering parents to become advocates for their children. We work to help parents: find joy in parenting, promote each child's development, increase positive parenting skills, reduce problem behaviors, increase parental resiliency, and become advocates for their children.

## **The Parent Education Center Programs:**

Contact: 740-345-6166 ext. 230

*Help Me Grow* - Help Me Grow (HMG) is a parent support and home visiting program serving families throughout pregnancy until three years of age. As a HMG family, you receive: personal visits - during which your parent educator will share age-appropriate child development and parenting information, address your parenting concerns, and personal family goals; screenings - to assess your child's overall development. There is no charge for this service. Contact: 740-345-6166, ext. 230.

*First Five Years* - This three session workshop will give you the opportunity to meet with other families with toddler and preschool children who may be experiencing some of the same challenges you are facing every day. Using videos, activities and group discussion, a group leader will help you learn

important skills for parenting a young child. There is no charge for this service.

*Active Parenting* - This three or six session workshop will focus on children from 5 to 12 years of age and includes an opportunity to work with other families in similar situations. Using video, home activities, group discussions and group activities, this program will help you improve on your skills as a parent as your child grows. There is no charge for this service.

*Active Parenting Teens* - This four session video and discussion program for parents of preteens and teens provides parents with methods of respectful discipline, skills for clear, honest communication, concrete strategies to prevent risky behavior and how to be an encouraging parent. Plus, insights into issues like teens online, bullying, and depression. There is no charge for this service.

*Incredible Years* - Incredible Years training programs give parents and caregivers strategies to manage behaviors such as aggressiveness, ongoing tantrums, and acting out behavior such as swearing, whining, yelling, hitting and kicking, answering back, and refusing to follow rules. The program also shows parents how to support their child's emotional development and confidence; helping children ultimately succeed with developing friendships, developing emotional regulations skills, and starting school ready to learn. The 14-week program has a history of success in Licking County through Flying Colors Public Preschool, Newark City Schools and will now be offered free of charge to more families in Licking County.





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## CONTRIBUTING AGENCIES INCLUDE:

Coshocton County Family and Children First Council  
Fairfield County Family, Adult and Children First Council  
Fairfield County Job and Family Services  
Holmes County Family and Children First Council  
New Directions of Knox County  
Pathways of Central Ohio, Licking County



Programs and classes are presented as information only, not endorsements of co-sponsoring agencies. While every effort is made to ensure that the information provided is accurate, no guarantees are made. Please call ahead to verify information.

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To update the information and receive more guides, please contact: Fairfield County Family, Adult and Children First Council, 831 College Avenue, Suite C, Lancaster, OH 43130 • 740-652-7280 • [www.facfc.org](http://www.facfc.org)

