

Fairfield County

Fall 2020

# Family Resource Guide



**Promoting Strong Communities,  
Healthy Families, & Safe Children**

There are frequent changes occurring in our community at this time, 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** **On-line, Virtual or in Person! Call 740-652-7287 to register!**

Family, Adult and Children First Council: [www.facfc.org](http://www.facfc.org) or [pamela.redding@fairfield.countyohio.gov](mailto: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!

#### **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.

#### **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.

#### **Active Parenting for Stepfamilies (5 Class Series)**

Parents in stepfamilies address the special needs and circumstances that emerge when a stepfamily forms, such as loss and grief, blending different cultures and histories, setting limits and establishing new relationships. This program addresses these issues and much more.

#### **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.

#### **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.

#### **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.

740-652-7873 [amy.koenig@fairfieldcountyohio](mailto: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.

740-654-0616 Family Y: [www.ymcalancaster.org](http://www.ymcalancaster.org)

#### **Practical Parenting**

Parenting classes for real parents in the real world are offered. Come to the classes to learn new things, improve your parenting, and make some parent friends.

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

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

#### **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.

740-654-0829 [www.fairfieldadamh.org](http://www.fairfieldadamh.org)

#### **Fairfield Medical Center**

[www.fmchealth.org](http://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.

# NOT EVERYTHING IS CANCELLED

Sunshine is not cancelled  
Fall is not cancelled  
Love is not cancelled  
Relationships are not cancelled  
Reading is not cancelled  
Naps are not cancelled  
Devotion is not cancelled  
Music is not cancelled  
Dancing is not cancelled  
Imagination is not cancelled  
Kindness is not cancelled  
Conversations are not cancelled  
Hope is not cancelled

By GLAM



## **Libraries**

Fairfield County District Library [www.fcdlibrary.org](http://www.fcdlibrary.org)

All locations have reopened! Join us for virtual school-age programs, Zoom story times, and more! In accordance with the state mandate on face coverings, masks are required for customers entering the building. Curbside pickup service is continuing.

Pickerington Public Library [www.pickeringtonlibrary.org](http://www.pickeringtonlibrary.org)

The library is open with browsable collections; computers, study tables and business center by appointment only; in-person notary and proctoring appointments; virtual technology trainer appointments; virtual events and classes; curbside service. Safety protocols in place – masks required, no food or drinks allowed.

## **Parks and Recreation**

Fairfield County Parks & Recreation: [www.fairfieldcountyparks.org](http://www.fairfieldcountyparks.org)

Lancaster Parks & Recreation: [www.ci.lancaster.oh.us](http://www.ci.lancaster.oh.us)

Pickerington Parks & Recreation: [www.ci.pickerington.oh.us](http://www.ci.pickerington.oh.us)

Fall is a wonderful time to take a family walk in the park! Create your own scavenger hunt items and explore the wonderful world around you!

## **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](http://www.visitfairfieldcounty.org)

Destination Downtown: [www.DestinationDowntownLancaster.com](http://www.DestinationDowntownLancaster.com)

Only in Ohio: [www.onlyinyourstate.com](http://www.onlyinyourstate.com) and [www.facebook.com/ohioonly](https://www.facebook.com/ohioonly)

## **Local Autumn Family Events**

Head over to Hugus Fruit Farm, south of Rushville to get your fix of apples and fresh cider! They also offer a variety of other seasonal, local products including apple and pumpkin butters, apple and pear sauce, cider jellies, fruit jam, and honey. Plan to visit on Thursdays during September and October to watch live apple pressing from the viewing platform.

You can count on Sam's Pumpkin Patch in Pickerington to have the perfect pumpkins for your seasonal display. For the past three decades, Sam's Pumpkin Patch has provided thousands of pumpkins to thousands of families. Fall décor never looked so good. Stop in for pumpkins, gourds, straw bales, corn stalks, and so much more! Opening on September 17th.

Sharp Farms is the perfect autumn destination! The fall season opens the weekend of September 19. They will have increased hand washing and sanitizing stations for your safety. Come to Sugar Grove for U-Pick pumpkins, a corn maze celebrating the 100th anniversary of women's right to vote, a petting zoo, homemade ice cream, fall hardy mums, honey, apple cider, and photo sessions. They are looking forward to seeing you at the farm!

The Sims Fall Festival is fun for kids of all ages! This annual tradition celebrates the best of the season with mums, pumpkins, gourds, corn shucking, arts, crafts, antiques, and a variety of fall items for sale. Head out to Amanda and enjoy a day at the farm!

Take a self-guided tour of the Trail of Scarecrows throughout 14 communities in Fairfield County. Fantastic scarecrows will be displayed during October—visit them all, vote for your favorite, and share your pictures by using #FCScarecrows.

For updated information,  
contact Fairfield County Information and Referral at [www.fairfieldcounty211.org](http://www.fairfieldcounty211.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:

After School Alliance: [www.afterschoolalliance.org](http://www.afterschoolalliance.org)

Columbus Zoo: [www.columbuszoo.org](http://www.columbuszoo.org)

Lancaster City Schools "Say, Do, Know!": [www.lancaster.k12.oh.us](http://www.lancaster.k12.oh.us)

Storytime:

Dolly Parton Imagination Library Read Aloud: [www.imaginationlibrary.com](http://www.imaginationlibrary.com) and [www.facebook.com/dollysimaginationlibrary](https://www.facebook.com/dollysimaginationlibrary)

Story Time from Space: [www.spacestationexplorers.org/partner-organizations/global-space-education-foundation/](http://www.spacestationexplorers.org/partner-organizations/global-space-education-foundation/)

Virtual Tours:

American Museum of Natural History: [www.amnh.org](http://www.amnh.org) and [www.youtube.com](https://www.youtube.com)

COSI Tour: [www.cosi.org](http://www.cosi.org) and <https://mpembed.com/show/>

Decorative Arts Center of Ohio: [www.decartsOhio.org](http://www.decartsOhio.org)

John Glen Astronomy Park: [www.jgap.info](http://www.jgap.info) and [www.facebook.com/JohnGlennAstronomyPark](https://www.facebook.com/JohnGlennAstronomyPark)

National Parks: [www.earth.google.com](http://www.earth.google.com)

Field Trips / Tours for Kids: [www.stayathomehabits.com](http://www.stayathomehabits.com)

Google Earth will take you anywhere you want to explore!: [www.google.com/earth](http://www.google.com/earth)

### **Additional parent & family support programs and resources:**

Bullying Prevention & Intervention: [www.stopbullying.gov](http://www.stopbullying.gov)

Common Sense: [www.commoncommonsensemedia.org](http://www.commoncommonsensemedia.org)

Fairfield County Information and Referral: [www.fairfieldcounty211.org](http://www.fairfieldcounty211.org)

Fairfield County Job and Family Services: [www.fcjfs.org](http://www.fcjfs.org)

Fair Hope / Hospice: [www.fairhopehospice.org](http://www.fairhopehospice.org)

Help Me Grow and Early Intervention: [www.faircaa.org](http://www.faircaa.org)

KNOW!: [www.preventionactionalliance.org](http://www.preventionactionalliance.org)

Lancaster-Fairfield Community Action Agency: [www.faircaa.org](http://www.faircaa.org)

Mental Health Consumer Group: [www.fairfieldadamh.org](http://www.fairfieldadamh.org)

Mental Health Crisis Line: 740-687-8255 (TALK)

Public Transportation: [www.ci.lancaster.oh.us](http://www.ci.lancaster.oh.us)

SOCIL (Southeastern Ohio Center for Independent Living): [www.socil.org](http://www.socil.org)

United Way: [www.uwayfairfieldco.org](http://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](http://www.tylerslight.com)

Fairfield County ADAMH Board: [www.fairfieldadamh.org](http://www.fairfieldadamh.org)

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 Winter Calendar, contact Pam Redding by November 4th at:  
740-652-7287 or [pamela.redding@fairfieldcountyohio.gov](mailto:pamela.redding@fairfieldcountyohio.gov)*