

Fairfield County

Fall 2021

# 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**

**Call 740-652-7287 to register!**

Family, Adult and Children First Council: [www.facfc.org](http://www.facfc.org) or [brandy.heeter@fairfield.countyohio.gov](mailto:brandy.heeter@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 & preparing your child for school success!

#### **Triple P (Power of Positive Parenting)**

**Seminars (5 week series), Workshops (2 hour presentations) & 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-12.

#### **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 (4 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**

Parents are assisted in understanding their child's reactions to divorce / separation, teaches skills to reduce conflict & become successful co-parents. 740-652-7873 [amy.koenig@fairfieldcountyoiohio](mailto:amy.koenig@fairfieldcountyoiohio)

### **Pax Tools**

Pax Tools are simple strategies for teaching kids self-regulation skills. This training is for parents, youth workers and other caring adults to create a nurturing environment that ultimately helps kids thrive!

740-653-3193 ext.5249 Fairfield County Educational Service Center: [www.faircoesc.org](http://www.faircoesc.org)

### **Practical Parenting**

Parenting classes for real parents in the real world. 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)

### **Multi-System Youth Cluster**

Provides service coordination and services to assist families when their children are experiencing problems. This family/team approach builds on the strengths of the family.

740-652-7288 [cindi.west@fairfieldcountyoiohio.gov](mailto:cindi.west@fairfieldcountyoiohio.gov)

### **Mental Health First Aid**

This course teaches you how to help someone who may be experiencing a mental health or substance use challenge by helping you identify, understand and respond to signs of addictions and mental illnesses.

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

### **Youth Yoga Project**

Youth Yoga Project is a non-profit organization committed to providing access to yoga and mindfulness to youth. They provide training and resources to educators, helping professionals, and families. [www.youthyogaproject.net](http://www.youthyogaproject.net)  
Free Yoga and Mindfulness Resources to try at home: [www.youtube.com/channel/UCLr6pcuYWOB60h-B2gPyAIA/featured](http://www.youtube.com/channel/UCLr6pcuYWOB60h-B2gPyAIA/featured)

### **Perinatal Cluster**

Support and plan for healthy pregnancies especially for women struggling with challenges like homelessness, addiction, lack of access to prenatal care and transportation issues.

740-652-7288 [tiffany.wilson@fairfieldcountyoiohio.gov](mailto:tiffany.wilson@fairfieldcountyoiohio.gov)

### **Fairfield Medical Center Training**

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

### **CABS: Childcare and Babysitting Training**

Become a babysitter of choice with knowing how to handle emergencies, utilize positive behavior techniques & encourage safe and entertaining play. Intended for students ages 11-15. Students receive a book, certification card and certificate. To register, contact Resa at [resa@fmchealth.org](mailto:resa@fmchealth.org).

### **CPR, First Aid and DAWN Trainings**

You will learn how to provide aid for those choking, in need of 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. Classes will be held August 28th, September 11th, October 2nd, November 6th and December 4th. To register, contact Resa at [resa@fmchealth.org](mailto:resa@fmchealth.org).

### **Libraries**

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

**WiFi Hotspots** FCDL is now offering WiFi hotspots for checkout with your library card. Contact them for more information.

**\*\*NEW Opportunities\*\***

Explore Dawes Arboretum with passes now available with your library card!

“Subscription Bundles for Kids” Let your favorite librarian select 5 to 8 books for you based on your interests each month.

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

Pick-ups and drop-offs are made easy with their new drive-thru window option.

Your local library is working hard to provide you with the services you have expected to receive from them. Please visit their website for updated information on virtual adult and school-age programs, Zoom story times, computer access, and more!

### **Parks and Recreation**

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

Check out the Rock Mills Days at Stebelton Park.

Franklin County Metro Parks: [www.metroparks.net](http://www.metroparks.net)

Yes, there are 2 metro parks in Fairfield County!

Lancaster Parks & Recreation: [www.lancasterparks.com](http://www.lancasterparks.com)

Keep an eye out for the pumpkin hike and other events happening this fall.

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

Events taking place in Pickerington this fall include: Enchanted Princess Party on September 25th, Haunted Village on October 27th, Tots Trick or Treat on October 28th, Community Trick or Treat on October 28th, and Santa's mailbox from November 24th to December 15th.

### **Events / Online Programs**

#### **ADAMH**

Free mental health First Aid trainings on September 10th, October 29th, and November 19th. Visit <https://fairfieldadamh.org/mental-health-first-aid/> to register.

#### **Pleasant Township Fire Department**

Community Day is a family-fun event being held on August 21st from 10-1:30 at the Pleasant Township Fire Department 2925 Lancaster Thornville Road. There will be food, vendors, and the opportunity to touch a fire truck.

**Lancaster-Fairfield Community Action** <https://www.faircaa.org/>

Contact Community Action if you are interested in early childhood programs for your child or Teens for Tots.

**Visit Fairfield County:** [www.visitfairfieldcounty.org](http://www.visitfairfieldcounty.org)

Events taking place include: Sims Fall Festival September 24th– September 25th.

**Read Aloud 15 minute National Campaign:** [www.ReadAloud.org](http://www.ReadAloud.org)

Sow the seed of Literacy by joining the 21-day Read Aloud Challenge!

**Building Resilience in Young People:** [www.personalexcellence.org](http://www.personalexcellence.org)

Find 18 Free Resilience Activities and Worksheets for Kids.

**Live Healthy, Live Well:** [www.livehealthysou.com](http://www.livehealthysou.com)

These educational messages shared via this blog are designed to encourage individuals and families to make informed choices about healthy eating, active living, and overall improved wellness.

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

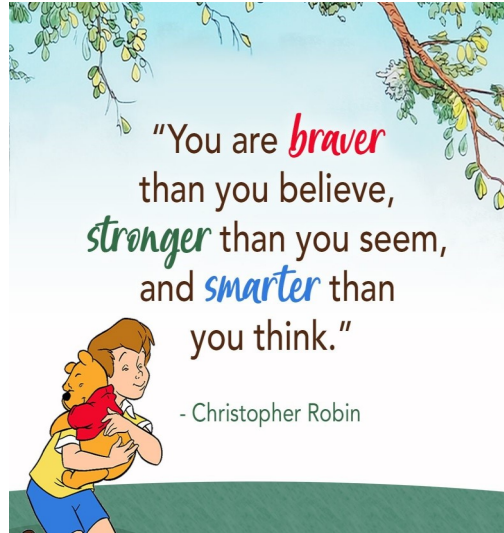
Contact Scott at [scottsoci@gmail.com](mailto:scottsoci@gmail.com) if you are having difficulty with appropriate accommodations being provided to meet the guidelines of your student's IEP during these COVID times.

Speak to your children as if they are the  
wisest, kindest, most beautiful and magical humans on earth,  
for what they believe is what they will become.

Brooke Hampton

**Additional parent & family resources, recreational opportunities and support programs:**

AHA! Children's Museum: [www.aha4kids.org](http://www.aha4kids.org)  
All Pro Dad: [www.allprodad.com](http://www.allprodad.com)  
American Academy of Pediatrics: [www.aap.org](http://www.aap.org)  
Big Brothers/Big Sisters: [www.bbbs-fairfieldoh.org](http://www.bbbs-fairfieldoh.org)  
Bullying Prevention & Intervention: [www.stopbullying.gov](http://www.stopbullying.gov)  
Columbus Zoo: [www.columbuszoo.org](http://www.columbuszoo.org)  
Common Sense: [www.common Sensemedia.org](http://www.common Sensemedia.org)  
Decorative Art Center of Ohio: [www.decartsOhio.org](http://www.decartsOhio.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)  
Fairhope Hospice: [www.fairhopehospice.org](http://www.fairhopehospice.org)  
Family Y: [www.ymcalancaSter.org](http://www.ymcalancaSter.org)  
Help Me Grow and Early Intervention: [www.faircaa.org](http://www.faircaa.org)  
I Mom: [www.imom.com](http://www.imom.com)  
KNOW!: [www.preventionactionalliance.org](http://www.preventionactionalliance.org)  
Lancaster City Schools "Say, Do, Know!": [www.lancaster.k12.oh.us](http://www.lancaster.k12.oh.us)  
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)  
More4kids: [www.more4kids.info](http://www.more4kids.info)  
Public Transportation: [www.ci.lancaster.oh.us](http://www.ci.lancaster.oh.us)  
Stewards of Children: [www.harCumhouse.org](http://www.harCumhouse.org)  
United Way: [www.uwayfairfieldco.org](http://www.uwayfairfieldco.org)  
Zero to Three: [www.zerotothree.org](http://www.zerotothree.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)

*Websites are presented as information only, not endorsements.*

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

Thank you to the sponsors of this Family Resource Guide:



To list programs in the upcoming Winter Calendar, contact Brandy Heeter by October 22, 2021 at: 740-652-7287 or [brandy.heeter@fairfieldcountyohio.gov](mailto:brandy.heeter@fairfieldcountyohio.gov)