

Fairfield County

Fall 2022

Family Resource Guide



Promoting Strong Communities,
Healthy Families, & Safe Children

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 or brandy.heeter@fairfieldcountyohio.gov

First Five Years (4 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 (6 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 (6 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.

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. msyreferrals@fairfieldcountyohio.gov

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@fairfieldcountyohio.gov

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

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

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@fairfieldcountyohio

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

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.

ADAMH

ADAMH is hosting Overdose Awareness Day on August 31st, 2022. Check out more events and trainings held by Fairfield County's ADAMH by visiting www.fairfieldadamh.org

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

Community Action is currently accepting applications for Head Start and Early Head Start. To register call 740-205-8040 or www.faircaa.org.

Fairfield Medical Center Training

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. Held December 29th 8:30-3:30. To register, contact Resa at 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 Sept 10th, Oct. 1st, Nov. 5th, Dec. 3rd. To register, contact Resa at resa@fmchealth.org.

Healthy Habit Classes: these classes is open to the community with registration. To register for the below classes email resa@fmchealth.org.

Healthy Mind and Body: How Self-Care promotes holistic wellness on August 6th, 2022.

The Heart of the Matter: Nurturing a Healthier Heart on September 13th, 2022.

Put Your Best Fork Forward: General Nutrition and Tips For Weight Management on October 6th.

Trust Your Gut: Overcoming Heartburn and Other GI Ailments on November 17th, 2022.

Libraries

Fairfield County District Library: www.fcdlibrary.org

WiFi Hotspots FCDL is now offering WiFi hotspots for checkout with your library card. Library is holding a food preservation class for free on August 18th and 18th, you must register for these classes. Currently passes can be checked out for free admission to the Ohio Glass Museum, AHA Children's Museum, The Dawes Arboretum, The Fairfield County Heritage Association (The Georgian & Sherman House Museums), and Columbus Museum of Art. Traffic Cones A set of five (5) traffic cones can be checked

Pickerington Public Library: www.pickeringtonlibrary.org

There are daily activities going on at the Pickerington Libraries. Please check out the website to register. The Homework Help Center is comprised of dedicated volunteers and staff who provide general homework guidance and support to grades K – 12. The Center is open when the Pickerington Local School District is in session. The Center does not take reservations for one-on-one sessions: it is walk-in only. The Pickerington Public Library lends mobile hotspots to its cardholders from all locations of the Library.

Live Healthy, Live Well: www.livehealthyosu.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.

OSU Extension Fairfield County

Ohio Snap-Ed Cooking Matters Cooking Classes: August 25th, September 1st, September 7th 10am-12pm. To register call 740-653-5419, and you must be a current SNAP recipient.

SOCIL (Southeastern Ohio Center for Independent Living): www.socil.org

Check out their website to inquire about their inclusive services and job opportunities available to you for free trainings on topics such as ADA, Job Accommodations, and Community Accessibility. SOCIL provides adaptive sports opportunities for people with disabilities. Contact jwsocil@gmail.com for these services.

Contact Scott at scottsocil@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.

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

Free Yoga and Mindfulness Resources to try at home: www.youtube.com/channel/UCLr6pcuYWOB60h-B2gPyAIA/featured

Lancaster Downtown events

Saturday Cinema August 13th

Fall Festival October 1st

Trick or Treat October 29th

Winterfest and Tree Lighting December 3rd

Events at Lancaster Fairgrounds

Tractor and Truck Show August 19th-21st

Mt. Pleasant Shootout Truck and Tractor Pull August 27th

Fairfield County Fair October 9th-15th

Freedoms Never Free November 2nd-5th

Other events in Fairfield

Carroll Community Festival August 12th-13th

Pleasantville Music and Street Fair August 13th

Pickerington Octoberfest September 24th

Pickerington Holiday Gathering Pick Village December 2nd

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

AHA! Children's Museum: www.aha4kids.org
All Pro Dad: www.allprodad.com
American Academy of Pediatrics: www.aap.org
Big Brothers/Big Sisters: www.bbbs-fairfieldoh.org
Bullying Prevention & Intervention: www.stopbullying.gov
Columbus Zoo: www.columbuszoo.org
Common Sense: www.common SenseMedia.org
Decorative Art Center of Ohio: www.decartsOhio.org
Fairfield County Information and Referral: www.fairfieldcounty211.org
Fairfield County Job and Family Services: www.fcjfs.org
Fairhope Hospice: www.fairhopehospice.org
Family Y: www.ymcalancaster.org
Help Me Grow and Early Intervention: www.faircaa.org
I Mom: www.imom.com
KNOW!: www.preventionactionalliance.org
Lancaster City Schools "Say, Do, Know!": www.lancaster.k12.oh.us
Lancaster-Fairfield Community Action Agency: www.faircaa.org
Mental Health Consumer Group: www.fairfieldadamh.org
Mental Health Crisis Line: 740-687-8255 (TALK)
More4kids: www.more4kids.info
Public Transportation: www.ci.lancaster.oh.us
Stewards of Children: www.harcumhouse.org
United Way: www.uwayfairfieldco.org
Zero to Three: www.zerotothree.org

Parks and Recreation

Fairfield County Parks & Recreation: www.fairfieldcountyparks.org
Lancaster Parks & Recreation: www.lancasterparks.com
Pickerington Parks & Recreation: www.ci.pickerington.oh.us

Loved Ones Support Group

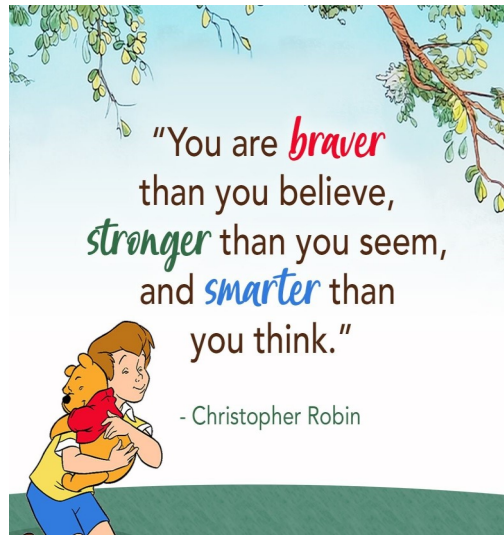
Educational support group for those who have a loved one with a substance abuse disorder. Feel free to contact the Recovery Center for more information.
The Recovery Center: 740-687-4500

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



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



Thank you to the sponsors of this Family Resource Guide:



NATIONWIDE CHILDREN'S
When your child needs a hospital, everything matters.™

To list programs in the upcoming Winter Calendar, contact Brandy Heeter by September 30th, 2022 at: 740-652-7287 or brandy.heeter@fairfieldcountyohio.gov