

Fairfield County

Spring 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 **On-line, Virtual or in Person! Call 740-652-7287 to register!**

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 & preparing your child for school success!

On-line option available!

May 6, 13 & 20 from 6:30-8:30pm

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-8.

Seminar: May 4, 11, 18, 25, & June 1 from 6:30-8:30pm

Workshops: Dealing with Disobedience: March 8 from 6:00-7:30pm and May 3 from 10:00-11:30am; Developing Good Bedtime Routines: March 15 from 6:00-7:30pm and May 10 from 10:00-11:30am; Managing Fighting and Aggression: March 22 from 6:00-7:30pm and May 17 10:00-11:30am; and Hassle-Free Outings with Children: March 29 from 6:00-7:30pm and May 24 from 10:00-11:30am.

Primary Care: Virtual option available!

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. On-line option available!

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@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

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

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

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

Fairfield Medical Center
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.

CPR and First Aid 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.

Libraries

Fairfield County District Library: 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

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

Check out the Nature Connections page on the website including and get printable workbook pages (including “Get to Know Owls of Ohio”) for your family to use while exploring the many parks throughout Fairfield County.

Franklin County Metro Parks: www.metroparks.net

Yes, there are 2 metro parks in Fairfield County! In Rockbridge, visit Cantwell Cliffs or Take the Clear Creek Metro Park Trail Challenge this spring.

Lancaster Parks & Recreation: www.lancasterparks.com

100 Trees Please, Friday Night Bandstand, sports, swimming and more.

Alley Park camps include: Beginner Archery, Survivor Camp and C.A.M.P. Bug-A-Palooza! Visit alleyparkoe@yahoo.com for more information.

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

Events taking place in Pickerington this spring include: Arbor Day Celebration, Touch-A-Truck, Friday Night Flicks and more!

Events / Online Programs

Celebrate Women 2021 Virtual Conference: www.ohio.edu/lancaster

Join other women for this free, virtual, 15th anniversary conference “15 Years of Celebrating YOU” on March 19th. Topic include:

Celebrating Wellness: Move Like a Girl, Building Your Own Professional Brand and Strategy, Be Flexible: Rising Above Life’s Challenges and more!

FCECA (Fairfield County Early Childhood Association): FCECA-Facebook

Family Fun Hunt! Family time together makes memories that last. Take your family on a fun hunt throughout the community April 10-16 to celebrate the Week of the Young Child!

Visit Fairfield County: www.visitfairfieldcounty.org

Events taking place include: Beginner Beekeeping Class, Lancaster Community Days Festival, Art at the Wagnalls.

Destination Downtown: www.DestinationDowntownLancaster.com

Downtown Clean Up Day, Chocolate Walk, and Saturday Cinema are a few events taking place this spring!

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

The Ultimate Ohio Hidden Gem Road Trip, 15 Outdoor Adventures in Ohio That You’ll Love to Explore and more!

Read Aloud 15 minute National Campaign: www.ReadAloud.org

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

Building Resilience in Young People: www.personalexcellence.org

Find 18 Free Resilience Activities and Worksheets for Kids.

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.

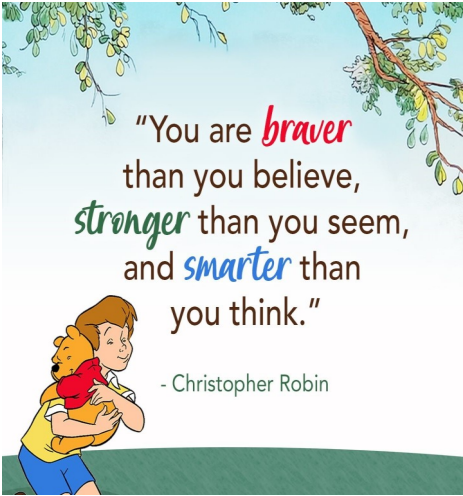
SOCIL (Southeastern Ohio Center for Independent Living): www.socil.org

Contact Scott at 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.

Additional parent & family resources 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.commonensemedia.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
Fair Hope / Hospice: www.fairhopehospice.org
Family Y: www.ymcalancaaster.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



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

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 Summer Calendar, contact Pam Redding by April 16, 2021 at: 740-652-7287 or pamela.redding@fairfieldcountyohio.gov