

Fairfield County

Spring 2022

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 or brandy.heeter@fairfieldcountyohio.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@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

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@fairfieldcountyohio.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

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

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

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 April 15th and June 3rd. 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 March 5th, April 2nd, May 7th, and June 5th. To register, contact Resa at resa@fmchealth.org.

Libraries

Fairfield County District Library: www.fcdlibrary.org

Come join us for family story time Tuesdays and Thursdays at 10:00 AM at our Main, Northwest, and Bremen locations. We are also having our Music and Movement Storytime at 10:30 on Thursdays at our Baltimore branch.

WiFi Hotspots FCDL is now offering WiFi hotspots for checkout 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. Also Homework Help is available at both the Main and Sycamore Plaza locations on Wednesdays from 3pm-7pm.

Parks and Recreation

Fairfield County Parks & Recreation: www.fairfieldcountyparks.org

Franklin County Metro Parks: www.metroparks.net

Yes, there are 2 metro parks in Fairfield County!

Lancaster Parks & Recreation: www.lancasterparks.com

Events taking place in Lancaster parks this spring include: The Maple Tapping Festival and Pancake Breakfast on March 12th 8:00am-11:00am located at Alley Park and Seeds of Change—Earth Day Event on April 23rd from 11:00am-3:00pm

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

Check out our website to see what events and activities are available to you this spring!

Events / Online Programs

Spring Events:

Spring Hopping—Easter egg hunt, bouncy house, petting zoo, music, shopping, food, prizes, pictures, and maybe even a surprise visit from Peter Cotton Tail himself. Held at the Henry Manor on April 10th, 11am-3pm

Spring at the Round Barn—150+ vendors of vintage + handmade, food trucks and live music located inside the Round Barn and charming grounds of the Fairfield County Fairgrounds. Held on April 23rd from 4pm-8pm and April 24th from 10am-5pm

Chocolate Walk—Visit downtown Lancaster, there is something sweet for everyone at this annual event! This is a ticketed event on April 1st from 4-8pm

Eggstravaganza—Community easter egg hunt in Johnson Park in Baltimore on April 16th from 11am-2pm

Downtown Clean Up Day—Help us clean up downtown Lancaster in spirit of Earth Day! On April 23rd from 8am-12pm

Baby Doll Clinic—Held at the AHA! Children’s Museum in Lancaster on March 22nd from 11am-12pm, have your little one bring his or her baby doll for a “check-up” with a health care provider

Haiku Rocks Workshop—Participants will be guided to connect their memories with the magic of nature and seasons. Then to write Haiku and decorate their personal rocks. This event is for children ages 9-12, registration is required. Held at the Decorative Arts Center of Ohio on April 3rd from 2pm-3pm

ADAMH

Free Youth Mental Health First Aid Trainings are being held on April 5th and June 3rd at 8:30am. Also our prevention series is being held virtually on February 18th, March 25th, and April 29th on a variety of topics related to substance abuse prevention. 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/>

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

Live Healthy, Live Well: www.livehealthyosu.com

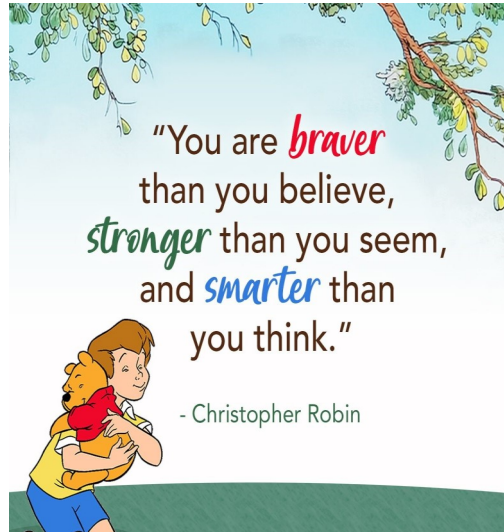
These educational messages shared via this blog are designed to encourage individuals and families to make informed choices about healthy eating, active living, and overall improved wellness.

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

Check out our website to inquire about our inclusive services and job opportunities available to you. We also provide free trainings on topics such as ADA, Job Accommodations, and Community Accessibility. 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.

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.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
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



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.

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 Winter Calendar, contact Brandy Heeter by October 22, 2021 at: 740-652-7287 or brandy.heeter@fairfieldcountyohio.gov