

Fairfield County

Summer 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 brandy.heeter@fairfield.countyohio.gov

First Five Years (3 Class Series)

Parents of children ages birth to 5 will learn ages & stages of development, parenting styles, non-violent discipline skills, techniques for self-calming & preparing your child for school success!

July 28, August 4 & August 11 from 10:00am-12:00noon at the Agriculture Center

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 to 8.

Seminar: On-line option available!

Workshops: Dealing with Disobedience: June 2 from 10:00am-12:00noon; Developing Good Bedtime Routines: June 9 from 10:00am-12:00noon;

Managing Fighting and Aggression: June 16 from 10:00am-12:00noon and Hassle-Free Outings with Children: June 23 from 10:00am-12:00noon.

Primary Care: Virtual option available!

Active Parenting (4 Class Series)

Parents of children ages 5 to 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 to 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 to 18 who may be displaying destructive adolescent behaviors. Effective interventions are given to stop

Battling Boredom, A mostly screen-free summer

Professionals, parents and caregivers are assisted in understanding how technology can impact a developing brain & ways to combat over-usage.

June 1, 5:00-7:30pm

740-656-4164 Sponsored by Fairfield County Early Childhood Association

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@fairfieldcountyoio

Early Childhood Safety Initiative Program

Families with children birth to age 3 may benefit from this support, information, and materials to assist them with keeping their baby safe!

Lancaster-Fairfield Community Action Agency cvandyke@faircaa.org for more information

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

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. Resources and trainings are provided to educators, helping professionals, and families.

www.youthyogaproject.net Resources to try at home: www.youtube.com

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 to 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.fodlibrary.org

"Tails and Tales!" is the theme for the summer reading program! A new way to track the time you spend reading: READSqured online/app, all ages can unlock badges, learning games, and other missions for even more fun; "Storytime Summer Zoom!" allows us to read and sing together via Zoom this summer!; "Tails & Tales Together-Dinosaurs, Unicorns and More, Oh My!" June 9 thru July 28 at 2:00pm via Facebook and YouTube are just some of the activities taking place with your library this summer!

Pickerington Public Library: www.pickeringtonlibrary.org

A few of the many activities taking place at the Pickerington Public Library this summer include: "Outdoor Story Times"; "Sensory Stories" specifically designed for children with special needs; "Grab and Go Kits" including Climbing Animals, Travel Key Chain, Butterfly Feeder and more!; "Community Resource Expo" connecting you to free and low-cost resources; "Music & Wellness"; and "Photo Editing" for teens!

Parks and Recreation

Fairfield County Parks & Recreation: www.fairfieldcountyparks.org

Rockmill Days will take place on Wednesdays, Saturdays and Sundays throughout the summer! Puzzles, Scavenger Hunts and other fun projects plus videos, activity worksheets and coloring pages can be found on the websites Nature Connections page.

Franklin County Metro Parks: www.metroparks.net

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

Lancaster Parks & Recreation: www.lancasterparks.com

Swimming, picnicking, relaxing, etc. are great ways to spend time in a local park! Alley Park's Goslin Nature Center is open Sunday afternoons and camps there 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 summer include: Family Luau Night, Youth Fishing Derby, Christmas in July, & Youth Adventure Challenge.

Events / Online Programs

Day of Action / Play United: www.uwayfairfieldco.org

Join us at as we continue to encourage children to enjoy outdoor activities as we advocate "It's OK to Go Out and Play!"

June 18, 2021 9:00am to 12:00 noon Downtown Lancaster Fountain Square

Destination Downtown: www.DestinationDowntownLancaster.com

Saturday Cinema and the Art Walk are a few events taking place in Downtown Lancaster this summer!

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!

Visit Fairfield County: www.visitfairfieldcounty.org

The opportunities for family activities are endless this summer in Fairfield County!

In **June**, watch the races at the **Lancaster Soap Box Derby**, and enjoy **Sugar Grove's Stars and Stripes Festival**.

In **July**, enjoy fun activities and entertainment for the whole family at the **Picktown Palooza**, and the **Lancaster Festival**.

In **August**, visit the **Baltimore Festival** and the **Millersport Sweet Corn Festival** the first of September.

Throughout the summer visit the "**Distinctly Paramount**" display at the Decorative Arts Center in Lancaster.

Purchase fresh fruit, veggies and more from a local farmer at a **Farmer's Market** in Baltimore, Lancaster, Millersport, and Olde Pickerington.

Bring a lawn chair or blanket and relax to the music playing at the **Friday Night Bandstand** in Lancaster, **Sunday Pickerington Concert Series**, and / or **Music in the Park in Downtown Bremen** on Sunday evenings.

Enjoy an outdoor movie at **Lancaster's Saturday Cinema** and **Pickerington's Friday Night Flicks** with the whole family!

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.

Puppet Pals HD Director's Pass: <https://apps.apple.com/us/app/puppet-pals-hd-directors-pass>

Download Puppet Pals HD Director's Pass and enjoy it on your iPhone, iPad, and iPod touch. STAR IN YOUR OWN CARTOON in this creative, award-winning app! Kids and adults alike love the simplicity of puppeteering and voicing characters while creating movies to share.

Afterschool Programs in Lancaster: Free Summer Lunch and Book Exchange

Mondays, Tuesdays and Thursdays June 6-August 7 from 11:30-1:00 at the following locations: Club Apartments, Connexion West, Gorsuch West

"Behind every young child who believes in himself
is a parent who believed first."

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.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
- Ohio Kinship and Adoption Navigator: ohiokan.jfs.ohio.gov
- Public Transportation: www.ci.lancaster.oh.us
- Stewards of Children: www.harcumhouse.org
- United Way: www.uwayfairfieldco.org
- Zero to Three: www.zerotothree.org



Nationwide Children's Hospital
OnOurSleeves.org

Conversation Starters

What was the best thing that happened today?
Parents, we recommend you also answer this one. Everyone participating is a great way to model for our children.

How were you brave today?
This question could be especially helpful for kids who are nervous going to camp, school, etc.

What was something that made you laugh today?
Asking this question can generate all kinds of silly answers, leading to lots of laughter & positive energy.

What was the hardest part of your day? Even though we want to know about all the good stuff, we also want to know what challenges our children faced throughout their day.

When you're sad, how do you make yourself feel better? This opens the door for parents to talk about good coping skills. Feel free to replace sad with any other emotion, like stressed or angry.

How were you kind to someone today? Teach your kids the value of kindness. We can't spread enough of it throughout the world.

What are 3 things you are thankful for?
Another great question for parents to answer. Model

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 Fall Calendar, contact Brandy by July 16, 2021 at:
740-652-7287 or brandy.heeter@fairfieldcountyohio.gov*