

Fairfield County

Winter 2020-2021

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 & prepare your child for school success!

November 30, December 7 & 14 from 9:30-11:30am

Triple P (Power of Positive Parenting)

Seminars (5 week series), Workshops (2 hour presentation) & 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: February 4, 11, 18, 25 & March 4 from 6:30-8:30pm

Workshops: Dealing with Disobedience: November 16 from 6:00-7:30pm; Developing Good Bedtime Routines: November 23 from 6:00-7:30pm; Managing Fighting and Aggression: November 30 from 6:00-7:30pm; and Hassle-Free Outings with Children: December 7 from 6:00-7:30pm

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.

November 17, 24, December 1 & 8 from 6:30-8:30pm

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.

January 12, 19, 26, February 2, 9 & 16 from 6:00-8:00pm

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.

February 23, March 2, 9, 16, 23, 30, April 6, 13, 20 & 27 from 6:00-9:00pm

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

Darkness to Light / Stewards of Children

Learning the facts, talking about it and getting involved helps prevent childhood sexual abuse. If childhood sexual abuse can be prevented, it can be stopped. The Stewards program helps adults learn how to prevent, recognize and react responsibly to child sexual abuse.

740-654-0616 Family Y: www.ymcalancaster.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

"Have we realized it yet?
That nobody is missing the material things?
We all miss the company of others, great conversations, a hug...
That's what life is all about."

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 aid in choking, 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!

Pickerington Public Library: www.pickeringtonlibrary.org

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, and more! Curbside pickup service is available for your convenience.

Parks and Recreation

Fairfield County Parks & Recreation: www.fairfieldcountyparks.org

Lancaster Parks & Recreation: www.ci.lancaster.oh.us

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

Winter is a wonderful time to take a family walk in the park! Create your own scavenger hunt and explore the wonderful world around you!

Special Events

Events taking place throughout Fairfield County including Amanda, Baltimore, Bremen, Buckeye Lake, Canal Winchester, Carroll, Lancaster, Lithopolis, Millersport, Pickerington, Pleasantville, Rushville and West Rushville, Stoutsville, Sugar Grove, Tarlton, and Thurston.

Visit Fairfield County: www.visitfairfieldcounty.org

Destination Downtown: www.DestinationDowntownLancaster.com
"WinterFest and Tree Lighting"

Fairfield County Early Childhood Association: Facebook—FCECA "Gift of Time"

Lancaster Chamber of Commerce: www.lancoc.org "Lancaster Holiday Spirit Trail"

Alley Park at www.ci.lancaster.oh.us: "Santa in the Park with a Twist..."

Crossroads Ministry: www.crossroads.com "Santa Land"

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

"Wonderlight's Christmas in Ohio" National Trail Raceway November 15 thru January 5th www.christmasinohio.com

Winter Family Fun

Get active by playing Simon Says, build an obstacle course, have a dance party,

have a scavenger hunt inside and out, take a family walk to see the birds.

Have some snow fun by building a fort, having a snowball fight, go sledding,

make snow angels, make snow paintings with bottles filled with colored water!

Enjoy some fresh baked cookies and hot chocolate!

Quiet activities may include make paper snowflakes, have a tea party, write

letters to family and friends, build a jigsaw puzzle from a cereal box.

Show your creativity by making home made musical instruments and chimes,

act out a play or sock puppet show, finger paint the table with shaving cream,

make bird feeders with peanut butter & bird seed on pine cones!

Dust off those cards and board games and play!

Build an indoor fort, play dress up, have a picnic!



For additional assistance,

contact Fairfield County Information and Referral at www.fairfieldcounty211.org

Online Learning

Many websites are available to support you as you navigate your child's learning experience. Here are just a few for you to check out for special offers / activities:

After School Alliance: www.afterschoolalliance.org

Columbus Zoo: www.columbuszoo.org

Kahn Academy: www.kahnacademy.org

Lancaster City Schools "Say, Do, Know!": www.lancaster.k12.oh.us

Storytime:

Dolly Parton Imagination Library Read Aloud: www.imaginationlibrary.com and www.facebook.com/dollysimaginationlibrary

Story Time from Space: www.spacestationexplorers.org/partner-organizations/global-space-education-foundation/

Virtual Tours:

American Museum of Natural History: www.amnh.org and www.youtube.com

COSI Tour: www.cosi.org and <https://mpembed.com/show/>

Decorative Arts Center of Ohio: www.decartssohio.org

John Glen Astronomy Park: www.jgap.info and www.facebook.com/JohnGlennAstronomyPark

National Parks: www.earth.google.com

Field Trips / Tours for Kids: www.stayathomehabits.com

Google Earth will take you anywhere you want to explore!: www.google.com/earth

Additional parent & family support programs and resources:

Bullying Prevention & Intervention: www.stopbullying.gov

Common Sense: www.common SenseMedia.org

Fairfield County Information and Referral: www.fairfieldcounty211.org

Fairfield County Job and Family Services: www.fcjfs.org

Fair Hope / Hospice: www.fairhopehospice.org

Help Me Grow and Early Intervention: www.faircaa.org

KNOW!: www.preventionactionalliance.org

Lancaster-Fairfield Community Action Agency: www.faircaa.org

Mental Health Consumer Group: www.fairfieldadamh.org

Mental Health Crisis Line: 740-687-8255 (TALK)

Public Transportation: www.ci.lancaster.oh.us

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

United Way: www.uwayfairfieldco.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

Thank you to the
sponsors of this
Family Resource
Guide:



Websites are presented as
information only, not endorsements.

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

To list programs in the upcoming Spring Calendar, contact Pam Redding by January 15, 2021 at:
740-652-7287 or pamela.redding@fairfieldcountyohio.gov