

Fairfield County

Winter 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

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 December 9th and April 15th. 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 December 4th, January 4th, February 5th, and March 5th. To register, contact Resa at resa@fmchealth.org.

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.

Time for The Polar Express! — Tuesday, December 21st at 6:00PM

Holiday Family Storytimes — December 6th and 7th at 10:30 AM

Get Yeti to Read! — FCDL's winter reading program, runs January 3rd - March 19th, Children ages 12 and under can read to earn their very own yeti! Prizes will be awarded through March 19th.

Check their website for more events such as family story time, STEM Saturdays, and Creative Kid's Art.

Pickerington Public Library: www.pickeringtonlibrary.org

Pick-ups and drop-offs are made easy with their new drive-thru window option.

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

Santa in the Park: Visit Alley Park on December 9th, 10th, or 11th to meet Santa and his friends from 6:00-8:00 PM

Winter Light Hike: Visit Alley Park to take a self-guided hike around Lake Loretta to enjoy the Christmas lights

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

Santa's mailbox from November 24th to December 15th. Photos with Santa at City Hall on December 1st from 2:00-7:00PM. The city's Holiday Gathering on December 3rd starting at 5:00PM

Events / Online Programs

ADAMH

Check out and get involved in events and trainings held by Fairfield County's ADAMH by visiting www.fairfieldadamh.org

Christmas Events

Annual Christmas Walk— Come and enjoy the luminaries and the light displays. Held at Lancaster Campgrounds, December 3rd, 4th, and 5th from 5:30 - 9:30 2151 W. Fair Ave. Lancaster, OH

Christmas at the Complex & Christmas Village- Downtown Canal Winchester will host a Christmas Village with a Charles Dickens Christmas Experience at the CW Historical Complex. December 3rd and 4th from 5:00 -9:00PM

Gift of Time: Downtown Lancaster on December 4th from 2-4

Winterfest: Downtown Lancaster on December 4th from 12-dusk and downtown tree lighting at 6pm.

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.

Visit Fairfield County: www.visitfairfieldcounty.org

Make Fabric Holiday Ornaments— Come and create your own holiday ornaments at the Decorative Arts Center of Ohio on December 5th from 1:00-3:00PM

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.

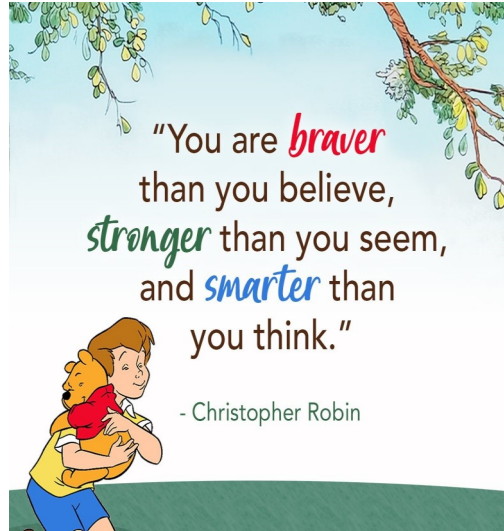
SOCIL (Southeastern Ohio Center for Independent Living): www.socil.org

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.

Solutions for Life— New weekly advocacy group, come join us for small group discussions with goal setting and self-evaluation. Topics include attitude, connection, communication, critical thinking, responsibility, and listening. First meeting is Tuesday, November 9th, 9:45AM at Connexion West, 625 Garfield Ave.

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.ymcalancastrer.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.

Brooke Hampton

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 Spring Calendar, contact Brandy Heeter by January 15th, 2022 at: 740-652-7287 or brandy.heeter@fairfieldcountyohio.gov