

PARENTING **RESOURCE** GUIDE

Coshocton,
Fairfield,
Holmes, Knox, &
Licking Counties

September 2020

KNOX County



"Parental love is the only love that is truly selfless, unconditional and forgiving." ~Dr. T. P. Chia

211 of Knox County/Crisis Hotline

Dial 2-1-1 or 800-544-1601

Text your zip code to 898211

www.navigateresources.net/chic

Provided by Pathways of Central Ohio, the 2-1-1/Crisis Hotline provides information and referral and crisis hotline services to anyone living or working in Knox County. It is available 24/7 and is confidential. Calls are answered by trained professionals who will answer your questions and listen to your concerns in a non-judgmental manner. The staff can help anyone looking for local resources or those who are in crisis such as suicide attempts or threats, domestic violence, child or elder abuse, homelessness or in need of substance abuse treatment. For more information, visit 211pathways.org.

Early Head Start • 11700 Upper Gilchrist Road, Suite B, Mount Vernon, OH 43050 • 740-397-9304 bbower@knoxheadstart.org • Early Head Start (EHS) is a comprehensive, federally funded, community-based program for low-income families. Its mission is simple: to promote healthy prenatal outcomes for pregnant women, to enhance the development of very young children, and to promote healthy family functioning. EHS serves pregnant moms and infants and toddlers with prenatal, home-based, or center-based services year-round. *Early Head Start provides:* Services to pregnant moms, infants, and toddlers birth through 36 months; Individualized services to help parents achieve independence and self-sufficiency; Connections to

area agencies through resources and referrals including social services, medical, dental, physical, nutrition, mental health services, and disability services; all coupled with parent education, leadership, volunteerism, skill-building, goal-setting, and career opportunities. Children with disabilities are provided extra support with partnerships with the Knox County Board of Developmental Disabilities and the Help Me Grow program. Home-based and prenatal services with visits 90-minutes per week in your home, and regularly scheduled opportunities to join with other parents and guardians of infants and toddlers for social time, learning activities, and support groups. Center-based services for full-day, full-year childcare (for parents who are working or enrolled in school). Services to families qualifying at 100% of the federal income guidelines; contact us for more information at 740-397-1344.

Head Start Kno-Ho-Co-Ashland Community Action Commission

120 North 4th St., Coshocton, OH • 330-377-4567

www.knohoco.org

Services include: Education - experiences designed to meet the child's individual needs; Parent Involvement - critical involvement of parents in their child's education and in Head Start activities; and Disabilities - children are assessed for disabling conditions and given services to meet their special needs.

KNOX County

"There is no such thing as a perfect parent. So just be a real one." ~Sue Atkins

Knox County Department of Job and Family Services

www.co.knox.oh.us/jfs • 117 East High St., Mount Vernon, OH (3rd and 4th Floors) • 844-640-6446 Public Assistance • 740-397-7177 Main Phone

jobfam@co.knox.oh.us • Throughout the year the Children's Services Division of the Knox County Department of Human Services sponsors parenting sessions for parents of children of all ages. There is also a teen specific group to assist teens in the handling of certain issues including: dealing with authority, self-esteem, setting consequences for actions taken, and a variety of other problems and circumstances that teens face on a daily basis.

New Directions - The Domestic Abuse and Rape Crisis Center of Knox County

110 East Gambier St., Mt. Vernon, OH
740-397-4357 • newdirectionsshelter.org
newdirectionsshelter.org

SafeZone: New Directions offers a free LGBTQ+ 101 training, called Safe Zone. LGBTQ+ folks sometimes question whether they will feel safe, welcomed, or supported in a new environment. There is a pressure to already know how to be LGBTQ+ inclusive. And while many of us want to be, we don't necessarily feel comfortable with the language, with our own level of understanding, and don't know where to go to learn more. Safe Zone trainings are safe places for people to get more information.

Stewards of Children: Adults are taught how to prevent, recognize and react responsibly to child sexual abuse. This 3-hour training is designed for individuals concerned about the safety of children. Find out more about the training at www.D2L.org.

Stand Up Speak Out (See the Signs): The purpose of this program is to teach participants basic information about domestic and sexual violence, as well as how to intervene as a bystander. Participants learn about different types of intimate partner violence and discuss the power and control associated with these relationships. Participants also learn and practice a variety of ways to be an active bystander and discuss specific examples of what this may look like, what words to say, how to keep themselves safe, and who to contact in a variety of situations.



KNOX County

"Kids spell love T-I-M-E." John Crudele

Parent Support Initiative

11700 Upper Gilchrist Road, Suite B, Mount Vernon, OH • 740-397-2840
www.facebook.com/PSIKC
psiknox@gmail.com

Triple P Programs in Knox County: Group – for everything you want to know. Be prepared for anything raising kids or teenagers can throw at you with the toolkit of parenting strategies you get in this small group course. Usually, parents meet over 4-8 weeks. You're not alone!

Discussion Groups - for common parenting problems - parents with the same single problem join a two-hour group that provides practical solutions. Choose from topics tailored for parents of younger kids or teens.

Primary Care - for everyday problems - a problem or two with your child? Try a quick, tailored way to get strategies to help. Just you and a Triple P provider. Approximately four sessions/15-30 minutes each.

Seminars - positive parenting in a nutshell - even when parenting is great, a few tips can help make life easier. Get fresh ideas for raising kids in our 90-minute seminars. Choose from three different topics.

Touchpointe Family Life Center - Mount Vernon

120 South Norton St., Mount Vernon, OH
740-485-5408 • www.touchpointe.org
Offers 8-hour classes for parents that are designed to explore the stages of their child's growth and how needs change over time. Call for current schedule. Provides marriage and family resources designed to strengthen the quality of personal and family life, by providing emotional and relational support through educational facilitators and trained coaches. Most classes are held in the former Fredericktown High School, 117 Columbus Road, Fredericktown, OH.



CONTRIBUTING AGENCIES INCLUDE:

Coshocton County Family and Children First Council
Fairfield County Family, Adult and Children First Council
Fairfield County Job and Family Services
Holmes County Family and Children First Council
New Directions of Knox County
Pathways of Central Ohio, Licking County



Programs and classes are presented as information only, not endorsements of co-sponsoring agencies. While every effort is made to ensure that the information provided is accurate, no guarantees are made. Please call ahead to verify information.

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To update the information and receive more guides, please contact: Fairfield County Family, Adult and Children First Council, 831 College Avenue, Suite C, Lancaster, OH 43130 • 740-652-7280 • www.facfc.org

