

PARENT SUPPORT GROUPS

DESCRIPTION	DATE/TIME	LOCATION	REGISTRATION	COST
Abilities United A regional advocacy and peer support group for individuals and parents of children with disabilities. Topics: Sept—"Make Your Vote Count," Oct—Relationship Building, Nov—2013 Group Planning.	<u>Sept 27th</u> 3:00-4:30 pm <u>Oct 18th</u> 3:00-4:30 pm <u>Nov 15th</u> 3:00-4:30 pm	Hocking SOCIL: 1369 East Front Street Logan, OH 43138	<i>Registration preferred.</i> Call: Mary Clark at (740) 380-1475 or Sheila Hall at (740) 385-4371 ext 241	Free
Fairfield County Autism Support Group (FCASG) This group is open to any family members with a child suspected or diagnosed with Autism Spectrum Disorder (ASD). It is also open to anyone working with a child with ASD.	<u>Sept 13th:</u> 8:15-9:15 pm <u>Oct 16th:</u> 8:45-9:45 pm <u>Nov—TBA</u>	Ohio University—Lancaster: 1570 Granville Pike Lancaster, OH Brasee Hall, 5th Floor	<i>Registration preferred.</i> Contact: Chris Carrico at (740) 862-6171 or chris carrico@frontier.com	Free
Loved Ones Support Group for Addicted Individuals Support for parents of adult addicted children. Topics include: Helping vs. Enabling, Denial & Defense, Stages of Recovery, Impact of Addiction.	<u>Every Thursday</u> 6:00-8:00 pm	Crossroads Event Center: 2095 W. Fair Ave. Lancaster, OH	<i>Registration required.</i> Call: (740) 687-4500	Free
National Alliance on Mental Health (NAMI) Family Support Group A group designed to foster learning, healing and empowerment among parents and families of children with emotional, mental, and neurobiological disorders.	<u>Sept 17th:</u> 7:00-8:00 pm <u>Oct 15th:</u> 7:00-8:00 pm <u>Nov 19th:</u> 7:00-8:00 pm	Fairfield Medical Center: 401 N. Ewing Street Lancaster, OH	<i>Registration preferred.</i> Contact: Shirlee Estell at shirlee_estell@yahoo.com	Free
Out of the Box Support Group This group is for parents that have children with physical challenges, special health needs or behavioral issues. The group meets to share ideas and encouragement.	<u>Sept 9th:</u> 6:00-7:00 pm <u>Oct 14th:</u> 6:00-7:00 pm <u>Nov 11th:</u> 6:00-7:00 pm	Fairfield Christian Church: 1965 N. Columbus St. Lancaster, OH Room 402	<i>Registration preferred.</i> For more information, contact Lisa Shields at (740) 654-0099 or lshields@fairfieldcc.org	Free
PALS Support Night This is a monthly support group for grieving children and their caregivers. Rotating activities include: pet therapy, art activities, locomotor activities, song and music therapy.	<u>Sept 4th:</u> 5:00-6:00 pm <u>Oct 2nd:</u> 5:00-6:00 pm <u>Nov 6th:</u> 5:00-6:00 pm	St. Paul Lutheran Church: 125 N. Eastwood Lancaster, OH	<i>Registration preferred.</i> Contact Tracey Miller at (740) 654-7077 or palsforgrievingchildren@gmail.com	Free
Parents Addressing Teen Challenges (PATCH) A group dedicated to strengthening family & community relationships through education & awareness about youth-related challenges that exist in the home, schools and community. Next event: 3K walk-a-thon at Pickerington Ponds Glacier Knoll.	<u>Sept 22nd:</u> 9 am– 12 pm	Pickerington Ponds Glacier Knoll Picnic Area: 7680 Wright Road Canal Winchester, OH	<i>Registration preferred.</i> For more information, call (614) 917-0148 or pkpatch@sbcglobal.net	Free

Sponsored by:



Fairfield County Family, Adult and Children First Council



Ohio Children's Trust Fund

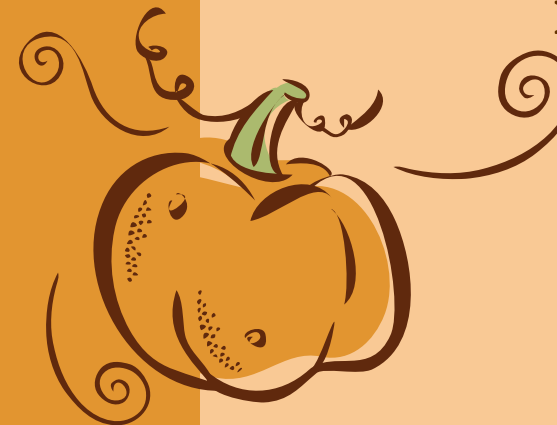


Southeastern Ohio Center for Independent Living (SOCIL)

To list programs in the Winter Calendar, contact Sara Condrac at: (740) 475-0404 or scondrac@co.fairfield.oh.us

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

FAIRFIELD COUNTY
FALL 2012



PARENT EDUCATION CALENDAR



PROMOTING STRONG COMMUNITIES,
HEALTHY FAMILIES AND SAFE CHILDREN

SEPTEMBER 2012

Green Ribbon Month is
Pedestrian Safety Awareness Month



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<p>Discover Answers. Make Connections. Find Hope.</p>  <p>www.redtreehouse.org</p>				<p><u>Loved Ones Support Group</u> 6:00 - 8:00 pm (Offered every Thursday)</p>		<p>1</p> <p><i>Watch for kids in school and residential zones!</i></p>
<p>2</p> <p><i>Adult supervision is essential until you are sure your child has good traffic skills and judgment.</i></p>	<p>3</p> <p><i>Check frequently for children when backing out of the driveway or parking space.</i></p> <p>Labor Day</p>	<p>4</p> <p><u>Caring for Sub. Exposed Infants</u> 6:00—9:00 pm</p> <p><u>PALS Support Night</u> 5:00-6:00 pm</p>	<p>5</p> <p><u>Breastfeeding</u> 11 am—12 pm <u>Crossroads of Parenting</u> 5:30pm-9:30pm <u>Sibling Class</u> 6:00 - 7:30 pm <u>Sibling Class</u> 6:00 - 7:30 pm</p>	<p>6</p> <p><u>1,2,3,4 Parents!(1)</u> 6:00—8:00 pm <u>Children's Committee</u> 5:00-7:30 pm Series Begins: Parent Project 6:00-9:00 pm</p>	<p>7</p> <p><u>Infant Feeding Info Session</u> 11:00am-12:00pm</p>	<p>8</p> <p><u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm</p> <p>Family Cinema Movie Night! Call (740) 687-6771 for details</p>
<p>9</p> <p><u>Out of the Box Support Group</u> 6:00—7:00 pm</p>	<p>10</p> <p><i>Teach you kids never to run in the street for a ball, pet or any other reason.</i></p>	<p>11</p> <p><u>Breastfeeding Info Session</u> 11 am—12 pm</p> <p>Series Begins →</p>	<p>12</p> <p><u>Crossroads</u> 5:30pm-9:30pm <u>Grandparenting</u> 6:00 - 7:30 pm <u>Loving Our Kids on Purpose</u> 7:00-8:15 pm <u>Safe Kids</u> 11:30 am</p>	<p>13</p> <p><u>1,2,3,4 Parents!(2)</u> 6:00—8:00 pm <u>Applied Behavior Analysis (ABA)</u> 6:30—8:00 pm <u>Autism Support Group</u> 8:15—9:15 pm</p>	<p>14</p> <p><i>Try to make eye contact with drivers before crossing in front of them.</i></p>	<p>15</p> <p><u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm</p>
<p>16</p> <p><i>Establish direct routes with the fewest street crossings for your children.</i></p>	<p>17</p> <p><u>NAMI Family Support Group</u> 7:00 - 8:00 pm</p>	<p>18</p> <p><i>Parents and young kids should always hold hands while crossing streets and in parking lots.</i></p>	<p>19</p> <p>Series Begins: <u>Cooperative Parenting & Divorce</u> 7:00-9:00 pm <u>Infant Massage</u> 6:00 - 7:30 pm <u>Prevention Works</u> 8:00 am</p>	<p>20</p> <p><u>1,2,3,4 Parents!(3)</u> 6:00—8:00 pm</p> <p><u>Breastfeeding Info Session</u> 11 am—12 pm</p>	<p>21</p> <p><u>Infant Feeding Info Session</u> 11:00am-12:00pm</p>	<p>22</p> <p><u>Creative Arts for Mourning Pals</u> 1:00-4:00 pm</p> <p><u>PATCH 3K walk-a-thon</u> 9 am-12 pm</p>
<p>23</p> <p><i>Teach your kids to walk 10 ft. in front of a school bus, never behind.</i></p>	<p>24</p> <p>SOCIL is a registration site: 418 S. Broad St. Lancaster, OH</p>	<p>25</p> <p><u>Infant/Child CPR</u> 6:00 - 9:00 pm</p> <p><u>Shaken Baby Syndrome</u> 6:00 - 8:00 pm</p> <p>← National Voter Registration Day</p>	<p>26</p> <p><u>Breastfeeding Info Session</u> 11 am—12 pm</p>	<p>27</p> <p><u>Abilities United Support Group</u> 3:00-4:30 pm</p>	<p>28</p> <p><i>Do not assume that because you can see the driver, the driver can see you.</i></p>	<p>29</p> <p><i>Walk, do not run, across the street.</i></p>
<p>30</p>						

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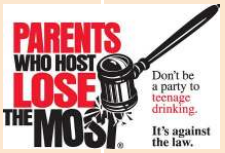
DESCRIPTION	DATE/TIME	LOCATION	REGISTRATION	COST
Loving Solutions (8-class series) Receive ideas and support on how to raise tough kids ages 5-10. Some topics include: choosing battles, identifying crucial rules, setting boundaries, and how to encourage positive choices.	Wednesdays, <u>Oct 17th—</u> <u>Dec 5th:</u> 6:00-9:00 pm	St. Mark Church: 232 Gay Street Lancaster, OH	Registration required. Call: Kim Kirchgessner at (740) 687-8544	Call for more information
Managing Difficult Moments Every parent & teacher has experienced trying moments with a child on the Autism Spectrum—especially during holiday activities & family get-togethers. Learn helpful ways to head off some of those challenging moments.	<u>Nov - TBA</u> 6:30-8:00 pm Call for date.	Ohio University— Lancaster: 1570 Granville Pike Lancaster, OH Brasee Hall, 5th Floor	Registration required. Call Linda McDonald at SOCIL: (740) 689-1494 x12	Free
Newborn Care Learn basic infant care skills such as bathing, feeding, diapering, sleeping patterns, crying, & symptoms of illness. Open to pre/post-natal parents.	<u>Oct 8th:</u> 6:00-9:00 pm <u>Oct 23rd:</u> 6:00-9:00 pm	Fairfield Medical Center: 401 N. Ewing Street Lancaster, OH	Registration required. Call: Cheryl Eads at (740) 687-8218	\$40.00
Parent Project (10-class series) This class is designed specifically for parents of strong-willed or out-of-control teens. The curriculum teaches concrete prevention, identification and intervention strategies for the most destructive adolescent behaviors (poor school performance, alcohol/drug use, gangs, runaways, violence, etc.)	Thursdays, <u>Sept 6th—</u> <u>Nov 8th:</u> 6:00-9:00 pm	Fountain Square Building: 108 W. Main Street Lancaster, OH	Registration required. Call: Sara Condrac at (740) 475-0404 or scondrac@co.fairfield.oh.us	\$5.00 material fee— Dinner is provided
Prevention Works for a Drug Free Fairfield County Mission is to prevent and reduce substance abuse among youth and adults by establishing and strengthening collaboration by and between all sectors of the community. Any Fairfield County resident is welcome to attend.	<u>Sept: 19th</u> 8:00am <u>Oct: 17th</u> 8:00 am <u>Nov: 21st</u> 8:00 am	Fairfield Medical Center: 401 N. Ewing Street Lancaster, OH 2nd Floor Conference Room	Registration not required. For more information, call Toni Ashton at (740) 681-5542 or tashton@co.fairfield.oh.us	Free
Safe Kids Coalition Join this coalition in an effort to prevent unintentional childhood injury. Health and safety professionals, educators, law enforcement, parent organizations, and volunteers work to educate and protect families. New members are welcome.	<u>Sept 12th:</u> 11:30 am <u>Oct 10th:</u> 11:30 am <u>Nov 14th:</u> 11:30 am	Fairfield County District Library: 219 N. Broad Street Lancaster, OH 3rd Floor	Registration not required. For more information, call Ann Probasco at (740) 475-0405 or cprobasco@co.fairfield.oh.us	Free
Shaken Baby Syndrome/Abusive Head Trauma Learn about the physical impact of shaking a baby, signs of a shaken baby, developmental aspects of crying, and what to do to prevent this from happening to you and how help others who are stressed with a baby.	<u>Sept 25th:</u> 6:00-8:00 pm <u>Oct 30th:</u> 6:00-8:00 pm <u>Nov 27th:</u> 6:00-8:00 pm	Job and Family Services: 239 W. Main Street Lancaster, OH	Registration required. Contact: Casie Stanton at (740) 652-7736 or Melinda Winegardner at (740) 652-7729	Free
Sibling Class Is a new baby on the way? Learn roles of big brother/sister, importance of hand washing, how to handle the newborn, becoming involved with baby care tasks, tour maternity unit & nursery, participate in fun activities.	<u>Sept 5th:</u> 6:00-7:30 pm <u>Oct 29th:</u> 6:00-7:30 pm <u>Nov 14th:</u> 6:00-7:30 pm	Fairfield Medical Center: : 401 N. Ewing Street Lancaster, OH	Registration required. Call: Cheryl Eads at (740) 687-8218	\$15.00 per family
Stewards of Children (Available By Request) A sexual abuse prevention training program that educates adults to prevent, recognize, and react responsibly to child sexual abuse. The program is designed for organizations that serve youth.	Class is by request. 2.5-hour session.	Groups of any size are welcome. Location determined upon registration.	Contact: Lisa DeGeeter at the Fairfield County Child Advocacy Center (740) 652-9604 www.cacfc.org	Call for more information
Understanding Temperament, Biochemistry, and Behavior Presenter: Allen T. Lewis, MD, FAAP Learn to apply these concepts to help your child with special needs achieve greater success in school, work and life. Will briefly touch on "The Nurtured Heart" approach to parenting.	<u>Oct 16th:</u> 6:30-8:30 pm	Ohio University— Lancaster: 1570 Granville Pike Lancaster, OH Brasee Hall, 5th Floor	Registration required. Call Linda McDonald at SOCIL: (740) 689-1494 x12	Free

DESCRIPTION	DATE/TIME	LOCATION	REGISTRATION	COST
Crossroads of Parenting and Divorce Parents learn about children's issues in divorce, including the need to value their co-parent and to understand the importance of communication between homes. The seminar is suited for parents and guardians who have filed for a divorce.	Offered 4 times monthly. See calendar for dates and times.	Job and Family Services: 239 W. Main Street Lancaster, OH	Registration required. Contact Jason Condrac at (740) 438-5424 or fairfieldrtc@yahoo.com	Free
Dolly's Imagination Library This NEW program is committed to improving early learning opportunities to children birth to age five by sending new, age appropriate books to their home. Books will be received monthly until the child turns five or moves out of the county.	While supplies last.	To be eligible, a child must live in Fairfield County, be under the age of five & parents must commit to reading with their child.	To register, call the United Way office at (740) 653-0643 or download the registration form at www.uwayfairfieldco.org	Free
Early Childhood Fall Conference This annual conference, sponsored by the Fairfield Association for the Education of Young Children (FAEYC), provides multiple learning tools to create stimulating, supportive, and healthy learning environments for young children. Anyone involved with children birth to age 8 will benefit from this experience.	Oct 27th: 8:00 am—4:00 pm	Ohio University—Lancaster: 1570 Granville Pike Lancaster, OH	Registration required. Contact Pam Redding at (740) 746-2076 or reddingpam@hotmail.com	\$45.00—Lunch is included
Family Credit Counseling This credit counseling series can help ensure a financially secure future for your family. Learn about credit basics, reading a credit report, how to fix errors, and manage your credit score. Receive a free CD with suggested letters to creditors.	Oct 6th: 9:00 am—4:00 pm	Fairfield Metro Housing Authority: 315 N. Columbus St. Lancaster, OH	Registration required. Contact Amy Swartz at (740) 653-6618 x234 or www.fairfieldmha.org	Free
Grandparenting Attend this 1-session class and learn new ideas in child rearing, Grandparenting roles, how to safety-proof your home, and basic baby care information.	Sept 12th: 6:00-7:30 pm Oct 11th: 6:00-7:30 pm Nov 7th: 6:00-7:30 pm	Fairfield Medical Center: : 401 N. Ewing Street Lancaster, OH	Registration required. Call: Cheryl Eads at (740) 687-8218	Free
Infant/Child CPR Learn to save a life! Choking/CPR and Child Choking/CPR are covered in this 1-session class.	Sept 25th: 6:00-9:00 pm Oct 15th: 6:00-9:00 pm Nov 16th: 6:00-9:00 pm	Fairfield Medical Center: 401 N. Ewing Street Lancaster, OH	Registration required. Call: Cheryl Eads at (740) 687-8218	\$35.00
Infant Feeding Information Sessions Class content includes proper bottle feeding techniques, formula preparation, safe handling, introduction to solids, and basic breastfeeding information and support.	Sept 7th & 21st: 11 am– 12 pm Oct 5th & 19th: 11 am– 12 pm Nov 2nd & 16th: 11 am– 12 pm	The Fairfield Dept. of Health: 1587 Granville Pike Lancaster, OH	Registration required. Call: (740) 652-2847	Free
Infant Massage Bring your baby with you to this 1-session class. Learn various massage techniques and ways to reduce infant colic and soothe baby.	Sept 19th: 6:00-7:30 pm Oct 3rd: 6:00-7:30 pm Nov 28th: 6:00-7:30 pm	Fairfield Medical Center: : 401 N. Ewing Street Lancaster, OH	Registration required. Call: Cheryl Eads at (740) 687-8218	\$20.00
Loving Our Kids on Purpose (9-class series) Gain a new perspective on discipline and how to motivate your children without a power struggle. Topics include: Loving on purpose, language of empowerment, no fear in love, building personal responsibility, and imparting strength and honor. Taught by Brandy Conley.	Wednesdays, Sept 12— Nov 7th: 7:00-8:15 pm	Fairfield Christian Church: 1965 N. Columbus St. Lancaster, OH	Registration required. Call: Teresa Sullivan at (740) 654-3866 x243	Call for more information—Dinner & childcare available

OCTOBER 2012

Red Ribbon Month is
Substance Abuse Awareness Month



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	1 <i>Talk to your children about the risks of drugs and alcohol, including prescription drugs.</i>	2 <u>PALS Support Night</u> 5:00-6:00 pm	3 <u>Breastfeeding Info Session</u> 11 am—12 pm <u>Infant Massage</u> 6:00 - 7:30 pm National Walk to School Day	4 <u>Active Parenting Now (1)</u> 6:00 - 8:00 pm	5 <u>1,2,3,4 Parents!(1)</u> 10 am—12 pm <u>Infant Feeding Info Session</u> 11:00am-12:00pm	6 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm <u>Family Credit Counseling</u> 9:00am—4:00 pm
7 <i>Every day, 5,400 young people under 16 have their first drink of alcohol.</i> <small>(Center on Alcohol Marketing & Youth, 2004)</small>	8 <u>Newborn Care</u> 6:00 - 9:00 pm Columbus Day	9 <u>Breastfeeding Info</u> 11 am—12 pm <u>Couponing 101</u> 9-11 am & 6-8 pm <u>Lunch & Learn</u> —12-1 pm	10 <u>Couponing 101 Lunch & Learn</u> 12-1 pm <u>Safe Kids Coalition</u> 11:30 am	11 <u>Active Parenting Now (2)</u> 6:00 - 8:00 pm <u>Grandparenting</u> 6:00 - 7:30 pm	12 <u>1,2,3,4 Parents!(2)</u> 10 am—12 pm	13 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm
14 <u>Out of the Box Support Group</u> 6:00—7:00 pm	15 <u>NAMI Family Support Group</u> 7:00 - 8:00 pm <u>Infant/Child CPR</u> 6:00 - 9:00 pm	16 <u>Autism Support Group</u> 8:45—9:45 pm <u>Understanding Temperament, Biochemistry & Behavior</u> 6:30-8:30 pm	17 Series Begins: <u>Loving Solutions</u> 6:00-9:00 pm <u>Prevention Works for a Drug Free Fairfield County</u> 8:00 am	18 <u>Active Parenting Now (3)</u> 6:00 - 8:00 pm <u>Breastfeeding Info Session</u> 11 am—12 pm <u>Abilities United</u> 3:00-4:30 pm	19 <u>1,2,3,4 Parents!(3)</u> 10 am—12 pm <u>Infant Feeding Info Session</u> 11:00am-12:00pm	20 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm
21 <i>Safeguard and monitor all prescription drugs at home.</i>	22 <i>Properly dispose of old or unneeded medicines.</i>	23 <u>Newborn Care</u> 6:00 - 9:00 pm	24 <u>Breastfeeding Info Session</u> 11 am—12 pm	25 <u>Loved Ones Support Group</u> 6:00 - 8:00 pm (Offered every Thursday)	26 <i>Educate your children about prescriptions: "Don't share medicine." "Always follow the doctor's advice & dosages."</i>	27 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm <u>Early Childhood Fall Conference</u> 8:00 am- 4:00 pm
28 <i>Always be at home when your teen has a party.</i>	29 <u>Sibling Class</u> 6:00 - 7:30 pm	30 <u>Shaken Baby Syndrome</u> 6:00 - 8:00 pm	31 <i>It is against the law to supply alcohol to your teen's friends under 21, under any circumstance.</i>			

A program of: Drug-Free Action Alliance

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NOVEMBER 2012

Teal Ribbon Month is
Bullying Awareness Month



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
 Do you have a child birth—age 5 in Fairfield County?	Sign up for Dolly Parton's Imagination Library! Register at: www.uwayfairfieldco.org		<i>Bullying is: Intentional, Repetitive, Hurtful, Imbalance of power</i>	1 <u>1,2,3,4 Parents!</u> (1) 6:00—8:00 pm	2 <u>Infant Feeding Info Session</u> 11:00am-12:00pm	3 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm
4 <i>Conflict is a normal part of life, bullying is not.</i>	5 <i>Ask your child about their day and their problems—assure them that it is not tattling.</i>	6 <u>PALS Support Night</u> 5:00-6:00 pm	7 <u>Breastfeeding Info</u> 11 am—12 pm <u>Grandparenting</u> 6:00 - 7:30 pm	8 <u>1,2,3,4 Parents!</u> (2) 6:00—8:00 pm	9 <i>32% of students report being bullied at school.</i> <small>(National Center for Education Statistics, 2008)</small>	10 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm
11 <u>Out of the Box Support Group</u> 6:00—7:00 pm Veterans Day	12 <i>Be aware of the latest trend in bullying—cyberbullying</i>	13 <u>Breastfeeding Info Session</u> 11 am—12 pm	14 <u>Safe Kids Coalition</u> 11:30 am <u>Sibling Class</u> 6:00 - 7:30 pm	15 <u>1,2,3,4 Parents!</u> (3) 6:00—8:00 pm <u>Abilities United</u> 3:00-4:30 pm <u>Breastfeeding Info Session</u> 11 am—12 pm	16 <u>Infant/Child CPR</u> 6:00 - 9:00 pm <u>Infant Feeding Info Session</u> 11:00am-12:00pm	17 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm
18 <i>Discuss bullying scenes you watch on TV or in movies.</i>	19 <u>NAMI Family Support Group</u> 7:00 - 8:00 pm	20 <i>Develop your child's strengths to promote self-confidence and self-esteem.</i>	21 <u>Prevention Works for a Drug Free Fairfield County</u> 8:00 am	22 <i>Practice the Golden Rule: Treat others the way you wish to be treated.</i> Thanksgiving Day	23 <i>Start early: Teach young children empathy, social skills and impulse control.</i>	24 <i>Monitor what your child is doing online.</i>
25 <i>Research shows that kids are more successful when parents are involved in their school.</i>	26 <u>Caring for Sub. Exposed Infants</u> 6:00—9:00 pm	27 <u>Shaken Baby Syndrome</u> 6:00 - 8:00 pm	28 <u>Breastfeeding Info</u> 11 am—12 pm <u>Crossroads of Parenting and Divorce</u> 5:30pm-9:30pm <u>Infant Massage</u> 6:00 - 7:30 pm	29 <u>Loved Ones Support Group</u> 6:00 - 8:00 pm (Offered every Thursday)	30 <i>No one deserves to be bullied. Encourage your children to help others that need it.</i>	

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DESCRIPTION	DATE/TIME	LOCATION	REGISTRATION	COST
1,2,3,4 Parents! (3-class series) Parents of children ages 1-4 will learn fundamental skills and attitudes necessary for successful parenting in early childhood. Learn stages of development, parenting styles, non-violent discipline skills, tips on avoiding accidents and problems and more!	<u>Sept: 6, 13, 20</u> 6:00-8:00 pm <u>Oct: 5, 12, 19</u> 10 am-12 pm <u>Nov: 1, 8, 15</u> 6:00-8:00 pm	Fountain Square Building: 108 W. Main Street Lancaster, OH	<i>Registration required.</i> Contact: Sara Condrac at (740) 475-0404 or scondrac@co.fairfield.oh.us	Free
Active Parenting Now (3-class series) Parents of children ages 5-12 will learn to how to use nonviolent discipline, positive communication, and effective encouragement. The program combines video, activities, and discussion to help parents raise responsible, cooperative children.	<u>Oct: 4, 11, 18</u> 6:00-8:00 pm	Tallmadge Elementary School: 611 Lewis Ave. Lancaster, OH	<i>Registration required.</i> Contact: Sara Condrac at (740) 475-0404 or scondrac@co.fairfield.oh.us	Free
Applied Behavior Analysis (ABA) - Meaningful Behavior Change Is your child/student having problems acquiring new skills, difficulty communicating, or experiencing problem behaviors? Learn about ABA from Dr. Morten Haugland of Haugland Learning Center, and focus on positive reinforcement strategies.	<u>Sept 13th:</u> 6:30-8:00 pm	Ohio University—Lancaster: 1570 Granville Pike Lancaster, OH Brasee Hall, 5th Floor	<i>Registration required.</i> Call Linda McDonald at SOCIL: (740) 689-1494 x12	Free
Breastfeeding Information Session Learn breastfeeding basics from getting started to establishing a good milk supply. Learn how to make it work upon returning to work or school. Gain support, confidence and get all of your questions answered at this informative class.	Each month: <u>1st Wednesday</u> 11 am—12 pm <u>2nd Tuesday</u> 11 am—12 pm <u>3rd Thursday</u> 11 am—12 pm <u>4th Wednesday</u> 11 am—12 pm	The Fairfield Dept. of Health: 1587 Granville Pike Lancaster, OH	<i>Registration required.</i> Call: (740) 652-2847 or fairfieldbph@yahoo.com	Free
Caregivers of Substance Exposed Infants Understand how prenatal exposure to drugs impacts an infant's health and behavior, physical "cues," and developmental problems. Training is intended for parents, caregivers, community members, agency staff, and foster/child care providers.	<u>Sept 4th:</u> 6:00-9:00 pm <u>Nov 26th:</u> 6:00-9:00 pm	Fairfield Medical Center: 401 N. Ewing Street Lancaster, OH	<i>Registration required.</i> Call: Cheryl Eads at (740) 687-8218	Free
Children's Committee A community group that plans and coordinates services for children birth to eight years old in Fairfield County. Parents of young children (0-8 years) and staff from community agencies are invited to attend and become involved in this group.	<u>Sept 6th:</u> 5:00-7:30	Utica Head Start: 143 Mt. Ida Ave Lancaster, OH	<i>Registration required.</i> Call Family, Adult and Children First Council at (740) 687-6771	Free—Dinner & childcare available with RSVP
Couponing 101 Learn how to save money, feed your family very well, and only purchase the items you need. Understand how to get the most out of your money and get the tools you need to start your own saving system at home.	<u>Oct 9th:</u> 9:00-11:00 am & 6:00-8:00 pm <u>Lunch 'n Learn:</u> <u>Oct 9th & 10th:</u> 12:00-1:00 pm	Fairfield Metro Housing Authority: 315 N. Columbus St. Lancaster, OH	<i>Registration required.</i> Contact Amy Swartz at (740) 653-6618 x234 or www.fairfieldmha.org	Free
Cooperative Parenting and Divorce (8-class series) This series is designed to help parents shield their children from parental conflict. Parents learn to guide their children through the process of recovery while establishing a positive, long-term relationship with the child's other parent. Space is limited and court-mandated parents have first priority.	<u>Thursdays, Sept 19th—Nov 14th</u> 7:00-9:00 pm	Job and Family Services: 239 W. Main Street Lancaster, OH	<i>Registration required.</i> Contact Jason Condrac at (740) 438-5424 or fairfieldrtc@yahoo.com	Free
Creative Arts for Mourning Pals (CAMP) This is a 3-hour arts program for grieving children & their families. Activities include: family Zumba, memory project, drum circle, music expression and team building. Caregivers are invited to a follow up pizza party & annual cookout.	<u>Sept 22nd:</u> 1:00-4:00 pm	Robert K. Fox Family YMCA: 465 W. 6th Ave Lancaster, OH	<i>Registration required.</i> Contact Tracey Miller at (740) 654-7077 or palsforgrievingchildren@gmail.com	Free