

Ashland County Resources that can help you with parenting tools!

KEY: (H) Home based (G) Groups only

Ashland Care Center Baby Bucks Program (G)
 Agency: Ashland Care Center
 Contact: 419-281-1111
 Website: www.ashlandcarecenter.org

The Baby Bucks Program is designed to help provide you with the baby resources you need while you learn how to care for yourself and your baby. You will receive baby bucks to spend at the baby boutique every time you participate in one of the variety of educational activities.

Ashland County Council on Alcoholism and Drug Abuse (G)
 Agency: ACCADA
 Contact: 419-289-7675

Parenting skills for recovering parents with children.

Ashland County Health Department—BCMh & vaccines, car seats.
 Contact: 419-282-4357
 Website: www.ashlandhealth.com

Ashland County Help Me Grow (H)
 Agency: Tri-County ESC
 Contact: 419-289-3847
 Website: www.ohiohelpmegrow.org
 Referrals: 419-289-9227

For any family with children Prenatal to three years old with a medical diagnosis, a developmental delay or are low income. Home-based. Home Visitation Program for first time parents prenatal up to 6 mos. Provides support and information.

Divorcing Parents Class (G)
 Agency: Ashland Parenting Plus
 Contact: 419-281-3788
 Website: www.parentingplus.org

For parents who are getting a divorce in Ashland County. 3-hour classes/\$38 per person. The class is offered the 2nd Tuesday and 3rd Saturday of each month.

Parent Education (H)
 Agency: Ashland Parenting Plus
 Contact: 419-281-3788
 Website: www.parentingplus.org

Education program on parenting for any parent in Ashland County. Home-based.

Parent Mentor Program (IEP/school) (G)
 Agency: Ohio Dept. of Education/Office for Exceptional Children
 Contact: 419-289-1117 ext.2230 (Ashland City Schools)
 All others schools in Ashland County please contact: 330-345-6771 Ext. 263

Parents who need information and support on special education issues. For preschool and school aged children, continuous free program. Resource library contains books on disabilities and parenting.

Family Services Support (H)
 Agency: Catholic Charities Community Services-Ashland
 Contact: 419-289-1903 ext. 11
 Website: <http://www.clevelandcatholiccharities.org/ccinashland.html>

For families with children from age zero to eighteen to receive resources for child assault prevention and positive parenting. Home-based, individualized.

Some Ashland County Key Agencies

For many Ashland county health and human service resources. Dial 2-1-1

Appleseed Community Mental Health 419-281-3716

Ashland County Council on Alcoholism & Drug Abuse 419-289-7675

Ashland Co.-City Health Department 419-282-4357

Ashland County Early Intervention Program (Dale Roy School) 419-289-0470

Ashland Parenting Plus 419-281-3788

Catholic Charities Community Services of Ashland County 419-289-1903

Dale Roy School 419-289-0470

Ground Work Play Therapy 419-289-4825

Head Start (Ashland County Sites)
 (Ashland) 419-281-8001 ext. 62832
 (Loudonville) 419-994-3258
 (Sullivan) 419-736-2787

New Beginnings at City Hill 419-289-0970

Salvation Army Ray & Joan Kroc Center 419-281-8001

Tri County Preschools 419-281-4239

**For more help, call :
 Family & Children First Council 419-281-1212**





Quick Tips when Talking with Professionals

1. Think about your questions ahead of time.
2. Clear communication is the key. Keep emotions in check.
3. Trust your instincts! If you don't understand or get the answers you want ask for more resources.

Remember You are Your Child's Biggest Voice.

For a variety of information on child development, challenging behavior, school readiness, rights of children and families and more, visit our website: www.ashlandmhrb.org/fcfc

*Crisis phone numbers: 911 for emergencies
Appleseed Mental Health Crisis Line: 419-289-6111*



Be a Strong Family

Strong Families:

- Are resilient—they can manage stress and handle life's challenges.
- Use friends and family for help with parenting advice and finding resources.
- Know the needs of children at different ages and how to support their healthy development.
- Know how to help children get along with others and handle their strong feelings.

Other factors to help children be healthy, avoid trouble and boost school success:

- Parents and teachers working together.
- Friends with pro-social attitudes.
- Consistent, age appropriate discipline.
- Adult monitoring/supervision.
- Family members communicating supportively.
- Families solving problems together.
- Family members valuing education.

PARENTS PUT YOUR MIND AT EASE

Are you feeling overwhelmed and not sure where to turn?

Do you have concerns about your child's:
growth and development?
learning difficulties?
managing his/her emotions?
extreme temper or behavior problems?
possible alcohol/drug involvement?



Ashland County Family & Children First Council
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