

## PARENT SUPPORT GROUPS

DESCRIPTIONS:	DATE/TIME:	LOCATION:	REGISTRATION:	COST:
<b>Fairfield County Autism Support Group (FCASG)</b> 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>March 8th</u> <u>March 29th</u> <u>April 12th</u> 8:15-9:15 pm	Ohio University–Lancaster: 1570 Granville Pike Lancaster, OH Brasee Hall, 5th Floor	<i>Registration preferred.</i> Contact: Chris Carrico at (740) 862-6171 or chriscarrico@frontier.com	Free
<b>Loved Ones Support Group for Addicted Individuals</b> 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	The Recovery Center: 1856 Cedar Hill Road, Lancaster, OH	<i>Registration required.</i> Call: The Recovery Center at (740) 687-4500	Free
<b>National Alliance on Mental Health (NAMI) Family Support Group</b> A group designed to foster learning, healing and empowerment among parents and families of children with emotional, mental, and neurobiological disorders.	<u>March 19th</u> <u>April 16th</u> <u>May 21th</u> 7:00-8:00 pm	Fairfield Medical Center: 401 N. Ewing Street Lancaster, OH	<i>Registration requested.</i> Contact: Shirlee Estell at shirlee_estell@yahoo.com	Free
<b>Out of the Box Support Group</b> 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>March 11th</u> <u>April 8th</u> <u>May 13th</u> 7:00—8:00 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@fairfielddcc.org	Free
<b>Abilities United</b> A regional advocacy and peer support group for individuals and parents of children with disabilities. Topics: March—Relationship Building, April—Know Your Rights and Responsibilities, May—Healthy Foods	<u>March 22nd</u> <u>April 26th</u> <u>May 24th</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

**AVAILABLE BY REQUEST** Schedule a training session for your agency, business, parent group, school/daycare staff, and more.

DESCRIPTIONS:	DATE/TIME:	LOCATION:	REGISTRATION:	COST:
<b>Being Safe</b> Learn to talk to your children about what is and is not safe. Topics include boundaries, verbal/emotional abuse, physical & sexual abuse, how to stay safe, and how to establish a Safe Person.	Available by request. 2-hour session.	Groups of any size are welcome. Location determined upon registration.	Contact: Tracey Lee at (740) 652-7220 ext. 3747 or TLee@fairfielddd.com	Free
<b>Caregivers of Substance Exposed Infants</b> Understand how prenatal exposure to drugs impacts an infant's health and behavior, physical "cues," and developmental problems.	Available by request. 3-hour session.	Groups of (10) participants or more. Location determined upon registration.	Contact: Cheryl Eads at (740) 687-8218 or cheryle@fmchealth.org	Free
<b>Help Us Grow Safely (HUGS)</b> A community based training program that teaches strategies for preventing negative adult/child interactions. Learn to identify types of child abuse & warning signs, tips to safely & effectively intervene, and intervention resources.	Available by request. 2-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	
<b>Stewards of Children</b> 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.	Available 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	



Fairfield County Family, Adult and Children First Council



Ohio Children's Trust Fund



Southeastern Ohio Center for Independent Living (SOCIL)

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

# Parent Education Calendar



**Spring Schedule  
2012**

Promoting strong communities, healthy families and safe children

# March 2012

National Nutrition Month



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
Use a <b>Fun Food Fact</b> to start a conversation with your family...			<b>Loved Ones Support Group</b> 6:00 - 8:00 pm (Offered every Thursday)	<b>1</b> <b>1,2,3,4 Parents!(1)</b> 6:00-8:00 pm <b>Caring for Sub. Exposed Infants</b> 6:00—9:00 pm <b>Children's Committee</b> 5:00 - 7:30 pm	<b>2</b> <b>Infant Feeding Info Session</b> 11:00am-12:00pm	<b>3</b> <b>Fun Food Fact:</b> There are over 500 different types of bananas
<b>4</b> <b>Fun Food Fact:</b> Darker green lettuce leaves are more nutritious than lighter leaves	<b>5</b> <b>1,2,3,4 Parents!(1)</b> 6:00-8:00 pm	<b>6</b> <b>Infant Massage</b> 6:00 - 7:30 pm	<b>7</b> <b>Breastfeeding Info Session</b> 10:30-11:30	<b>8</b> <b>1,2,3,4 Parents!(2)</b> 6:00-8:00 pm <b>ABC's of KG</b> 6:30 - 8:00 pm <b>Autism Sup. Grp.</b> 8:15—9:15 pm <b>Employment &amp; College</b> 6:30-8:00 pm	<b>9</b> <b>Fun Food Fact:</b> 12 honeybees are required to make 1 tablespoon of honey	<b>10</b> <b>Fun Food Fact:</b> Peaches are members of the rose family
<b>11</b> <b>Out of the Box Support Group</b> 7:00—8:00 pm	<b>12</b> <b>1,2,3,4 Parents!(2)</b> 6:00-8:00 pm	<b>13</b> <b>Breastfeeding Info Session</b> 1:00-2:00 pm	<b>14</b> <b>Creative Arts for Mourning Pals</b> 1:00-4:00 pm  <b>Crossroads of Parenting and Divorce</b> 5:30 - 9:30 pm	<b>15</b> <b>1,2,3,4 Parents!(3)</b> 6:00-8:00 pm <b>Parenting Discussions</b> 9:15-10:15 am <b>Breastfeeding Info Session</b> 10:30-11:30	<b>16</b> <b>IEP Clinic</b> 9:00 am—4:00 pm  <b>Infant Feeding Info Session</b> 11 am-12:00pm	<b>17</b> <b>Crossroads of Parenting and Divorce</b> 8:30am-12:30pm  <b>St. Patrick's Day</b>
<b>18</b> <b>Fun Food Fact:</b> Fresh apples float because they contain 25% air	<b>19</b> <b>1,2,3,4 Parents!(3)</b> 6:00-8:00 pm <b>NAMI Family Support Group</b> 7:00 - 8:00 pm	<b>20</b> <b>Infant/Child CPR</b> 6:00 - 9:00 pm	<b>21</b> <b>Grandparenting</b> 6:00 - 7:30 pm  <b>Prevention Works for a Drug Free Fairfield County</b> 8:00 am	<b>22</b> <b>Abilities United Support Group</b> 3:00-4:30 pm  <b>Crossroads of Parenting and Divorce</b> 5:30 - 9:30 pm	<b>23</b> <b>Early Childhood Spring Conference</b> 8:30 am—4:00 pm	<b>24</b> <b>Crossroads of Parenting and Divorce</b> 8:30am-12:30pm
<b>25</b> <b>Fun Food Fact:</b> There have been 37 different animal shapes in animal crackers since 1902	<b>26</b> <b>Fun Food Fact:</b> Ancient Greeks awarded celery to winners of sports events	<b>27</b> <b>Shaken Baby Syndrome</b> 6:00 - 8:00 pm	<b>28</b> <b>Breastfeeding Info Session</b> 10:30-11:30  <b>Sibling Class</b> 6:00 - 7:30 pm	<b>29</b> <b>FC Autism Support Group</b> 8:15—9:15 pm <b>Important Forms &amp; Applications</b> 6:30-8:00 pm <b>Newborn Care</b> 6:00 - 9:00 pm	<b>30</b> <b>Fun Food Fact:</b> Strawberries are the only fruit that have their seeds on the outside	<b>31</b> <b>Fun Food Fact:</b> It takes about 7 seconds for food to travel from your mouth to your stomach

Programs and classes are presented as information only, not endorsements of co-sponsoring agencies.

DESCRIPTIONS:	DATE/TIME:	LOCATION:	REGISTRATION:	COST:
<b>Infant Feeding/Breastfeeding Information Sessions</b> Class content includes proper bottle feeding techniques, formula preparation, safe handling, introduction to solids, and basic breastfeeding information and support. Breastfeeding info. sessions are also available 4 times monthly. See Calendar.	<b>March 2 &amp; 16:</b> 11 am- 12 pm <b>April 6 &amp; 20:</b> 11 am- 12 pm <b>May 4 &amp; 18:</b> 11 am- 12 pm	The Fairfield Dept. of Health: 1587 Granville Pike Lancaster, OH	Registration required. Call: (740) 687-6755 x175	Free
<b>Infant Massage</b> Bring your infant to this 1-session class with you. Learn various massage techniques and ways to reduce infant colic and soothe baby.	<b>March 6th:</b> 6:00-7:30 pm <b>April 6th:</b> 6:00-7:30 pm <b>May 14th:</b> 6:00-7:30 pm	Fairfield Medical Center: : 401 N. Ewing Street Lancaster, OH 2nd Floor Conference Room	Registration required. Call: Cheryl Eads at (740) 687-8218	\$20.00
<b>Infant/Child CPR – Fairfield Medical Center</b> Choking/CPR and Child Choking/CPR are covered in this 1-session class.	<b>March 20th:</b> 6:00-9:00 pm <b>April 26th:</b> 6:00-9:00 pm <b>May 15th:</b> 6:00-9:00 pm	Fairfield Medical Center: 401 N. Ewing Street Lancaster, OH 2nd Floor Conference Room	Registration required. Call: Cheryl Eads at (740) 687-8218	\$25.00
<b>Learn the Ins and Outs of OCAL's Autism Modules and Website</b> The Ohio Center for Autism & Low Incidence—OCAL's website offers a number of helpful resources for parents and educators. Learn to navigate everything from publications to videos and informative training modules from Nick Weiland.	<b>April 12th:</b> 6:30-8:00 pm	OU-Lancaster: 1570 Granville Pike Lancaster, OH Brassee Hall—5th Floor Gallery	Registration preferred. Call: Linda McDonald at (740) 689-1494 CEU's available upon request when registering.	Free
<b>Newborn Care (1-class session)</b> Learn basic infant care skills such as bathing, feeding, diapering, sleeping patterns, crying, & symptoms of illness. Open to pre/post-natal parents.	<b>March 29th:</b> 6:00-9:00 pm <b>April 6th:</b> 6:00-9:00 pm <b>May 24th:</b> 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— (Covered by Medicaid)
<b>Parenting Discussions at South Elementary</b> Parents from all Lancaster City Schools are welcome. Join New Horizons Counselor, Vicki Hilliard, and district Social Worker, Debby Rockwood, in monthly discussions. Topics: March—Building your child's self-esteem, April—Helping your child manage ADHD, May—Community Resources.	<b>March 15th:</b> 9:15-10:15 am <b>April 19th:</b> 9:15-10:15 am <b>May 17th:</b> 9:15-10:15 am	South Elementary School: 220 East Walnut St. Lancaster, OH In the library located on the 2nd Floor. First stop in the office for a visitor's badge.	Registration preferred. Contact: Vicki Hilliard at (740) 687-7340 or v_hilliard@lancaster.k12.oh.us or Debby Rockwood at (740) 687-7360 or d_rockwood@lancaster.k12.oh.us	Free
<b>Prevention Works for a Drug Free Fairfield County</b> 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.	<b>March 21st:</b> 8:00am <b>April 18th:</b> 8:00 am <b>May 16th:</b> 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
<b>Shaken Baby Syndrome Training</b> 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.	<b>March 27th:</b> 6:00-8:00 pm <b>April 24th:</b> 6:00-8:00 pm <b>May 29th:</b> 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
<b>Sibling Class (1-class session)</b> 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.	<b>March 28th:</b> 6:00-7:30 pm <b>April 26th:</b> 6:00-7:30 pm <b>May 21st:</b> 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

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<b>Creative Arts for Mourning Pals (CAMP)</b> This is a 3-hour arts program for grieving children and their families. The program seeks to increase ability to cope with grief and offer support among people with similar experiences. Activities include: family Zumba, memory project, drum circle, music expression and team building.	<u>March 14th:</u> 1:00-4:00 pm <u>May 9th:</u> 1:00-4:00 pm	Robert K. Fox Family YMCA: 465 W. 6th Ave Lancaster, OH	Registration required. Contact Tracey Miller at (740) 475-0699 or palsforgrievingchildren@gmail.com	Free
<b>Crossroads of Parenting and Divorce</b> 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
<b>Early Childhood Spring Conference</b> The Fairfield Association for the Education of Young Children (AEYC) Spring Conference is intended to offer multiple tools for providing stimulating, supportive, healthy learning environments for young children. Anyone involved with children birth to age 8 is welcome to attend.	<u>March 23rd:</u> 8:30 am—4:00pm	OU-Lancaster Campus: 1570 Granville Pike Lancaster, OH	Registration required. For more information, contact Pam Redding at (740) 746-2076 or reddingpam@hotmail.com	Early Bird: \$50 for members, \$60 for non-members. \$75 after March 14th
<b>Employment and College: For Students with Disabilities, Parents and Educators</b> Learn from other students with disabilities what they have done to be successful in job searches and applying for college.	<u>March 8th:</u> 6:30-8:00 pm	OU-Lancaster: 1570 Granville Pike Lancaster, OH Brassee Hall—5th Floor Gallery	Registration preferred. Call: Linda McDonald at (740) 689-1494 CEU's available upon request when registering.	Free
<b>Family Fun Fair</b> An opportunity for families with young children to spend time together doing fun, healthy, free activities. Also, learn about community services/resources available to support parents and their young children in these early years.	<u>April 21st:</u> 10:30 am-2:00 pm	Rising Park: 1120 N. High Street Lancaster, OH The Rising Shelter House	Registration not required. For more information, call Cathy Crawford at (740) 654-0897 or president@fairfieldaeyc.org	Free
<b>Grandparenting</b> 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.	<u>March 21st:</u> 6:00-7:30 pm <u>April 26th:</u> 6:00-7:30 pm <u>May 31st:</u> 6:00-7:30 pm	Fairfield Medical Center: : 401 N. Ewing Street Lancaster, OH 2nd Floor Conference Room	Registration required. Call: Cheryl Eads at (740) 687-8218	Free
<b>IEP Clinic</b> Parents meet with Valorie Dombroskas, a parent advocate with the Ohio Coalition for the Education of Children with Disabilities to discuss any issues they have with their child's IEP. Valorie has many years of experience helping schools and families work to meet the educational needs of children.	<u>March 16th:</u> 9:00 am—4:00 pm Hour long appointments start at the top of the hour	Southeastern Ohio Center for Independent Living (SOCIL): 418 South Broad St. Lancaster, OH	Registration required by March 15th. Contact: Scott Campbell at (740) 689-1494 or scsocial@sbcglobal.net	Free
<b>Imagination Library</b> 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
<b>Important Forms and Completing Applications</b> Are you raising a child with Autism? It's important to be aware of the wording of forms and documents, and providing accurate information to make sound decisions for the future.	<u>March 29th:</u> 6:30-8:00 pm	OU-Lancaster: 1570 Granville Pike Lancaster, OH Brassee Hall—5th Floor Gallery	Registration preferred. Call: Linda McDonald at (740) 689-1494 CEU's available upon request when registering.	Free

# April 2012

National Child Abuse Prevention Month



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
<b>1</b>  <i>Prevention:</i> Never shake a baby, either in frustration or fun—babies are fragile.	<b>2</b>  <i>Prevention:</i> Remember that discipline means "to teach," not to punish	<b>3</b>  <i>Prevention:</i> Always know where your children are, who they are with and what they are doing	<b>4</b>  <u>Breastfeeding Info Session</u> 10:30-11:30	<b>5</b>  <u>Crossroads of Parenting and Divorce</u> 5:30 - 9:30 pm	<b>6</b>  <u>Infant Feeding Info Session</u> 11:00am-12:00pm <u>Infant Massage</u> 6:00 - 7:30 pm <u>Newborn Care</u> 6:00 - 9:00 pm	<b>7</b>  <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm
<b>8</b>  <u>Out of the Box Support Group</u> 7:00—8:00 pm  <b>Easter</b>	<b>9</b>  <i>Prevention:</i> When angry, close your eyes and imagine you're hearing what your child is about to hear	<b>10</b>  <u>Breastfeeding Info Session</u> 1:00-2:00 pm	<b>11</b>  <u>Wear Blue to Work for Child Abuse Awareness</u>  <u>Cooperative Parenting and Divorce Begins</u> 7:00-9:00 pm	<b>12</b>  <u>1,2,3,4 Parents!(1)</u> 10 am– 12 pm <u>ABC's of KG</u> 6:30 - 8:00 pm <u>Autism Sup. Grp.</u> 8:15—9:15 pm <u>Crossroads</u> 5:30 - 9:30 pm	<b>13</b>  (April 12th continued!) <u>Learn the Ins. &amp; Outs of OCAL's Autism Modules &amp; Website</u> 6:30-8:00 pm	<b>14</b>  <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm
<b>15</b>  <i>Prevention:</i> Teach young children their address and phone number	<b>16</b>  <u>Active Parenting Now (1)</u> 6:00 - 8:00 pm <u>NAMI Family Support Group</u> 7:00 - 8:00 pm	<b>17</b>  <i>Prevention:</i> Learn about your child's development—talk to your pediatrician, check out a book or take a class!	<b>18</b>  <u>Prevention Works for a Drug Free Fairfield County</u> 8:00 am	<b>19</b>  <u>1,2,3,4 Parents!(2)</u> 10 am– 12 pm <u>Parenting Discussions</u> 9:15-10:15 am <u>Breastfeeding Info Session</u> 10:30-11:30	<b>20</b>  <u>Infant Feeding Info Session</u> 11:00am-12:00pm	<b>21</b>  <u>Family Fun Fair</u> 10:30 am–2:00 pm
<b>22</b>  <i>Prevention:</i> Bonding is important! Take time to nurture relationships	<b>23</b>  <u>Active Parenting Now (2)</u> 6:00 - 8:00 pm	<b>24</b>  <u>Shaken Baby Syndrome</u> 6:00 - 8:00 pm	<b>25</b>  <u>Breastfeeding Info Session</u> 10:30-11:30  <u>Couponing 101</u> 9:00-11:00 am	<b>26</b>  <u>1,2,3,4 Parents!(3)</u> 10 am– 12 pm <u>Abilities United</u> 3:00-4:30 pm <u>Circus Night</u> 5:00-6:30 <u>Candlelight Walk</u> 6:30-7:30 pm	<b>27</b>  (April 26th continued!) <u>Grandparenting</u> 6:00 - 7:30 pm <u>Infant/Child CPR</u> 6:00 - 9:00 pm <u>Sibling Class</u> 6:00 - 7:30 pm	<b>28</b>  <i>Prevention:</i> Report suspected child abuse or neglect to Child Protective Services or the Police Dept.
<b>29</b>  <i>Prevention:</i> Always know and trust the people that have access to your child	<b>30</b>  <u>Active Parenting Now (3)</u> 6:00 - 8:00 pm			<b>Loved Ones Support Group</b> 6:00 - 8:00 pm (Offered every Thursday)		

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# May 2012

Don't be A Party to Teenage Drinking.  
It's against the law.



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
		1 <i>Positive Activity:</i> Go for a walk or a hike	2 <u>Breastfeeding Info Session</u> 10:30-11:30	3 <u>1,2,3,4 Parents!(1)</u> 6:00-8:00 pm <u>Loved Ones Support Group</u> 6:00 - 8:00 pm (Offered every Thursday)	4 <u>Infant Feeding Info Session</u> 11:00am-12:00pm	5 <i>Positive Activity:</i> Volunteer your time and talent
6 <i>Positive Activity:</i> Take time to know your child's friends	7 <i>Positive Activity:</i> Talk about what to do in an emergency situation	8 <u>Breastfeeding Info Session</u> 1:00-2:00 pm	9 <u>Creative Arts for Mourning Pals (CAMP)</u> 1:00-4:00 pm	10 <u>1,2,3,4 Parents!(2)</u> 6:00-8:00 pm <u>ABC's of KG</u> 6:30 - 8:00 pm	11 <i>Positive Activity:</i> Plan a "special night out" with your child	12 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm
13 <u>Out of the Box Support Group</u> 7:00—8:00 pm  <b>Mother's Day</b>	14 <u>Infant Massage</u> 6:00 - 7:30 pm	15 <u>Infant/Child CPR</u> 6:00 - 9:00 pm	16 <u>Prevention Works for a Drug Free Fairfield County</u> 8:00 am	17 <u>1,2,3,4 Parents!(3)</u> 6:00-8:00 pm <u>Parenting Discussions</u> 9:15-10:15 am <u>Breastfeeding Info Session</u> 10:30-11:30	18 <u>Infant Feeding Info Session</u> 11:00am-12:00pm	19 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm
20 <i>Positive Activity:</i> Have a family "photo shoot"	21 <u>NAMI Family Support Group</u> 7:00 - 8:00 pm  <u>Sibling Class</u> 6:00 - 7:30 pm	22 <i>Positive Activity:</i> Host a dinner party or cook-out for friends, family or neighbors	23 <u>Breastfeeding Info Session</u> 10:30-11:30	24 <u>Abilities United Support Group</u> 3:00-4:30 pm  <u>Newborn Care</u> 6:00 - 9:00 pm	25 <i>Positive Activity:</i> Make plans to take a trip in the future—near or far	26 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm
27 <i>Positive Activity:</i> Establish game night or movie night	28 <i>Positive Activity:</i> Plant a garden or flowers together  <b>Memorial Day</b>	29 <u>Caring for Sub. Exposed Infants</u> 6:00—9:00 pm  <u>Shaken Baby Syndrome</u> 6:00 - 8:00 pm	30 <i>Positive Activity:</i> Create a "Wow Wall" to display artwork	31 <u>Crossroads of Parenting and Divorce</u> 5:30-9:30 pm  <u>Grandparenting</u> 6:00 - 7:30 pm		

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DESCRIPTIONS:	DATE/TIME:	LOCATION:	REGISTRATION:	COST:
<b>1,2,3,4 Parents!</b> (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 much more!	<u>March: 1, 8, 15</u> 6:00-8:00 pm <u>* March: 5, 12, 19</u> 6:00-8:00 pm <u>April: 13, 20, 27</u> 10 am-12 pm <u>May: 3, 10, 17</u> 6:00-8:00 pm	Fountain Square Building: 108 W. Main Street Lancaster, OH  * At Utica Head Start: (open to the public) 114 Mt. Ida Ave. Lancaster, OH	Registration required. Contact: Sara Condrac at (740) 475-0404 or scondrac@co.fairfield.oh.us	Free
<b>ABC's of Kindergarten</b> A fun night out for parents and their young kids! Preschool children ages 3-5 participate in kindergarten readiness activities and story time. Parents are provided with fun, educational activities to complete with their children at home.	<u>March 8th:</u> 6:30-8:00 pm <u>April 12th:</u> 6:30-8:00 pm <u>May 10th:</u> 6:30-8:00 pm	Lancaster Community Church: 230 N. Columbus St. Lancaster, OH Enter through Door A	Registration required. Contact: Mary Johnson at (740) 407-6719 or mjohanson@co.fairfield.oh.us	Free
<b>Active Parenting Now</b> (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>April: 16, 23, 30</u> 6:00-8:00 pm	West Elementary School: 625 Garfield Ave. Lancaster, OH	Registration required. Contact: Sara Condrac at (740) 475-0404 or scondrac@co.fairfield.oh.us	Free
<b>AHA! Advantage Program</b> A series of one-hour learning sessions for preschoolers age 3-5 who are not otherwise able to attend a formal preschool. Parents participate along with their children and receive enriching parent education. Enrollment is available through April.	<u>Tuesdays and Thursdays</u> 9:00-10:00 am	AHA! A Hands on Adventure: 315 South Broad Street Lancaster, OH	Registration required. Call: (740) 653-1010	Free
<b>Caregivers of Substance Exposed Infants</b> 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>March 1st:</u> 6:00-9:00 pm <u>May 29th:</u> 6:00-9:00 pm	Fairfield Medical Center: 401 N. Ewing Street Lancaster, OH Assembly Room 3	Registration required. Call: Cheryl Eads at (740) 687-8218	Free
<b>Children's Committee</b> A community group that plans and coordinates services for children from birth to eight years old in Fairfield County. Parents of children birth to eight and staff from community agencies are welcome.	<u>March 1st</u> 5:00—7:30 pm	Utica Head Start: 143 Mt. Ida Ave at Broad Street, Lancaster, OH	Registration required. Call: Suzanna Twining at (740) 475-1976	Free— Dinner & childcare provided with RSVP
<b>Circus Night and Candlelight Walk</b> Help raise child abuse and neglect awareness. After a fun-filled evening of games and activities, walk from the JFS parking lot to the downtown gazebo holding a candle to symbolize abused & neglected children in Fairfield County. Stay for speakers, performers & more information.	<u>April 26th:</u> Circus Night— 5:00-6:30 Candlelight Walk— 6:30-7:30	Job and Family Services: 239 W. Main Street Lancaster, OH	Registration not required. For more information, call: (740) 653-4060	Free
<b>Cooperative Parenting and Divorce (8-class series)</b> 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.	<u>Wednesdays, April 11th— May 30th</u> 7:00—9:00 pm	Job and Family Services: 239 W. Main Street Lancaster, OH	Registration required. Contact: Jason Condrac at (740) 438-5424 or fairfieldrct@yahoo.com	\$20.00— Book fee
<b>Couponing 101</b> Learn how to save money while still feeding your family very well and only purchasing the items you need. Understand how to get the most out of your money and get the tools to start your own saving system at home.	<u>April 25th:</u> 9:00 - 11:00 am	Fairfield Metropolitan Housing Authority: 315 N. Columbus St. Lancaster, OH	Registration required. Call: 740-653-6618 or register at www.fairfieldmha.org	Free

To list programs in the Summer 2012 Calendar, contact Sara Condrac at: (740) 475-0404 or scondrac@co.fairfield.oh.us