Resources:

**Family Resource Centers:** provides much of our child abuse prevention and parent education programs.

Contact information: Harmony House program of Open Arms  
419-420-9261

**Filial Play Therapy:** In keeping with the Early Intervention Initiative, we are committed to working with youth 3 to 10 years of age and their families in this program. Parent-child attachment and behavior coping strategies are key factors in avoiding the disruption of families with young children. We are committed to working with children who have reactive attachment disorder, disruptive behavior and adjustment disorders, and attention deficit disorder. The majority of the children involved in filial therapy have been abused, neglected or been exposed to a traumatic event during their developmental years.

**Incredible Years:** A parenting program designed to strengthen parenting skills and prevent and treat behavior problems in children. This 13-week parent series is offered for parents and caregivers of children ages 3 through 8 years. Parents and caregivers will learn great information, including how to: play with your child, help your child learn, use positive reinforcement, set effective limits, help children learn to accept limits, deal with non-compliance, avoid misbehavior and utilize effective time-outs and other preventative approaches!

**Parent Project Jr:** Parent Project Sr. A parenting skills program for parents with strong-willed or out-of-control adolescents and children. Parent Project Sr. is specially designed to help parents of strong-willed and out-of-control children ages 11-17. Classes are held one time per week for 13 weeks.

Topics include:

- Necessity & use of love and affection
- Influencing and motivating kids
- How to never argue with kids again
- Addressing unwanted behavior
- Providing active supervision
- Making school more successful
• Identifying drug & alcohol use
• Understanding drug use intervention techniques
• Dealing with runaway children
• Dealing with violent children
• Negative peer relationships & dating

**Promoting First Relationships:** An education class for caregivers of children under the age of 2 or expecting mothers. Caregivers attend 10 weekly sessions to learn about: understanding baby's sleep patterns, the importance of routines, making feeding a relaxed time, enjoying playtime, developing a healthy bond, understanding baby's language, making learning fun, increasing a baby's ability to learn, helping babies grow socially and emotionally, and reducing parent stress. Classes run throughout the year so those interested in attending are encouraged to call to find out more.

**Dinosaur School**

The child-centered portion of the Incredible Years curriculum is a social skills program for children ages 3-8. The program uses life-size puppets, hands-on activities, role play, and video to teach young children appropriate problem-solving and friendship development skills. The children will learn a variety of skills including identifying feelings, solving problems, managing anger, meeting new people, giving and receiving compliments, and expressing feelings appropriately. The curriculum is utilized in preschool classrooms, kindergarten classrooms, primary classrooms, and at Family Resource Centers in a small group setting.

**Open Arms Domestic Violence Shelter** also has programming including:

**The Outreach Program:**
• Group support
• Court accompaniment
• Professional training
• Awareness program
• Individual education and support
• Information and referrals
• Crisis hotline, 419-422-4766

Who can use the services? Any adult or child who lives or works in Hancock County and is a victim of domestic violence or sexual assault, as well as the family and friends of the victim.

Contact information: Harmony House program of Open Arms
419-420-9261

**The Harmony House Program:** Harmony House is a program offered in a comfortable environment that provides supervised visitations and exchanges. Who can use the services?
The need for supervised visitation or exchanges may be due to issues related to divorce or separation, child abuse, domestic violence, restraining orders between parties, threats, or other safety concerns. Families may call themselves or be referred by the courts or professionals.

Contact information: Harmony House program of Open Arms
419-420-9261

**Help Me Grow:** Help Me Grow is a free, voluntary program designed to assist families before the birth of a baby and until the child turns three. Help Me Grow is a Family & Children First Initiative and is NOT income based!

Services available through Help Me Grow:
- Referrals to community resources
- Home Visitation Program Classes for infants, toddlers and parents Family Support activities & parent education
- Lending library