

PARENT SUPPORT GROUPS

DESCRIPTIONS:	DATE/TIME:	LOCATION:	REGISTRATION:	COST:
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>January 10th</u> 8:15-9:15 pm <u>January 26th</u> 8:15-9:15 pm <u>February 28th</u> 8:15-9:15 pm	Ohio University–Lancaster: Brasee Hall, 5th Floor 1570 Granville Pike Lancaster, OH	<i>Registration preferred.</i> Contact: Chris Carrico at (740) 862-6171 or chriscarrico@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	The Recovery Center: 1856 Cedar Hill Road, Lancaster, OH	<i>Registration required.</i> Call: The Recovery Center at (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>Dec. 19th</u> 7:00-8:00 pm <u>Jan. 16th</u> 7:00-8:00 pm <u>Feb. 20th</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
Out of the Box— Support Group for Moms This group is for moms that have children with physical challenges, special health needs or behavioral issues. The group meets to share ideas and encouragement.	<u>Dec. 11th</u> 7:00—8:00 pm <u>Jan. 8th</u> 7:00—8:00 pm <u>Feb. 12th</u> 7:00—8:00 pm	Fairfield Christian Church: 1965 N. Columbus St. Lancaster, OH	<i>Registration preferred.</i> For more information, contact Lisa Shields at (740) 654-0099 or lshields@fairfieldcc.org	Free
Parents Addressing Teen Challenges (PATCH) This is a confidential information and referral organization that provides support and assistance to parents and their teens through informational meetings, training sessions and activities.	<u>Jan. 10th</u> 7:00-9:00 pm <u>Feb. 14th</u> 7:00-9:00 pm	Location determined upon registration. Groups of any size may meet.	<i>Registration required.</i> Call: (614) 917-0148 or pkpatch@sbcglobal.net	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:
Being Safe 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
Caregivers of Substance Exposed Infants 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
Help Us Grow Safely (HUGS) 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	
Stewards of Children 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

Winter
Schedule
2011-12

Promoting strong communities, healthy families and safe children

December 2011



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
				1 <u>Children's Committee</u> 5:00 - 7:30 pm <u>Active Parenting Now (1)</u> 6:00 - 8:00 pm	2 <u>1,2,3,4 Parents!(1)</u> 10 am - 12:00 pm <u>Infant Feeding Info Session</u> 11:00am-12:00pm	3 <u>Gift of Time</u> 10 am—2 pm <u>Operation: Street Smart</u> 9 am—3 pm
4 <i>Praise good effort and a job well done</i>	5 <i>Get to know your child's teachers and friends</i>	6 <i>Tell your child how much you like being their parent</i>	7 <u>Breastfeeding Info Session</u> 10:30-11:30 am	8 <u>ABC's of KG</u> 6:30 - 8:00 pm <u>Active Parenting Now (2)</u> 6:00 - 8:00 pm <u>Crossroads</u> 5:30 - 9:30 pm <u>Infant/Child CPR</u> 6:00 - 9:00 pm	9 <u>1,2,3,4 Parents!(2)</u> 10 am - 12:00 pm	10 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm
11 <u>Out of the Box Support Group</u> 7:00—8:00 pm	12 <i>Create traditions and keep them</i>	13 <u>Breastfeeding Info Session</u> 1:00—2:00 pm	14 <i>Spend time alone with each child</i>	15 <u>Active Parenting Now (3)</u> 6:00 - 8:00 pm <u>Breastfeeding</u> 10:30-11:30 am <u>Crossroads</u> 5:30 - 9:30 pm <u>Sibling Class</u> 6:00 - 7:30 pm	16 <u>1,2,3,4 Parents!(3)</u> 10 am - 12:00 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>Take pictures of your child</i>	19 <u>NAMI Family Support Group</u> 7:00 - 8:00 pm	20 <i>Listen and let your child finish their own sentences</i>	21 <u>Prevention Works for a Drug Free Fairfield County</u> 3:30 pm <u>Infant Massage</u> 6:00 - 7:30 pm	22 <u>Loved Ones Support Group</u> 6:00 - 8:00 pm (Offered every Thursday)	23 <i>Show your child that you respect their ideas</i>	24 <i>Introduce your child to people, don't ignore them</i>
25 Christmas	26 <i>Teach your child to think positive by being positive</i>	27 <u>Newborn Care</u> 6:00 - 9:00 pm <u>Shaken Baby Syndrome</u> 6:00 - 8:00 pm	28 <u>Breastfeeding Info Session</u> 10:30-11:30 am	29 <u>Childcare & Babysitting Safety (CABS)</u> 8:30 am-3:30 pm <u>Grandparenting</u> 6:00 - 7:30 pm	30 <i>Eat dinner together, even if it's just once a week</i>	31 <i>Tell your child how much you like the way they're growing up</i>

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

DESCRIPTIONS:	DATE/TIME:	LOCATION:	REGISTRATION:	COST:
Loving Our Kids On Purpose (6-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.	<u>Mondays, Jan. 9th—Feb. 13th</u> 6:30—8:00 pm	Cove Ministry Center: 1302 Collins Road Lancaster, OH	<i>Registration preferred.</i> Contact: Becky Loving at (740) 385-4803 or kploving@frontier.com	Free—Donations accepted
Loving Solutions (8-class series) Receive support and solutions on how to raise tough kids ages 5-10. Some topics include: choosing battles, identifying crucial rules, setting boundaries, and encouraging positive choices.	<u>Saturdays, Jan. 7th—Feb. 25th</u> 8:00-11:00 am	Fairfield Medical Center: 401 N. Ewing Street Lancaster, OH	<i>Registration required.</i> Call: Kim Kirchgessner at (740) 687-8007	Free
Newborn Care (1-class session) Learn basic infant care skills such as bathing, feeding, diapering, sleeping patterns, crying, & symptoms of illness. Open to pre/post-natal parents.	<u>Dec. 27th Jan. 26th Feb. 27th</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	\$40.00—(Covered by Medicaid)
Operation: Street Smart Goal is to provide current narcotics information on trends, terminology, paraphernalia, and physiological effects. Includes actual examples of current designer street drugs, "traditional" drugs and prescription medications. Parents and professionals welcome to attend. Must be 21 or older.	<u>December 3rd</u> 9 am—3 pm	Fairfield Medical Center: 401 N. Ewing Street Lancaster, OH 2nd Floor Assembly Room	<i>Registration required.</i> Deadline is Nov. 30th. Limited to 150 participants! Call: (740) 687-4500 or Fax: (740) 687-4595	Free—Donations accepted Breakfast & Lunch provided
Parent Project (10-class series) This class is designed specifically for parents of strong-willed or out-of-control teens. Learn concrete prevention, identification, & intervention strategies for destructive adolescent behaviors (poor school performance, alcohol/drug use, gangs, runaways, violence, etc.)	<u>Thursdays, Feb. 2nd – April 5th</u> 6:00-9:00 pm	Fountain Square Building: 108 W. Main Street Lancaster, OH	<i>Registration required.</i> Call: Tessie Swain at (740) 652-9459 or Sara Condrac at (740) 475-0404	\$5 Material Fee— Dinner is provided
Parenting: The Early Years (6-class series) This is class is a step-by-step guide to selecting and modeling the "intentional traits" that you want your children to have. Best suited for parents of preschool to elementary age children.	<u>Wednesdays, Jan. 11th — Feb. 11th</u> 7:00-8:15 pm	Fairfield Christian Church: 1965 N. Columbus St. Lancaster, OH	<i>Registration required.</i> Call: (740) 654-0099	\$18 book fee— Childcare 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>Dec. 21st 3:30 pm Jan. 18th 8:00 am Feb. 15th 8:00 am</u>	Fairfield Medical Center: 401 N. Ewing Street Lancaster, OH 2nd Floor Conference Room	<i>Registration not required.</i> For more information, call Toni Ashton at (740) 681-5542 or tashnton@co.fairfield.oh.us	Free
Shaken Baby Syndrome Training 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>Dec. 27th 6:00-8:00 pm Jan. 31st 6:00-8:00 pm Feb. 28th 6:00-8:00 pm</u>	Job and Family Services: 239 W. Main Street Lancaster, OH	<i>Registration required.</i> Contact: Casie Stanton at (740) 652-7736 or Melinda Winegardner at (740) 652-7729	Free
Sibling Class (1-class session) 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>Dec. 15th Jan. 16th Feb. 21st</u> 6:00-7:30 pm	Fairfield Medical Center: 401 N. Ewing Street Lancaster, OH	<i>Registration required.</i> Call: Cheryl Eads at (740) 687-8218	\$15.00 per family
Transitioning to Adulthood—What's Next for Your Child? Junior High is not too early to consider plans for your child as they transition into High School & life after graduation. Topics include: transition in the IEP; vocational exploration; medical care & transition; social competence.	<u>January 10</u> 6:30—8:00 pm	Ohio University—Lancaster: Brasee Hall, 5th Floor 1570 Granville Pike Lancaster, OH	<i>Registration requested.</i> Call: Linda McDonald at SOCIL (740) 689-1494 x12	Free



January 2012

DESCRIPTIONS:	DATE/TIME:	LOCATION:	REGISTRATION:	COST:
Creative Arts for Mourning Pals (CAMP) 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.	January 21st 1:00-4:00 pm	Robert K. Fox Family YMCA: 465 W. 6th Ave Lancaster, OH	Registration required by January 11th. Contact Tracey Miller at (740) 475-0699 or palsforgrievingchildren@gmail.com	Free
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
Effective Care Coordination: Family Centered Care — Autism Speaks Autism Treatment Network Learn about the goals and values of the ATN; the importance of seeing a Developmental Behavioral Pediatrician; medical conditions such as sleep disturbances and gastrointestinal complaints that often accompany an autism spectrum disorder; and the role of subspecialty clinicians for ASD.	January 26th 6:30—8:00 pm	Ohio University—Lancaster: Brasee Hall, 5th Floor 1570 Granville Pike Lancaster, OH	Registration requested. Call: Linda McDonald at SOCIL (740) 689-1494 x12 Presenters: Amy Hess & Karen Ratliff-Schaub, Nationwide Children's Hospital	Free
FAEYC Mock Caldecott This program is a combination of a meeting of the Fairfield Association for the Education of Young Children (FAEYC) and a Mock Caldecott election. After a short business meeting, participants will be reading some of the best picture books published in 2011 and voting on a mock Caldecott winner.	January 14th 10:30-12:30 pm	Fairfield County District Library: 219 N. Broad Street Lancaster, OH	Registration not required. Open to the public. For more information, contact Cathy Crawford at (740) 654-0897 or lcrawfo4@columbusrr.com	Free
Gift of Time Businesses, agencies & organizations join to highlight the importance of family time together by providing four hours of FREE FAMILY FUN as a community gift to children birth to 8 years and their families.	December 3rd 10 am—2 pm	Lancaster High School: 1312 Granville Pike Lancaster, OH	Registration not required. For more information, contact Cathy Crawford at (740) 654-0897 or lcrawfo4@columbusrr.com	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.	Dec. 29th 6:00-7:30 pm Jan. 4th 6:00-7:30 pm Feb. 1st 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
Infant Feeding Information Session Class content includes proper bottle feeding techniques, formula preparation, safe handling, introduction to solids, and basic breastfeeding information and support.	Dec. 2 & 16 11 am- 12 pm Jan. 6 & 20 11 am- 12 pm Feb. 3 & 17 11 am- 12 pm	The Fairfield Dept. of Health: 1587 Granville Pike Lancaster, OH	Registration required. Call: (740) 687-6755 x175	Free
Infant Massage Bring your infant to this 1-session class with you. Learn various massage techniques and ways to reduce infant colic and soothe baby.	Dec. 21st 6:00-7:30 pm Jan. 10th 6:00-7:30 pm Feb. 23rd 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
Infant/Child CPR— Fairfield Medical Center Choking/CPR and Child Choking/CPR are covered in this 1-session class.	Dec. 8th 6:00-9:00 pm Jan. 6th 6:00-9:00 pm Feb. 16th 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

SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
1 New Years Day	2 <i>Let your child overhear you complementing them to someone else</i>	3 "Ice Cream for Books!" Fairfield County District Library's Winter Reading Program Begins Today!	4 <u>Breastfeeding Info Session</u> 10:30-11:30 am <u>Grandparenting</u> 6:00 - 7:30 pm	5 <u>1,2,3,4 Parents!(1)</u> 6:00 - 8:00 pm <u>Crossroads</u> 5:30 - 9:30 pm	6 <u>Active Parenting Now (1)</u> 10 am - 12:00 pm <u>Infant Feeding Info Session</u> 11:00am-12:00pm <u>Infant/Child CPR</u> 6:00 - 9:00 pm	7 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm *Series Begins: <u>Loving Solutions</u> 8:00—11:00 am
8 <u>Out of the Box Support Group</u> 7:00—8:00 pm	9 *Series Begins: <u>Loving Our Kids On Purpose</u> 6:30-8:00 Jan 10th: <u>Infant Massage</u> 6:00 - 7:30 pm	10 <u>PATCH</u> 7:00-9:00 pm <u>Transitioning to Adulthood</u> 6:30-8:00 pm <u>FC Autism Support Group</u> 8:15—9:15 pm	11 *Series Begins: <u>Parenting: The Early Years</u> 7:00—8:15 pm	12 <u>1,2,3,4 Parents!(2)</u> 6:00 - 8:00 pm <u>ABC's of KG</u> 6:30 - 8:00 pm <u>Crossroads</u> 5:30 - 9:30 pm	13 <u>Active Parenting Now (2)</u> 10 am - 12:00 pm	14 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm <u>FAEYC Mock Caldecott</u> 10:30am-12:30pm
15 <i>Answer your child's questions to the best of your ability</i>	16 <u>NAMI Family Support Group</u> 7:00 - 8:00 pm <u>Sibling Class</u> 6:00 - 7:30 pm Martin Luther King Jr. Day	17 <u>Creating Family Spending Plans(1)</u> 12 pm—1 pm	18 *Series Begins: <u>Cooperative Parenting and Divorce</u> 8:30am-12:30pm <u>Prevention Works for a Drug Free Fairfield County</u> 8:00 am	19 <u>1,2,3,4 Parents!(3)</u> 6:00 - 8:00 pm <u>Breastfeeding Info Session</u> 10:30-11:30 am <u>Creating Family Spending Plans(2)</u> 12 pm—1 pm	20 <u>Active Parenting Now (3)</u> 10 am - 12:00 pm <u>Infant Feeding Info Session</u> 11:00am-12:00pm	21 <u>Creative Arts for Mourning Pals (CAMP)</u> 1:00-4:00 pm
22 <i>Be firm and fair</i>	23 <i>Say "I love you" every day, no matter what</i>	24 <u>Caregivers of Substance Exposed Infants</u> 6:00—9:00 pm	25 <u>Breastfeeding Info Session</u> 10:30-11:30 am	26 <u>Effective Care Coordination</u> 6:30—8:00 pm <u>FC Autism Support Group</u> 8:15—9:15 pm <u>Newborn Care</u> 6:00 - 9:00 pm	27 <i>Display artwork or schoolwork proudly</i>	28 <i>Set boundaries to stay safe</i>
29 <i>Genuinely ask about your child's day</i>	30 <i>If you're wrong, admit your mistake</i>	31 <u>Shaken Baby Syndrome</u> 6:00 - 8:00 pm		Loved Ones Support Group 6:00 - 8:00 pm (Offered every Thursday)		

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February 2012



SUNDAY	MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			1 <u>Breastfeeding Info Session</u> 10:30-11:30 am <u>Grandparenting</u> 6:00 - 7:30 pm	2 <u>Active Parenting Now (1)</u> 6:00 - 8:00 pm *Series Begins: <u>Parent Project</u> 6:00 - 9:00 pm	3 <u>1,2,3,4 Parents!(1)</u> 10 am - 12:00 pm <u>Infant Feeding Info Session</u> 11:00am-12:00pm	4 <u>Crossroads</u> 8:30am-12:30pm
5 <i>Encourage kindness</i>	6 <i>Make yourself available</i>	7 <u>Breastfeeding Info Session</u> 1:00 - 2:00 pm	8 <i>Talk to your child as you would like to be talked to</i>	9 <u>ABC's of KG</u> 6:30 - 8:00 pm <u>Active Parenting Now (2)</u> 6:00 - 8:00 pm	10 <u>1,2,3,4 Parents!(2)</u> 10 am - 12:00 pm	11 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm
12 <u>Out of the Box Support Group</u> 7:00—8:00 pm	13 <i>Point out the qualities you like about your child</i>	14 <u>Parents Addressing Teen Challenges (PATCH)</u> 7:00-9:00 pm	15 <u>Prevention Works for a Drug Free Fairfield County</u> 8:00 am	16 <u>Active Parenting Now (3)</u> 6:00 - 8:00 pm <u>Breastfeeding Info Session</u> 10:30-11:30 am <u>Infant/Child CPR</u> 6:00 - 9:00 pm	17 <u>1,2,3,4 Parents!(3)</u> 10 am - 12:00 pm <u>Infant Feeding Info Session</u> 11:00am-12:00pm	18 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm
19 <i>Look at your child when you talk to them</i>	20 <u>NAMI Family Support Group</u> 7:00 - 8:00 pm Presidents' Day	21 <u>Sibling Class</u> 6:00 - 7:30 pm <u>Credit Counseling Class Today</u> 9:00 am—4:00 pm Call FMHA at (740) 653-6618 extension - 234	22 <u>Breastfeeding Info Session</u> 10:30-11:30 am	23 <u>Infant Massage</u> 6:00 - 7:30 pm	24 <i>Always celebrate the big moments in their lives</i>	25 <u>Crossroads of Parenting and Divorce</u> 8:30am-12:30pm
26 <i>Teach your child to have fun by doing it with them</i>	27 <u>Newborn Care</u> 6:00 - 9:00 pm	28 <u>Autism: Nutrition & Therapies</u> 6:30—8:00 pm <u>FC Autism Support Group</u> 8:15—9:15 pm <u>Shaken Baby Syndrome</u> 6:00 - 8:00 pm	29 <i>Smile more</i>	<u>Loved Ones Support Group</u> 6:00 - 8:00 pm (Offered every Thursday)		<i>To list programs in the Spring 2012 Calendar, contact: Sara Condrac at (740) 475-0404 or scondrac@co.fairfield.oh.us</i>

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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, and tips on avoiding accidents and problems.	<u>Dec: 2, 9, 16</u> 10 am-12 pm <u>Jan: 5, 12, 19</u> 6:00-8:00 pm <u>Feb: 3, 10, 17</u> 10 am-12 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	Free
ABC's of Kindergarten 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>Dec. 8th</u> 6:30-8:00 pm <u>Jan. 12th</u> 6:30-8:00 pm <u>Feb. 9th</u> 6:30-8:00 pm	Lancaster Community Church: 230 N. Columbus St. Lancaster, OH Enter through Door A	Registration required. Call: Mary Johnson at (740) 407-6719 or mjohanson@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>Dec: 1, 8, 15</u> 6:00-8:00 pm <u>Jan: 6, 13, 20</u> 10 am-12 pm <u>Feb: 2, 9, 16</u> 6:00-8:00 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	Free
Autism: Nutrition Interventions and Therapies Understand the connection between the possible causes or related symptoms of autism and common dietary supplements and/or diets; popular dietary supplements—safety and effectiveness; food sensitivities/allergies; nutrient deficiencies.	<u>February 28th</u> 6:30-8:00 pm	Ohio University—Lancaster: Brasee Hall, 5th Floor 1570 Granville Pike Lancaster, OH	Registration requested. Call: Linda McDonald at SOCIL (740) 689-1494 x12 Presenter: Jody Wall—Pediatric Dietitian, Nationwide Children's Hospital	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. Open to all Fairfield County residents.	<u>1st Wednesday</u> 10:30 - 11:30 am <u>2nd Tuesday</u> 1:00—2:00 pm <u>3rd Thursday</u> 10:30 - 11:30 am <u>4th Wednesday</u> 10:30 - 11:30 am	The Fairfield Dept. of Health: 1587 Granville Pike Lancaster, OH	Registration required. Call: (740) 652-2847 or fairfield bph@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>January 24th</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
Childcare & Babysitting Safety (CABS) Learn what to do in an emergency, child development, & how to positively discipline kids. Receive CPR and Foreign Body Airway Obstruction Training.	<u>December 29th</u> 8:30 am-3:30 pm	Fairfield Medical Center: 401 N. Ewing Street Lancaster, OH	Registration required. Call: Kim Kirchgessner at (740) 687-8007	\$35.00—Bring a sack lunch
Children's Committee 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>December 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
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.	<u>Wednesdays, Jan. 18th—March 7th</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 fairfieldrtc@yahoo.com	\$20.00—Book fee
Creating Family Spending Plans (2-class series) Learn to recognize wants versus needs, how to track spending so income will cover expenses, and create action plans to budget your money.	<u>Jan. 17th (1)</u> 12 pm—1 pm <u>Jan. 19th (2)</u> 12 pm—1 pm	Fairfield Metropolitan Housing Authority: 315 N. Columbus St. Lancaster, OH	Registration required. Contact: Amy Swartz at 740-653-6618 ext. 234 or aswartz@fairfieldmha.org	Free