Family Support
By The Way Clinic
1029 S Broad St | Lancaster, OH
740-654-6911
Provides healthcare services to qualifying uninsured or underinsured community members.

Community Food Pantry
80 Covenant Way | Canal Winchester, OH
614-834-4700
Call for appointments; Appointments available M,T,W from 1-3pm (4-6pm on the 2nd & 4th Wednesday).

Healthy Start/Healthy Families
1-800-324-8680  Medical health coverage for children up to 19 years and pregnant women.

Hearing/Vision Screening for Children
Ohio Department of Health
246 North High St., 6th Floor | Columbus, OH
614-466-5332
Lancaster-Fairfield Comm. Action | Clothing Pantry
1743 East Main Street | Lancaster, OH
740-653-4146 Hours of operation: 1:00 and 3:30 p.m. Tues. and Thur.

Lions Club
740-687-0500
Provides eye glasses at little/no cost to eligible person.

NAMI Franklin County
4100 North High St., Suite 103 | Columbus, OH
614-262-0114 | NAMIfc.org
Provides support and coping strategies for those with mental illness in their lives.

OSU Dental Clinic
305 West 12th Ave. | Columbus, OH
614-292-2751
Provides dental care at a reduced cost.

Sounding Board Counseling Center 614-231-1151

Prescription Assistance
Charitable Pharmacy of Central Ohio
Livingston United Methodist Church
200 E. Livingston Ave. | Columbus, OH
614-227-0301 | Charitablepharmacy.org/gethelp
Fairfield County 2-1-1
108 West Main Street, Suite C | Lancaster, OH
Fairfieldcounty211.org/Medication-Assistance.html
Call 2-1-1 in order to determine qualifications.

Online Resources
Cosmic Kids Yoga
www.youtube.com/user/cosmickidsyoga
YouTube channel featuring short, free yoga and mindfulness routines.

National Institute of Mental Health
Help for Mental Illnesses
Provides information on crisis resources.

Psychology Today
www.psychologytoday.com.us
Find a Therapist tool available.

TeenCounseling
www.teencounseling.com
Online, phone, and message-based counseling for teens.

Smart Phone Apps
Free apps. May have in-app purchases available.

Breathe2Relax
Provides detailed information about stress. Helps users practice breathing to decrease the body’s fight or flight response and help with mood stabilization, anger control, and anxiety management.

Head Space
Provides guided meditation designed to decrease stress and anxiety.

IntelliCare
Designed to help w/ the mgmt. of depression and anxiety.

MindShift
Provides information and coping strategies for managing anxiety.

Stop, Breathe & Think
Stop, Breathe & Think Kid
Allows users to identify their emotions and provides activities that promote breathing, mindfulness, and sleep. Kids version for children aged 5-10.

State and National Hotlines
Children’s Services 614-229-7000
Diseases Hotline 614-645-7772
Domestic Violence 614-224-4663
HandsOn Central Ohio 614-221-2255
Huckleberry House 614-294-5553
Natl. Eating Disorders 1-800-931-2237
NETCARE 614-276-2273
Ohio AIDS Hotline 1-800-332-AIDS
Pregnancy/Teen Clinic 614-293-5469
Rape/Sexually Abused 614-267-7020
Suicide Prevention 614-221-5445
Youth Psychiatric Crisis 614-722-1800

Law Enforcement
Columbus Police Department 614-645-4545
Canal Winchester Police Department 614-837-7478
Fairfield County Sheriff’s Department 740-652-7900
Franklin County Sheriff’s Department 614-462-3368

Emergency Counseling Assessments
Netcare Access 614-276-2273
199 S. Central Avenue | Columbus, OH
Provides mental health crisis services 24/7.

Nationwide Children’s Hospital 614-355-8080
Provides emergency mental health assessments.

OSU Emergency Room 614-293-8333
1654 Upham Drive | Columbus, OH
Provides emergency mental health assessments.

Shelters
CHOICES for Victims of Domestic Violence 614-224-4663 (24 hour crisis line)
Provides emergency shelter for female victims of domestic violence and their children.
CW School Counselors
Indian Trails Elementary (grades K-2)
Beth Hinshaw bhinshaw@cwls.us
Winchester Trails Elementary (grades 3-5)
Victoria Teter vteter@cwls.us
CW Middle School (grades 6-8)
Kristy Crooks kcrooks@cwls.us
Becky Old bold@cwls.us
CW High School (grades 9-12)
Nicole Duffy nduffy@cwls.us
Deidra Muse dmuse@cwls.us

CW School-Based Clinical Counseling
District Behavior Specialist
Daniel Morales, MA, LPCC dmorales@cwls.us
District Behavior Specialist
Jenna Roberts, MA, LPCC jroberts@cwls.us
School Social Worker
Kim Vojacek, LISW kvojacek@cwls.us
OSU Mental Health Supervisor
Rochelle Dunn, PhD, LPCC-S rdunn@cwls.us
*OSU Interns are available to meet with students throughout the year.

Nationwide Children’s Hospital Clinicians
Charges may apply for these services. Children’s Hospital clinicians are available throughout the district. Please contact the school counselor for a connection to these resources.

Local Recreational Resources
Canal Winchester Parks and Recreation
614-834-5111 www.cwrecreation.com
Larry L. Garver YMCA
6767 Refugee Road | Canal Win, OH | 614-389-4556
Ymccolumbus.org/locations/garver
Groveport Recreation Department
7370 Groveport Road | Groveport, OH
Recreation Center: 614-836-1000

Adult Education
Action for Children
78 Jefferson Ave. | Columbus, OH | 614-224-0222
A resource and referral agency for child care (training, employer consulting, school-age child care workshop).
Lancaster-Fairfield Comm. Action 740-653-4146
Ohio Department of Education 614-466-1577

Alcohol & Other Drug Information
Support Groups
Al-Anon and Ala-Teen
614-547-1550 | Coafg.org
Provides guidance & assistance for family, friends, or others concerned about anyone with a drinking problem. Call or visit website for meeting schedules.
AA (Alcoholics Anonymous)
614-253-8501 | Aacentralohio.org
Provides support for individuals with a drinking problem. Call or visit website for meeting schedules.
Narcotics Anonymous
614-251-1700 | Nacentralohio.org
Provides support for individuals with a narcotics problem. Call or visit website for meeting schedules.

Assessment and Treatment
OSU East/Talbot Hall 614-257-3760
Maryhaven 614-445-8131
Stevens House 614-443-0720

Bereavement/Grief
Evergreen | Mt. Carmel Hospital - Hospice Line
614-234-0206 | Mountcarmelhealth.com/grief—loss
Provides organized grief support groups to both children and adults at no charge. Age and gender specific groups are available.
HomeReach Hospice OhioHealth
614-566-5377 | Ohiohealth.com/hospice
Provides grief support and education programs. Call for group schedule.
OSU James Children’s Support Program
614-293-4138
Provides support to children ages 2 to 19.

Child Abuse
Franklin County Children’s Services
1951 Gantz Rd. | Grove City, OH | 614-229-7000
Fairfield County Job and Family Services
239 West Main Street | Lancaster, OH | 740-652-7887

Community Counseling Services
Covenant Family Wellness, LLC
5600 Gender Rd | Canal Winchester, OH | 614-705-0626
Family Focus | North Central Mental Health
1301 N High St | Columbus, OH | 614-227-6865
Huckleberry House
1420 Hamlet St. | Columbus, OH | 614-294-5553
Huck House is a 24-hour crisis shelter for 12-17 year olds.
Nationwide Children’s Behavioral Health
700 Children’s Dr. | Columbus, OH | 614-355-8080
New Horizons Mental Health Services
437 Hill Rd. N | Pickerington, OH | 614-834-1919
Ohio Guidestone
195 N. Grant Suite 250 | Columbus, OH | 888-522-9174
Pinnacle Behavioral Health
5965 East Broad St. | Columbus, OH | 614-759-5075
Prime Behavioral Health, LLC
647 Hill Rd N B | Pickerington, OH | 614-833-6900
Spirit of Peace Clinical Counseling

Disability Services
Bureau of Vocational Rehabilitation
899 East Broad St. | Columbus, OH | 614-466-6031
Services provided include: evaluations, restoration, counseling, vocational training, and job readiness.

Eating Disorders
B.A.S.H. (Bulimia- Anorexia Self Help) 1-800-227-4785
Center for Balanced Living 614-293-9550
445 East Granville Road, Building N | Worthington, OH CenterforBalancedLiving.org

English as a Second Language (ESL)
ESL - Capital University
345 Renner Hall | 2199 E Main St. | Columbus, OH 614-236-7102
ESL - Ohio Department of Education
106 North High St. | Columbus, OH | 614-466-9827