

## 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 2<sup>nd</sup> & 4<sup>th</sup> 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

**for Family Conflict** 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.*

## Prescription Assistance

### Access Health Columbus

1-877-223-1505

### Vineyard Community Church

15187 Palmer Rd. SW | Etna, OH  
740-927-7729 | vineyard05.com

## 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  
www.nimh.nih.gov/health/find-help/index.shtml  
*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, \$40-\$70 weekly.*

## 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** *IntelliCare Hub app and related mini apps, such as IntelliCare Thought Challenger or Worry Knot, are 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.*



**Canal Winchester**

LOCAL SCHOOLS

## Family Resource Directory

### Franklin and Fairfield County Programs

## 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

<b>Columbus Police Department</b>	614-645-4545
<b>Canal Winchester Police Department</b>	614-837-7478
<b>Fairfield County Sheriff's Department</b>	740-652-7900
<b>Franklin County Sheriff's Department</b>	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**  
700 Children's Drive | Columbus, OH  
*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.*

### **Indian Trail Elementary School**

**Kalyssa Deken, MA, LPC** kdeken@cwls.us

Nationwide Children's Hosp. School-Based Counselor

### **Winchester Trail Elementary School**

**Amanda Glorioso, MA, LPC** aglorioso@cwls.us

Nationwide Children's Hosp. School-Based Counselor

### **Canal Winchester Middle School**

**Samantha Melnik, MA, LPCC** smelnik@cwls.us

Nationwide Children's Hosp. School-Based Counselor

### **Canal Winchester High School**

**Matthew Morgan, MA, LPCC** mmorgan@cwls.us

Nationwide Children's Hosp. School-Based Counselor

## Local Recreational Resources

### **Canal Winchester Parks and Recreation**

614-834-5111 [www.cwrecreation.com](http://www.cwrecreation.com)

### **Larry L. Garver YMCA**

6767 Refugee Road | Canal Win, OH | 614-389-4556

[Ymcaohio.org/locations/garver](http://Ymcaohio.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

**Aspire HSE(GED) and ESOL** [www.eastlandfairfield.com](http://www.eastlandfairfield.com)

*FREE Adult Workforce Readiness Education HSE (High School Equivalency) Preparation Classes and English Language Classes. To get a good job today, you need basic academic skills, workforce skills, and access to affordable, high-quality higher education options.*

## Alcohol & Other Drug Information

### Support Groups

#### **Al-Anon and Ala-Teen**

614-547-1550 | [Coafg.org](http://Coafg.org)

*Provides guidance & assistance for family, friends, or others concerned about anyone with a drinking problem.*

#### **AA (Alcoholics Anonymous)**

614-253-8501 | [AAcentralohio.org](http://AAcentralohio.org)

*Provides support for individuals with a drinking problem. Call or visit website for meeting schedules.*

#### **Cocaine Anonymous**

614-251-1122 | *Provides support for individuals with a cocaine problem. Call for meeting schedules.*

*Call for meeting schedules.*

#### **Narcotics Anonymous**

614-251-1700 | [NAcentralohio.org](http://NAcentralohio.org)

*Provides support for individuals with a narcotics problem.*

*Call or visit website for meeting schedules.*

### Assessment and Treatment

Nationwide Child. Hosp. Behavi. Health 614-722-2458

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](http://Mountcarmelhealth.com/grief)—loss

*Provides free organized grief support groups to children & adults. Age/gender specific groups are available.*

### **HomeReach Hospice OhioHealth**

614-566-5377 | [Ohiohealth.com/hospice](http://Ohiohealth.com/hospice)

*Provides grief support and education programs.*

### **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

### **Huckleberry House**

1420 Hamlet St. | Columbus, OH | 614-294-5553

*Huckleberry House is a 24-hour crisis shelter for 12-17 year olds who may stay at the shelter for 3-5 days.*

## Community Counseling Services

### **Covenant Family Wellness, LLC**

5600 Gender Rd | Canal Winchester, OH | 614-705-0626

### **Directions for Youth and Families**

1515 Indianola Ave. | Columbus, OH | 614-294-2661

### **Family Focus | North Central Mental Health**

1301 N High St | Columbus, OH | 614-227-6865

### **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

### **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**

6305 Waterloo Road | Canal Win., OH | 614-442-7650

[spiritofpeaceclinicalcounseling.com](http://spiritofpeaceclinicalcounseling.com)

## Disability Services

### **Bureau of Vocational Rehabilitation**

899 East Broad St. | Columbus, OH | 614-466-6031

*Services provided include: evaluations, restoration, counseling, vocational training, job readiness, and assistance with job placement*

## 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](http://CenterforBalancedLiving.org)

*Provides a team approach to eating disorder treatment.*

## English as a Second Language (ESL)

### **ESL - Capital University**

345 Renner Hall | 2199 East Main St. | Columbus, OH

614-236-7102

### **ESL -Ohio Department of Education**

106 North High St. | Columbus, OH | 614-466-9827