



Free Parenting Support

Services available to caregivers of children ages 12 and under.

- Live discussion groups in person or online covering topics including:
 - Dealing with Disobedience
 - Managing Fighting and Aggression
 - Hassle-Free Outings
 - Developing Good Bedtime Routines
- Brief, individual parenting sessions online or by phone on a variety of topics including:
 - Tantrums
 - Mealtimes
 - Managing Caregiver Stress
- Five- to eight-week workshop in person or online covering a wide range of positive parenting strategies to help parents feel more confident in managing their child’s behavior.

For more information contact the provider in your county.

COUNTY	CONTACT INFORMATION
Crawford, Fayette, Franklin and Richland	Nationwide Children’s Hospital (614) 355-8099, TripleP@NationwideChildrens.org
Delaware and Morrow	Prevention Awareness Support Services Liz Wintringham: (740) 513-4211, ext. 301, lwintringham@passaah.org
Fairfield	Family, Adult & Children First Brandy Heeter: (740) 681-5540, Brandy.heeter@fairfieldcountyohio.gov
Knox	Parent Support Initiative of Knox County (740) 324-5789, psiknox@gmail.com
Licking	Mental Health America of Licking County Kitty Roahrig: (740) 919-6905, kroahrig@mhalc.org
Marion and Union	Action for Children Melinda Moreno: (614) 585-9725, triplep@actionforchildren.org
Madison	Madison Prevention Karen Wells: (740) 852-6342, preventionmadison@gmail.com

