



## PUTTING THE CHILDREN FIRST RESOURCE DIRECTORY

There are many resources available to assist parents, children and families who want or need support, intervention, services or additional information and education. Columbus is rich with local organizations and programs covering a wide array of needs. Additionally, there are many helpful publications and websites that you may access in order to meet your specific needs.

This Directory provides information about local resources, publications and website links that address a number of topics. It was compiled from a number of different resource lists available to the public. Inclusion is not an endorsement of an organization or resource by Action for Children. Exclusion of an organization or resource is not a reflection of the importance or quality of services offered by any organization or individual. The information contained within is correct to the best of our knowledge, and will be updated on a regular basis. For additional information, contact **HandsOnCentralOhio at (614) 221-6766** ([www.handsoncentralohio.org](http://www.handsoncentralohio.org)), or **Action for Children at (614) 224-0222** ([www.actionforchildren.org](http://www.actionforchildren.org)).

### LOCAL RESOURCES

#### Family Support

Consumer Credit Counseling Service 1-800-355-2227  
Central Community House 252-3157  
Clintonville-Beechwood Community Resources Center 268-3539

COTA 228-1776  
Franklin County Board of DD 475-6440  
Gladden Community House 227-1600  
Godman Guild Association 294-5476  
Healthy Start 341-2287  
Help Me Grow 227-9860  
JOIN 241-2531  
Neighborhood House 252-4941  
St. Stephen's Community House 294-6347  
Social Security Administration 1-800-772-1213  
Southside Settlement House 444-9868

#### Parenting Education

Action for Children 224-0222  
Catholic Social Services 221-5891  
Directions for Youth & Families 294-2661  
Early Childhood Resource Network 543-9000  
Godman Guild 294-5476  
Jewish Family Services 231-1890  
Nationwide Children's Hospital 355-0662  
Active Parenting of Children  
St. Stephen's Community House 294-6347

#### Child Abuse and Neglect

Franklin County Children's Services 229-7000

#### Domestic Violence

Action Ohio Coalition for Battered Women 221-1255  
ASHA - Ray of Hope 326-2121  
CHOICES 224-4663

Cols Coalition Against Family Violence 722-5985  
Ohio Domestic Violence Ntwk 781-9651  
SARNCO- Sexual Assault Network of Central Ohio- 24 hour Rape Helpline 267-7020

#### Mental Health and Counseling

Directions for Youth and Families 294-2661  
Nationwide Children's Hospital Behavioral Health Services 355-8080  
NetCare Access 276-2273  
Northwest Central Counseling 457-7876  
St Vincent Family Centers 252-0731  
Youth Advocate Services 258-9927

#### Chemical and Alcohol Dependency

ADAMH 224-1057  
Alvis House 252-0295  
Amethyst, Inc. 242-1284

#### Child Care and Early Learning

Action for Children 224-0222  
CDC Head Start 460-8740  
Childhood League Center 253-6933  
Columbus Urban League Head Start 257-6300

#### Legal Assistance and Dispute Resolution

Legal Aid Society (Medicaid) 241-2001  
The Legal Aid Society of Columbus 241-2001  
Office of Mediation Services 462-6640  
Community Mediation Services of Central Ohio 228-7191



## PUTTING THE CHILDREN FIRST RESOURCE DIRECTORY

### Health and Wellness (Limited Income)

Columbus Public Health 645-7417

### Child Support

Child Support Enforcement 462-3275

### Housing and Shelter

CMHA 421-6091

Columbus Housing Partnership 221-8889

Community Properties of Ohio 253-0984

Columbus Urban League 257-6300

Faith Mission 224-6617

Homeless Families Foundation 461-9247

Homeowner HelpLine 221-2255

or 2-1-1

YMCA Family Center 253-7970

### Services for Immigrants

Asian American Community Services 220-4023

CRIS 234-5747

Horn of Africa 337-4346

Ohio Hispanic Coalition 840-9934

Somali Women & Children's Alliance 473-9999

Somali Community Association 262-4068

### Franklin County Dept. of Job & Family Services

**Opportunity Centers** 462-4000

Northeast 3443 Agler Rd 428-6703

*Zip Codes: 43004, 43054, 43219,*

*43224, 43226, 43229, 43230,*

*43213, 43236, 43081*

East 4055 Mt. Vernon Ave 251-6300

*Zip Codes: 43068, 43109, 43147,*

*43203, 43205, 43206, 43209,*

*43213, 43227*

South 3723 S. High St 233-2000

*Zip Codes: 43110, 43123, 43125,*

*43137, 43140, 43146, 43206, 43207,*

*43217, 43232*

West 314 N. Wilson Rd 308-1200

*Zip Codes: 43119, 43126, 43204,*

*43017, 43026, 43016, 43222,*

*43223, 43228, 43065*

North 345 E. Fifth Ave 233-2000

*Zip Codes: 43002, 43085, 43201,*

*43202, 43210, 43211, 43212, 43214,*

*43215, 43220, 43221, 43234, 43235*

*43240, 43272*

### Franklin County WIC Locations

East Central 645-5553

John Maloney 645-3131

St. Stephen's 645-8306

WIC Northeast 645-3072

WIC Clintonville 724-3075

Georgesville WIC 645-3621

WIC Eastland 645-3623

WIC Outerbelt East 724-0590

West Side Health Center 645-6437

Columbus Public Health 645-6764

### Utility Assistance

IMPACT Community Action 252-2799

The Breathing Association 457-2997

Lifeline Assistance (AT&T Ohio) 1-800-335-8721

## PUBLICATIONS

### Divorce and Children

- *Divorce Magazine*
- Oddenino, Michael L; ***Putting Kids First: Walking Away from a Marriage without Walking Over the Kids*** (1996). A guide which advises parents on how to walk away from a marriage with the least effects on the children. New attitudes about children and divorce's effects are needed: Oddenino provides these insights, juxtaposing case history examples of parent interactions and experiences with the legal system with keys to therapies which help heal the entire family.
- Ahrons, PhD, Constance; ***We're Still Family, What Grown Children Have to Say About Their Parents' Divorce*** (2005) - In this book, Constance Ahrons challenges the myth that children of divorce are troubled, drug abusing, academically challenged, and unable to form adult relationships. Instead she provides new evidence that the legacy of divorce is not as devastating as some researchers have suggested. By listening to the voices of these grown children, divorcing parents will learn what they can do to maintain family bonds.
- Emery, Ph.D, Robert E; ***The Truth about Children and Divorce: Dealing with the Emotions So You and Your Children Can Survive*** (2006) - In this book, Robert Emery applies his twenty-five years of experience as researcher, therapist, and mediator to offer parents a new road map to divorce. Topics include how parents can manage the potentially toxic feelings of their divorce and deal more effectively with the necessary daily tasks— from talking to children and creating a workable parenting schedule to dealing with legal issues.
- Ricci, Isolina; ***Mom's House, Dad's House: Making Two Homes for Your Child*** (1997) Considered a classic guide by many professionals Ricci's book focuses on the experience of parents through the divorce process Throughout parents are guided through helpful exercises and self assessments to identify their own feelings and take stock of their relationship with the other parent.
- Molina, Vincent Gerard; ***Communicating With A Former Spouse*** (1999) Creates possibilities for areas of difficulty and presents solutions to the common circumstances which surround poor communication between divorced couples. It assists a person in establishing communication that is mutually beneficial to both parties that in turn will have a direct impact on the lives of the children. Whether a person is divorced with children, or has never been married and has children, if both parents are no longer together, *Communicating With A Former Spouse* is a must-read and -apply book.
- Jones-Soderman, Jill and Quattrocchi, Alison; ***How To Talk to Your Children About Divorce*** (2006) This guide aids the parent in listening, believing, and nurturing their children through this difficult time. It is clear, concise and insightful.
- Long, Nicholas and Forehand, Rex L., ***Making Divorce Easier on Your Child- 50 Effective Ways to Help Children Adjust*** (2002) This book offers immediate answers and quick advice about dealing with the different problems children of divorce face, without having to wade through information about divorces impact.
- Schneider, Meg and Zuckerberg, Joan; ***Difficult Questions Kids Ask and Are Afraid to Ask About Divorce***. (1996) The questions children ask during a divorce can be hard to address because parents aren't sure how much to explain or how to go about it. This book gives parents a helpful guide to addressing the questions children may ask as well as those they may be thinking but afraid to ask.
- Wallerstein, Judith; ***What About the Kids?: Raising Your Children Before, During, and After Divorce*** (2004) The executive director of The Center for Family in Transition makes some great points, such as parents need to deal with their own feelings before talking with their child. It is a very common sense approach for a time when common sense seems to be fleeting.

### Co-parenting

- Ross, Julie A and Corcoran, Judy; ***Joint Custody with a Jerk: Raising a Child with an Uncooperative Ex*** (1996) - Most parents find the title fairly amusing, however the book does offer more than a good chuckle. Joint Custody with a Jerk is geared to help parents deal with many of those less than ideal situations. It provides tips on how to handle an uncooperative ex, identifying your own feelings, problem solving and conflict resolution.

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- Warshak, Dr. Richard A; ***Divorce Poison: Protecting the Parent-Child Bond from a Vindictive Ex*** (2003) An excellent resource for parents who are dealing with a vindictive ex-spouse who is focused on seriously damaging your relationship with your children. This book helps parents identify damaging behavior from the subtle to the severe and provides good information on how deal with this situation.
- Hannibal, Mary Ellen and Gyemant, Judge Ina; ***Good Parenting Through Your Divorce*** (2006) A guide for active receptive listening to your child, and help dealing with the myriad of emotions your child faces with the changes and adjustments of divorce.
- Thayer, Ph.D, Elizabeth and Zimmerman, Ph.D, Jeffrey; ***The Co-Parenting Survival Guide: Letting Go of Conflict after a Difficult Divorce*** (2001) They offer advice ranging from conflict resolution to dealing with stepparents, advice that could save parents thousands of dollars in legal fees and protect kids from needless misery and trauma

### Resources for Children

- Loughhead, Ph.D, Stephen; ***Lemons 2 Lemonade, How to Handle Life When Things Go Sour Between Mom and Dad*** (2005) - This award winning DVD program is designed to address many of the concerns and problems children of divorce face everyday. Created for children between the ages of 6 to 12 years old, topics are presented in a fun, entertaining and kid friendly way. Lemons 2 Lemonade offers parents the opportunity to do something positive for their children in the very place where things are changing most.... their homes.
- Brown, Marc and Krasny Brown, Laurie; ***Dinosaur's Divorce*** (1988) - Sympathetic to the full range of feelings that divorce produces, the authors use evocative cartoon dinosaur characters to convey their message. Chapters address such concerns as why parents divorce, what will happen to "me," where will holidays be celebrated, living in two homes, etc.... for children 4-8
- Schotter, Roni; ***Missing Rabbit*** (2002) A comfort to children who "go back and forth," Schotter's (Captain Snap and the Children of Vinegar Lane) thoughtfully conceived story addresses the anxieties of very young children living under joint custody arrangements. For ages 3-6.
- Levin, Sandra; ***Was it the Chocolate Pudding: A Story For Little Kids About Divorce*** (2005) - With childlike innocence and humor, this book explains divorce from a kid's point-of-view. Special emphasis is placed on the fact that divorce is not the child's fault, that it is a grown-up problem. Deals with practical day-to-day matters such as single-family homes, joint custody, child-care issues, and misunderstandings.
- Neman, Gary; ***Helping Your Kids Cope With Divorce the Sandcastle Way*** (1999) An intensive workshop for children, where they use their creative energies to express feelings they may be having due to divorce. It is an excellent outlet for children who may need help voicing their feelings.
- Reilly, Natalie and Pavaese, Brandi; ***My Stick Family*** (2002) This book emphasizes and reaffirms the resilience and constancy of love for children within the family, even after a marriage ends.
- Ricci, Isolina, Ph.D; ***Mom's house, Dad's House for Kids*** (2006) Designed for children 10 years and older this books invites children not only learn more about how their family is changing but also gives them the opportunity to develop important life skills.
- Lanski, Vicky; ***It's Not Your Fault, Koko Bear: A Read-Together Book for Parents and Children*** (2003). Written at a reading level for age 4-8, and reassures children that their feelings are normal, that their parents will still love and take care of them, and that the divorce is not their fault. At the bottom of each page are tips for parents to discuss with their children. It's a really cute idea for a really difficult subject.

### Step-families/Blended families

- Gabe, Grace and Lipman-Blumen, Jean; ***Step Wars: Overcoming the Perils and Making Peace in Adult Stepfamilies***
- [www.stepmommag.com](http://www.stepmommag.com)

### Absent or Long Distance Parents

- Newman, George; ***101 Ways to Be a Long-Distance Super-Dad... or Mom, Too!*** (2006)

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- ***Helping Your Kids Connect: 250 Activities to Help Your Children Stay Connected to Their Long Distance Mom or Dad*** The National Institute for Building Long Distance Relationships (2002)

### Divorce - Legal

- ***Family Advocate***; The American Bar Association (magazine)

### Parenting

- ***Parent Magazine***
- ***Parenting Magazine***
- ***KIWI Magazine***
- ***Disney Family Fun Magazine***
- Weissbluth, Marc; ***Healthy Sleep Habits, Happy Child***; (2005)
- Tobin, Mickey; ***The Art of Positive Parenting***; (1996)
- Pantley, Elizabeth; ***Perfect Parenting: The Dictionary of 1,000 Parenting Tips***; (2005) Gives the tools you need to feel confident as you raise your children. This handy reference book may become an indispensable part of your family's life. It is based on action, not reaction; thoughtfulness, not anger; knowledge, not chance and common sense, not nonsense.
- Gordon, Thomas; ***P.E.T. Parent Effectiveness Training*** (1984) A proven method to bring parents and their children together and to show parents how to help their children become mature, healthy, happy, and loving individuals. The system is designed to work with children of all ages, from the very young up through the rebellious adolescent years.
- Faber, Adele; ***How to Talk So Kids Will Listen & Listen So Kids will Talk*** (1999) An excellent communication tool kit based on a series of workshops developed by Adele Faber and Elaine Mazlish. The authors provide a step-by-step approach to improving relationships in *your* house. The "Reminder" pages, helpful cartoon illustrations, and excellent exercises will improve your ability as a parent to talk and problem-solve with your children.

### Child Development

- ***Parent & Child Magazine***

### Behavior/Discipline

- Phelan, Thomas; ***1-2-3 Magic: Effective Discipline for Children***; (2004) Provides practical and easy-to-learn parenting techniques that WORK for children ages 2-12.
- Leman, Dr. Kevin; ***Have a New Kid by Friday: How to Change Your Child's Attitude, Behavior & Character in 5 Days*** (2008) Tired of defiant attitudes and power struggles with your little ankle-biters? Then you need this book. With his signature wit and wisdom, internationally recognized family expert Dr. Kevin Leman reveals why your kids do what they do and what you can do about it. He gives you simple principles that can give you results in as little as 5 days.

### Special Needs

- ***Exceptional Parent Magazine***
- ***Autism Magazine***

### Miscellaneous

- ***Working Mother Magazine***
- ***Fit Pregnancy Magazine***
- ***American Baby Magazine***

## **WEBSITES**

### **Divorce and Children**

- [www.divorcemagazine.com](http://www.divorcemagazine.com)
- [www.divorceonline.com](http://www.divorceonline.com)
- [www.mediate.com](http://www.mediate.com)
- [www.hostile-aggressive-parenting.com](http://www.hostile-aggressive-parenting.com)
- [www.divorceasfriends.com](http://www.divorceasfriends.com)
- [www.helpguide.org/mental/children\\_divorce.htm](http://www.helpguide.org/mental/children_divorce.htm)
- [www.aacap.org/cs/root/facts\\_for\\_families/children\\_and\\_divorce](http://www.aacap.org/cs/root/facts_for_families/children_and_divorce)

### **Co-parenting**

- [www.helpguide.org/mental/coparenting\\_shared\\_parenting\\_divorce.htm](http://www.helpguide.org/mental/coparenting_shared_parenting_divorce.htm)
- [www.coparenting101.org](http://www.coparenting101.org)
- [www.singleparents.about.com/od/successfulcoparenting/p/consistent\\_co.htm](http://www.singleparents.about.com/od/successfulcoparenting/p/consistent_co.htm)
- [www.mediate.com/articles/ScottM.cfm](http://www.mediate.com/articles/ScottM.cfm)

### **Step-families/Blended families**

- [www.stepfamilies.info](http://www.stepfamilies.info)
- [www.bonusfamilies.com](http://www.bonusfamilies.com)
- [www.aacap.org/cs/root/facts\\_for\\_families/stepfamily\\_problems](http://www.aacap.org/cs/root/facts_for_families/stepfamily_problems)
- [www.stepmommag.com](http://www.stepmommag.com)

### **Absent or Long Distance Parents**

- [www.parental-alienation-awareness.com](http://www.parental-alienation-awareness.com)
- [www.fathers4kids.com](http://www.fathers4kids.com)
- [www.co.bannock.id.us/dmoretip.htm](http://www.co.bannock.id.us/dmoretip.htm)
- [www.divorcehelpforparents.com/long-distance-parenting.html](http://www.divorcehelpforparents.com/long-distance-parenting.html)

### **Effect of Relocation**

- [www.aaml.org/tasks/sites/default/assets/File/docs/journal/Journal\\_vol\\_15-1-5\\_Psych\\_Effects\\_of\\_Reloc.pdf](http://www.aaml.org/tasks/sites/default/assets/File/docs/journal/Journal_vol_15-1-5_Psych_Effects_of_Reloc.pdf)
- [www.highbeam.com/doc/1P3-47825131.html](http://www.highbeam.com/doc/1P3-47825131.html)

### **Family Support**

- <http://psychcentral.com/lib/2006/getting-support-while-going-through-divorce>

### **Parenting**

- [www.parenting.com](http://www.parenting.com)
- [www.today.msnbc.msn.com/id/3041445/ns/today-parenting\\_and\\_family](http://www.today.msnbc.msn.com/id/3041445/ns/today-parenting_and_family)
- [www.webmd.com/parenting](http://www.webmd.com/parenting)
- [www.healthychildren.org](http://www.healthychildren.org)
- [www.babycenter.com](http://www.babycenter.com)

### **Domestic Violence**

- [www.helpguide.org/mental/domestic\\_violence\\_abuse\\_types\\_signs\\_causes\\_effects.htm](http://www.helpguide.org/mental/domestic_violence_abuse_types_signs_causes_effects.htm)
- [www.ndvh.org](http://www.ndvh.org)
- [www.ncadv.org/protectyourself/GettingHelp.php](http://www.ncadv.org/protectyourself/GettingHelp.php)

### **Mental Health**

- [www.nimh.nih.gov/index.shtml](http://www.nimh.nih.gov/index.shtml)
- [www.webmd.com/mental-health/default.htm](http://www.webmd.com/mental-health/default.htm)
- [www.mentalhelp.net](http://www.mentalhelp.net)
- [www.mentalhealth.samhsa.gov](http://www.mentalhealth.samhsa.gov)

### **Chemical and Alcohol Dependency**

- [www.medicalcenter.osu.edu/patientcare/healthcare\\_services/mental\\_health/mental\\_health\\_about/substance/Pages/index.aspx](http://www.medicalcenter.osu.edu/patientcare/healthcare_services/mental_health/mental_health_about/substance/Pages/index.aspx)
- [www.draonline.org/chemical\\_dependency.html](http://www.draonline.org/chemical_dependency.html)
- [www.egetgoing.com/drug\\_addiction/chemical\\_dependency.asp](http://www.egetgoing.com/drug_addiction/chemical_dependency.asp)
- [www.aa.org/?Media=PlayFlash](http://www.aa.org/?Media=PlayFlash)

### **Early Childhood and Child Development**

- [www.earlychildhood.com](http://www.earlychildhood.com)
- [www.kidshealth.org/parent/growth/index.html](http://www.kidshealth.org/parent/growth/index.html)
- [www.childdevelopmentinfo.com](http://www.childdevelopmentinfo.com)
- [www.cdc.gov/ncbddd/child](http://www.cdc.gov/ncbddd/child)
- [www.child-encyclopedia.com/en-ca/list-of-topics.html](http://www.child-encyclopedia.com/en-ca/list-of-topics.html)

### **Divorce - Legal**

- [www.topics.law.cornell.edu/wex/Divorce](http://www.topics.law.cornell.edu/wex/Divorce)
- [www.communitymediation.com](http://www.communitymediation.com)

### **Behavior/Discipline**

- [www.familydoctor.org/online/famdocen/home/children/parents/behavior/201.html](http://www.familydoctor.org/online/famdocen/home/children/parents/behavior/201.html)
- [www.additudemag.com/adhd-behavior-discipline.html](http://www.additudemag.com/adhd-behavior-discipline.html)
- [www.americanhumane.org/about-us/newsroom/fact-sheets/child-discipline.html](http://www.americanhumane.org/about-us/newsroom/fact-sheets/child-discipline.html)