



# 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



*When your child needs a hospital, everything matters.*



**Ohio Children's Trust Fund**  
*Ohio's Prevent Child Abuse America Chapter*