

## Pregnancy and Parenting Related Services

### **BABY PANTRY - WRIGHT MEMORIAL UNITED METHODIST CHURCH**

735 Mount Vernon Road  
Newark, OH 43055  
740-366-2120 Main Phone

<http://www.foodpantrynetwork.net>

[foodpantry@midohio.twcbc.com](mailto:foodpantry@midohio.twcbc.com)

**Hours:** Tuesdays and Thursdays from 10:30-12:30

**Service description:** Emergency Pantry providing Baby Items & Baby Food including: Cereal - Jar/box, Juice, Foods - Stages 1, 2, & 3, Formula - Enfamil, Isomil, Prosobee, Diapers, Diaper Wipes, Diaper Bags, Baby Wash

Each time an individual visits a food pantry, they **MUST** show proof of household and verification of each family member to receive food.

Acceptable documents for each CHILD: Birth Certificate; Adoption papers; Custody papers.

Acceptable documents for each ADULT: Driver's License; U.S. Passport; Military ID/Draft Card; State Identification Card.

\*Must also provide proof of residence through a current bill or lease agreement, and Photo ID for person picking up food.

### **BABY PANTRY - HEBRON NEW LIFE UNITED METHODIST CHURCH**

925 West Main Street  
Hebron, OH 43025  
740-415-1914 Baby Pantry

<http://www.hebronnewlife.com>

[nlbabypantry@gmail.com](mailto:nlbabypantry@gmail.com)

**Hours:** Wed 5pm-7pm; Sat 10am-12pm.

**Site overview:** Provides a baby pantry to help with the following: Diapers, Wipes, Formula, Baby Food, Cereal, Juices, Clothing and other misc. baby items for eligible families (bring same documents as for Wright Memorial Baby Panty listed above). Also offers a community meal each month that is open to the public. Community Meal: 4:30-6pm Last Thursday of each month.

### **FAMILY HEALTH SERVICES OF EAST CENTRAL OHIO**

155 McMillen Drive  
Newark, OH 43055  
(800) 688-3266 Toll Free  
(740) 344-9291 Main Phone

Mon- Fri. 8am-4:30pm **Services:** Physical examinations for women, pap tests, breast exams, screening and treatment for STIs, screening for high blood pressure, anemia, pregnancy testing, birth control supplies, emergency contraception, HIV/AIDS counseling and testing

**Remarks:** (800) 688-3266; Sliding fees for services are based upon a client's income and family size, however, no one is denied services due to their inability to pay; Hours: Monday thru Thursday 8:00 a.m. to 5:30 p.m., Friday 8:00 a.m. to 12:00 noon

## HEARTBEATS - LICKING COUNTY

336 East Main Street

Newark, OH 43055

740-349-7558 Main Phone

800-712-4357 Hotline/Helpline

<http://www.pregnancynewark.com>

[eness@heartbeats.org](mailto:eness@heartbeats.org)

**Site hours:** Mon 10am-7pm; Tue-Wed 10am-4pm; Thu 10am-7pm, Sat 10am-1pm.

**Service description:** Free pregnancy tests, resources, friendship and referrals, and parenting classes. Our goal is to meet the needs of pregnant women in distress in order that they and their unborn children will be physically and mentally strong and healthy. This help continues for two years after birth and extends to the father and significant others in relation to the pregnancy. Our objectives work together in order to help individuals regain control of their lives, so they can actively solve problems as independent, productive and well-adjusted members of our community. Ultrasound clinic will provide a FREE first trimester limited ultrasound to determine intrauterine viability and fetal heart tones.

### ADDITIONAL SERVICES:

- Pregnancy tests.
- Limited Ultrasound.
- Pregnancy options education with trained client consultants.
- Adoption information and referrals.
- Maternity and baby clothes.
- Post abortion support.
- Information on STI's/Reproductive Health/Fertility Awareness.
- Dreamkeepers: Discovering Sexual Integrity and Health.
- Miscarriage Support.
- Support services, including pregnancy & parenting education.
- Childbirth Education.
- Referrals for professional and community services.
- Programs for men.

## LEADS COMMUNITY ACTION AGENCY WILSON STREET EARLY HEAD START

161 Wilson Street

Newark, OH 43055

740-349-3850 Main Phone

<http://www.leadscas.org>

**Hours:** Mon-Fri 8am-4:30pm.

EARLY HEAD START

**Service description:** Program designed to foster healthy development in pregnant mothers and children from birth through age 3, from income eligible families. Our program delivers a range of services, responsive and appropriate to the heritage and experience of each child and their family. Each service includes all aspects of development and learning.

## **LICKING COUNTY JOB AND FAMILY SERVICES (LCJFS) - SUPPORT SERVICES**

74 South Second Street  
Newark, OH 43055  
740-670-8999 Main Phone  
<http://www.lickingcountyjfs.com>  
CHILD CARE SUBSIDIES

## **LICKING COUNTY HEALTH DEPARTMENT**

675 Price Road  
Newark, OH 43055  
740-349-6535 Main Phone  
<http://www.lickingcohealth.org>  
[health@lickingcohealth.org](mailto:health@lickingcohealth.org)

### **WIC**

**Service description:** Provides education and counseling to pregnant women and new moms. The goal of this program is for the clients to experience a healthy pregnancy, delivery, and equip them to care for their newborn child. This program works closely with the WIC program, and a nurse travels to WIC satellite clinics around the county.

**Hours:** Mon-Fri 8:30am-4:30pm; Tue 8:30am-6:30pm.

**Site hours:** Mon-Fri 8am-5pm

### **ADDITIONAL REPRODUCTIVE HEALTH AND PARENTING SERVICES:**

AIDS EDUCATION AND TESTING

BREAST FEEDING SUPPORT

CHILD CAR SEAT SAFETY PROGRAM - Free car seat for attending

COMMUNICABLE DISEASE INFORMATION

IMMUNIZATION CLINICS

SEXUAL HEALTH CLINICS STD CLINIC

## **LICKING MEMORIAL HEALTH SYSTEMS**

### **LMH - FIRST IMPRESSIONS MATERNITY SERVICES**

1320 West Main Street  
Newark, OH 43055  
MATERNITY TOURS & CLASSES  
(740) 348-4346

## **MENTAL HEALTH AMERICA - SERVICES**

65 Messimer Drive Unit 3  
Newark, OH 43055  
740-788-0300 Main Phone  
<http://www.mhalc.org>  
[ParentSupportBOP@mhalc.org](mailto:ParentSupportBOP@mhalc.org)

**Site hours:** Mon-Fri 8am-5pm.

PARENTNG EDUCATION & SUPPORT

**Service description:** We offer a variety of topic-specific education programs for parents to help them build relationships with their children. Healthy communication and appropriate discipline are among

the topics covered. Classes are available to individuals, or groups. Courses offered include: \* - 1-2-3 Magic-Managing Difficult Behavior in Children Age 2-12. - How To Talk So Kids Will Listen and Listen So Kids Will Talk. - How To Talk So Teens Will Listen and Listen So Teens Will Talk. - What Successful Kids Have that Others Don't. - Parenting Wisely. - Triple P.

## **PATHWAYS OF CENTRAL OHIO PARENT EDUCATION CENTER**

1627 Bryn Mawr Drive

Newark, OH 43055

740-345-6166 ext. 230 Main Phone Heather Hickman, Program Director

<http://www.pathwaysofcentralohio.org>

[hhickman@pathwaysco.org](mailto:hhickman@pathwaysco.org)

**Hours:** Mon-Fri 8am-4:30pm.

### **HELP ME GROW**

**Service description:** Help Me Grow Home Visiting provides first time expectant or new parents the information and support they need to be prepared for the birth of their child and provides ongoing education and support for families to maximize their child's health and development to age 3. Structured interactive visits are provided on a regular basis at a time convenient for the family. No fee.

### **ACTIVE PARENTING - FIRST FIVE YEARS**

**Service description:** This three session workshop will give you the opportunity to meet with other families of toddlers and preschool children who may be experiencing some of the same challenges you are facing every day. Using videos, activities and group discussion, a group leader will help you learn important skills for parenting a young child.

### **INCREDIBLE YEARS BASIC PARENT PROGRAM**

**Service description:** Incredible Years training programs give parents and caregivers of children 0-12 strategies to manage behaviors such as aggressiveness, ongoing tantrums, and acting out behavior such as swearing, whining, yelling, hitting and kicking, answering back, and refusing to follow rules. The program also shows parents how to support their child's emotional development and confidence; helping children ultimately succeed with developing friendships, developing emotional regulations skills, and starting school ready to learn. This is a 14 week program.