

Resource Guide for Patients and Families

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SECTION 1: Parenting

A. Educational and Support Groups for Parents and Their Children

Beech Acres Family Center	513-624-3400
Short -Term Individual Counseling - Phone support for people under stress who have questions	
Single Parent Services	
Family/Parent Education - Support services for single parents and their children	
Single Parent Support Groups	
Group Services	513-231-6630
Every Child Succeeds Program - Parenting program for first-time parents; women must be in the third trimester of pregnancy (more than six months pregnant).	
Step Family Support Groups - Support groups for parents and their children living in stepfamilies	
Children's Divorce Support Groups	
Butler County Help Me Grow	513-867-5008
Early Intervention - Moms with children ages 0-3. Provides developmental testing to determine if eligible for other community services.	
Early Start - Moms with children ages 0-3. Income guidelines. Nursing and social work services available based upon needs.	
Welcome Home Infants - Nursing visit to first-time mothers after returning home from delivery	
Parent Education Programs - For pregnant and parenting teens and older mothers who are receiving government assistance	
Catholic Social Services (Family Education Service)	513-241-7745
New Visions - Support group for divorced and separated parents	
In-Home Parent Education Program - Prenatal - 5 years old	
Every Child Succeeds Program - Parenting program for first-time parents	513-636-2830
Parent Discussion - Discussion group for parents on assigned readings. Child care provided.	
Drop-In Play Groups - Playgroups for parents and their children from newborn to 5 years	
Family Night Program - Parenting program for parents and their children who are involved in the parent/child program.	
Taking Care of Me - Issues related to younger parents for ages 17-23. Transportation and child care provided.	
Family Care Network	513-636-8810
Newborn Intensive Care Parenting/Support Program - Parenting program for parents who have infants who are getting or have received special care from a newborn intensive care unit.	
Family Education Programs	513-921-2246
Parents As Teachers Program (PAT) - In-home parent education program	
Training Ohio Parents for Success (TOPS) - Parenting skills program for teen parents that focuses on self-esteem issues and parenting skills.	
Able/Even Start Program - Parenting program that helps parents complete their high school education (GED), improves their child's school performance through family literacy and parental involvement, and provides home visits by a parent educator.	
Drop-In Play Groups - Parenting program for parents and their children from newborn to age 5; allows parents and their children to participate in quality developmental and play activities facilitated by a trained parent educator.	
Hamilton County Parent Resource & Training Center	513-569-1240

Life Span	513-867-7545
(All parenting programs through this organization are provided in-home)	
K.I.T.E. Program - Parenting program for pregnant and parenting teens who are not receiving government assistance	
First Steps Program - Program for expecting mothers ages 20 and older who are not receiving government assistance	
Credit or Debt Management	513-868-9220
Family Services of Cincinnati Area (Life Skills & Education Center)	513-921-6300
Raising Great Kids - Educational skills classes for parents	
Parenting Through Change - Educational skills classes for parents going through a divorce or who are dealing with custody issues	
Franciscan at St. John	513-241-2186
La Leche League (Greater Cincinnati & Northern Kentucky)	513-357-MILK or 513-221-3350
Mother to Mother Support - Provides telephone contact with another mother	
Mothers of Multiples - Support for mothers who give birth to more than one baby	
Moms' Club: Lisa Bird, Coordinator	513-697-1266 (home phone)
Support group for at-home mothers and their children; activities include outings and playground visits	
New Beginnings	513-283-6280
Support group for parents who are divorced, separated, widowed or who have remarried	
Parents and Children for Equality (PACE)	513-624-7223
Support group for parents who are separated, divorced or unwed	
Parents Without Partners	513-241-4744
Support group for single parents	
Tough Love	859-261-8148
Support group for parents of rebellious teens	
B. Family and Individual Counseling	
Beech Acres (Family Center)	513-624-3400
Butler County Behavioral Health	
Fairfield Counseling Center	513-942-3181
Hamilton Counseling Center	513-896-7887
Catholic Social Services	513-241-7745
Central Clinic	513-558-5823
Central Community Health Board	513-559-2000
The Children's Home of Cincinnati (Services for Children)	513-272-2800
The Counseling Source, Inc.	513-984-9838
CORE Behavioral Health Center	513-541-7577
Family Service of the Cincinnati Area	
New Clients & Information	513-345-8555
Central Office (W. Fourth St.)	513-381-6300
Clermont County (Eastgate)	513-793-5030
East Office (Madison Rd.)	513-321-1803
Hyde Park	513-321-1803
Sharonville	513-733-3232
Family Service of Northern Kentucky Area	859-655-4882
Jewish Family Services	513-469-1188

SECTION 2: Baby Supplies, Clothing and Food Pantries

Lutheran Social Services	513-326-5430
Mental Health Services East/Center for Children and Families	513-321-8286
Norcen Behavioral Health	513-761-6222
Salvation Army	513-762-5660
Santa Maria Family Center (Price Hill Residents Only)	513-557-2700
Specialized Alternatives for Families and Youth (Services for Children)	937-865-9061

C. Child Care/Day Care

Comprehensive Community Child Care	513-221-0033
Hamilton County Child Day Care Connection	513-946-1800
Catherine Booth Child Development Center (Infant/Toddler Day Care Center)	513-751-6002
Day care for children ages 3 months to 3 years	
Community Action Agency	513-569-4510
Cincinnati Union Bethel (Head Start Program)	513-768-6921

D. Information and Referrals

Consumer Network Warmline	513-931-WARM
Family Link Line	513-946-LINK
Hamilton County Community Mental Health Board	513-946-8610
Mental Health Association	513-721-2910
United Way and Community Chest	513-721-7900

A. Baby Supplies/Food/Equipment

Birthright	513-241-5433
Provides baby items	
Crescent Women's Medical Group	513-891-0211
Breast pump rental	
Easter Seals	513-821-9890 or 1-800-288-1123
Car seat loans	
Free Store/Food Bank	513-241-1064
Provides food, formula, diapers, care seats and furniture (open Monday-Friday, 8:30 to 11:30 a.m. and 1:30 to 3:30 p.m.)	
Pregnancy Care Center	513-521-3117
St. John's Social Services	513-651-6444
Layette and Arms Program	513-471-2501
Services United for Mothers and Adolescents, Inc. Walnut Hills office (SUMA)	513-721-7862
Women, Infants and Children (WIC)	513-821-6813
Provides supplemental foods for infants and children up to age 5	

B. Food Pantries

Blessed to be a Blessing - Zion Global Ministries	513-531-1888
7030 reading Road, Suite 420, Cincinnati, OH 45237	
Clothes, shoes, food, haircuts	
Open tuesday through Saturday 10 a.m. to 2 p.m.	
CAIN (Churches Active in Northside)	513-591-2246
4230 Hamilton Avenue, Cincinnati, OH 45223 (Must reside in the 45223 zip code)	
Food distribution hours: Monday, 6:30 p.m. to 8:30 p.m.; Tuesday, 9:30 a.m. to 12:30 p.m.; Wednesday, 6:30 to 8:30 p.m.; Thursday, 9:30 a.m. to 12:30 p.m.	
City Gospel Mission	513-241-5525
Food distribution hours: By appointment only for single women and women with children.	
Breakfast served daily at 6:30 a.m.; dinner served daily at 6:30 p.m.	
Emanuel Community Center	513-241-2563
Free Store/Food Bank	513-241-1064
Food distribution hours: Monday through Friday, 8:15 to 11:30 a.m. and 1 to 3:30 p.m.	
Harrison Avenue Assembly of God	513-367-6109
Food distribution hours: Tuesday through Friday, 9:30 a.m. to 3:30 p.m.	
Holy Family Conference (SVDP)	513-471-0800
Food distribution hours: Monday and Friday, 1 to 3 p.m.	
Memorial Community Center	513-621-3032
Open Door/Church of Advent	
Food distribution hours: Every last Saturday of the month, 9 to 11 a.m. Serves families, older adults and singles with disabilities. Must present I.D. or Social Security number. No zip code restrictions.	
St. Andrew's Pantry	513-531-4337
Food distribution hours: Tuesday and Wednesday 1 to 2:30 p.m.	
St. Boniface Pantry (SVDP)	513-541-1563
Food distribution hours: Saturday, 1 to 3 p.m.	
St. Mark Food Pantry	513-961-1961
Food distribution hours: Monday through Thursday, 10 a.m. to noon	

SECTION 3: Medical Health Services

St. Michael Food Pantry	513-921-0766
Food and clothing distribution hours: Tuesday and Thursday after the 15th of each month, from 10 a.m. to 2 p.m. Services for -04 zip code only (must bring proof of residency for within the past thirty days). If outside of -04 zip code a referral can be made for one time only and then will be referred to own zip code.	
Union Baptist Church Food Pantry	513-381-3858
Food distribution hours: Second, third and fourth Thursday of every month at noon	
United Way & Community Chest	513-721-7900
Community food pantry information	
Victory Neighborhood Services	513-961-4500
Food distribution hours: Friday, 8 a.m. to 5 p.m.	
West Cincinnati Presbyterian Church	513-621-0041
Referrals and occasional food services	

A Hospitals

Bethesda North Hospital	513-745-1111
Children's Hospital Medical Center	513-636-4200
Christ Hospital	513-585-2000
Deaconess Hospital	513-559-2100
Dearborn County Hospital (Lawrenceburg, IN)	513-564-8000
Fort Hamilton Hospital	513-867-2000
Good Samaritan Hospital	513-872-1400
Jewish Hospital	513-686-3000
Mercy Franciscan Hospital Mount Airy	513-853-5000
Mercy Franciscan Hospital Western Hills	513-389-5000
Mercy Hospital Anderson	513-624-4500
Mercy Hospital Clermont	513-732-8200
Mercy Hospital Fairfield	513-870-7000
Middletown Regional Hospital	800-338-4057
Saint Elizabeth Medical Center	859-292-4000
Saint Luke Hospital East	859-572-3100
Saint Luke Hospital West	859-962-5200
Shriners Hospital for Children	513-872-6000
Summit Behavioral HealthCare	513-948-3600
University Hospital	513-584-1000
VA Medical Center	513-861-3100

B Family Clinics

Community clinics

After Hours Nurse Clinic at the City Gospel Mission	513-470-3923
Open Tuesdays and Thursdays, 6 - 8 p.m.	
East End Community Health Center, 4027 Eastern Ave 45226	513-321-2202
Express Medical Care, 5002 Ridge Ave 45209	513-531-1505
Health Resource Center at the FreeStore Foodbank	513-357-4602
The Jordan Health Program	513-557-5370
Lincoln Heights Health Center, 1171 Adams 45215	513-554-4100
Mt. Auburn Health Center, 2415 Auburn Ave 45219	513-241-4949 or 513-412-5439
Mt. Healthy Family Practice Center, 8146 Hamilton Ave 45231	513-522-7500
Northside Health Clinic, 3917 Spring Grove Ave 45223	513-357-7600
Walnut Hills Evanston Family Practice Center, 3036 Woodburn Ave 45206	513-281-4116
West End Health Center, Inc., 1413 Linn St. 45214	513-621-2726
Winton Hills Medical and Health Center, Inc., 5275 Winneste Ave 45232	513-242-1033

C Pediatric Clinics

Babies Milk Fund (BMF)	513-281-8000
Children's and prenatal care clinic	
Children's Hospital Medical Center	513-559-4200
Pediatric inpatient and outpatient services	
East End Community Health Center, Inc.	513-321-2202
Obstetrics, gynecology and pediatric services	
Childhood Immunizations	513-352-2901
School Age Immunizations	513-357-2807

D Prenatal Care Clinics

Babies Milk Fund (BMF)	513-281-8000
Good Samaritan Hospital	513-872-1400 or 513-872-2563
Accepts sliding scale and Medicaid	
Planned Parenthood	513-287-6484
Pregnancy Care Center	513-521-3117

E University Hospital Clinics

Allergy Clinic	513-584-4061
Hoxworth Center, 2nd Floor	
Anti-Coagulation Clinic	513-584-4061
Hoxworth Center, 2nd Floor	
Arthritis Clinic	513-584-4061
Hoxworth Center, 2nd Floor	
Barrett Center Clinic Information:	
ENT/Otolaryngology Private Practice	513-475-8400
2nd Floor, Barrett Center	
ENT Clinic	513-584-4501
2nd Floor, Barrett Center	
Gyn Oncology	513-584-8227
2nd Floor, Barrett Center	
Gyn Dysplasia	513-584-8227
2nd Floor, Barrett Center	
Hematology Oncology Clinic	513-584-7661
2nd Floor, Barrett Center	
(Specific MDs only available on their clinic days)	
IV Therapy	513-584-7466
2nd Floor, Barrett Center	
Neuro. Oncology Clinic	513-584-3262
2nd Floor, Barrett Center	
Pancreatic-Hepatobiliary Clinic	513-584-2873
2nd Floor, Barrett Center	
Radiation Oncology Clinic	513-584-3494
2nd Floor, Barrett Center	
Radiation Treatment	513-584-2446
1st Floor, Barrett Center	
Surgical Oncology/Breast Clinic	513-584-8900
3rd Floor, Barrett Center	
(Specific MDs only available on their clinic days)	
Radiation Oncology	513-584-3494
2nd Floor, Barrett Center	
Burn Clinic	513-584-4318
Main Clinic Building, Basement	
Cardiac Clinic	513-584-4061
Hoxworth Center, 2nd Floor	
Congenital Heart (Adult) Clinic	513-584-4061
Hoxworth Center, 2nd Floor	

Dermatology Clinic	513-584-4644
A Pavilion, 3rd Floor	
Diabetes Clinic	513-584-4061
Hoxworth Center, 2nd Floor	
Endocrine Clinic	513-584-4061
Hoxworth Center, 2nd Floor	
Eye Clinic	513-584-5461
A Pavilion, 2nd Floor	
General Internal Medicine Clinic	513-584-4505
Hoxworth Center, 2nd Floor	
GI Clinic	513-584-4318
Outpatient Building, Basement	
Ortho/Neuro/PMR	513-584-6345
Outpatient Building, 1st Floor	
Hypertension Clinic	513-584-4061
Hoxworth Center, 2nd Floor	
Infectious Diseases Center	513-584-6977
Holmes Building, 1st Floor	
Internal Medicine & Pediatrics	513-584-7425
Hoxworth Center, 2nd Floor	
Liver Clinic	513-584-4318
Outpatient Building, Basement	
Neurosurgery Clinic	513-584-4318
Outpatient Building, Basement	
OB/GYN Clinic	513-584-4081
B Pavilion, 2nd Floor	
Oral Surgery	513-584-7910
Holmes Building, 2nd Floor	
Pain Center	513-584-1670
Outpatient Building, 1st Floor	
Pain Center	513-584-1670
Holmes Building	
Perinatal Treatment Center	513-584-4800
Outpatient Building, 2nd Floor	
PM & R Clinic	513-584-6345
Outpatient Building, 1st Floor	
Podiatry Clinic	513-584-4318
Outpatient Building, Basement	
Pulmonary Clinic	513-584-4061
Hoxworth Center, 2nd Floor	
Renal Clinic and Renal Surgery Clinic	513-584-4061
Outpatient Building, 3rd Floor	
Renal Transplant Clinic	513-584-7001
Outpatient Building, 3rd Floor	
Surgery Clinics	513-584-4318
Outpatient Building, Basement	
Trauma Clinic	513-584-4318

513-584-7900
 Outpatient Building, 1st Floor
Vascular Clinic513-584-4318
 Outpatient Building, Basement

F Education, Advocacy, and Referrals

Speech and Hearing Disabilities

Assistance Listening Devices 1-800-537-2118
 An infrared headset enables you to listen to the TV, stereo or VCR at a louder volume than other in the room.
 Deaf and Hard of Hearing Institute TDD/TTY 513-471-2990 or 513-471-2996
 Dogs for the Deaf, Inc.541-826-9220
 Free service matches trained dogs with hearing impaired individuals to help live independently.
 Hearing Consultants513-489-3300
 Hearing, Speech and Deaf Center of Greater Cincinnati TDD/ TTY .. 513-221-0527 or 513-221-3300

Relay Service

Ohio Voice/ TDD 1-800-750-0750
 Kentucky 1-800-648-6057
 Kentucky TDD 1-800-648-6056
 Indiana Voice/ TDD 1-800-743-3333

Diabetes Services

American Diabetes Association513-759-9330
Education research and support programs
 Mercy Franciscan Diabetes Care Center 513-853-5863
 Self-management education for adults with diabetes

Drug and Poison

Drug and Poison Information Center 513-636-5111 or 1-800-222-1222
 Emergency information for drug or poison exposure is supplied by licensed pharmacists, registered nurses, and certified paramedics and poison information specialists.

Epilepsy

Epilepsy Counsel513-721-2905

Gastrointestinal Support

Crohn's and Colitis Foundation of America513-772-3550

Heart Disease

American Heart Association513-281-4048

Huntington's Disease

National Huntington's Disease Helpline513-741-4372

Kidney Disease

Kidney Foundation of Greater Cincinnati513-961-8105

Leukemia

Leukemia Society513-361-2100

Lung Disease

American Lung Association of Ohio513-985-3990

NeuroMuscular Diseases

Muscular Dystrophy Association513-231-2222
 National Multiple Sclerosis Society513-769-4400
 American Parkinson's Disease Association 513-948-1100 or 1-800-840-2732

Nutrition

Dairy and Nutrition Council Mid East859-485-4661
 Greater Cincinnati Nutrition Council513-621-3262

Stroke

Easter Seals SouthWestern Ohio513-821-9890

Cancer Resources

The Health Alliance Community Cancer Resource Guide is available online for the Greater Cincinnati community, specifically for cancer patients and their families. It can be accessed at: www.health-alliance.com/cancer.
 Please call inclusion specialist Stephanie Montgomery at 513-352-4055 to schedule an appointment to create an Inclusion Support Plan.

G Financial Assistance and Medical Insurance Information

(CHIP) Healthy Start 1-800-324-8680
 Ohio's health insurance plan for children
 Hamilton County BCMH (Bureau of Children with Medical Handicaps513-946-7882
 Hamilton County Job and Family Services 513-946-2480 or 1-800-686-6108
 Social Security Administration 1-800-772-1213
 Social Security Disability (SSD)
 Supplemental Security Income (SSI)
 (S.S.I.) Supplemental Security Income for Premature Infants 1-800-772-1213
 Assistance only available for premature infants under 1,200 grams

H Health Departments

Hamilton County513-946-7800
 City of Cincinnati513-357-7400
 Cincinnati (north, central, south)513-352-2471
 Cincinnati (north, central, north)513-352-2476
 Cincinnati (west)513-564-2260
 Norwood513-458-4600
 Reading513-733-3725
 Sharonville513-563-1722
 Springdale513-346-5725
 St. Bernard513-242-7709
 Butler County513-887-5253
 City of Hamilton513-785-7080
 Clermont County513-732-7499
 Clermont County Nurses Only513-735-8989
 Middletown 513- 425-0972
 Oxford513-863-1770

SECTION 4: Mental Health Services

A. Support Services: 24 - Hour Hot Lines

Children's Mobile Crisis	513-558-8888
Consumer Network Warmline	513-931-9276 (WARM)
Crisis Hot Line	513-281-2273 (CARE)
Linkline	513-946-5465 (Link)
MHAP (Mental Health Access Point)	513-558-8888
The University Hospital Psychiatric Emergency Service Adult Mobile Crisis	513-584-8577

B. Counseling Services

Catholic Social Services of Southwestern Ohio	513-241-7745
Northeastern Area Office	513-489-8898
Northwestern Area Office	513-385-9600
Western Area Office	513-922-6537
Central Clinic	513-558-5823
Central Community Health Board (CCHB)	513-559-2000
CORE Behavioral Health Center	513-541-7577
The Counseling Source, Inc.	513-984-9838
The Crossroads Center	513-475-5300
Family Service of Cincinnati Area	513-381-6300 or 513-345-8555
North Suburban Office	513-733-3232
East Office	513-321-1803
Jewish Family Service	513-469-1188
Lutheran Social Service East, Inc.	513-469-1188
Mental Health Services East/Center for Children and Families	513-321-8286
Norcen Behavioral Health Systems	513-761-6222
Halfway House	513-458-6292

C. Education/Advocacy/Referrals

Hamilton County Community Mental Health Board	513-946-8600
Mental Health Access Point (MHAP)	513-558-8888
Mental Health Association	513-721-2910
National Alliance of the Mentally Ill (NAMI)	513-948-3094
Recovery Initiative	513-221-8660
Santa Maria Community Services	513-557-5370

D. Support Groups/Consumer Operated Groups

AA Meeting for People with Bipolar - Hyde Park United Methodist Church	
Wednesdays at 7 p.m.	
AIDS Support Group	513-853-5841
Autism Support Group	513-948-2544
Bipolar Disorder Support Group	513-541-7577 or 513-721-2910
Black Women's Support Group	513-751-3085
Breast Cancer Support Group	513-853-5803 or 513-729-5564
Caregiver Support Group	513-929-4483
Chronic Pain Support Group	513-572-3678
Fibromyalgia Support Group	513-231-2933
Depression Support Group	513-621-1117
Diabetes Support Group	513-745-1126

Disability Support Group	513-241-2600
Divorce Support Group	513-521-9330
Eating Disorder Support Group	513-948-8038
Family-To-Family Support Group	513-933-5201
Gamblers Anonymous	513-244-9779
Greater Cincinnati Bipolar Support Group	513-721-2910
Greater Cincinnati Intergroup of Sex and Love Addicts	513-852-9459
Hand-To-Hand Support Group (Lebanon)	513-403-9240
Healthy Living Support Group	513-221-8660
Kid's Connection	513-281-7880
Men With Depression Support Group	513-541-7577, Ext. 238
NAMI (National Alliance of the Mentally Ill) of Hamilton County	513-948-3094
NAMI - National	1-800-950-6264
NAMI - Ohio	614-224-2700
OCD Anonymous	513-271-7723
Positive Parenting	513-345-8545
Recovery, Inc.	513-726-6123
Schizophrenia Anonymous	513-221-8660
Sexual Assault Group	513-872-9259
Single Parent Support Group	513-541-1412
Survivors of Incest Anonymous	513-351-6309
Hypnosis for Smoking and Weight Loss.....	513-985-3990
Women's Connection	513-471-4673
Women's Support Group	513-621-1117
Women with Depression	513-745-9383
Consumer Operated Groups	
CAPE Social Club	513-281-4956
Consumer Network	513-221-7755
Just For Us (Mitchell Center)	513-861-6688
Might Vine Wellness Center	513-241-9355
Recovery Initiative	513-221-8660

E. Case Management Services

Central Clinic	513-558-5823
CCHB (Central Community Health Board)	513-559-2000
Central Intake	513-559-2048
Drug Services Intake	513-559-2048
The Children's Home (Children)	513-272-2800
CORE Behavioral Health Services	513-541-7577
Greater Cincinnati Behavioral Health Care	
General Information	513-354-7000
Case Management	513-354-7000
CLS (Community Living Services)	513-354-7200
Consumer Wellness Clinics	
The Consumer Wellness Clinics are Alliance Primary Care clinics. At the clinic, nurse practitioners provide medical care and health education that assists clients in achieving their goals for good health.	
Greater Cincinnati Behavior Health Services (GCBHS)	513-861-6688
2621 Victory Parkway in Walnut Hills	



Clinic locations

MHAP (Mental Health Access Point)513-558-8888

SAMI (Substance Abuse and Mental Illness)513-872-1900

St. Aloysius Orphanage (Children)513-242-7600

St. Joseph Orphanage (Children)513-741-3100

Tender Mercies513-639-7043

SECTION 5: Pregnancy Issues

A. Abortion Counseling/Post-Abortion Support

Abortion Counseling

Planned Parenthood 513-287-6484

Pregnancy Care of Cincinnati 513-961-7777

Women for Women 513-961-7615

Women’s Medical Center 513-751-6000

Post-Abortion Support

Pregnancy Center East 513-321-3100

Post-abortion support group for women dealing with grief and loss

 Pregnancy Care of Cincinnati 513-961-7777

B. Adoption

Counseling Services and Placement

Adoption Connection (Jewish Family Services) 513-489-1616

Catholic Social Service 513-863-6129

The Children’s Home of Cincinnati 513-272-2800

Hamilton County Jobs and Family Services

 Specialized Adoptions 513-632-6366

Health Visions 513-793-7268

Lutheran Social Services of Mid America 513-326-5430



C. Counseling

Pregnancy Care of Cincinnati513-961-7777

 Special Delivery Program - Parenting program for expecting parents that focuses on childbirth, prenatal nutrition education and parenting skills

Pregnancy Center East513-321-3100

SUMA (Services United for Mothers and Adolescents, Inc.)513-487-7862

D. Education and Support Groups

Birth Mothers Sharing Support Group513-271-5926

 Provides support to women who have voluntarily placed a child for adoption

Parent Partner, Inc.513-921-8165

 In-Home Parenting Program

 Program for expecting parents ages 19-24 who have more than one child. Only for residents living in zip code area 45223.

Pregnancy Care of Cincinnati513-961-7777

 Steps Toward Effective Parenting Skills

 12-week educational program for parents and expecting parents (day care provided)

Pregnancy Center East513-321-3100

 First Time Mothers Program

 Parenting programs for first time mothers

SUMA513-487-7862

 West End Teen Parent Center Program

 Parenting program for teen mothers and expecting mothers

E. Prenatal Care Clinics

(see Section 3 - Medical Health Services)

F. Prenatal Paternity Testing

DNA Diagnostic Center513-881-7800 or 1-888-362-2870

 Definitive Answers to Difficult Questions

 DNA parentage testing

SECTION 6: Housing

A. Low-Income Housing

- Anna Louise Inn**513-421-5211
For women only. Single rooms
- Cincinnati Metropolitan Housing Authority**513-721-4580
Various locations available throughout Hamilton County for families and seniors
- Section 8:**513-421-8190 or 513-946-4900
Existing housing and voucher programs are for families and seniors. Those interested must get a certificate of eligibility from one of the Section 8 offices and then find a landlord who will rent to them under the Section 8 program. With the Section 8 program, rent and utilities are based on income.

B. Referral/Advocacy/Tenant-Landlord Rights

- Better Housing League of Greater Cincinnati, Inc.**513-721-6855
Housing services
- Family Relocation**513-352-3610
Referrals to federally subsidized housing
- Legal Aid**
- Hamilton County 513-241-9400
- Clermont County 513-732-2422
- Brown County 1-800-582-2682

C. Rent and Utility Assistance

- CAIN (Churches Active in Northside)**513-591-2246
4230 Hamilton Avenue, Cincinnati, OH 45223
Limited help for rent or utilities (must live in the 45223 zip code)
- Caring Place Kennedy Avenue Solar Vista**513-841-1499
Services the Golf Manor, Pleasant Ridge, Kennedy Heights and Silverton areas in helping with emergency assistance, rent, food, clothing and utilities.
- Christ Community**513-541-0303
Hours: Monday through Friday, 9 a.m. to 3 p.m. Services zip code 45224 and College Hill area
- Free Store Food Bank**513-241-1064
Hours: Monday through Friday, 8:15 to 11:30 a.m. and 1 to 3:30 p.m.
- Madisonville Education and Assistance Program**513-271-5501
Hours: Monday through Friday, 8:30 a.m. to 4:30 p.m. Help with rent and mortgage
- Open Door/Church of Advent**513-961-2259
Help for women on assistance who have children or are elderly (age 55 or over). Only available for women living in the 45206, -07, -08, -19 and -20 zip codes.
- St. John's Social Services**513-651-6444
Intake available Monday through Friday 9 to 11 a.m. Main office open Monday through Friday, 8:30 a.m. to 4:30 p.m.
- Salvation Army**513-351-3457
- Santa Maria Neighborhood Service**513-557-2700
Rent for Price Hill area residents only. Hours: Monday through Friday, 9 a.m. to 5 p.m.

- Son Ministries**513-385-1793
Only for residents living in zip codes 45231, -39, -47, -48, -51 and -52. Hours: Monday, Wednesday and Friday, 10 a.m. to noon.
- Terrace Guild**513-641-0382
For Winton Place area only. Hours: Monday through Friday, 7 a.m. to 5:30 p.m.
- Victory Neighborhood Service**513-961-4500
For Walnut Hills, Evanston and Avondale residents only. Hours: Monday through Friday, 8:30 a.m. to 7 p.m.

D. Shelters

Shelters for Women and Children

- Alice Paul House and Women Helping Women 513-872-9259
- Bethany House 513-557-2873
- Butler County Crisis Line..... 513-863-7099
- Chabad House 513-821-5100
- Greater Cincinnati Coalition for the Homeless 513-421-7803
- House of Peace (Clermont County) 513-753-7281
- Salvation Army Shelter 513-762-5660
- St. John's Social Service Center (Intake Department) 513-651-6444
- Welcome House (Northern Kentucky) 859-431-8717
- Women's Crisis Center (Northern Kentucky) 859-491-3335
- YMCA Transitional Living Program 513-281-5770

Other Shelters:

- Caracole (AIDS Housing) 513-761-1480
- Charlie's 3/4 House (For Recovering Alcoholic Men) 513-784-1853
- City Gospel Mission (For Men) 513-241-5525
- Droege in Northern Kentucky (For Men and Women) 859-291-1045
- Drop-Inn Center (For Men and Women) 513-721-0643
- Fairhaven (For Men) 859-491-1027
- Friar's Club 513-381-5432
- Garden Street House (For Men) 513-241-0490
- Haven House 513-863-8866
- Joseph's House (For Veterans) 513-241-2965
- Mt. Airy (For Men) 513-661-4620
- St. Francis/St. Joseph (For Men) 513-381-4941

SECTION 7: Children with Disabilities

A. Diagnostic Services and Support Programs

- Children's Hospital Medical Center**
 Family Resource Center 513-636-7606
 Parent-To-Parent Networks - Support group for parents of children with disabilities. Provides education resources.
 Children's Hospital Division of Developmental Disabilities
 Main number 513-636-4688
 Intake Department 513-636-4688
 Pediatrics 513-636-4688
- Help Me Grow, Butler County** 513-887-5508 or 513-424-5351, Ext. 5508
 Early Intervention Services - Available to children from newborn to age 3, who have or are at risk for developmental delays or disabilities, and their families.
- Help Me Grow, Clermont County** 513-732-5030
 Early Intervention - Services for children, from newborn to age 3, who have or are at risk for problems with growth and development.
- Help Me Grow, Hamilton County** 513-867-5008
 Early Steps Program (Connections for Families) - Services for infants and toddlers, from newborn to age 3, and their families.

B. Education/Advocacy/Referrals

- Autism Society** 513-948-1142
Children's Hospital Division of Developmental Disorders (CCDD) 513-636-4688
 No charge for information about your child's disability. Research library available.
Cystic Fibrosis 513-636-6711
Down Syndrome Association of Greater Cincinnati 513-761-5400
Hamilton County Board of Mental Health 513-946-8600
Hamilton County Board of Mental Retardation/Developmental Disabilities 513-794-3300
MHAP (Mental Health Access Point) 513-558-8888
Sickle Cell Family Network 513-641-5683
Parent and Family 24-Hour On-Call Service 513-641-LOVE
Spina Bifida Association of Cincinnati 513-923-1378

Section 8: Services for Seniors

Council on Aging of Southwestern Ohio

- Main Office 721-1025
 Information and Programs 721-7670
 Administers community based long-term care programs, including elderly services Program (ESP), PASSPORT, Residential State Supplement, "Taking Charge", free in-home assistance, and Title III of the Older Americans Act.

AARP 1-800-424-3410

AARP works with leading national companies to offer members discounts on many products and services. Member discounts are available for travel, health services, long-term care insurance, legal services, tax preparation (during tax season only), and many other entertainment products and consumer goods.

Cincinnati Area Senior Services 721-4330

Cincinnati Recreation Commission 352-4026

ElderCare Locator 1-800-677-1116

Helps families and friends find information about community services nationwide.

LifeSpan, Inc. 1-800-597-2751

Counseling, budget counseling, debt management and consumer education; personal care, homemaking, respite care, companion and independent living assistance, case management, guardianship and representative payee services. Serves Butler, Warren, and parts of Hamilton counties.

Warren County Community Services 925-2237

Clermont Senior Services 536-4115

Middletown Area Senior Citizens 423-1734

Senior Services of Northern Kentucky 859-292-7945

24-Hour Elder Abuse Hotline Hamilton County 421-5433 (LIFE)

Meals on Wheels

- Ohio 513-721-7670
 Kentucky 859-491-0522
 Hamilton Ohio 513-867-4047

Alzheimer's Association 1-800-621-0379

TriHealth SeniorLink 513-531-5110

Bethesda and Good Samaritan Hospitals
 Comprehensive health care approach to meeting the needs of frail elderly nursing home eligible persons. Enables older adults to live in their homes for as long as possible with minimal disruption. Health care, socialization, rehabilitation, activities of daily living, and support services are provided at the Adult Day Health Center which also serves as a routine medical clinic.

Social Security Administration 1-877-267-2323

Pet Companionship

- Pets for People 541-6100

Volunteer Opportunities

- The University Hospital volunteer services 513-584-4875
 The Christ Hospital volunteer services
 The St. Luke Hospitals volunteer services
 The Jewish Hospital volunteer services 513-686-5330
 Catholic Social Services of SW Ohio 241-7745
 Clovernook Center for the Blind 522-3860
 Service Corps of Retired Executives 684-2812

Volunteer Resource Center513-762-7171
 Retired and Senior Volunteer Family Services of Cincinnati513-381-6300

Legal Advice

Pro Seniors 1-800-488-6070
 Free legal information and advice by telephone for Ohio residents age 60+. Long-term care ombudsmen educate and empower residents and families to resolve problems they encounter in nursing homes, home care, adult care homes and assisted living.

Lawyer Referral Service

Cincinnati Bar Association513-381-8213
 Clermont County513-732-2050
 Legal Aid Society513-241-9400

Terms and information relating to the care of another person

Conservatorship

A conservator manages only the financial resources of an incapacitated person. A guardian is appointed to make personal care decisions for the incapacitated person. A person can be both a guardian and conservator simultaneously.

Guardianship

A guardian can be appointed by Probate Court after an application for guardianship has been filed and evidence has been submitted that the individual is incompetent and thus unable to manage decisions related to his/her person or finances. The person whose competency is in question is given the opportunity to refute the need for a guardian if he/she chooses. Guardianship restricts the right to self determine more than any other protective device.

Prescription Assistance

Jewish Family Service 469-1188
 Assistance filling out Patient Assistance Applications
 Prescription Discounts 1-800-284-4777
 Senior Care Preferred Plus 585-6462

Pharmacies that deliver

Benet's (Downtown) 721-0277
 Bernen's (Western Hills) 471-7575
 Elmwood Place Health Mart (citywide) 242-0320
 Hart Pharmacy (Western Hills) 471-1605
 Kunkel Pharmacy (Eastern Area) 231-1943
 The Medicine Shoppe (Milford) 831-8211
 Moore Pharmacy West (Western Hills) 921-0020
 Mullaney's Pharmacy (Eastern Area) 731-1400
 Pack Pharmacy (Eastern Area) 871-7770
 Rohe Pharmacy (Cheviot) 661-0480

Visiting Physicians

Visiting Physicians Association 841-0777 or 1-888-742-0597

Transportation

Safe driving classes

55 Alive513-661-4433
 Classroom driver education classes alerts older drivers to changes in traffic, their own changing physiology and current rules and regulations. Some insurance companies offer discounts for completing courses.

Cincinnati Area Senior Services513-721-4330

513-536-4115

Donations suggested. Transports to centers and medical appointments. 24-hour notice to centers; 1 week to 10 days to medical appointments.

Clermont Transportation Connection513-732-7433

\$1.50 each way for age 60 and over. Five day notice. Transportation in Clermont county and nearby areas.

Senior Independence513-681-8174

Medical and recreational transportation upon request with 24-hour notice. Serves Hamilton County.

ARK, inc.513-867-9195

Transportation for medical appointments, shopping and to senior center. Serves Hamilton county.

Middletown Area Senior Citizens513-423-1734

Transportation to senior center, shopping for city of Middletown, Madison, and Lemon Townships.

Metro Access513-632-7590

Call above number for an application and for eligibility requirements.

Metro Fare Deal Card513-632-7540

Transit Authority of Northern Kentucky859-331-8265

Home Maintenance Resources

Better Housing League513-721-6855

Hamilton County Community Development513-946-4883

Handyman Connection513-771-1122

Home Ownership Center of Greater Cincinnati513-961-2800

People Working Cooperatively (Home repair and Winterization)513-351-7921

Employment

AARP Senior Employment Program513-721-0717

Career Resource Center513-731-9800

Cincinnati Institute for Career Alternatives513-357-2880

Cincinnati Works513-744-9675

Comfort Keepers513-753-0081

Great Oaks Center for Employment Resources513-771-8925

SECTION 9: Alcohol and Drug/Substance Abuse

A Education, Advocacy and Referrals

Alcohol and Drug Addiction Services Board (ADAS)	513-621-7202
Alcohol and Other Drugs Council of Northern Kentucky	859-431-1800
Alcoholism Council of Greater Cincinnati Area	513-281-7580
Drug and Poison Information Center	513-558-5111
Urban Minority Alcoholism and Drug Program of Cincinnati	513-541-7099
Recovery Health Access Center (RHAC)	513-281-7422

B Adult Outpatient Treatment

Bethesda Alcohol and Drug Treatment Program 375 Dixmyth Avenue or 11305 Reed Hartman Hwy.	513-872-6999 513-489-6011
Central Community Health Board (CCHB)	513-559-2000
The Christ Hospital Treatment for Adults	513-585-8500
Cincinnati Area Senior Services (Older Adult)	513-721-4330
Clermont Recovery Center	513-735-8100
Comprehensive Care Centers of Northern Kentucky (see NorthKey below)	
Crossroads Center	513-475-5300
Dearborn County Methadone Maintenance Program	812-537-1668
Drug and Alcohol Center of Lebanon (Warren County)	513-933-1362
Family Service of Cincinnati	513-345-8555
The Fort Hamilton Hospital	
Hamilton	513-785-5726
Middletown	513-424-1193
Methadone Clinic Substance Abuse Treatment	513-559-2000
NorthKey Community Care (Northern Kentucky)	859-331-3292
St. Elizabeth Hospital Outpatient Treatment	859-578-5900
St. Luke Hospital West Outpatient Treatment for Adults	859-962-5384
Talbert House	
Drug & Family Counseling	513-872-4905
Veterans Hospital Chemical Dependency Clinic	513-475-6367

C Adult Inpatient Detox and Treatment

CCAT House (Center for Chemical Addictions and Treatment)	513-381-6672
Miami Valley Hospital	937-208-2676 or 937-221-8111
St. Elizabeth Hospital Inpatient Treatment (Adults & Older Adults)	859-578-5900
The St. Luke Hospitals Alcohol & Drug Treatment, Falmouth, Kentucky	859-572-3500
Transitions Detox (Northern Kentucky)	859-291-1043
V.A. Hospital Chemical Dependency Unit	
Intake	513-475-4862
Treatment	513-475-6353

D Residential housing options with supports for ongoing sobriety

Women's residential housing options with supports for ongoing sobriety	
House of Hope	513-861-3318
New Beginnings	513-345-1086
Bethany House	513-557-2873
Men's residential housing options with supports for ongoing sobriety	

Charlie's 3/4 house	513-784-1853
Salvation Army	513-351-3457
Gateway House	513-421-9333
Joseph House	513-241-2965
House of Hope	513-861-3318
Droege House (Northern Kentucky)	859-291-1045
Mount Airy Shelter	513-661-4620 (Intake) 513-946-2285

E Adolescent Treatment

Butler County Behavioral Counseling Service	
Fairfield	513-942-3181
Hamilton	513-896-7887
The Christ Hospital	513-585-6144
Crossroads Center	513-475-5300
Kids Helping Kids	513-575-7300
Lighthouse Youth Services (New Life)	513-221-3350
NorthKey Community Care (Northern Kentucky)	859-331-3292
Reading Youth Services	513-733-5623
Talbert House (Alternatives Program)	513-872-8880
Teen Challenge	513-248-0452
Urban Minority Alcoholism and Drug Abuse Outreach Program	
Too Young To Be High Program	
Aiming High Program	
Lady's 1st Mentoring Program (ages 12-17)	
Brother to Brother Mentoring Project (ages 12-17)	
After School Special Program	513-769-0657

F Support Groups for Alcohol or Chemical Dependency

Alcoholics Anonymous	513-351-0422
AA Meeting for People with Bipolar Disease	513-351-0422
Resource Recovery Systems	
Women for Sobriety	
Life Ring Secular Recovery	
SMART Recovery	
Rational Recovery	

SECTION 10: Domestic Violence

G Support Groups for Families and Significant Others of Substance Abusers

Adult Children of Alcoholics	513-931-5777
Al-Anon	513-771-4070
Al-A-Teen	513-771-4070
Alcoholism Council of the Cincinnati Area	513-281-7880
Kids Connections - 10-week education and support group for kids ages 7-15 who have at least one alcoholic parent or caregiver	
Teen Institute - Program for teens in grades 9-12 to have opportunities for self-exploration	
Life Skills Training - Educational learning for kids in transitional phases of life	
Assessment Services - In-depth interviews to assess and make appropriate referrals	
Short Term Prevention - Available to alcohol and other drug abusers and their families	
Relapse Prevention - 12-week prevention group for relapse prevention	
Women's Specified Services - Educational groups to address issues that women experience, often coexisting with addiction or codependency	
Intervention Services - Training to families and co-workers on how to confront someone with an alcohol and drug dependency problem.	
Education - Alcohol and other drug education groups	
SAMS - Counseling and support services at Mt. Airy Center	
Impact Care Management - Assessment, referral and addiction care management	

H Support Groups for Narcotics Abusers and the Family/Significant Others of Narcotics Abusers

Narcotics Anonymous	513-820-2947 or 1-800-711-6375
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24-Hour Hot Line

Battered Women's Shelter Crisis Line	513-863-7099
Women Helping Women (Battered Women)	513-872-9259

A. Counseling Services/Advocacy

Alice Paul House	513-241-2757
Catholic Social Services of Northern Kentucky	859-581-8974
Catholic Social Services of Southwestern Ohio	513-241-7745
Clermont Counseling Center (Clermont County)	513-248-0421
Family Service East	513-321-1803
Family Service North Suburban Office	513-733-3232
Family Service of Cincinnati Area	513-381-6300
Salvation Army (Family Service Bureau)	513-762-5660
Talbert House (Victim Service Center)	513-241-4487
Women Helping Women	513-381-5610

B. Support Groups for Domestic Violence Victims

Battered Women's Shelter Crisis Line	513-863-7099
Support groups for battered women	
Women Helping Women	513-381-5610
Domestic Violence Support Group - Support groups for women in abusive relationships	
Children Who Witness Domestic Violence - Support groups for children who witness and are dealing with domestic violence in the home.	

C. Help For Domestic Violence Abusers

AMEND	513-361-2150
Support groups for men who abuse women	
Women Helping Women	513-381-5610
Support groups for women who resort to violence	

SECTION 11: Child Abuse and Neglect

A. Reporting Child Abuse and Neglect

- Hamilton County 513-241-KIDS
- Clermont County513-732-7173
- Butler County513-887-4055

B. Counseling and Support Groups

- Beech Acres (Family Outreach Services)513-763-5500
- Catholic Social Services513-241-7745
- Family Services of Cincinnati513-381-6300
- Women Helping Women513-381-5610

C. Information and Referrals

- Beech Acres (Family Center) Parent Hotline513-751-0400
- Catholic Social Services513-241-7745
- Hamilton County Jobs and Family Services 513-241-KIDS
- Parent's Anonymous Hot Line513-961-8004
- Women Helping Women513-381-5610

Section 12: Victim Assistance

- Ohio victims of crime compensation** 1-800-582-2877
Reimburses innocent victims who suffer personal injury from violent crime for their out-of-pocket expenses not covered by other sources. Expenses that may be covered include medical costs, lost wages, counseling costs, rehabilitation and funeral expenses (up to \$7,000). To be eligible, you must report the crime within 72 hours; file an application for compensation within two years; be able to prove expenses.
- Talbert House victim service**513-241-4484
Free service assists victims of crime through criminal justice system. Escort services to court and help with filing for victim's compensation. Crisis intervention counseling

SECTION 13: Sexual Assault/Rape

A. Counseling and Support Groups

- AVOISE513-321-8286
Support group for adolescents who have been sexually abused
- Child Focus, Inc. (Clermont County)513-491-3335
Parent Support Group - Support group for parents whose children have been sexually abused
- Survivors of Incest Anonymous 513-351-6309 or 513-851-2620
- Women Helping Women513-381-5610
Support group for survivors of sexual assault

B. Examination and Treatment

- The University Hospital Center for Emergency Care513-584-4571

C. Referrals and Information

- Family Link 513-946-LINK
- United Way and Community Chest513-381-5610
- Women Helping Women513-381-5610

SECTION 14: Financial Assistance

Services for Low-Income Families (Also see housing and food distribution)

- Department of Insurance Hot Line**..... 1-800-686-1526
Handles complaints and questions about licensed insurance companies
- Family Service Inc.**513-868-9220
- Hamilton County Department of Human Services**513-946-2480
Information Hot Line 1-800-772-1213
Services include food stamps, financial assistance and Medicaid
- Salvation Army**513-762-5660

SECTION 15: Community Hot Lines

Psychiatric and Crisis Hot Lines

Anchoring Families Together (AFT) - Children's Mobile Crisis	513-558-8888
Battered Women	513-872-9259
Child Abuse	513-241-KIDS
Depression/Suicide	513-281-CARE
Drug/Alcohol/Poison	513-558-5111
Family Violence	513-221-HELP
Psychiatric Emergency	513-584-8577
Adult Mobile Crisis	

SECTION 16: Grief and Loss Support Groups

All of the following listings are provided by Grief and Bereavement Institute:

Bereavement Support Group

Mercy Franciscan Hospital	513-870-7129
Drake Center	513-948-2544
Reibold, Rosenacker & Sexton Funeral Home	513-661-6200
Caring Companions - Maple Knoll Village	513-782-4340
Children's Program, Cancer Family Care	513-458-3584
Companions on a Journey	
St. John's Church - West Chester	513-777-8329
St. Maximillan Kolbe Center	513-875-9108
Circle of Friendship	513-742-6383
The Compassionate Friends - Cincinnati Chapter	
A support group for bereaved parents	
East Group - St. Timothy Episcopal Church	513-232-5599
West Group - Mercy Franciscan Terrace	513-336-8959 or 513-756-9660
Coping with Grief	
Clermont Mercy Hospital	513-732-8383
Mercy Anderson Hospital	513-732-8383
Dealing with Grief -	513-458-3585
A support group offered for anyone who has lost a loved one	
For Those Experiencing the Loss of a Loved One	
Neidhand - Minges Funeral Home	513-922-5723
Good Grief	
Dearborn County Home Health and Hospice	1-800-676-5428

Grief Support

Mercy Franciscan Hospitals Grief Support Groups	
Mt. Airy	853-5000
Western Hills	389-5000
Clermont	732-8200
Anderson	624-4500
Fairfield	870-7000
Tri-Health Fitness and Health Pavilion (Blue Ash).....	513-542-1194

Grief Support Group

Hospice of Cincinnati	513-792-6911
Grieving Companions	
St. Monica/St. George	513-681-2365 or
Fairview	513-662-5889

Grieving Parents Support Group Sponsored by Tri-Health Alliance

Pleasant Ridge Presbyterian Church	513-872-1163
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Homicide Survivors Group

Fernside Center for Grieving Children	513-841-1012
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H.O.P.I.N.G. (Helping Other Parents in Normal Group) at Alliance Business Center.....

Group for parents experiencing a stillbirth	
Hyde Park Methodist Widow Support Group	871-1345

Jewish Family Service

469-1188	
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Parent Loss Group

Fernside Center for Grieving Children	513-841-1012
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Sibling Loss Group

Fernside Center for Grieving Children	513-745-9111
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SECTION 17: Employment Services

Soul to Sour..... 513-791-6208
 Hall Jordan Funeral Home and Allen Temple AME Church

Survivors After Suicide

Fernside Center for Grieving Children 513-841-1012
 Survivors After Suicide 513-385-6110 or 513-729-2960

Widowed Persons Service 631-7695

Please call Cancer Family Care (513-458-3858) for additional group listings, times and locations of groups or for more information.

A. Career Counseling and Planning

Cincinnati Hamilton County Action Agency

Career Education Resource Center 513-569-4810 or 513-569-4510

Cincinnati Institute for Career Alternative (Career Resource Center) 513-357-2880

B. Education and Training

Bethany House Services (Nurse Aid Training) 513-921-1131

Two-year training program; contact is Sue Kathman, 513-588-9133

Business and Workforce Resource Center 513-943-3000

Chamber of Commerce 513-579-3191

Cincinnati State College 513-569-1500

Cincinnati Works (Job Training) 513-744-9675

City of Cincinnati (Employment and Training Division) 513-357-2840

Family Education Program (Cincinnati Public Schools) 513-244-3573

GED assistance

Great Oaks Career Development Centers (Center for Employment Resources)

Adult Vocational Education 513-771-8925 or 513-771-9065

Great Oaks Career Development Centers (Vocational High School)

Diamond Oaks 513-574-1300

Laurel Oaks 937-382-1411

Live Oaks 513-575-1900

Scarlet Oaks 513-771-8810

Hamilton County Education Service Center 513-742-2200

Hamilton County Jobs Hotline 513-946-4717

IKRON 513-621-1117

Jewish Vocational Service (JVS)

Academics for Employment 513-345-6624

Adult Basis Education/GED Education 513-241-1138

Jobs for People 513-557-3600

One Stop Career Center System 513-731-9800

Prep, Inc. 513-221-4700

Craft apprenticeships, tutoring and vocational counseling

Queen City Career Center (Adult Vocational School) 513-977-8055

ABLE 513-977-8066

Licensed Practical Nurse 513-977-8082 or 513-977-8083

Nursing Aid 513-977-8064

Resource Center

Forest Park 513-825-1070

Great Oaks 513-772-5908

Losantiville 513-731-9800

Over-The-Rhine 513-357-2880

Western Hills 513-921-4212

St. John's Social Services Pre-Employment 513-651-6467

Bridges computer and life skills training

Second Careers (Homemaker) 513-771-8925

Offers full-time and part-time training programs

SECTION 18: Therapeutic Recreation/Fitness

513-251-0202	
Warsaw	513-557-2543
YWCA (Lifestrides)	513-241-7090
Offers GED classes, breast and cervical screening for low-income, adult literacy, co-ed health and wellness center, battered women's shelter, home day care and training for home day care	

C. Assistance with Job Placement

Cincinnati Institute for Career Alternative	513-357-2880
Jobs for People	513-557-3600
One Stop Career Center System	513-731-9800

D. Referrals and Information

Community Action Agency	513-569-1840
Ohio Bureau of Employment	513-852-3180
Prep, Inc. (Craft Apprenticeships)	513-221-4700

A. Therapeutic Recreation

Pools: All Pools listed are operated by the Cincinnati Recreation Commission (CRC) . . . 513-352-4000

Outdoor: Deep Water/Shallow Water

Western Region:

English Woods	513-481-7264
Hartwell	513-821-5914
Lincoln	513-721-6514
Millvale	513-352-4351
North Fairmount	513-471-3727
South Fairmount	513-921-6262
Winton Hills	513-641-0422

Central Region:

Bond Hill	513-242-9565
Camp Washington	513-681-6046
College Hill	513-541-4504
McKie	513-681-8547
Washington Park	513-721-5150

Eastern Region:

Avon	513-281-6720
Bush	513-281-1286
Evanston	513-861-9417
Leblond	513-281-3209
Madisonville	513-271-3301
Mt. Washington	513-232-4762
Oakley	513-321-9320
Pleasant Ridge	513-731-7894

Indoor: Deep Water

Krueck	513-861-4169
Mt. Auburn	513-381-6780 or 513-381-1760
Over-the-Rhine	513-381-1893
Western Hills	513-244-8770

B. Fitness

Main Street Wellness Center/Warren and Clinton Counties, Contact: Bill Heiselman . . . 513-934-1900

Mighty Vine Wellness Club, Contact: Ralph Dehner . . . 513-241-9355

The following facilities are operated by the Cincinnati Recreation Commission and require participation fees, which may be waived, if eligibility requirements are met. Prior to contacting any of the listed fitness programs, fee arrangements must be established in advance. Please contact Stephanie Montgomery, inclusion coordinator, at 513-352-4055 to discuss fee wavier.

Bond Hill	513-242-9565
Aerobics	
Tai Chi	
Bush Center	513-281-1286
Aerobics	
Weight Room	
Clifton Recreation Center	513-961-5681
Jazzercise	

Corryville 513-221-0888
 Tai Chi
 Weight Room Instruction with Ethan
 Yoga
 Dunham Center 513-251-5862
 Aerobics
 Jazzercise
 Weight Training
 Evanston 513-861-9417
 Weight Room
 Hartwell 513-821-5194
 Jazzercise
 Tai Chi
 Hirsch Center 513-751-3393
 Aerobics
 Hammer Strength Workout
 Krueck Center 513-861-6572
 Step Aerobics
 Tai Chi
 McKie 513-681-8247
 Aerobics
 Exercise
 Hammer Strength Weight Room
 Millvale 513-352-4351
 Hammer Strength Fitness
 Mt. Auburn 513-381-1760
 Aerobics
 Steam Room
 Weight Room
 North Avondale 513-961-1584
 Aerobics
 Fitness Center
 Indoor Walking
 Sauna
 Over-The-Rhine 513-381-1893
 Weight Room
 Wu-Hsiang Tai-Chi
 Pleasant Ridge 513-731-7894
 Aerobics
 Fitness Club East (designed for teens/adults with mental illness)
 Jazzercise
 TOPS (Take Off Pounds Sensibly)
 Weight Room
 Price Hill 513-251-4123
 Hammer Strength Fitness

Sayler Park 513-941-0102
 Jazzercise
 Tae Kwon Do
 Weight Room
 Winton Hills 513-641-0422
 Weight Room

If you are aware of other programs, support groups or social resources to add to this listing, please call The University Hospital social work department at 513-584-4314.


Health AllianceTM

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