

## Parenting and Childbirth Classes

### Parenting Classes

#### **Nurse-Family Partnership (NFP) at Nationwide Children's Hospital**

This is a free program for first-time, low-income moms and their babies. A nurse visits mothers in their homes throughout pregnancy to discuss pregnancy and parenting topics, and they are able to stay with mothers until baby is 2 years old. Women must be enrolled no later than the 28th week of pregnancy. Let your TaP social worker help you enroll as soon as possible, as there is often a waiting list!

655 East Livingston Avenue, Columbus, Ohio 43205 (614) 722- 8222  
[www.nationwidechildrens.org](http://www.nationwidechildrens.org)

#### **Help Me Grow (HMG)**

**The Home Visiting Program** is a free program for first-time pregnant mothers. A Home Visitor will provide pregnancy and parenting education, demonstrate nurturing parent-child activities, and connect you with community resources. Services are available until the child turns 3 years old.

510 E. Mound Street- Suite 110, Columbus, Ohio 43215 (614) 227-9860  
[www.helpmegrow.ohio.gov](http://www.helpmegrow.ohio.gov)

**The Early Intervention Program** helps families of children from birth to 3 years with developmental delays and disabilities. The program addresses concerns about a child's development, such as an infant or toddler's language, feeding, walking, handling of toys, seeing or hearing. There are no income requirements. Ask your TaP social worker to submit a referral.

510 E. Mound Street- Suite 110, Columbus, Ohio 43215 (614) 227-9860  
[www.helpmegrow.ohio.gov](http://www.helpmegrow.ohio.gov)

#### **Center for Healthy Families**

Pregnant teens in Franklin County ages 13 to 19, or teens who are parents, can call for help with health care, parenting, housing, education, child care and employment assistance, based on the individual needs of each teen. TaP social workers can make a referral as well.

500 South Front Street, Columbus, Ohio, 43215 (614) 884-4200  
<http://centerforhealthyfamilies.org>

## Parenting Classes, continued

### Women's Care Center of Columbus, Ohio

Attend parenting and childbirth classes to earn coupons to be cashed in for free baby supplies, for example, a pack 'n play! Appointments preferred. Walk-ins welcome. There are **two locations**:

**935 E. Broad St., Columbus, OH 43205**

(614) 251-0200

Monday through Friday: 9 am to 5 pm

Saturday: 8 am to 12 pm

<http://www.womenscarecenter.org>

**3273 E. Main St., Columbus, OH 43213**

(614) 235-3000

Monday, Tuesday and Thursday: 9 am to 5 pm

Wednesday and Friday: 8 am to 4 pm

<http://www.womenscarecenter.org>

### Columbus Urban League: Father 2 Father

Offers services for men to develop strong parenting skills and get connected with additional resources. Benefits include: driver license reinstatement assistance, customized child support modification assistance, employment options, free family events, life coaching, and visitation and custody advocacy.

788 Mt. Vernon Ave., Columbus, OH 43203 (614) 372-2344

### Directions for Youth & Families

**Teen Parent Connection** offers counseling, case management, parent education and free childbirth classes to youth ages 12 to 21 who are parenting or in their 2nd or 3rd trimester of pregnancy. Referrals to other community resources are also provided.

1515 Indianola Avenue, Columbus, Ohio, 43201 (614) 294-2661 [www.dfyf.org](http://www.dfyf.org)

**Parenting Classes** are offered at Directions for Youth & Families.

1515 Indianola Avenue, Columbus, Ohio, 43201 (614) 294-2661 [www.dfyf.org](http://www.dfyf.org)

**Ready Set Grow (Kindergarten Readiness)** at Directions for Youth & Families offers home visits to complete assessments and make recommendations for Franklin County children 2 ½ to 6 years of age who may not be ready for kindergarten. Eligible families meet one or more of the following: Family seeking help to determine if child has developmental delays, few or no family social supports, family includes a child with behavioral challenges or developmental needs and delays, mother can be a teen or older, mother received limited prenatal care or child was low birth weight or premature, family experiencing no or low income, history of child abuse or domestic violence in the home.

1515 Indianola Avenue, Columbus, Ohio, 43201 (614) 294-2661 [www.dfyf.org](http://www.dfyf.org)

## Parenting Classes, continued

### Action for Children

The Art of Positive Parenting program (TAPP) teaches parents to use positive communication skills with their children, resulting in a strong foundation for building children's self-esteem and parent-child relationships.

78 Jefferson Ave. Columbus, OH 43215 (614) 224-0222 [www.actionforchildren.org](http://www.actionforchildren.org)

### CHLOE Program- Teen MOPS

CHLOE (Community, Health, Life Skills, Opportunities & Education) provides mentoring and education services to pregnant and teen moms in Franklin County. Teen MOPS (Mothers Of Preschoolers) and mentoring services help young mothers to increase their parenting skills, build new friendships and a peer support system, and feel more confident caring for themselves and baby. Safe sitter classes are offered for young adolescents. There is a fee to attend the safe sitter class, but all other services are free.

5959 Sharon Woods Boulevard, Columbus, Ohio 43229  
(614) 477-1426 [www.chloeinc.org](http://www.chloeinc.org)

### Columbus Public Health Home Visiting Programs

My Baby & Me, OIMRI (Ohio Infant Mortality Reduction Initiative), Pregnancy Support Services, and Newborn Home Visiting are home visiting programs available for pregnant and parenting women. They will help get you connected to the right service for you! All services are at no cost to the client.

240 Parsons Ave., Columbus, OH 43215 (614) 645-8323

### Moms2B

Offers a weekly prenatal education program. Learn how to have a healthy baby and pregnancy, talk with healthcare professionals, and make new friends. Enjoy a healthy meal every week. Childcare and small gift card provided. There are **4 locations**:

#### Moms2B Weinland Park

##### **Grace Missionary Baptist Church**

1182 North 6th St, Columbus, OH 43201  
(across the street from Godman Guild)

No need to register.

Childcare provided.

Every Wednesday 11 am to 1 pm

(614) 307-6709

#### Moms2B East

##### **Ohio State University Hospital East**

1492 E. Broad St., Columbus, OH 43205

Meet in the Wallace Auditorium located

in the West Registration entrance

off of Phale D. Hale Drive

Every Thursday 4:30 pm to 6:30 pm

(614) 307-3348

*Continued on Page 4*

## **Moms2B, continued**

### **Moms2B South**

#### **Community Development for All People**

946 Parsons Ave. Columbus, OH 43206

Every Monday from 3pm to 5pm

(614) 307-3348

### **Moms2B West**

#### **Mount Caramel West Hospital Campus**

Community Resource Room

777 W. State St. Columbus, OH 43222

Near the Emergency Department

(614) 460-0548

## **Nationwide Children's Hospital: First Steps Infant Care Class**

This class is for new expecting parents to learn about basic baby care, including bathing, safety and common infant health concerns. Open to adopting and foster parents as well.

700 Children's Dr., Columbus, Ohio 43205 (614) 355-0662 [www.NationwideChildrens.org](http://www.NationwideChildrens.org)

## **Vineyard Church Motherheart Mentoring**

Provides one-on-one mentoring for women experiencing an unplanned or crisis pregnancy. Mentors assist new moms in finding resources, including educational assistance, job help, financial direction, parenting classes, adoption information (if requested), material assistance and spiritual support.

6000 Cooper Road, Westerville, Ohio, 43081 (614) 259-5318 <http://vineyardcolumbus.org>

## **Neighborhood Nest Program**

Offers educational classes in which participants earn points and can redeem them for clothing, baby furniture, diapers, wipes, blankets, and cribs.

1000 Atcheson St., Columbus, OH 43203 (614) 252-4941, Ext. 230

## **St Stephen's Community House North**

Provides accelerated, free parenting classes. Participants who complete all four sessions will receive certification on the last day. This class will fulfill case plan requirements and any court ordered parenting. Childcare and transportation can be arranged for Family-to-Family clients, if necessary to attend the class. Please call to make arrangements if necessary.

1500 E. 17th Ave Columbus, Ohio 43219 (614) 294-6347, Ext. 157

## **Parents Anonymous® -Support Groups for Parents and Caregivers**

Parents support each other and a children's program is available with age appropriate games and activities (for children 0 to 18 years old). Family style dinner will be served each week.

Held at CDC G. Tyree Head Start Center

1077 Lexington Ave, Columbus OH 43201 (614) 737-4300 6 pm to 8 pm

National Parent Helpline available at 1-855-4A Parent, or (855) 427-2736

## Child Birth Classes

### Women's Care Center of Columbus, Ohio

Attend parenting and childbirth classes to earn coupons to be cashed in for free baby supplies, for example, a pack 'n play! WCC coupons can be signed by social workers at your Tap appointments to help you get more for your baby! Appointments preferred; walk-ins welcome. Must enroll in program to participate in childbirth classes. Two locations:

**935 E. Broad St., Columbus, OH 43205**

(614) 251-0200

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<http://www.WomensCareCenter.org>

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### Directions for Youth & Families Teen Childbirth Education Classes

Their Teen Parent Connection offers counseling, case management, parent education and free childbirth classes to youth ages 12 to 21 who are parenting or in their 2nd or 3rd trimester of pregnancy. Bring a pillow; support person welcome. Must enroll in program to participate in childbirth classes.

1515 Indianola Avenue, Columbus, Ohio 43201

(614) 294-2661

[www.dfyf.org](http://www.dfyf.org)

### CHOICE Services

Offers free 1 hour consultation with midwives (regardless of whether or not you choose to use their services), free lending library, childbirth classes, doula services, weekly parent support group meetings, parent resource center and more. Located near I-270 and Cleveland Avenue. Must enroll in program to participate in childbirth classes.

Open Tuesdays and Wednesdays from 11 am to 4 pm, and from 6 pm to 9 pm.

2584 Oakstone Dr. Columbus, Ohio 43231

(614) 263-BABY or (614) 263-2229