

**Mt. Healthy City School District  
Preschool Program Parent Handbook**



**2022- 2023**

# Mt. Healthy City Schools Preschool Program

## CONTACT INFORMATION

The following are contacts for Mt. Healthy Early Learning Center Preschool Program staff and Central Office Staff. Please reach out to these individuals for support and assistance.

### **Mt. Healthy Early Learning Center**

1310 Adams Road  
Cincinnati, Ohio 45231  
Phone: 513-742-6020  
Fax: 513-742-6018

**ELC Principal:** Shana Burg  
**ELC Dean of Students:** Jayne Sayers-Goedde  
**Secretary:** Karen Berg  
**Family Community Liaison:** Daniella Gutierrez  
**Social Worker:** Shavonte Darden

### Early Learning Center Preschool Staff

#### **Room 203**

**Teacher:** Susan Yeh  
**Paraprofessional:** Maggie Hoskins  
**Paraprofessional:** Lori Moore

#### **Room 303**

**Teacher:** Courtney Lantz  
**Paraprofessional:** Teressa Dailey  
**Paraprofessional:** Tammy Lindsey

#### **Room 301**

**Teacher:** Natalie Yan  
**Paraprofessional:** Michelle Haake  
**Paraprofessional:** Dominique Harris

#### **Room 201**

**Teacher:** Vanessa Benson  
**Teacher:** LaTonya Booker  
**Paraprofessional:** Annie Franklin  
**Paraprofessional:** Christie Miller

### Preschool Resource Staff

- **Central Office Registrar:** Amy Aker
- **School Psychologist:** Deborah Miller
- **Occupational Therapist:** Amy Whetstone
- **Physical Therapist:** Sue Williams
- **Physical Therapist Assistant:** Nancy Cleary
- **Speech/Language Pathologist:** Amy Burns
- **ELC Nurse:** Kathleen Gaddis
- **Preschool Administrator:** Jayne Sayers-Goedde

### Mt. Healthy City Schools Board Members

Dr. Julie Turner, Carole Ellis, Emmett Kilgore, Kimberly Bouldin Bryant, Stephanie Anderson



## **Mt. Healthy City Schools Preschool Program**

**Preschool Classes are in session: MONDAY-THURSDAY**

**Mt. Healthy Early Learning Center:** AM Session 8:05-10:40 (bus leaves at 10:50am)  
PM Session 12:05-2:40 (bus leaves at 2:50pm)

*Dear Preschool Parents and Guardians,*

*Preschool is an important milestone in your child's life. As children go through this experience, learning about the world outside of their homes, they develop social skills, as well as emotional and academic readiness for kindergarten.*

*The Mt. Healthy Preschool Program provides experiences where children interact with materials that enrich their cognitive, emotional, and physical growth. The curriculum provides hands-on experiences and a feeling of success among all children. Our Preschool Program stresses a developmentally appropriate curriculum and parent involvement. In addition to phone calls, emails, and in-person communication, a tool that we use to stay in contact with families is the ClassDojo app. Your teacher can share more about how this works.*

*Instruction reflects the needs of the individual child. The classroom centers are thoughtfully planned for small group, large group, and independent exploration throughout the session. The class routine allows for flexibility that is required when young children's interests or needs indicate more urgent priorities. Our classes reflect a diverse group of children, some of whom have disabilities.*

*Please read this Parent Handbook carefully. It contains important information you will need this year, including pickup and drop off information and reporting of absences. We know that your child will have a very positive experience in the Mt. Healthy Preschool Program.*

*Thank you for choosing to share your child with us. Please feel free to call at any time with questions or concerns you may have.*

*Sincerely,  
The Mt. Healthy Preschool Team*

## **Admission Requirements**

Children entering preschool **must be at least three years of age on or before August 1st of the school year they enter preschool.** The preschool does not accept new tuition students after May 1<sup>st</sup>. Because of IDEA regulations, children on Individualized Educational Plan (IEP) may begin preschool any time after their third birthday and completion of the IEP. Children on IEPs must reside in the Mt. Healthy School District. Students who are 4 years of age will be given priority based on their application date.

### Documentation Required for Registration:

- Three (3) proofs of Residency: Lease Agreement or Mortgage Statement and/or Two (2) Utility bills, in residents name, dated within the last Thirty (30) days
- Custody Papers, if applicable
- Parent/Guardian Photo ID
- Original Birth Certificate
- Social Security Card (optional)
- Current Immunization Records

### Additional Forms and Information needed to attend:

- Family Disclosure Information Form
- Student Health Form
- Physician's Statement Form
- Dental Form
- Emergency Medical Form
- Enrollment Form
- Class Roster Release
- Photo Release
- Immunization Record

**\*Per state licensing requirements, ALL students will need physical form and shot records on file prior to attending school. They are good for one year. If a physical expires during the school year, the child may be excluded from school until it has been turned in.**

## **Preschool Philosophy**

The Mt. Healthy Preschool believes early childhood educational experiences to be the foundation for the child's continuing education. The children are recognized and respected for their individual differences. We believe that all children can learn and succeed, but not on the same day and in the same way.

The Preschool Program operates at North and South Elementary Schools, and is a blend of social/emotional, physical, and cognitive experiences. Within a nurturing environment, children are encouraged to explore, experience, and succeed. A child's natural curiosity is expanded through both individual and small group interactions.

Early Childhood Education includes play as a viable tool in which to help the children learn about the world around them as well as reinforces social development. The Mt. Healthy Preschool Program provides children with the opportunity for growth by providing a curriculum aligned to the state academic standards, which includes a rich variety of age-appropriate experiences for 3 to 5 year olds.

The Preschool Program is inclusive, serving children with and without special needs. Many opportunities are created for the children to experience "child initiated" learning experiences that

promote self-confidence, self-reliance, and enhance self-esteem. Meeting the needs of the child, the parent, and community is a priority for the success of the children and the Preschool Program.

### **Preschool Education**

The Mt. Healthy City School District Preschool Program complies with all requirements outlined in the state's licensing guidelines including class size and student/teacher ratio as set forth by the Ohio Department of Education. Attention to compliance as an element of quality programming is extremely important. Preschool Program staff are encouraged to consider and to implement developmentally appropriate practices in working with young children.

The needs of the whole child are met through direct instruction, differentiated lessons, materials, classroom arrangement, and class schedules. The whole child includes emotional, academic, and physical development. These areas guide the practices and activities that staff provide in order to strengthen students' skills. Children interact freely and learn from each other spontaneously, along with the guidance of the teacher, paraprofessional, and other staff.

A monthly calendar and newsletter will be prepared and sent home with the student. Each preschool room will post a copy of the calendar and newsletter on the bulletin board by the door. All other notices and articles will also be posted. It is important to check the bulletin board and communicate with the teacher. Parent meetings are scheduled as needed throughout the year. Attendance is expected and appreciated.

Classroom celebrations are shared with families. The teacher will give you information in the classroom newsletter concerning class parties and other opportunities for involvement. **No homemade foods are allowed for classroom celebrations.**

### **Preschool Program**

#### **Preschool Program Dates**

An in person open house will be held on August 16, 2022. Information about preschool needs and requirements will be shared then. Families will have an opportunity to ask questions and meet the staff. Students will be phased in with half of the class attending on 8/22/22 and the other half attending 8/23/22. This is to allow students to acclimate to school in small groups. All students will begin attending as a whole class on 8/24/21.

The preschool program **will not be in session** during parent-teacher conference dates, teacher in-service dates, or teacher report dates. See the District calendar for these dates and other important dates.

#### **Preschool Program Holidays and School Closings**

The Preschool Program follows the District holiday calendar. When weather conditions make it necessary, the Preschool Program closes, as directed by the Superintendent. In this event, an announcement will be made on the radio and local television stations. Staff is notified by phone via the District's "All-Call" automated calling system.

- A two-hour delay means the AM Preschool Program is canceled and the PM Preschool Program is in session.
- When the Mt. Healthy Early Learning Center is closed all day, the Preschool Program is closed.

### **Preschool Program Hours**

All preschool children attend either a morning or afternoon session, occurring Monday through Thursday. Each class is 2 hours and 45 minutes long with a snack provided daily. Children do not attend on Friday. Preschool Program classes are in session Monday – Thursday, as follows:

**Mt. Healthy Early Learning Center:** AM Session 8:05-10:40 (buses leave 10:50) and PM Session 12:05-2:40 (buses leave at 2:50)

### **Sample Daily Preschool Program Schedule**

Following is a typical overview of a daily schedule:

<u>Minutes</u>	
25	arrival
20	group time
50	projects/learning centers
25	muscle/motor activities
15	snack time/restroom
20	story time
10	dismissal

The Preschool Program is inclusive, serving children with and without special needs. All preschool children attend either a morning or afternoon session, occurring **Monday through Thursday**. The children may start during the school year as long as there are openings. Each class is 2 hours and 45 minutes long with a snack provided daily.

**Every parent is asked to send in one complete outfit for your child to keep at school in case of restroom or mud/wet accidents.** Send the clothes in a plastic bag marked with your child's name. These clothes will be returned at the end of the school year. Each child must have a book bag (one they can carry on their own).

Check the classroom newsletter for any changes or updates specific to your child's classroom.

### **School Supplies`**

Each student will need the following:

- Bookbag
- Change of clothes

Optional Items:

- Clorox Wipes
- Tissues

Additional items may be requested by the classroom teacher.

## Mt. Healthy City Schools

### 2022 - 2023 School Calendar

August '22						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	●	●	★	18	19	20
21	22	23	24	25	26	27
28	29	30	31			
					13/14	11

September '22						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	
					21	21

October '22						
Su	M	Tu	W	Th	F	S
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2	3	4	5	6	7	8
9	10	11	12	◆	▲	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31				20	19

November '22						
Su	M	Tu	W	Th	F	S
		1	2	3	4	5
6	7	8	9	10	11	12
13	14	15	16	17	18	19
20	21	22	▲	24	25	26
27	28	29	30			
					18	18

December '22						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31
					15	15

January '23						
Su	M	Tu	W	Th	F	S
1	2	▲	4	5	6	7
8	9	10	11	12	13	14
15	16	17	18	19	20	21
22	23	24	25	26	27	28
29	30	31				
					20	19

11th Veteran's Day  
23rd Conference Exchange Day 24th-25th Thanksgiving Break

5th Labor Day  
23rd-26th Christmas Observed

2nd New Year's Day Observed  
MLK Day

February '23						
Su	M	Tu	W	Th	F	S
			1	2	3	4
5	6	7	8	9	10	11
12	13	14	15	◆	●	18
19	20	21	22	23	24	25
26	27	28				
					19	17

March '23						
Su	M	Tu	W	Th	F	S
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5	6	7	8	9	▲	11
12	13	14	15	16	17	18
19	20	21	22	23	24	25
26	27	28	29	30	31	
					18	17

April '23						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30					18	18

20th President's Day

May '23						
Su	M	Tu	W	Th	F	S
	1	2	3	4	5	6
7	8	9	10	11	12	13
14	15	16	17	18	19	20
21	22	23	24	25	★	27
28	▲	▲	31			
					21/22	20

June '23						
Su	M	Tu	W	Th	F	S
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	

July '23						
Su	M	Tu	W	Th	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30						

29th Memorial Day

4th of July

Report Periods	Student Days	Teacher Days	End of Quarter
Quarter 1	40	44 +/- 1	10/14
Quarter 2	44	44	12/21
Quarter 3	43	47	3/10
Quarter 4	48	50 +/- 1	5/30

**Actual Days Student 175 Teacher Days 185**

	End of Grading Period
▲	Teacher Report/Record Day Full Day
▲	Teacher Record/PD Day
●	Teacher In-Service/PD day
★	Student Start/End Date
	Student/Staff Holiday/Break
◆	PD Day/Parent Teacher Conf
	Optional Work Day (8/12 OR 5/31)
▲	Conference Trade Off Day

## **Preschool Policies**

### Absence Procedure:

- On the day when the child is absent, the parent must call the teacher to report the absence. In the event of unreported long term absences (one week or longer), the preschool staff will make three attempts to contact the parent. After three attempts and 10 consecutive absences with no contact, the child will be withdrawn from preschool.

### Classroom Placement

- It is our policy to place siblings (including twins) in separate classrooms.

### Informing parents of threats and emergency events:

- Ohio school districts are required to communicate to parents and students the notification procedures utilized to inform parents of threats and emergency events. The Mt. Healthy City School District communicates this information to parents using our automated telephone parent notification system. Therefore, it is very important to make sure you have a current phone number on file in your child's school office.

### Transportation

Transportation is available to special needs students on IEPs only. All other preschool students **must provide their own transportation.**

### Drop Off Procedures:

- **Early Learning Center:** If bringing your child to school, please pull in the parking lot of Adams Road. Stay to the left and park in the parking. Then bring your child into the building foyer area and staff will sign them in and walk them to class.
- Children attending Preschool **MUST** be accompanied by an adult at all times until they are met by a member of the preschool team. Please do not send your Preschool child in with an underage sibling.
- Please walk your child through the parking lot safely, holding his or her hand.
- **An adult must sign the students in with the preschool staff.**
- In accordance with building policies, parents will not be able to walk their children to class. These regulations are to ensure the safety of your child.
- Please do not drop off your child earlier than the scheduled time, as no staff will be available to receive your child.
- If arriving late, parents must escort their children to the main office and a tardy slip will be issued.
- Please drive through the parking lot slowly and use the utmost safety. Park in designated parking spaces and walk into the building office if needing assistance. Do not use handicapped parking unless you are handicapped. **DO NOT** park in unauthorized areas.
- Children receiving transportation will be dropped off where the paraprofessionals will be waiting to greet them. No child will be allowed off the bus without an adult.
- Indoors, children must walk, not run.
- Every effort has been made to assure the safety of your child while in our care.



### Pick Up Procedures

- **Mt. Healthy Early Learning Center** When picking a child up, please pull in the lot off Adams road and park in the parking lot to the left. Then walk to the building foyer area to sign the child out.
- **An adult must sign the students out with the preschool staff. Adults unfamiliar to staff will be asked for photo ID for the safety of the child. Please be prepared to show ID.**
- **All children must be picked up from preschool on time** to ensure adequate staff supervision. If you are going to be late, please inform a staff member. Chronic late pick-ups may result in the withdrawal of your child from preschool, as determined by the Preschool Administrator.

### For Security Purposes:

- Any parent of a child enrolled in the program shall be permitted unlimited access to the school during its hours of operation to contact his/her child, evaluate the care provided by the program, the premises or for other purposes approved by the director or building principal. Upon entering the premises, the parent shall report to the school office.
- **Mt. Healthy Early Learning Center:** All doors will be locked except the doors leading into the office.
- Any person not familiar to our staff will be asked for a picture ID.
- No child will be released to a person not authorized by a parent to pick that child up. We must have written authorization for changes in this respect. **Adults unfamiliar to staff will be asked for photo ID for the safety of the child.**

### Transition Policies

As children grow and change, it is important to prepare for the transitions from home to preschool to kindergarten.

- **Transition to Preschool:** The Mt. Healthy preschool has cooperative agreements with early intervention programs and Early Head Start. We work together to provide families of children with developmental disabilities a seamless transition from early intervention services to preschool services. The team also accepts referrals from parents who are concerned about their child's development. For students with a suspected disability, an evaluation is conducted to determine if the child qualifies for special education services. Whether the child qualifies for special services or not, options for preschool are shared with parents.

Parents of children who are typically developing may apply for enrollment. Applications are accepted for children who turn three before August 1<sup>st</sup>.

Teachers meet with parents and children individually in order to orient parents and children to the preschool classroom and the rules and routines of the classroom.

- **Transition to another classroom:** Occasionally it is necessary to move a student from one preschool classroom to another. Parents are included in this decision and arrangements will be made for the parent and child to meet with the new teacher.
- **Transition to Kindergarten:** The preschool team meets with each family who has a child transitioning to kindergarten. Transition information such as kindergarten enrollment, transition activities, and evaluation needs is shared.

Transition activities change from year to year, but have included visiting a kindergarten classroom, a Spring carnival for incoming kindergarten students, and an orientation day in August for parents and students prior to the first day of school. During a typical year,

parents receive a *Countdown to Kindergarten* calendar when students are enrolled. The calendar provides information about the District's kindergarten and school-age programs, and offers suggestions for daily activities in the months June to August to prepare preschool-age children for the transition to kindergarten.

In the Spring, the Preschool Administrator meets with Head Start personnel to share information about students who will transition from Head Start to the Mt. Healthy Kindergarten classrooms in the fall. This helps build classroom rosters and meet the individual needs of each child.

Preschool and kindergarten classrooms are phased in to allow teachers to meet individually with families and to assist students in learning the expectations of the classroom.

### **Uniforms**

Preschool students are not required to wear uniforms. Please make sure that you send a change of clothes with your child in case they become soiled.

### **Philosophy of Discipline**

According to IDEA (November 2004), "The terms **discipline** and **punishment** are often used interchangeably referring to the practice of improving behavior. Contrary to popular use, however, the two do not have the same meaning. In fact, they oppose each other in both method and result. Understanding the difference is important for successful classroom management and effective parenting. This understanding will help educators and parents promote more cooperative, responsible, safe and healthy behavior for all students."

"**Punishment**, (according to IDEA) very simply, is a "quick fix." Punishment often does not solve a problem and used in isolation, only stops the immediate behavior. Punishment requires little change in beliefs on the child's part and generally has no instructional value. Punishment will not change behavior long term because the basic need causing the behavior has not been met. Punishment focuses on the action, not the cause. It generally results in a child's anger, disrespect, revenge or defeat."

"**Discipline**, (according to IDEA) however, is an approach to changing behavior through planning, teaching and evaluating. Effective discipline provides appropriate, logical consequences for behavior and results in long term and positive behavioral changes. True discipline does not focus on isolated behaviors, but is a learning process that provides the child with a variety of skills to be an effective learner. Discipline addresses the cause of their behavior and helps to create a safe, positive learning environment for all. Discipline is firm, fair and appropriate to the behavior. It takes commitment, planning and ongoing problem solving."

### **Student Discipline Policy**

We subscribe to the disciplinary practices that are consistent with our beliefs regarding children and their needs at various developmental stages. We strive to help our students become responsible members of our community. Our approach to discipline focuses on self-control. We work with students to help them accept responsibility for their behavior. Both positive and negative actions have consequences. Teachers will model appropriate behavior and redirect students when necessary.

## **Methods of Discipline Used**

The discipline at our Mt. Healthy Preschool is based on constructive and developmentally appropriate child guidance. Management techniques are to be used at all times and include such measures as:

- Redirection
- Separation from problem situations
- Removed from the group to a designed time-out area for a very limited amount of time
- Talking with the child about the situation
- Praise for appropriate behavior

## **Classroom Management**

Classroom management follows a philosophy that allows children to resolve conflicts among themselves first before asking the help of an adult. The children are expected to accept appropriate and necessary limits. Sharing and being able to cooperate are skills that are still being developed and learned at this young developmental stage. The children are still learning how to use language and make choices to appropriately handle differences that are a part of everyday life. Teachers supervise and guide the children in saying what their needs are and in choosing solutions to solve problems.

We do have limits. A child is not allowed to do anything that is harmful to himself/herself, to others, or to the materials and equipment. The rules will be enforced in a positive, unbiased and appropriate way. There will be no physical punishment. Repeated discipline problems will be discussed with the parents. If your child is not responding to the classroom procedures implemented by the classroom teacher, parents and teachers are able to work with specialized staff members and families to assist in making proper behavior plans.

The preschool program's actual methods of discipline (as stated by the ODE 3301-37-10) shall apply to all persons on the premises and shall be restricted as follows:

1. There shall be no cruel, harsh, corporal punishment or any unusual punishments such as, but not limited to, punching, pinching, shaking, spanking or biting.
2. No discipline shall be delegated to any other child.
3. No physical restraints shall be used to confine a child by any means other than holding a child for a short period of time, such as in a protective hug, so the child may regain control.
4. No child shall be placed in a locked room or confined in an enclosed area such as a closet, a box, or a similar cubicle.
5. No child shall be subjected to profane language, threats, derogatory remarks about himself or his family or other verbal abuse.
6. Discipline shall not be imposed on a child for failure to eat, failure to sleep, or for toileting accidents.
7. Techniques of discipline shall not humiliate, shame or frighten a child.
8. Discipline shall not include withholding food, rest or toilet use.
9. Separation, when used as discipline, shall be brief in duration and appropriate to the child's age and developmental ability and the child shall be within sight and hearing of a preschool staff member in a safe, lighted and well-ventilated space.
10. The center shall not abuse or neglect children and shall protect children from

## **Conscious Discipline**

Additionally, Mt. Healthy embraces the practices of Conscious Discipline. Conscious Discipline® is a comprehensive classroom management program and a social-emotional curriculum. It is based on current brain research, child development information, and

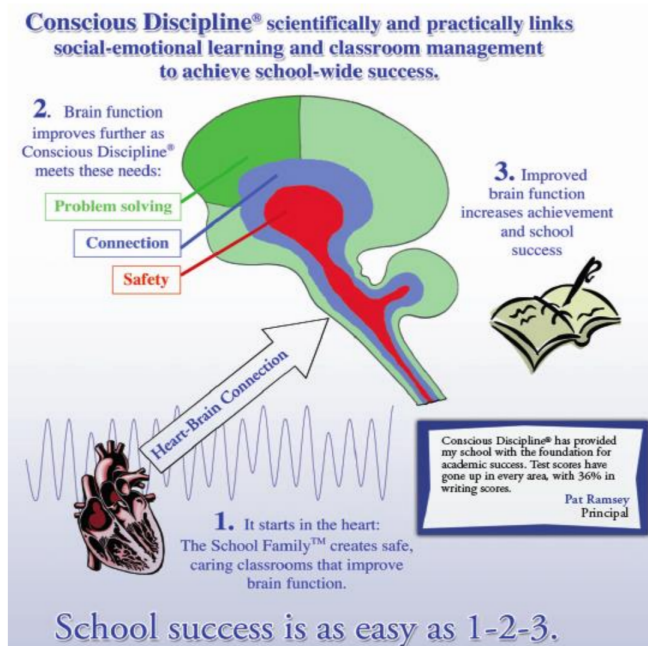
developmentally appropriate practices. Conscious Discipline® has been specifically designed to make changes in the lives of adults first. The adults, in turn, change the lives of children.

Conscious Discipline® is a way of organizing schools and classrooms around the concept of a School Family. Each member of the family—both adult and child—learns the skills needed to successfully manage life tasks such as learning, forming relationships, communicating effectively, being sensitive to others' needs and getting along with others.

Conscious Discipline® empowers teachers and other adults with the Seven Powers for Self Control. These powers change the adults' perception and relationship with conflict, empowering them to be proactive instead of reactive during conflict times. These core beliefs strengthen our utilization of the frontal lobes of the brain. The frontal lobes are to the brain as a conductor is to an orchestra. The frontal lobes are our moral leader.

From the beliefs instilled with the Seven Powers for Self Control, emerge the Seven Basic Skills of Discipline. These skills change how adults respond to conflict in such a way as to facilitate the development of the frontal lobes in children. The Seven Skills are the only skills an adult needs to constructively transform conflict into teaching moments. Through the Powers and Skills, adults stay in control of themselves and in charge of children.

As adults begin to change their attitudes and behaviors, so will the children in their care. We cannot teach behaviors and skills that we do not possess ourselves. Dr. Becky Bailey, the author of Conscious Discipline®, originally designed the program for classrooms, but the Brain Smart strategies imparted by the Seven Powers for Self Control and the Seven Basic Skills of Discipline are seamlessly applied to all human interactions. She has since developed Conscious Discipline® for parents and Brain Smart strategies for businesses.



Source ~ [http://www.beckybailey.com/cd\\_what\\_is.cfm](http://www.beckybailey.com/cd_what_is.cfm)

### What does Conscious Discipline do?

The most frequent comment heard in response to the Conscious Discipline program is that it is life changing. The Seven Powers and the Seven Skills taught in the program enhance adults' social-emotional intelligence in perceptible ways. Conscious Discipline teaches relationship skills that help adults in all of their interactions, so that improvement is seen at home with family, at

work with colleagues, and at school with children. This single program, offering such a broad life-changing approach, is extraordinarily effective and meaningful for those who are willing to make the change.

Conscious Discipline leads parents, teachers, administrators, staff and employees through a process that promotes permanent behavior changes in both adults and children. The paradigm of change is from a traditional compliance model of discipline, relying on lower brain center approaches of threat and force, to a relationship-based community model that relies on higher-order thinking skills.

Conscious Discipline educates adults by establishing an understanding of brain development. Once a basic knowledge is established, Conscious Discipline then draws out the relationships between brain development, learning and behavior. Ultimately, Conscious Discipline uses this information to deliver specific ways to create safer, more caring and more responsive environments for schools, homes and workplaces.

### **More on Conscious Discipline:**

Research on brain function shows that learning takes place in an emotional and behavioral context. When children can attach academic skills to feelings and actions that are part of their everyday world, they are more likely to use those skills. Conscious Discipline creates a “School Family” that fosters meaningful academic and social learning together. Every classroom management system must have a core motivator. The motivator in Conscious Discipline is the School Family. Connection, belonging and contribution within the School Family create cooperation among children. Students are intrinsically motivated to be helpful, responsible and caring classroom citizens.

Conscious Discipline is specifically designed to teach the following:

- Anger management
- Helpfulness (pro-social skills)
- Assertiveness
- Impulse Control
- Cooperation
- Empathy
- Problem solving

Real-life conflict and challenging situations serve as a character education curriculum for the Conscious Discipline classroom. Conflict is viewed as a teaching opportunity and adults are empowered to transform it into a valuable lesson. Character education is part of everyday life, not an activity that occurs separately.

Conscious Discipline builds self-esteem by addressing children’s universal need to be generous and contributing members of a group. Each child holds a job and is responsible for the effective running of the classroom.

Conscious Discipline moves a step beyond positive discipline by helping adults become conscious of themselves. This consciousness increases effectiveness and fosters a reflective, thinking mind by strengthening the frontal lobes of the brains of those who exercise its principles. The frontal lobes are the “CEO” of the brain. They allow impulse control, problem solving, empathy and proactive strategies during difficult situations.

Consciousness allows adults to teach by example. Example is, by far, the most powerful teaching technique available. Children who observe discrepancies between what is “practiced” and what is “preached” are likely to imitate the behavior they see modeled. You must model calmness, respect, responsibility, etc. if you want children to display calmness, respect, responsibility, etc.

Conscious Discipline links home and school, as the School Family is seen as an extension of the home family. The School Family provides the infrastructure in the classroom to handle difficult life events in a child's life, in the community and in the world.

Conscious Discipline operates on a basis of creating physical and psychological safety for children. Research shows that the brain functions optimally in a safe, stimulating environment. This principle is at the program's core.

Source [http://www.beckybailey.com/cd\\_what\\_do.cfm](http://www.beckybailey.com/cd_what_do.cfm)

## **Health and Safety**

A current Emergency Medical Authorization form should be on file for each child, dated no more than thirty (30) days prior to admission and annually thereafter.

Information on emergencies, accidents, illness, and medications:

1. Child's medical statement – each child must be examined by a licensed physician and the form returned to us by the first day of school.
2. An emergency plan is posted in the classroom for fire, and evacuation due to other hazards.
3. The staff is trained in first aid and in the recognition of early childhood diseases and child abuse. Staff is required by law to report any suspicion of neglect or abuse.
4. Teachers have college degrees and are certified in Early Childhood Education and Special Education.
5. No child shall ever be left alone or unsupervised at any time.
6. A telephone is available at all times in case of emergency.
7. A monthly fire drill, at varying times each month, will be held and recorded for inspection by the fire department. Tornado drills are held during tornado season. Lock-down drills are required by the Mt. Healthy Board of Education
8. Please keep your child at home if; he/she has a temperature of at least 100 degrees, non-localized skin rash, diarrhea, vomiting, any evidence of head lice, any communicable disease, or has an excessive runny nose, that is yellow/green in nature. It is important to prevent the spread of infection in class. If a child is sent home ill, we ask that the child not return for at least 24 hours and upon returning is free from symptoms of illness.
9. If an illness/injury should occur, every effort will be made to contact the parents as quickly as possible. If the parents cannot be located, we will call one of the designated adults whose name you have provided. Either the parent or designated adult may be asked to pick up the child
10. NO MEDICATIONS WILL BE GIVEN unless the parents and the child's physician have filled out the proper forms. (Forms may be obtained from the school health clinic or on the district website).
11. It is important to notify the staff of any dietary restrictions or allergies. See section on Care of Students with Food Allergies.
12. A child isolated due to suspected communicable disease shall be:
  - Cared for in a room or portion of a room not being used in the preschool program;
  - Within sight and hearing of an adult at all times. No child shall ever be left alone or unsupervised
  - Made comfortable and provided with a cot. After cot is used it shall be disinfected;
  - Observed carefully for worsening condition; and
  - Discharged to parent, guardian, or person designated by the parent or guardian as soon as practical.

**Tuberculosis screening requirements and documentation:** All newly enrolled, foreign born students who have been in the USA for 5 years or less must provide documented evidence of having a negative TB test within 90 days of the first day of school enrollment. Students in the process of completing the TB testing may attend school for no more than 30 days as long as they DO NOT have symptoms of TB as verified by a licensed physician or nurse. If the TB test is positive, the student may remain in school, but must provide proof of a normal chest x-ray or written verification from a physician of the absence of communicable TB.

**Peanut or Other Food Allergies:** The district has a policy on the care of students with peanut or food allergies. Food allergy information is shared with food service staff with your permission. The parent/guardian must provide the school with a written medical order to have those food(s) a student is allergic to replaced with something different. **No homemade foods are permitted.**

**Medical Treatments:** If a child has any health/medical condition that requires medical treatment, the parent/guardian shall provide the clinic with the doctor or other appropriate health care provider's written treatment order. This form may be obtained from the school clinic or the district website.

### **Staff and Child Re-Admittance Criteria**

Condition: Readmit to the child care/preschool facility

Chickenpox: Staff and *children* with chickenpox shall be excluded until the 6<sup>th</sup> day after onset of rash or until all lesions are dry, whichever comes first.

Conjunctivitis: Staff and *children* with purulent conjunctivitis should be excluded until 24 hours after the start of antimicrobial therapy (if ordered by licensed prescriber).

Diarrheal illness: Diarrhea is defined as 3 or more loose stools in a 24-hour period. Staff or *children* with diarrhea of unidentified, possibly infectious cause shall be excluded from the preschool classroom. Staff and children may return after diarrhea has resolved for 24 hours. Exclusion of persons with diarrhea of known infectious cause shall be in accordance with regulations pertaining to the infectious disease such as:

- Campylobacteriosis: Staff may return after diarrhea has ceased provided no food handling is involved in their duties. If food handling is involved, they may return after diarrhea has ceased and after 48 hours of effective antimicrobial therapy. If not treated with antimicrobial therapy, they may return to work after diarrhea has ceased and after two consecutive follow-up stool specimens are negative for Campylobacter. *A child may return to the preschool classroom after diarrhea has ceased for 24 hours.*
- Cryptosporidiosis: Staff may return after diarrhea has ceased provided no food handling is involved in their duties. If food handling is involved, they may return after diarrhea has ceased and after three consecutive follow-up stool specimens are negative.
- Cryptosporidium: *A child may return to the preschool classroom after diarrhea has ceased for 24 hours.*

Giardiasis: Staff and *children* may return after diarrhea has ceased and after 72 hours of effective antimicrobial therapy. If not treated with antimicrobial therapy, they may return to work after diarrhea has ceased and after three consecutive follow-up stool specimens are negative for Giardia.

Salmonellosis: Staff may return after diarrhea has ceased provided no food handling is involved in their duties. If food handling is involved, they may return after diarrhea has ceased and after two consecutive follow-up stool specimens are negative for Salmonella. *A child may return to the preschool classroom after diarrhea has ceased for 24 hours.*

Shigellosis: Staff and *children* may return to work after diarrhea has ceased and after two consecutive follow-up stool specimens are negative for Shigella.

Yersiniosis: Staff and *children* may return after diarrhea has ceased provided no food handling is involved in their duties. If food handling is involved, they may return after diarrhea has ceased and after two consecutive follow-up stool specimens are negative for *Yersinia*.

Diphtheria: Staff and *children* may return after 2 cultures from both throat and nose (and skin lesions in cutaneous diphtheria) taken not less than 24 hours apart, and not less than 24 hours after cessation of antimicrobial therapy, fail to show diphtheria bacilli. If culturing is unavailable or impractical, exclusion may be ended after 14 days of appropriate antimicrobial therapy.

E. coli O157:H7 or Hemolytic Uremic Syndrome (HUS): Staff and *children* may return after diarrhea has ceased and after two consecutive follow-up stool specimens are negative for E.coli O157:H7.

Hepatitis A: Symptomatic staff and *children* shall be excluded until 10 days after initial onset of symptoms.

Impetigo: Staff and *children* may return after 24 hours initiation of antimicrobial (a skin infection) therapy provided lesions are not draining and all lesions (sores) are dry.

Measles: Staff and *children* shall be excluded for 5 days following the onset of rash.

Bacterial Meningitis: Excluded until at least 24 hours of effective treatment. Must be under physician's care.

Pediculosis (lice): Staff or *children* with body lice may return 24 hours after application of an effective pediculicide. Staff or children with head lice may return after the first treatment with appropriate pediculicide and are nit free. The clinic staff will check the student's hair. The student will need to return home if not nit free. It is recommended to repeat the pediculicide in 5 – 7 days.

Pertussis (whooping cough): Staff and *children* shall be excluded for 5 days after initiation of antimicrobial therapy. If the case is not treated with appropriate antimicrobial therapy, the staff member or *child* shall be excluded until 3 weeks after the onset of paroxysms.

Rash with fever or joint pain: Staff and *children* shall be excluded until diagnosed not to be measles, rubella or other communicable disease.

Rubella: Staff and *children* shall be excluded for at least 7 days after the onset of rash and symptom free.

Mumps: Staff and *children* shall be excluded for 9 days after the onset of parotid swelling and until swelling subsides.

Shingles: Only if clothing or a dressing cannot cover sores, excluded until sores have crusted and are dry. A person with active shingles should not care for immunosuppressed children.

Strep throat (or other streptococcal infection): Staff and *children* shall be excluded for 24 hours after the initiation of antimicrobial therapy and referral.

Tuberculosis (TB): Staff and *children* with confirmed or suspected TB shall be excluded from the daycare center until the local designated TB authority approves the person's return to the center.

Typhoid Fever: Staff and *children* may return when a symptomatic and after three consecutive follow-up stool specimens are negative for Salmonella typhi.

Vomiting: They may return 24 hours after vomiting is resolved or is determined to be due to a noninfectious condition such as pregnancy or a digestive disorder.

Ringworm: Staff and *children* must be treated with an appropriate antifungal cream before being allowed to return to school. Infected areas must be covered.

The criteria for exclusion and re-admittance represent the recommendations of the Ohio Department of Health.

### **Obtaining Copies**

Each parent, upon enrollment, will receive a copy of the parent handbook. Additional copies of the handbook will be provided upon request and can be found on [mthcs.org](http://mthcs.org).



## **Filing a Complaint or Obtaining Copies of Inspection Reports**

Any parent wishing to file a complaint or obtain copies of inspection reports may either speak directly to the Early Learning Center Dean of Students, Jayne Sayers-Gopedde, or email her at [jgoedde@mthcs.org](mailto:jgoedde@mthcs.org).

The Ohio Department of Education, Office for Exceptional Children and Early Childhood Education will investigate complaints as required by Federal law and regulations. Depending on the nature of the issues identified in the complaint, a consultant from the Office of Exceptional Children or the Office of Early Childhood Education may offer both parties to the complaint an opportunity to resolve the issues through mediation.

Send all complaints to the following address:

The Ohio Department of Education  
Office for Exceptional Children  
Procedural Safeguards Section  
25 South Front Street  
Mail Stop 202  
Columbus, OH 43215  
Local number: (614) 466-0224  
Toll free: 1-877-644-6338

\*Preschool complaints must be submitted to the Office of Exceptional Children at the address above. The preschool complaints will, however, be investigated by The Office of Early Learning and School Readiness in collaboration with the Office for Exceptional Children.

The following pages contain resources available within the community.

## **Mt. Healthy City School District Community-Based Resources**

As a service to our families, the Mt. Healthy City School District Preschool and Kindergarten Readiness Program has compiled this listing of some of the many community-based organizations/agencies that may be of interest to families and caregivers of young children. Information is gathered and summarized from the websites of listed organizations and is as up-to-date as possible. Please contact the organization for more complete information.

*\*Inclusion of an organization on the list is not intended as an endorsement of or referral to that agency by the Mt. Healthy City School District.*

### **Adult/Parent Education and Career Resources**

**Adult Learning Center, Main Library**.....513-369-3121  
<http://www.cincinnati.org/>

- Offers Hamilton County adults the opportunity to receive academic assistance conducive to study and learning in the areas of Basic Academic Skill Building (including Pre-GED & GED Online Lessons), Adult Literacy Sessions, Conversational English Study, Online Job Assistance, and Exam Proctoring. Collaboration with the Literacy Network of Greater Cincinnati and the Great Oaks Institute of Technology and Career Development contributes to the Department's mission to support life-long learning

**Adult Basic and Literacy Education/ABLE**.....513-363-6100  
[ABLE@cpsboe.k12.oh.us](mailto:ABLE@cpsboe.k12.oh.us)

- **ABLE** - Adult Basic and Literacy Education
- **GED** - General Educational Development (high school equivalency diploma) offers a second chance to complete high school education. Obtaining a GED-high school equivalency diploma will open doors. More information on the GED exam can be found at: <https://ged.com/>
- **ESOL** - English for Speakers of Other Languages
- ABLE's mission: is to provide adults with educational opportunities to acquire the academic skills necessary to become more self-sufficient and participate more effectively as workers, family members and citizens
- Cincinnati Public Schools (CPS) hosts free ABLE classes for adult learners at various locations. Call to schedule intake .

**Great Oaks** .....513-771-8840

110 Great Oaks Drive (at 3254 East Kemper Road) Cincinnati, Ohio 45241

[https://adults.greatoaks.com/?\\_ga=2.183475874.547854408.1593452447-1650980883.1593452447](https://adults.greatoaks.com/?_ga=2.183475874.547854408.1593452447-1650980883.1593452447)

- Offers more than a dozen programs for adults who want to train for a new career
- Programs include: Medical Office Specialist, Billing and Coding, Welding Technician, CNC Manufacturing, Electro-Mechanical Maintenance Technology, Industrial Diesel Mechanics
- Most programs start in the fall; others start throughout the year

**Hamilton County Department of Job and Family Services (HCDJFA)** .....513-946-1000

222 East Central Parkway, Cincinnati, Ohio 45202

<https://www.hcjfs.org/>

- Administers state, federal and local programs designed to help those in need and help families work toward self-sufficiency
- Includes services such as, local child protection, adult protection, child care, child support enforcement, workforce development, cash assistance, food assistance and medical assistance.

**Literacy Network of Greater Cincinnati**.....513-621-7323

[http://www.lngc.org/#!about\\_us/c12dk](http://www.lngc.org/#!about_us/c12dk)

- Champions the development of literacy in the individual, the family, the workplace, the school and the community by raising awareness, improving access, and serving as a catalyst for literacy efforts
- Provides support of basic reading, GED and English for Speakers of Other Languages, including FREE classes for adults. Tutors help children improve their reading through the Winners Read Tutoring program. The program Winners Walk Tall provides children with essential character building lessons in manners and leadership, helping them to develop a positive sense of self-esteem, respect for others, and the ability to make good decisions about behaviors that impact their lives

**Ohio Department of Education** .....877-644-6338

25 South Front Street, Columbus, Ohio 43215

<http://education.ohio.gov/>

- Provides a variety of information on educational topics for parents, teachers, and administrators

**Ohio Department of Higher Education**.....614-466-6000

25 South Front Street, Columbus, Ohio 43215

<https://www.ohiohighered.org/students/find-a-career>

- Search for occupations and career pathways in various industries
- Find out about industries and careers that are in high demand in Ohio
- Find out more information about returning to finish a degree if you have been away from college for a while
- Find out how internships and co-ops give you real-world experience and lead to jobs
- Find a career technical, professional or vocational school near you
- Explore options for certificate programs

**Ohio Department of Job & Family Services** .....614-466-1213

<https://jfs.ohio.gov/>

- Provides referral and case management services for families of young children in need of supports
- Publishes the [Ohio Resource Guide for Relatives Caring for Children](http://www.odjfs.state.oh.us/forms/file.asp?id=1779&type=application/pdf) (<http://www.odjfs.state.oh.us/forms/file.asp?id=1779&type=application/pdf>). This resource guide is available on line and provides guidance in these and additional areas: Finding Help with Expenses, Finding Help with Educational Services, Finding Help with Medical Services for You and Children in Your Care

**Ohio Means Jobs** .....No number

<https://jobseeker.ohiomeansjobs.monster.com/>

- Career search by title, location, or key words

**O\*NET Career Pathways** .....No number

<https://www.mynextmove.org/explore/ip>

- Helps adults discover their interests and skills and how they relate to the world of work; find out what they like to do; decide what kinds of careers they might want to explore

### **Child Development and Parenting Supports**

**Beech Acres Parenting Centers** .....513-231-6630

6881 Beechmont Avenue, Cincinnati, Ohio 45230

3325 Glenmore Avenue, Cincinnati, Ohio 45211

767 Columbus Avenue, Lebanon, Ohio 45036

4879 Mercedes Drive, Suite A, Hamilton, Ohio 45011

<https://beechacres.org/>

- Agency works with families to support education and parenting skills

**Great Oaks Preschool – Early Education Preschool** .....513-612-5871

300 Scarlet Oaks Drive, Cincinnati, Ohio 45241

<https://www.greatoaks.com/about/preschool/>

- Serves children ages 3-5 who are toilet-trained to help prepare children for kindergarten.
- Includes a variety of lessons and activities with specific themes, prepared by our high school student teachers; maximum class size of 24 children

**Hamilton County Developmental Disabilities Services** .....513- 559-6990

222 East Central Parkway, Cincinnati, Ohio 45202

- Provides services for people with developmental disabilities beginning before the age of 22 and include lifelong intellectual or physical disabilities

**Hamilton County Head Start Program** .....513-851-2899

924 Waycross Road, Cincinnati, OH 45240

<http://hcsc.org/head-start>

- Head Start partners with local school districts to serve their low-income children ages 3-5 years providing a comprehensive educational program that focuses on the whole child

**Help Me Grow** .....513-434-3322

222 East Central Parkway, Cincinnati, Ohio 45202

<http://www.helpmegrow.ohio.gov/>

- Provides support and resources for families with children younger than 3 who qualify for Early Intervention Services

**4C for Children** .....513-221-0033

2100 Sherman Ave #300, Cincinnati, OH 45212

<http://www.4cforchildren.org/>

- Educates and supports the adults—parents, child care providers, preschool teachers, early learning program administrators—who care for young children and prepare them for success in school and life

### **Enrichment Opportunities**

**ArtsWave**.....513-871-2787

20 East Central Parkway, Suite 200, Cincinnati, OH 45202

<https://www.artswave.org/impact/events>

- The region's local arts agency and the nation's largest community campaign for the arts
- Website features upcoming community events in the community, suitable for all ages, many of which are FREE

**Cincinnati Family Magazine**.....513-252-0077

10945 Reed Hartman Hwy. Suite 323, Cincinnati, OH 45242

<http://cincinnatifamilymagazine.com/places-to-visit>

- Has a longstanding tradition of supporting families by providing timely listings of family events and activities in the greater Cincinnati area
- The above-referenced website is a link to a continuously updated listing of FREE classes and activities in categories of things to do, contests, family matters, age by age; education, and directories, suitable for young children and familiesP
- Topics have included Preschool Story Time; Spanish Playgroup; Autism and SPD Support Gathering; Child African Dance; Child African Drum; Cincinnati Mommies; First Ballet Class; Kids Story Time; and more

**Cincinnati Museum Center, Early Childhood Programs**.....513-287-7021

211 Dana Ave., Cincinnati, Ohio 45207

<http://www.cincymuseum.org/>

- Houses many exhibits and attractions including the Duke Energy Children’s Museum
- Encourages learning through play with hands-on fun for children of all ages in eight educational and themed play areas, including two specifically designed for preschool-aged and younger
- Encourages kids to climb, crawl, and learn about themselves and the world around them

**Cincinnati Parks and Recreation**.....513-357-2604

<http://www.cincinnatiiparks.com/>

- Operates dozens of beautiful parks in the greater Cincinnati area, as well as landmark sites such as the Krohn Conservatory in Mt. Adams.
- “Natural classrooms” offer unlimited opportunities for families of young children to explore and learn about the environment including plants and animals, and to enjoy recreational fun
- Families can sign up to receive a monthly newsletter – *The Backyard Buzz!*

- Full list of parks is shown on the website
- Includes 12 additional neighborhood parks

**Cincinnati Official Travel Guide of Cincinnati/Northern Kentucky** .....No number  
50 E. Rivercenter Blvd. Suite 1100 , Covington, KY 41011

<http://cincinnatiusa.com/events/art-craft-classes>

- Search thousands of events in the online database; filter your search by category – like art and craft classes; sign up to receive a free e-newsletter; many of the opportunities listed are FREE

**Cincinnati Zoo and Botanical Garden** .....513-559-7767  
3400 Vine St, Cincinnati, OH 45220

<http://cincinnati-zoo.org/>

- One of the top zoos in the nation, with many sights to see and learning for the whole family, including young children
- Zoo’s programs: animal encounters; theatre; gardens; petting zoo; zoo babies; deaf day; self-guided activities; and Macy’s Kids, Cultures, Critters, and Crafts Festival

**Cincinnati Mom Collective**.....No number

<http://cincinnati.citymomsblog.com/indoor-fun-around-cincinnati/>

- Collaborative blog written by Cincinnati moms, for Cincinnati moms
- Resource for all things mom and also to bring online mothers together offline in a meaningful and lasting community; subscribe to an e-newsletter on the website
- Strives to bring together a variety of experiences and perspectives
- Website has links to topics including: Cincinnati Moms Resources, Indoor Play, Kids Eat Free, Parks and Playgrounds, Kids Book Corner, Kids Crafts

**Civic Garden Center**.....513-221-0981  
2715 Reading Road, Cincinnati, Ohio 45206

<http://www.civicgardencenter.org/contact-us/>

- Resource whose mission is building community through gardening, education and environmental stewardship
- Hosts classes, a horticultural library, several gardens for visitors to enjoy free of charge, and the Green Learning Station and an outdoor compost classroom
- Supports over 50 communities and children’s gardens throughout the city
- Outreach efforts include the Community Gardens, Youth Education and School Gardens programs; offers these programs at no cost to participants

**Colerain Township Parks and Recreation** .....513-385-7500  
4200 Springdale Road, Cincinnati, Ohio 45251

<https://www.colerain.org/449/Colerain-Parks-Rec-Squad>

- Operates and maintains 10 parks with over 250 acres of park land; offers a natural setting for young children to learn and play
- Parks include playgrounds, an amphitheater, paved trails, shelters, a skate park, boat access ramps, a disc golf course; special events include Relay for Life, Sizzling Summer Entertainment, and Taste of Colerain

**Family Friendly Cincinnati** .....No number

<http://www.familyfriendlycincinnati.com/>

- Parenting blog designed to help parents discover all the things that make Cincinnati and northern Kentucky a great place to raise a family
- Website has many links to topics and resources, including Places to Go; Good Eats; 50 Kid-friendly Things to Do; Kids Night Out; Farmers Markets; Inclusive Playgrounds; Resource Guides; Deals and Coupons; and more

- Join the blog and/or sign up for an e-newsletter

**Findley Market** .....513-665-4839

3400 Vine St, Cincinnati, Ohio 45220

<http://www.findlaymarket.org/>

- An old-fashioned public market in Cincinnati's historic Over-the-Rhine neighborhood that has been in operation since 1855; a wonderful place to introduce young children to foods, cultures, the arts, ethnic traditions, gardening, and more
- Admission is free; open year-around
- Offers a diversity of delicious fresh foods, handmade goods, entertainment and more; three dozen indoor merchants selling meat, fish, poultry, produce, flowers, cheese, deli, and ethnic foods; from April to November, the Market also hosts a thriving farmers market, dozens of outdoor vendors, numerous street performers, and lots of special events

**Hamilton County Parks** .....513-521-7275

4200 Springdale Road, Cincinnati, Ohio 45251

<http://www.greatparks.org/>

- Includes 18 neighborhood parks and 5 conservation areas, with quite a few within miles of the Mt. Healthy community; publishes a monthly on-line calendar of recreational and educational/nature events, for all ages
- Parks (such as Winton Woods) offer play equipment for preschool-age children, water play areas, camping, fishing, walking, bike trails, boating, and more
- Educational and recreational programs are scheduled year-round; contact the Park office for more information

**Home Depot FREE Classes and Workshops** .....513-661-2413

3461 Joseph Rd, Cincinnati, OH 45251

<https://www.homedepot.com/c/alp/activities-for-kids/qz47>

- Offers FREE workshops for do-it-yourselfers of all ages and experience levels
- Review the schedule of upcoming workshops online and choose a specific workshop to attend. (i.e. Colerain Avenue Home Depot has offered a *Build a Butterfly House* hands-on workshop in which parents and children built a butterfly house)

**Public Library of Cincinnati and Hamilton County Ohio** .....513-369-4469

7608 Hamilton Ave., Cincinnati, Ohio 45231

<http://www.cincinnati.library.org/branches/mthealthy.html>

- Parking lot is available behind the building; ADA accessible facility and has a book return
- The branch is served by Queen City Metro bus routes 15X, 16, and 17
- Preschool and baby/infant programs are regularly scheduled and include *Preschool Storytime* (enjoy books, songs, activities and more, while building early literacy skills, for preschoolers ages 3 – 6 and their caregivers) and *Babies* (children and families enjoy lap games, songs, stories, bubbles and more; perfect for mommy and baby ages 6 - 18 months)

**Springfield Township Parks and Recreation** .....513-522-1410

4200 Springdale Road, Cincinnati, Ohio 45251

<http://www.springfieldtpw.org/>

- Home to Winton Woods, one of the largest parks of the Great Parks of Hamilton County, which offers a 123 site campground, 156 acre lake, 2 golf courses, a fully functional farm, horseback riding center, beautiful trails, and a boat harbor



## Financial Assistance

- Benefits Check-Up** .....202-479-1200  
1901 L Street, NW 4th Floor, Washington D.C. 20036  
[www.benefitscheckup.org](http://www.benefitscheckup.org)
- Website helps find state, federal, and private benefits programs available near individuals residence; benefits programs can help pay for prescriptions, health care, food, utilities, tax relief, transportation, legal issues, or finding work
- Bethel Baptist Church** .....513-961-0804  
2712 Alms Place Avenue, Cincinnati, Ohio 45206
- Hours: First and third Friday of each month 10 am - 3:30 pm
  - Provides rent, utility, and other financial assistance to residents of Greater Cincinnati
- Catholic Charities of Southwest Ohio** .....513-241-7745  
100 East 8th Street, Cincinnati, Ohio 45202
- Emergency assistance for rent
- Christ Church Cathedral** .....513-621-1817  
318 East 4th Street, Cincinnati, Ohio 45202
- Plumb Line Ministry
- Cincinnati Computer Cooperative** .....513-771-3262  
49 Noyner Drive, Cincinnati, Ohio 45215
- System prices range from \$75 to \$150 including computer, monitor, mouse, and keyboard, making technology affordable for all qualified buyers, which includes K-14 students, seniors (over 55) and individuals receiving state or federal assistance
  - Hours: Wednesday 6 pm - 9 pm and Saturday 9 am -12 pm
  - Customers can also sign up for low cost internet access with Cincinnati Bell for \$15 for high speed internet or \$5 for dial-up service.
- Community Action Agency** .....513-569-1840  
1740 Langdon Farm Road, Cincinnati, Ohio 45237
- Provides rent/mortgage and utility assistance
- Consumer Credit Counseling Service** .....513-366-4500  
9545 Kenwood Road, Suite 204, Cincinnati, Ohio 45242
- Provides assistance in personal money management, debt management, and money management education; no income restrictions but clients do need a referral
- Council on Aging** .....513-721-1025  
175 Tri County Parkway, Suite 175, Cincinnati, Ohio 45246
- Financial assistance for low-income elderly or disabled persons, allowing them to live in a community-based group home environment
- Disabled Veteran's National Foundation** .....202-737-0522  
4601 Forbes Boulevard, Suite #130, Lanham, Maryland 20706  
<https://www.dvnf.org/>
- Provides assistance to all Veterans with 1 time grant for up to \$1000 towards rent/mortgage and utilities to prevent homelessness; download the application by going to the website
- Family Service Bureau** .....513-762-5660  
114 East Central Parkway, Cincinnati, Ohio 45202

- Homeless Prevention Program: must have a child under the age of 18, be at risk for homelessness, meet the current year poverty guidelines, and be willing to be in a case management program

**Freestore Foodbank** .....513-241-1064  
112 East Liberty Street, Cincinnati, Ohio 45202

- Emergency assistance with rent, utilities, and heaters/fans/air-conditioning (in season)

**Goodwill Industries** .....513-631-4500  
10600 Springfield Pike, Cincinnati, Ohio 45215

- Programs are operated for homeless individuals, including but not limited to Veterans
- Assistance with rent payments, security deposits, and delinquent utility bills

**Hamilton County Department of Job and Family Services** .....513-946-1000  
222 East Central Parkway, Cincinnati, Ohio

- PRC (Prevention, Retention, and Contingency) Program is designed to assist residents with short-term or immediate need for rental assistance to prevent eviction or financial assistance to pay an electric bill so that service is not cut off
- A child must be living in the home or a woman must be at least 6 months pregnant

**Hamilton County Veteran Service Commission** .....513-946-3300  
230 East 9th Street, Cincinnati, Ohio 45202

- Provides financial emergency assistance for food, rent, utilities, etc. to veterans and their dependents who reside in Hamilton County

**Home Energy Assistance Program (HEAP)** .....513-569-1850  
222 East Central Parkway, Cincinnati, Ohio 45202

- Federally-funded assistance for eligible low-income Ohioans with winter heating bills; based on household size, income, location of residence, and type of heating fuel used
- Eligible individuals receive a credit or voucher, which is applied toward their heating bill
- Available from November through March, or until funds are depleted
- Applications at the Community Action Agency (1740 Langdon Farm Road, Cincinnati) or Hamilton County Job and Family Services (222 E. Central Parkway, Cincinnati)

**Homeless Prevention & Rapid Re-housing Program** .....513-381-SAFE

- Intensive case management and financial assistance provided to cover security deposits, rent, and utility assistance, past due utility or rental payments
- Program is designed to assist homeless individuals or families or to prevent individuals or families who are at imminent risk of homelessness

**Homestead Urban Development** .....513-961-2800  
2820 Vernon Place, Cincinnati, Ohio 45219

- Down payment assistance, home improvement and repairs assistance and loans

**Jewish Family Services** .....513-469-1188  
8487 Ridge Road, Cincinnati, Ohio 45236

- Provides Kosher food and emergency assistance to prevent homelessness
- Helps households avoid eviction through HUD program (Homelessness Prevention and Rapid Re-housing Program)

**Lifeline Telephone Discounts** .....513-565-5433 (LIFE)  
Cincinnati Bell Central Office, 895 Central Avenue, Cincinnati, Ohio 45202

- Special discounts for obtaining landline telephone service for OH, IN, KY consumers
- Customers typically pay between \$11-\$13/month



- To qualify, individuals must be receiving one of these benefits: Public Housing, Section 8, Medicaid, Food Stamps, SSI, or HEAP

**Mercy Francisca at St. John's** .....513-981-5800  
1800 Logan Street, Cincinnati, Ohio 45202

- Assistance with rent and utilities, fans, and air-conditioners

**Mother of Christ Church** .....513-242-0164  
5301 Winneste Avenue, Cincinnati, Ohio 45232

- Helps with food, clothing, utilities, and rental assistance

**Mt. Healthy Alliance Community** .....513-551-8036  
7717 Harrison Avenue, Cincinnati, Ohio 45231

- Provides food, bus token, and referrals for clothing, furniture, and financial assistance
- Hours: Monday, Thursday, and Saturday 9 am - 12 pm, Tuesday 5 pm - 7 pm
- Must be a resident of Mt. Healthy or 45231 zip code
- Must show picture ID and proof of residency postmarked within the last 30 days

**Ohio Benefit Bank** .....800-648-1176  
<http://ohiofoodbanks.org/programs/program-detail.php?id=1&page=1>

- Ohioans can call or use website to complete applications for Food Stamps, Medicaid, Child Care Vouchers, Ohio Works First, HEAP and al JFS services

**Our Daily Bread** .....513-621-6364  
1730 Race Street (at Elder Street), Cincinnati, Ohio 45202

- Hours: Monday-Friday 9:30 am - 11:45 am for food service and open later on Mondays and Wednesdays for daily activities, such as foot clinic, bingo, cards, chess, movies, etc.
- Clothing, toiletries, and food bags given out daily during food service hours
- Social worker provides assistance with rent, utilities, bus tokens, to get work/medical appointments, and assistance with obtaining/paying for ID and birth certificates
- Kids Club is open Tuesday, Wednesday, and Thursday to provide a warm meal and after school activities to neighborhood children
- Lunch on Legs program delivers daily afternoon meals to local senior citizens unable to leave their homes

**People Working Cooperatively** .....513-351-7921  
4612 Paddock Road, Cincinnati, Ohio 45229

- Serves low-income, elderly, and disabled homeowners in OH, KY, and IN
- Provides free professional critical home repairs, weatherization, mobility modifications, and maintenance services to help residents stay safely in their homes

**Safe Link** .....1-800-SAFELINK

- Public assistance program that ensures wireless telephone service is available and affordable for low-income subscribers
- Offers an allotment of free airtime minutes
- Typically, individuals are eligible if they participate in a public assistance program such as, Food Stamps, Medicaid, SSI, TANF, HEAP, Free School Lunch, and Section 8

**Salvation Army** .....513-762-5660 114  
East Central Parkway, Cincinnati, Ohio 45202

- Hours: Monday through Friday 9 am - 4:30 pm
- Occasional rent assistance; utilities once a year program starts in January and lasts until funds depleted
- Heat Share is administered by Salvation Army; applications accepted January-April

**Santa Maria** .....513-557-2700

3301 Warsaw Avenue, Cincinnati, Ohio 45202

- Works with Price Hill households to help tenants: avoid eviction, assist with rent, improve housing conditions including rental issues, problem properties, and absentee landlords
- Assists elderly, disabled, low-income homeowners with home improvement projects, mortgage delinquency, foreclosure counseling, and mortgage default resolution advice

**Smart Money Community Services** .....513--241-7266

19 West Elder Street, Cincinnati, Ohio

- Provides financial services and economic education to underserved individuals in Over-The-Rhine and Greater Cincinnati

**St. Joseph Church SVDP** .....513-941-3661

25 East Harrison Avenue, North Bend, Ohio 45052

- Provides food, rent, utility assistance, and vouchers for clothing and furniture
- Serves people within parish boundaries

**St. Vincent DePaul Emergency Services** .....513-562-8841

1125 Bank Street, Cincinnati, Ohio 45214

- Assistance with rent and occasionally with mortgage if funds are available
- Assistance with gas, electric, and water bills
- Must complete Request Form either in person Monday through Friday 8 am - 4:30 pm, online or over the phone by calling 513-421-0602
- Bring the following documentation: Picture ID, Social Security Cards, or printout of the entire household, proof of entire household income, proof of address (i.e. utility bill, lease, or dated mail)

**Technology Assisting People in Need (TAPIN)** .....513-924-9111

19 West Elder Street, Cincinnati, Ohio

- Provides computers, monitors, printers, and more for disabled and disadvantaged individuals

**The Thank You Foundation** .....877-280-8893

5969 Livingston Avenue, Suite 107, Columbus, Ohio 43232

- Assistance with rent and utilities for Veterans only; may apply up to twice a year
- Provides assistance primarily to residents of Ohio, Kentucky, and Indiana

**USA Cares, Inc.** .....800-773-0387

PO Box 759, Radcliff, Kentucky 40159

- Provides financial and advocacy assistance to post 9/11 active-duty US military service personnel, veterans, and their families
- Service are free to service men, women, and their families without obligation to repay
- Financial assistance is not given directly to service member for their families; payments are made to the mortgage lenders, utility companies, and other vendors
- Provides assistance with unexpected car repairs, utility bills, emergency food assistance, and foreclosure/eviction prevention.

### **Community Meals, Food, Clothing, and Household Needs**

#### **Community Meals**

**Augsburg Lutheran Church in Pleasant Run** .....513-825-2240

11676 Hamilton Avenue, Cincinnati, Ohio, 45240

- Community Dinner Monthly: 3rd Sunday from 5:30 pm - 7 pm

**Calvary Hilltop United Methodist Church in North College Hill** .....513-931-3585

1930 W. Galbraith Road, Cincinnati, Ohio, 45239

- Community Breakfast Weekly: Sunday 9:30 am

**Faith Lutheran Church in Finneytown** .....513-931-6100

8265 Winton Road, Cincinnati, Ohio, 45231

- Community Dinner Monthly: 1st Friday 6:00 pm

**First United Church of Christ in College Hill** .....513-541-7302

5808 Glenview Avenue, Cincinnati, Ohio, 45224

- Community Dinner Weekly: Wednesday 6 pm

**Good News Baptist Church in Mt. Healthy** ..... 513-245-1888

3473 Niagara Street, Cincinnati, Ohio, 45251

- Community Dinner Monthly: 3rd Thursday 5 pm - 6:30 pm

**Grace Episcopal Church in College Hill** .....513-541-2415

5501 Hamilton Avenue, Cincinnati, Ohio, 45224

- Community Dinner Weekly: Wednesday 5 pm - 7 pm

**Highview Christian Church in Mt. Healthy** .....513-825-9553

2651 Adams Road, Cincinnati, Ohio, 45231

- Community Dinner Monthly: 3rd Friday 5:30 pm - 6:30 pm

**Mt. Healthy United Methodist Church in Mt. Healthy** .....513-931-5827

7612 Perry Street, Cincinnati, Ohio, 45231

- Community Breakfast Monthly: 2nd Saturday 10:00 am - 12 pm

**North Presbyterian Church in Northside** .....513-681-1400

4222 Hamilton Avenue, Cincinnati, Ohio, 45223

Community Dinner Weekly: Monday 5 pm - 6 pm

**St. Paul United Church of Christ in North College Hill** .....513-931-2205

6997 Hamilton Avenue, Cincinnati, Ohio, 45231

- Community Dinner Weekly: Tuesday 5 pm - 6:30 pm

**Trinity Lutheran Church in Mt. Healthy** .....513-522-3026

1553 Kinney Avenue, Cincinnati, Ohio, 45231

Community Dinner Weekly: Thursday 5:30 pm - 6:30 pm

### **Food, Clothing, and Household Needs**

**Addyston United Methodist Church Pantry** .....513-941-6034

218 Main Street, Addyston, Ohio 45001

- Hours: Monday and Thursday 1 pm - 3 pm

- Adventist Outreach Ministry** .....513-221-3882  
 3650 Washington Avenue, Cincinnati, Ohio 45229
- Provides food, clothing, furniture, and care packs for seniors or to those in need
  - Hours: Monday, Tuesday, Wednesday 10:30 am - 1 pm (closed 1st week of the month)
- Alliance Food Pantry** .....513-551-8036  
 7711 Joseph Street, Cincinnati, Ohio 45231
- Provides food and financial assistance on an emergency basis, as well as vouchers for clothing, furniture, and household items
  - Serves residents of Mt. Healthy (45231 zip code)
- Angel Ministries** .....877-366-3646
- Provides food with approximately \$65 worth of quality nutritious food for \$30; does not use out-of-date food or inferior products
  - Accepts food stamps and is open for anyone in any state
- Baptist Church Food Pantry** .....513-381-3858  
 405 West 7th Street, Cincinnati, Ohio 45203
- Open 3rd and 4th Monday beginning at 12 pm
  - Must show picture ID and proof of residency postmarked within the last 30 days
  - Must show Social Security card or print out for each member of household
- Bellarmino Chapel SVDP** .....513-745-1950  
 3800 Victory Parkway, Cincinnati, Ohio 45207
- Provides food, rent, utilities, and furniture to residents of Evanston
- Benefits Check-Up** .....202-479-1200  
 1901 L Street, NW 4th Floor, Washington D.C. 20036  
[www.benefitscheckup.org](http://www.benefitscheckup.org)
- Website helps find state, federal, and private benefits programs available near individuals residence; benefit programs can help pay for prescriptions, health care, food, utilities, tax relief, transportation, legal issues, or finding work
- Bethlehem Baptist: Love Star Pantry** .....513-221-5049  
 760 North Fred Shuttlesworth Circle, Cincinnati, Ohio 45229
- Open 3rd Wednesday of the month 10 am - 12 pm
  - Requires picture ID
  - Provides food and clothing to residents of 45229 and 45217 zip codes
- CAIN (Churches Active in Northside) Choice Pantry Ministry** .....513-591-2246  
 4230 Hamilton Avenue, Cincinnati, Ohio 45223  
<http://www.cainministry.org/rainbowpantry.html>
- Provides nutritious food, crisis assistance, and other resources in a way that respects human dignity for food-insecure families living in Northside of Cincinnati
  - Hours: Mondays 6 pm - 8 pm, Tuesdays and Thursdays 10 am - 1 pm
- Central Parkway Ministries** .....513-559-1886  
 3220 Central Parkway, Cincinnati, Ohio 45225
- Provides foodboxes to anyone in need, no geographical restrictions; need to be referred by pastor, case worker, or employer
  - Hours: Monday-Thursday 9 am - 4 pm
- City Gospel Mission** .....513-241-5525

1419 Elm Street, Cincinnati, Ohio 45202

- Food baskets typically for single-parent families (men or women with children)
- Call for appointment; requires photo ID

**Community Action Agency** .....513-569-1850

2905 Woodburn Avenue, Cincinnati, Ohio 45229

- Emergency assistance with food vouchers upon request

**Corinthian Baptist Church** .....513-221-7351

772 Whittier Street, Cincinnati, Ohio 45229

- Open 3rd Saturday of the month 11:30 am - 1:30 pm
- Open to area residents; requires picture ID

**Creek Road Baptist** .....513-563-2410

3906 Creek Road, Cincinnati, Ohio 45241

- Provides food for anyone in Hamilton County
- Hours: 2nd Thursday of the month and by appointment

**Daystar Worship Center** .....513-223-5660

6018 Vine Street, Cincinnati, Ohio 45216

- Hours: 3rd Monday of each month 6 pm -7:30 pm or 24/7 for emergencies
- Open to help anyone in Ohio

**First Baptist Church Of Mt. HealthyFood Pantry** ..... 513-931-0477

1210 Compton Road, Cincinnati, Ohio 45231

<http://www.firstmthealthy.org/>

- Located at the corner of Compton and Daly Roads, operates a food pantry the third Saturday of every month from 10 am - 12 pm; all are welcome

**Freestore Foodbank** .....513-241-1064

112 East Liberty Street, Cincinnati, Ohio 45202

<http://freestorefoodbank.org/>

- Individuals and families are eligible for food once every 30 days
- Must have proof of income and address; Picture ID required
- Hours: Monday through Friday 8:15 am - 3:30 pm

**Goodwill Industries** .....513-631-4500

10600 Springfield Pike, Cincinnati, Ohio 45215

- Programs are operated for homeless individuals, including but not limited to Veterans
- Funds may be available to the individual for the purchase of food while looking for employment or while participating in a training program

**Greater New Hope Missionary Baptist Church** .....513-281-3251

3655 Harvey Avenue, Cincinnati, Ohio 45229

- Hours: 3rd Saturday of each month 10 am - 12 pm and by appointment
- Provides food and clothing to anyone in need; no restrictions

**Healing Center** .....513-346-4080

11345 Century Circle West, Cincinnati, Ohio 45246

- Hours: Wednesday through Saturday 9 am - 12 pm and Thursday 6:30 pm - 9 pm
- Food, clothing, referrals, etc.
- Must show picture ID and proof of residency postmarked within the last 30 days

**Jewish Family Services** .....513-469-1188

8487 Ridge Road, Cincinnati, Ohio 45236

- Provides Kosher food and emergency assistance to prevent homelessness
- Helps households avoid eviction through HUD program (Homelessness Prevention and Rapid Re-housing Program)

**John 15:12 Ministries** .....513-218-9798

1244 McKeone Avenue, Cincinnati, Ohio 45205

- Delivers necessities such as food, water, coats, and blankets to the homeless in the Greater Cincinnati area
- Provides transportation via their small bus for homeless people to get from their camp to church, appointments, recovery meetings, job interviews, and other functions
- Owns and operates Refuge Coffee Bar

**Mabel's House of Hope** .....513-254-0186

1947 -B Miles Road, Cincinnati, Ohio 45231

- Provides food, clothing, coats, shoes, baby items, toys, furniture, etc. to residents of the Greater Cincinnati area

**Mercy Franciscan at St. John's** .....513-981-5800

1800 Logan Street, Cincinnati, Ohio 45202

- Emergency assistance with food; open Monday through Friday 9 am - 11 am
- Must show picture ID and proof of residency postmarked within the last 30 days; must show Social Security card or print out for each member of household

**Mt. Healthy Alliance Community**.....513-551-8036 or 513-521-3700

7717 Harrison Avenue, Cincinnati, Ohio 45231

[http://www.mthealthyalliance.org/food\\_pantry.aspx](http://www.mthealthyalliance.org/food_pantry.aspx)

- Provides food, bus tokens, and referrals for clothing, furniture, and financial assistance
- Hours: Monday 11 am - 1 pm, Tuesday 5 pm - 7 pm, Thursday and Saturday 9 am -12 pm
- Must be a resident of Mt. Healthy or 45231 zip code
- Must show picture ID, Social Security card, utility bills, bank statements, rental agreements
- Consists of 13 local churches in the Mt. Healthy community; housed in the basement of the Mt. Healthy Christian Church; enter the pantry using the Hill Avenue sidewalk doors; parking is available in the lot across from church on Hill Avenue

**Rescue Community Center** .....513-221-6246

725 Whittier Avenue, Cincinnati, Ohio 45229

- Provides food, clothing, household items, and furniture available to all; no eligibility requirement
- Hours: Wednesday, Thursday, and Friday 10 am - 4 pm; bring ID

**Salvation Army Family Service Bureau** .....513-762-5660

114 East Central Parkway, Cincinnati, Ohio 45202

- Emergency assistance with food

**Shiloh Seventh Day Adventist Church Food Pantry** .....513-961-5684

3660 Washington Avenue, Cincinnati, Ohio 45229

- Food pantry for anyone in need; no eligibility requirement; bring ID
- Hours: Monday, Tuesday, and Wednesday 10 am - 2:30 pm (closed 1st week of month)

**SNAP Assistance through Cincinnati Freestore Foodbank** .....513-241-1064

112 East Liberty Street, Cincinnati, Ohio 45202

[https://secure.feedingamerica.org/site/SPageServer?pagename=GSNAP\\_Survey&s\\_src=X14YCI NCI&s\\_subsrc=c&s\\_keyword=snap%20cincinnati&gclid=CKbspMvP6MsCFc5ZhgodvOOB8g](https://secure.feedingamerica.org/site/SPageServer?pagename=GSNAP_Survey&s_src=X14YCI NCI&s_subsrc=c&s_keyword=snap%20cincinnati&gclid=CKbspMvP6MsCFc5ZhgodvOOB8g)

- On-line tool that enables people to seek assistance in applying for Food Assistance Benefits, now called Supplemental Nutrition Assistance Program (SNAP)
- To begin the process, go to the above-referenced link and complete the short form and someone will contact you to begin your SNAP application
- Free Store Food Bank personnel will walk you through the application process, help determine if you or your family (including children and seniors) meets the income guidelines for food assistance, and provide information about using the Ohio Direction Card

**St. John United Church of Christ** .....513-821-1740

729 Jefferson Avenue, Reading, Ohio 45215

- Hours: Thursday 9 am - 11:30 and 5 pm - 6 pm

**St. Joseph Church SVDP** .....513-941-3661

25 East Harrison Avenue, North Bend, Ohio 45052

- Provides food, rent, utility assistance, and vouchers for clothing and furniture
- Serves people within parish boundaries

**St. Vincent De Paul** .....513-741-1641

8269 Colerain Avenue, Cincinnati, Ohio 45239

- Provides food, clothing, household items, and beds
- Hours: Monday through Saturday 9 am - 8 pm, Sunday 10 am - 6 pm

**Su Casa Hispanic Center of Cincinnati** .....513-761-1588

7036 Fairpark Avenue, Cincinnati, Ohio 45216

- Provides assistance with food to the Hispanic community of Greater Cincinnati
- Hours: Monday through Friday 8:30 am - 4:30 pm (closed 12:30 pm -1:30 pm for lunch)

**The Healing Center (Vineyard Church)** .....513-346-4080

11340 Century Circle West, Springfield, Ohio 45246

- Assistance with food, clothing, household items, auto repair, etc.
- Hours: Wednesday, Thursday, Friday, and Saturday 9 am - 12 pm and Thursday 7 pm - 9 pm
- No residence limitations

**The Lord's Pantry** .....513-621-5300

1200 Race Street, Cincinnati, Ohio 45202

- Bible study and lunch 3 times a week
- Hours: Tuesday, Wednesday, and Thursday 12 pm - 2 pm
- Picture ID and proof of residency postmarked within the last 30 days is required

**The Thank You Foundation** .....877-280-8893

5969 Livingston Avenue, Suite 107, Columbus, Ohio 43232

- Temporary monetary assistance for groceries for Veterans only
- Provides assistance primarily to residents of OH, KY, and IN

**Tikkun Farm** .....215-630-1091

7941 Elizabeth Street, Cincinnati, Ohio 45231

<http://www.tikkunfarm.com/>

- Provides and distributes ingredients for nutritionally dense, low-cost crock-pot dinners once a week. These meals are feeding families that are now facing greater financial and food insecurity during this time of school and employment closures
- If you live in Mt. Healthy (45231) and would benefit from this resource, please email [tikkunfarm@gmail.com](mailto:tikkunfarm@gmail.com) ; let them know you have a student attending Mt. Healthy City schools if you are not in the 45231 zip code
- Free Produce Pickup Weekly: Friday 1 pm - 6 pm and Saturday 1 pm - 4 pm

**Union Baptist Church Food Pantry**.....513-381-3858  
405 West 7th Street, Cincinnati, Ohio 45203

- Hours: 3rd and 4th Monday of each month 12 pm
- Must show picture ID and proof of residency postmarked within the last 30 days
- Must show Social Security card or print out for each member of household

**Women, Infants & Children (WIC) Seven Hills** .....513-522-4300  
10950 Hamilton Avenue, Cincinnati, Ohio 45231

**Winton Hills Health Center**.....513-242-1720  
5275 Winneste Avenue, Cincinnati, Ohio 45232

<http://www.cincinnati-oh.gov/health/cincinnati-health-department-divisions1/women-infants-and-children-wic-program/>

- Special supplemental nutrition program for women who are pregnant, breastfeeding or postpartum; helps women who have children under age 5
- Many working families can participate in the WIC program; eligibility is based on six requirements; contact WIC for details
- Provides: nutrition education and counseling, breastfeeding support, foods such as milk, fruit juices, eggs, cereals, fruits/vegetables, peanut butter or beans, and infant formula

**Health/Medical Services (Physical, Behavioral, Emotional/Mental)**

**Ambrose H. Clement Health Center** .....513-357-7300  
3101 Burnet Avenue, Cincinnati, Ohio 45229

**Benefits Check-Up** .....202-479-1200  
1901 L Street, NW 4th Floor, Washington D.C. 20036

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

- Website helps find state, federal, and private benefits programs available near individuals residence; benefit programs can help pay for prescriptions, health care, food, utilities, tax relief, transportation, legal issues, or finding work

**Braxton F. Cann Memorial Medical Center** .....513-263-8750  
5818 Madison Road, Cincinnati, Ohio 45227

**Camelot Community Care**.....513-961-5900  
7162 Reading Rd #300, Cincinnati, OH 45237

<http://www.camelotcommunitycare.org/>

- Serves children and families who have experienced the trauma of abuse or neglect
- Services include coordination of foster parenting, child welfare services, and mental health services

**C.A.R.E Mission** .....859-635-4500  
11093 Alexandria Pike ,Alexandria, Kentucky 41011

- Hours: Tuesday 9 am -2 pm and 6 pm - 8 pm, Tuesday 9 am- 2 pm, Saturday 9 am - 12 pm



- Serves Northern Kentucky and Greater Cincinnati areas including: Boone, Bourbon, Bracken, Butler, Campbell, Clermont, Gallatin, Grant, Hamilton, Harrison, Kenton, Pendleton, and Robertson Counties
- Provides food, clothing, household goods, furniture, prescription assistance, eyeglasses

**Central Clinic, Young Child Institute**.....513-281-2273

311 Albert Sabin Way, Cincinnati, OH 45229

<http://www.centralclinic.org/about/>

- Provides consultation, intervention, and clinical treatment services for children ages birth to five years of age and their primary caregivers
- Services are designed to enhance the social and emotional development of very young children by strengthening parent-child attachment
- Program educates parents and childcare professionals in supporting children’s healthy development

**Children’s Home of Cincinnati**.....513-272-2800

5050 Madison Road, Cincinnati, Ohio 45227

<http://www.thechildrenshomecinti.org/>

- Provides individualized treatment services that build the skills and confidence to succeed in life; programs help almost 7,000 vulnerable children overcome social, behavioral and learning challenges every year

**Cincinnati Children's Hospital Family Resource Center** .....513-636-4200 or 800-344-2462

3333 Burnet Avenue, Cincinnati, Ohio 45229-3026

<http://www.cincinnatichildrens.org/service/f/family-resource/default/>

- A place to turn to learn about children’s health conditions and community resources
- Offers up-to-date, educational information about health conditions, as well as helpful resources available in the community
- Answers questions about hospital services, area support groups, parenting classes and more, and has a variety of resources including print, media and online information

**Cincinnati Children’s Hospital Medical Center**.....877-881-8479

Burnet Campus .....513-636-4200

3333 Burnet Avenue, Cincinnati, Ohio 45229

Liberty Campus .....513-803-9600

7777 Yankee Road, Liberty Township, Ohio 45044

<https://www.cincinnatichildrens.org>

- Provides a wide range of clinical services and specialties dedicated to improving the health of children
- Offers resources on their website such as the following pertinent to families raising young children: bike and wheeled safety, car seat safety for ages 1-4; preventing falls from windows; 5 fruits and vegetables; and Healthy Lunches

**Cincinnati Health Department**.....513-357-7280

3101 Burnet Avenue, Cincinnati, OH 45229

<https://www.cincinnati-oh.gov/health/about-the-cincinnati-health-department/>

- Operates health centers -- with on-site medical, dental, behavioral, pharmacy and laboratory services
- Serves more than 35,000 patients, a majority of whom are indigent, working poor, homeless or uninsured
- Services provided: Community Health & Wellness, Reproductive, Maternal & Infant Health, WIC Program, School & Adolescent Health, Public Health Preparedness, and Food Safety

- Cincinnati Health Care for the Homeless** .....513-352-2902  
1525 Elm Street, Cincinnati, Ohio 45210
- Community Action Agency Mobile Medical Van** .....513-569-1840  
1740 Langdon Farm Road, Cincinnati, Ohio 45237
- Emergency financial assistance for prescription medication and vision care
- The Counseling Source**.....513-984-9838  
10921 Reed Hartman Highway #133, Cincinnati, Ohio 45242  
<https://thecounselingsource.com/>
- Cincinnati-based and therapist owned mental health agency
  - CARF accredited and certified by the Ohio Department of Mental Health
  - Provides comprehensive, cost effective services to the elderly, disabled individuals, school-aged children, their families and the institutions that serve them
  - All counselors providing therapy are Ph.D., Psy.D., or Masters' level clinicians and include Psychologists, Licensed Independent Social Workers, Licensed Professional Clinical Counselors, Licensed Social Workers, or Licensed Professional Counselors--with diverse theoretical and practical orientations
- Crossroad Health Center** .....513-381-2247  
5 East Liberty Street, Cincinnati, Ohio 45202
- Hours: Monday, Wednesday, Thursday 9 am - 6:30 pm, Tuesday 10:30 am - 5 pm, Friday 9 am - 5 pm
  - Provides healthcare for adults and children regardless of a person's ability to pay for services; sliding fee scale for patients with no insurance with minimum co-pay of \$15
  - Services include immunizations, yearly health exams, management of acute and chronic health problems, prenatal care, podiatry, and mental health counseling
- Elm Street Health Center** .....513-352-3092  
1525 Elm Street, Cincinnati, Ohio 45210
- Adult medical; OBGYN; Adolescent/Adult Immunizations, Flu Vaccines, General Physical examinations; Pediatrics
  - General Dentistry; Street Outreach and Mobile Dental Care for Homeless People
  - Hours: Monday 9 am - 6 pm, Tuesday through Friday 8 am - 5 pm
- Forest Park Health Center**.....513-588-3623  
924 Waycross Road, Cincinnati, OH 45240  
[https://www.freeclinics.com/det/oh\\_Forest\\_Park\\_Health\\_Center](https://www.freeclinics.com/det/oh_Forest_Park_Health_Center)
- Located in the Hamilton County Educational Family Resource Center; offers family practice care services, child development support, and information about Head Start
  - Connects all people to quality medical care (all financial situations and health concerns); provides affordable healthcare serving low-income, under-insured, and uninsured people
- Homeless Van Program**.....513-352-2902  
1525 Elm Street, Cincinnati, Ohio 45210
- Lincoln Heights Health Care Center** .....513-588-3623  
1401 Steffen Avenue, Cincinnati, Ohio 45203
- Connects all people to quality medical care (all financial situations and health concerns)
  - Provides affordable healthcare serving low-income, under-insured, and uninsured people
  - Also provides dental care and pharmacy at 513-554-0136 ext. 271
- Mayfield Brain and Spine Support Groups**.....513-221-1100

3825 Edwards Road, Suite 300, Cincinnati, Ohio 45209

[http://www.mayfieldclinic.com/PG\\_supGroups.htm](http://www.mayfieldclinic.com/PG_supGroups.htm)

- Hosts an on-line Events Calendar listing FREE support groups to families and patients coping with and managing brain and spine-based conditions; call ahead of time to confirm that no changes in the schedule have been made

**McMicken Health Collaborative** .....513-352-6364

40 East McMicken Avenue, Cincinnati, Ohio 45202 (2nd Floor Rear Entrance)

- Medical and behavioral health clinic for homeless individuals
- Patients who are homeless can get free voicemail that can be accessed from any phone (pilot program that will be reviewed in September 2012)

**Mercy Neighborhood Ministries** .....513-751-2500 ext.1602

1602 Madison Road #200, Cincinnati, Ohio 45206 (Desales Crossing Center)

- Home care services (some charitable services available)

**Millvale at Hopple Street Medical Center** .....513-352-3192

2750 Beekman Street, Cincinnati, Ohio 45225

**Mt. Healthy Alliance Community** .....513-551-8036

7717 Harrison Avenue, Cincinnati, Ohio 45231

- Provides a wellness program the third Tuesday of every month from 5 pm - 7 pm
- Must be a resident of Mt. Healthy or 45231 zip code
- Must show picture ID and proof of residency postmarked within the last 30 days

**Mt. Healthy Family Practice** .....513-522-7500 or 513-588-3623

8146 Hamilton Avenue, Cincinnati, Ohio 45231

<https://healthcare-connection.org/1578-2/>

- Located in Mt. Healthy Hilltop Plaza; part of The HealthCare Connection, a system of family practices in SW Ohio, serving the health care needs of low-income families
- Connects all people to quality medical care (all financial situations and health concerns)

**NAMI (National Alliance on Mental Illness) Southwest Ohio**.....513-531-3500

4055 Executive Park Drive, Suite 450, Cincinnati, Ohio 45241

<http://namiswoh.org/>

- The nation's largest grassroots mental health organization dedicated to improving the lives of individuals and families affected by mental illness; provides opportunities for education, support and advocacy
- Members of NAMI are families, friends, and people living with mental illness
- Offer understanding to anyone concerned about mental illnesses and the treatment of mental illness
- Services include: *Family-to-Family*, a 12-week course for family members and caregivers of loved ones living with mental illness; every program offered is FREE to participants

**Positive Leaps** .....513-777-2428

5900 West Chester Road, Suite C, West Chester, Ohio 45069

<http://www.positiveleaps.org/>

- Specialized Day Treatment Program serves children ages 18 months-8 years old who are having frequent temper tantrums; exhibit aggressive behavior; have trouble with paying attention; have been dismissed from daycare or preschool; or have been suspended or expelled from grade school

**St. Aloysius (St. Al's)** .....513-242-7600

4721 Reading Road, Cincinnati, Ohio 45237

<https://www.stalschildren.org/>

- Provides many services including adult mental health, child mental health, child welfare, education, and emergency response

**St. Joseph Orphanage Villa Campus** .....513-741-3100  
400 Edalbert Dr, Cincinnati, Ohio 45239

**Altercrest Campus** .....513-231-5010  
274 Sutton Road, Cincinnati, Ohio 45230

<https://stjosephorphanage.org/>

- Provides comprehensive behavioral health and educational treatment agency that helps children and their families on the road to recovery and success
- Offers a creative, loving environment for those in the residential and respite programs, caring for more than 1,400 children a day who are struggling with mental health and behavioral concerns
- Programs and individualized services provide healing, hope, and opportunity for children and their families by focusing on the specialized treatment and educational needs of the children served
- Services may include mental health assessment and diagnostics; medication management; community psychiatric support; counseling services, and transition planning for independent living
- Also provides a home for non-ambulatory children and adults who have severe/profound developmental disabilities

### Housing

#### Emergency Shelter

**American Red Cross** .....513-579-3000  
211 Dana Avenue, Cincinnati, Ohio 45207

- Housing for people homeless as a result of natural disaster or fire by way of hotel voucher

**Bethany House** .....513-381-7233 (safe)  
1841 Fairmont Avenue, Cincinnati, Ohio 45214

<http://www.bethanyhouseservices.org/?q=about-us>

- Accepts single women without children and women with children
- Provides emergency shelter at local hotels for fathers and boys over the age of 12
- Must look for jobs and housing on a daily basis; case management services
- Transitional housing available; call: 513-921-1131, ext. 119
- Services include a supervised, therapeutic environment, nutritious meals, laundry, transportation assistance, educational and enrichment programs for mothers and children

**Interfaith Hospitality Network** .....513-471-1100  
990 Nassau Street, Cincinnati, OH 45206

- Must be currently homeless and have children
- Single parent men and women with children, as well as married couple with children accepted

**Mercy-Franciscan at St. John's**.....513-981-5800  
1800 Logan Street, Cincinnati, Ohio 45202

- Single mothers or fathers with their children and single women without children accepted
- Furnished, apartment-style housing (average stay: 60-90 days)

**Salvation Army Family Service Bureau** .....513-762-5655  
131 E. 12th St., Cincinnati, Ohio 45202

<https://www.shelterlistings.org/details/36706>

- Provides temporary housing to single women and their minor children (including boys up to age 12) who are homeless
- Provides safe, stable, and clean environment with hot meals, case management, employment and training programs, as well as money management and life skills

**Lighthouse Youth Crisis Center** .....513-961-4080

3330 Jefferson Avenue, Cincinnati, Ohio 45220

<https://www.lys.org/>

- 20 bed emergency facility where unaccompanied youth, 10-17 years old, can seek shelter and safety; under Ohio law, youth may seek shelter at the Youth Crisis Center without consent, but may not participate without parent's consent
- Provides services for families in crisis, homeless youth and young adults, and youth learning to become self-sufficient; early childhood services, behavioral health and psychiatric services, home-based services to families, services to youth engaged with the juvenile justice system, community residential treatment facilities, foster care and adoption, independent living services, and opportunities through education

**YWCA Battered Women's Shelter** .....513.872.9259 or 1.888.872.9259

898 Walnut Street, Cincinnati, OH (business address)

<http://www.ywca.cincinnati.org/>

- Confidential, 72 bed shelter, with 24 hour access for survivors of domestic violence
- Boys are accepted up to the age of 18
- Adult male victims are provided shelter and services in another location
- Services include case management, advocacy, housing assistance, financial assistance, interpreter assistance, transportation, educational groups, children's programming, social activities, pet protection, and basic needs

**Transitional Housing**

**Community Action Agency** .....513-569-1840 ext. 1115

2905 Woodburn Avenue, Cincinnati, Ohio 45206

- 8 unit complex serves as a temporary home (average stay of 2 years) for individuals and families who are transitioning from homelessness to self-sufficiency
- Residents participate in a 16-week training program where they receive counseling on how to eliminate debt, utilize available resources, and develop a more positive outlook
- Eligible families must: earn an income at or below 125% of the Federal Poverty Guidelines, be a Hamilton County resident, be homeless, have a Head Start age child/children (2-4 years old), and have a structured goal, such as seeking to improve education or employment skills

**Salvation Army Family Service Bureau** .....513-762-5655

131 E. 12th Street, Cincinnati, Ohio 45202

<https://www.shelterlistings.org/details/36706>

- Provides mid-range temporary housing in leased apartments downtown for families
- Accepts females with children 12 years and under

**TAPP House/TC, Inc.** .....513-582-7854

1821 Summit Road, Cincinnati, Ohio 45237

- Housing program for homeless women who are ex-offenders with a substance use disorder who have children
- Open Monday through Friday 9 am - 3 pm; call to schedule an appointment

### **Low-Income Permanent Housing**

**\*Applicants to the following programs should bring a picture ID, SS card or print out, and birth certificate for themselves and any other adult or child living with them.\***

- Apex Properties**.....513-242-0719  
4851 Paddock Road, Cincinnati, Ohio 45237
- Arts Department at Music Hall Apartments** .....513-381-7356  
845 Ezzard Charles Drive, Cincinnati, Ohio 45203
- 1 bedroom apartments starting at \$345, 2 bedroom: \$395, 3 bedroom: \$545
- Ashwood Apartments** .....513-541-3000  
1717 Casey Drive, Cincinnati, Ohio 45223
- Provides low-income housing
- Beechwood Villa**.....513-528-2263  
4700 Beechwood Road, Cincinnati, Ohio 45244
- Benchmark Management of Ohio, Inc.** .....800-876-0160  
Multiple local apartments
- Provides low-income and subsidized housing
- Brickstone Properties** .....513-421-6999  
1321 Vine Street, Cincinnati, Ohio 45202
- Manages low-income, subsidized, and Section 8 apartments
- Buddy's Place Supportive Housing** .....513-381-1171  
1300 Vine Street, Cincinnati, Ohio 45210
- 20 furnished permanent apartments for homeless men and women
  - To qualify, individual must be single, homeless, and low-income
  - Rent is subsidized through CMHA and all utilities are included
  - Off-site case management provided and off-street parking available
- Centennial Estates Co-op** .....513-733-4700  
9801 Mangham Drive, Cincinnati, Ohio 45215
- Offers Section 8 apartments and contract-based subsidy
- Central Cincinnati Properties**.....513-221-0861  
1003 Lincoln Avenue, Cincinnati, Ohio 45206
- Offers income-based housing
- Cincinnati Metropolitan Housing Authority** .....513-421-2642  
1635 Western Avenue, Cincinnati, Ohio 45214
- Operates 12 high-rise buildings, 3 large family communities, numerous small family communities, and many single-family homes throughout the Hamilton County
  - Residents pay 30% of adjusted gross income
  - Housing Choice Voucher Program, Section 8, and Senior Housing
- Craigslist** .....No number  
<https://cincinnati.craigslist.org/search/apa>
- Apartment listings for rent in the Greater Cincinnati area
- Colonial Village** .....513-221-8330  
3641 Irving Street, Cincinnati, Ohio 45220

- Contract-based, subsidized housing, do not need a voucher to get subsidy
- Townhomes based on income for individuals or families

**Commons on Main Apartments** .....513-651-6457

1316 Main Street, Cincinnati, Ohio 45202

- Income-based and low-income housing

**Community Action Agency** .....513-569-1840

1740 Langdon Farm Road, Cincinnati, Ohio 45237

- 8 unit temporary home (average stay of 2 years) for individuals and families who are transitioning from homelessness to self-sufficiency
- Residents participate in a 16 week training program where they receive counseling on how to eliminate debt, utilize available resources, and develop a more positive outlook on life
- Residents also receive assistance with clothing, food, furniture, job readiness, training, referrals, placements, career counseling, adult literacy classes, GED services, and computer training
- Eligible families must: earn an income at or below 125% of the Federal Poverty Guidelines, be a Hamilton County resident, be homeless, have a Head Start age child/children (2-4 years old), and have a structured goal, such as seeking to improve education or employment skills

**Cutter Apartments** .....513-241-4504

2026 Eleanor Place, Suite 40, Cincinnati, Ohio 45219

- Offers a mix of efficiency, 1, 2, and 3 bedroom apartments and townhomes; on busline

**Dean Wilkerson** .....513-617-7924

8109 Vine Street, Cincinnati, Ohio 45216

- Private landlord who accepts people with felonies and sex offenses
- Sleep Rooms for men only

**Downtown Property Management** .....513-665-4376

1418 Central Parkway, #201, Cincinnati, Ohio 45202

- Call for a listing of their available properties; vouchers and Section 8 accepted

**Fairfield Homes, Inc.** .....740-653-3583

- Some apartments are voucher and Section 8 appointed

**Field Terrace Apartments** .....513-598-1990

3771 Robb Avenue, Cincinnati, Ohio 45211

- 1 bedroom: \$485 (includes heat and water); 2 bedroom: \$575 (includes heat and water)
- Swimming pool, laundry facilities, no elevator
- No income or age requirements

**Folkers Management Corporation** .....513-421-0230

898 Walnut Street, Suite 1302, Cincinnati, Ohio 45202

- Manages subsidized housing in Ohio and Kentucky

**Fulton-Chateau Apartments** .....513-961-6836

900 Rue De La Paix, Cincinnati, Ohio 45220

- 1 and 2 bedroom apartments located at scattered sites

**Cincinnati Gateway Plaza** .....513-721-2326

400 West 9th Street, Cincinnati, Ohio 45203

- Subsidized low-income housing

**Glen Meadows**.....513-631-3032  
 7076B Glen Meadows Lane, Cincinnati, Ohio 45237

- 1, 2, 3 bedroom apartments (includes window A/C units)

**Greentree Village**.....513-528-1284  
 101 Newlun Court, Cincinnati, Ohio 45244

- 1 and 2 bedroom apartments; 2, 3, and 4 bedroom townhomes

**Haddon Hall Apartments**.....513-281-7722  
 3418 Reading Road, Cincinnati, Ohio 45229

- Efficiencies and one bedroom apartments; pet-friendly; bus line

**Hanish Realty**.....513-421-1338  
 134 East Mills Avenue, Cincinnati, Ohio 45215

**Hollister House** .....513-651-5747  
 21 West McMillian Street, Cincinnati, Ohio 45219

- 1 bedroom apartments; pet friendly; on busline

**Housing and Urban Development (HUD)** .....513-684-3451

- Ohio HUD’s mission is to create strong sustainable, inclusive communities and quality affordable homes for all Hamilton, Butler, and Clermont counties

**HTL Apartments** .....513-241-6328  
 214 Peete Street, Cincinnati, Ohio 45210

- Low-income; 1, 2, 3 bedroom apartments for families

**LIF Management** .....513-688-0104  
 4165 Mount Carmel Tobasco Road, Cincinnati, Ohio 45255

- Low-income and subsidized housing; accepts Section 8

**MaCarthur Park** .....513- 683-5081  
 665 Park Avenue, Suite K-1, Loveland, Ohio 45140

**Malvern Apartments** .....513-241-4504  
 2026 Eleanor Place, Suite 40, Cincinnati, Ohio 45219

- 1, 2, 3 and 4 bedroom apartments and studios; on busline

**Model Group** .....513-559-0048  
 2170 Gilbert Avenue, Cincinnati, Ohio 45206

- Manages subsidized and low-income apartments; vouchers and Section 8 accepted

**Monty Rovekamp**.....859--380-4150  
 No Address

- Private Landlord who offers affordable apartments

**Nelson and Associates** .....513-961-6011  
 11258 Cornell Park Drive, Suite 600 A, Cincinnati, Ohio 45242

- Manages subsidized and low-income apartments; vouchers and Section 8 accepted

**Over-The-Rhine Community Housing** .....513-381-1171  
 114 West 14th Street, Cincinnati, Ohio 45202



- Affordable, low-income housing scattered around OTR, historic 3-4 story buildings
- Efficiencies, 1, 2, 3, and 4 bedroom apartments with fully-equipped kitchens
- Efficiencies start at \$225

**Over-The-Rhine Shelter plus Care** .....513-276-7266  
114 West 14th Street, Cincinnati, Ohio 45202

- Provides permanent housing for chronically homeless single men and women

**Page Towers** .....513-579-8384  
619 Central Avenue #1, Cincinnati, Ohio 45202

**Paradigm Properties** .....513-741-0240

- Provides low-income housing for people of any age in Cincinnati and Northern Kentucky

**Rick Johnson** .....513-312-4253  
PO Box 5126, Cincinnati, Ohio 45205

- Landlord who rents fully furnished rooms with all utilities included below fair market value

**Rockdale Apartments** .....513-532-0143  
230 Rockdale Avenue, Cincinnati, Ohio 45229

- Subsidized housing, based on income

**Roger Wilkerson** .....513-617-7923  
No address

- Private landlord who rents sleeping rooms to sex offenders; \$385/month

**RLJ Management, Inc.** .....614-942-2020  
4931 Hamilton Avenue, Cincinnati, Ohio 45223

- Vouchers and Section 8 accepted

**RTS & Associates** .....513-621-5452  
1418 Central Parkway #202, Cincinnati, Ohio 45202

**Silver Oaks Estate** .....513-242-6100  
5670 Winneste Avenue, Cincinnati, Ohio 45232

- Furnished apartments that are affordable rentals for college students, adults with a low income, and seniors on a fixed income in Cincinnati
- Townhouses are fully equipped with amenities like central heating and air conditioning

**Villages at Roll Hill** .....513-542-8333  
3710 President Drive, Cincinnati, Ohio 45225

- 1, 2, and 3 bedroom apartments

**Wallick Henty Properties** .....614-863-4640  
6880 Tussing Road, Reynoldsburg, Ohio 43068

**Wes-Del Apartments** .....513-574-8316  
625 Delhi Avenue, Cincinnati, Ohio 45204

- Subsidized through HUD

**Westover Village** .....513-683-1550  
800 West Main Street, Loveland, Ohio 45140

- Contract-based subsidy; do not need voucher

**Woodview of Cincinnati** .....513-389-3083  
 2399 Harrison Avenue, Cincinnati, Ohio 45211

- 1 and 2 bedroom apartments; on busline
- Rent, utility, and financial assistance available

**Men-Chemical Dependency**

**Adult Rehabilitation Center (ARC)** .....513-351-3457 ext. 314  
 2250 Park Avenue, Norwood, Ohio 45212

- 6 month residential Christian-based recovery program for homeless men; 105 bed capacity; men do not need to have substance abuse problems

**Charlie's ¾ House** .....513-784-1853  
 2121 Vine Street, Cincinnati, Ohio 45202

- Transitional housing for homeless men with substance abuse problems; 52 beds
- Requires completion of detox program prior to admission; upon admission, must submit to random drug/alcohol screens, attend daily AA meetings (6 meetings a week required), demonstrate a commitment to sobriety and a willingness to find gainful employment
- If individual has income, cost is \$75/week or \$250/month, food not included
- No methadone, suboxone, seroquel, benzos, or medications for sleep permitted
- Curfew: Sunday-Thursday at 11:30 pm and Friday-Saturday at 1:30 am

**Cincinnati Restoration Church** .....513-333-0212  
 1101 Harrison Avenue, Cincinnati, Ohio 45214

- Residential Treatment Center; Christian; utilizes spiritual counseling and fundraising

**Dana House** .....513-631-2329  
 1956 Kinney Avenue, Cincinnati, Ohio 45207

- 7 rooms total ; rent varies (\$55 deposit, \$55 1st week's rent, \$5 key deposit)
- 4 meetings a week required; 12 step program

**Exodus (City Gospel Mission)** .....513-345-1074  
 1419 Elm Street, Cincinnati, Ohio 45202

- Long-term residential recovery program for men struggling with drug or alcohol addictions; typical length of stay is 10-12 months; no cost for program
- Graduates are encouraged to participate in the Aftercare Program where they are eligible to stay in one of the Aftercare Houses and continue to receive support

**Gateway House** .....513-421-9333  
 2232 Vine Street, Cincinnati, Ohio 45219

- Men live in 2 or 3 bedroom apartments; 50 bed facility
- \$275/month rent plus must buy own food; employment within 30 days is required
- Commitment of at least 90 days (5 meetings a week) required (12 step program)
- Curfew: Sunday-Thursday at 11:30 pm and Friday-Saturday at 1:30 am for the first 90 days; after 90 days, no curfew

**Homeless Housing Residential Treatment Program** .....513-946-8646  
 2350 Auburn Avenue, Cincinnati, Ohio 45219

- HHRT provides access to substance abuse treatment for the homeless; they create a front door for assessment/entry into treatment in addition to coordinating housing placement following treatment

**Jimmy Heath House** .....513-381-0008

- 219 Odeon Street, Cincinnati, Ohio 45202
- 25 unit permanent supportive housing for the chronically homeless with substance abuse problems; also has 35 scattered site 1 bedroom apartments
  - Based on a Housing-First model, residents will have access to services to help them regain sobriety and independence
- Joseph House for Homeless Veterans** .....513-241-2965  
 1526 Republic Street, Cincinnati, Ohio 45202
- 123 bed residential substance abuse treatment facility serving homeless Veterans, of which 63 beds are for the VA Grant and Per Diem Program
  - Can walk in Monday-Friday, 9 am- 3 pm to complete an intake appointment or contact 513-476-5978 to schedule an intake appointment
- Prospect House**.....513-921-1613  
 682 Hawthorne Avenue, Cincinnati, Ohio 45205
- Residential Treatment Center for recovering male substance abusers; 60 beds
  - 90 day minimum stay; average length of stay is 6 months
- Recovery Hotel** .....513-455-5046  
 1225 Vine Street, Cincinnati, Ohio 45202
- 20 furnished apartments of transitional housing for men and women in recovery from drug and alcohol abuse
  - Onsite case management with 24-hour door monitoring
  - Rent is subsidized through Cincinnati Metropolitan Housing Authority (CMHA)
  - Narcotics Anonymous and Alcoholics Anonymous meetings occur on-site
- Serenity House** .....513-921-1986  
 508 Elberon Avenue, Cincinnati, Ohio 45205
- Faith-based, residential homes in Cincinnati operated by Serenity Consultants for males needing support to establish life-long recovery from the disease of addiction/alcoholism
  - Average length of stay is 8-9 months followed by 6 months continued care
- Shelterhouse** .....513-721-0643 ext. 101  
 411 Gest Street, Cincinnati, OH 45203
- 24 Transitional housing units for recovering male and female substance abusers
  - Average length of stay is 6-24 months
- Starting Over** .....513-751-7747  
 3135 Harvard Avenue, Cincinnati, Ohio 45238
- Residential program for chemically dependent men
  - Requires a 90-day commitment, but can stay up to 2 years
- Sober Living** .....513-681-0324  
 4041 Reading Road, Cincinnati, Ohio 45229
- Safe, affordable, sober housing and structural living environment to individuals recovering from alcohol and drug addiction; 7 houses in the Cincinnati and Northern KY area with 90 beds for recovering men and women; rent is \$70/week
- Talbert House** .....513-684-7965  
 2216 Victory Parkway, Cincinnati, Ohio 45219
- A residential substance abuse program that provides assessment, employment, chemical dependency services, and reintegration for drug dependent homeless men

## **Women-Chemical Dependence**

### **Crossroads (Chanel Allen Residential).....513-475-5300**

311 Martin Luther King Drive, Cincinnati, Ohio 45200

- Residential substance abuse treatment facility for drug involved women who are either pregnant or who have given birth, experienced a miscarriage, or had an abortion 12 months preceding admission
- Women may bring two children under the age of 5
- Provides individual and group therapy, case management, childcare, and MH treatment

### **First Step Home .....513-961-4663**

2203 Fulton Avenue, Cincinnati, Ohio 45206

- Housing for women 18+ diagnosed with substance abuse; length of stay 5-7 months
- Allows children, ages 12 and under to live with their mothers during treatment

### **Homeless Housing Residential Treatment Program .....513-946-8646**

2350 Auburn Avenue, Cincinnati, Ohio 45219

- HHRT provides access to substance abuse treatment for the homeless; they create a front door for assessment/entry into treatment in addition to coordinating housing placement following treatment

### **House of Freedom and Miracles .....513-921-1986**

508 Elberon Avenue, Cincinnati, Ohio 45205

- Faith-based, residential homes in Cincinnati operated by Serenity Consultants for females needing support to establish life-long recovery from the disease of addiction/alcoholism; average length of stay is 8-9 months followed by 6 months of continued care

### **Jimmy Heath House .....513-579-8547**

219 Odeon Street, Cincinnati, Ohio 45202

- 25 unit permanent supportive housing for the chronically homeless with substance abuse problems; based on a Housing-First model, residents will have access to services to help them regain sobriety and independence

### **Recovery Hotel .....513-455-5046**

1225 Vine Street, Cincinnati, Ohio 45202

- 20 furnished apartments of transitional housing for men and women in recovery from drug and alcohol abuse
- Onsite case management with 24-hour door monitoring
- Rent is subsidized through Cincinnati Metropolitan Housing Authority (CMHA)
- Narcotics Anonymous and Alcoholics Anonymous meetings occur on-site

### **Sober Living .....513-681-0324**

4027 Reading Road, Cincinnati, Ohio 45229

- Safe, affordable, sober housing and structural living environment to individuals recovering from alcohol and drug addiction; 7 houses in the Cincinnati and Northern KY area with 90 beds for recovering men and women; rent is \$70/week

## **Other Resources**

### **Cincinnati United Way .....2-1-1 or 513-721-7900**

2400 Reading Road, Cincinnati, OH 45202-1478

<http://www.uwgc.org/211>

- Search the website for a comprehensive listing of community and social services available in the Greater Cincinnati area; includes education, income, and health

- Confidential non-emergency hotline that will connect you to community services, such as childcare, flu-shot information, employment assistance, volunteer opportunities, counseling, food, shelter and more; available; available 24/7/365 in more than 150 languages

**Mt. Healthy City School District Homeless Liaison** .....513-619-1778

7615 Harrison Avenue, Cincinnati, Ohio 45231

[apardi@mthcs.org](mailto:apardi@mthcs.org)

- Homeless Liaison works with families to coordinate educational services for children and youth who are designated as temporarily homeless to ensure they have full and equal opportunity to succeed in school; and that families, children, and youth experiencing homelessness receive educational services for which they are eligible, including Head Start, Even Start, and preschool programs administered by the Mt. Healthy City School District



## Preschool Parent Handbook

Dear Parents and Guardians,

Our Preschool Handbook contains important information such as the school's policies, philosophy, discipline policy, and procedures for filing a complaint or obtaining copies of inspection reports. Please take the time to look over this document carefully and refer back to it as needed.

Thank you,

The Mt. Healthy Preschool Staff

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I have received a copy of the Mt. Healthy Preschool Parent Handbook and the information has been reviewed with me during entry to the program.

**Student Name:** \_\_\_\_\_

**Parent Signature:** \_\_\_\_\_

**Date:** \_\_\_\_\_