# Mercer County Resource Handbook



# Emergency 911 Local Law Enforcement

Sheriff's Department: 419-586-7724

Celina Police: 419-586-2345

Coldwater Police: **419-678-2356** 

Fort Recovery Police: 419-375-2662

Rockford Police: 419-363-3032 option 2

St. Henry Police: 419-678-4141

After Office Hours Emergency Number to Report Child Abuse & Neglect:

419-586-7724

After Office Hours Emergency Number for Foundations Behavioral Health Services: 800-567-4673

Victim's Crime Assistance Program (Lima Office): 877-867-7273

Family Crisis Network (Domestic Violence, Sexual Assault)

419-586-1133

Poison Control Center: 800-222-1222

For More Information Contact:
Our Home Family Resource Center
117 W. Fayette St. • Celina • 419-586-4663
www.ourhomefrc.com

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Mercer County Resource Handbook is compiled through collaborative efforts and reviewed yearly by the following agencies: Celina City Schools, Mercer County Board of Developmental Disabilities, Mercer County Educational Service Center, Mercer County Family & Children First Council, Mercer County Head Start, Mercer County Health Department, Mercer County Help Me Grow, Mercer County Job and Family Services, Mercer County WIOA, Mercer County WIC Program, Mercer Health, Grand Lake Health System, Our Home Family Resource Center, Mercer County District Library and West Ohio Community Action Partnership.

# **Food Pantry**

C.A.L.L. Community Action Lifeline

420 N. Brandon Ave, Suite 2 Celina, OH 45822 419-586-3574

Mon., Wed., Fri. 9am - 4pm Tues 5:30pm - 7pm

**North American Indian Cultural Center** 

304 E. Anthony St. Celina, OH 45822 419-586-6567

Mon. - Thurs. 1:30-4:00pm

Fri - Closed

C.A.L.L. Café

Mercer County Fairgrounds Jr. Fair Bldg. **Every Tuesday** Doors open at 4:30pm, dinner at 5:30pm

\*bring CALL food pantry ID

**Our Home Family Resource Center** 

117 W. Fayette St. Celina, OH 45822 419-586-4663

Tuesday 9:30-12:00 & 1:00-3:00 Thursday 9:30-12:00 & 1:00-3:00

**Agape Distribution Mobile Food Pantry** (Mercer County Residents)

1st & 3rd Tuesday of the month Mendon United Methodist 9:30-11:30am Rockford next to Fire Dept. 12:30-3pm 2<sup>nd</sup> & 4<sup>th</sup> Tuesday of the month

Chickasaw Precious Blood 9:30-11:30am

Fort Recovery Nazarene 12:30-3pm

**Holy Trinity Church** 

830 W. Main St. Coldwater, OH 45828 419-678-4802

Saturday 9am - 11am

**Parkway Local Food Pantry** 

East Columbia St Rockford, OH 45882 419-363-3230

4<sup>th</sup> Saturday of Month 9-11am (Parkway School District only)

# **Legal Services**

Mercer County Bar Assoc. President

Amy Ikerd 119 N Walnut St. Celina, Ohio 45822 419-586-8677

Fax: 419-586-8747

**Mercer County Prosecuting Attorney** 

119 N. Walnut St. Celina, OH 45822 419-586-8677 Fax 419-586-8747 prosecutor@mercercountyohio.org **Legal Aid of Western Ohio** & Domestic Violence Toll Free: 1-866-794-7282 1-866-794-7281 (Español) Legal Aid Line: 1-888-534-1432

www.legalaidline.org



# **Clothing/Thrift Items**

**Agape Thrift Store** 1220 E. Spring St. St. Marys, OH 45885 **419-394-8700** 

Hidden Treasures 221 W. Main St. Coldwater, OH 45828 419-678-8247 Beating Heart Boutique 560 Touvelle St. Celina, OH 45822 419-733-4847

Kidz Treehouse LLC 166 N Main St. Rockford, OH 45882 567-324-0038 (Boutique & Consignment) **C.A.L.L.**420 N. Brandon Ave, Ste 2
Celina, OH 45822 **419-586-3574** 

Things From The Heart 206 W. Market St. Celina, OH 45822 419-586-2979 (Consignment) Goodwill Industries 2030 Holiday Dr. Celina, OH 45822 567-890-2000

Helping Hands Thrift Store 131 S Main St Rockford, OH 45822 419-363-3230

# **Low Income Housing**

**Celina Garden Apts** 710 Devonshire Dr. Celina, OH 45822 **419-586-6311** 

**Rockford Villa**419 N. Holly St.
Rockford, OH 45882 **419-363-9905** 

**East Towne Villas** 804 Pro Drive Celina, OH 45822 **419-586-4234** 

**Villa Allegra** 808 Pro Dr. Celina, OH 45822 **419-586-7457**  **Greenland Estates** 911 N. 7<sup>th</sup> St., #99 Coldwater, OH 45828 **419-678-3663** 

**Williamsburg Square** 1400 W. Market St. Celina, OH 45822 **419-586-2850** 

Meadows at Grand Lake 1400 Meadowview Dr. Celina, OH 45822 419-584-0678

Yorkshire Place 1100 Myers Rd Celina, OH 45822 419-586-6288

# **Family Support**

24 Hour Mental Health Emergency Services	800-523-3978
Auglaize/Mercer County Big Brothers/Big Sisters	419-584-2447
Breastfeeding Peer Helper-Mercer County WIC Program	419-584-0037
Celina Ministerial Association	419-586-1095
Dr. Crystal Oswalt, Ph.D. (Psychologist)	419-586-3900
Choosing Life Pregnancy Center	419-733-4847
Family Crisis Network (Domestic Violence Services)	419-586-1133
Foundations Behavioral Health Services (Mental Health and Addiction Services)	419-584-1000
Infant Massage Classes – Mercer Health Birthing Center	419-678-5670
Mercer County Council on Aging	419-586-1644
Mercer County Prevention Coalition	419-586-1000
Mercer County Veterans Office	419-586-3542
Mercer Health Community Outreach	419-678-5613
Ohio Rehabilitation Services (Ohio Means Jobs Center)	419-586-6409
Our Home Family Resource Center	419-586-4663
Parkview Behavioral Health Services (Ft. Wayne)	800-284-8439
Parenting Classes- Foundations	419-584-1000
State of the Heart Care	419-678-4808
Upper Valley Medical Center	800-772-5538
Van Wert County YWCA (Transitional Housing for Women and Children)	419-238-6639
We Care Center of Auglaize County	419-394-7451

## **Childhood Services**

## **Infant and Early Childhood Services**

**Help Me Grow** 4980 Mud Pike Celina, OH 45822 419-586-1721 419-586-6375 (fax)

Email: sdorsten@mercerdd.org

Celina, OH 45822

(419) 586-6628

Center 800 W. Main St. Coldwater, OH 45828

**Mercer Health Birthing** 

419-678-5670

Email: info@mercer-heath.com

Mercer County Board of **Developmental Disabilities** 

4980 Mud Pike Celina, OH 45822

419-586-2369 419-586-6375 (fax)

Email: mkaup@mercerdd.org

**Mercer County Head Start** 

585 E Livingston St Celina, OH 45822 419-268-0301 419-268-0017 fax

\*part day and full day services available

\* Free for eligible families

## **Parent Support**

Ohio Amblyope Registry **Mercer County ESC Parent Mentor** 441 E. Market St.

555 S. 18<sup>th</sup> Street Suite AB4008A

Columbus, Ohio 43205 Toll-free: 877-808-2422

614-722-4071 (fax)

www.ohioamblyoperegistry.com

The Ohio Amblyope Registry provides free adhesive patches for the treatment of amblyopia (cloth patches available; limited amount) and free literature

**State Support Team Region 6** 

1045 Dearbaugh Ave. Suite 1 Wapakoneta, OH 45895

1-800-686-2945 419-738-9199 fax

## **Higher Education**

Wright State University Lake Campus

7600 Lake Campus Dr. Celina, OH 45822 419-586-0300 419-586-0358 fax

**Vantage Career Center ASPIRE** serving Auglaize/Mercer County 420 N Brandon Ave Celina, OH 45822 419-998-2956

## **Area Recreation Facilities**

Centerview Park, Neptune Eastview Park. Celina Fort Adams, 127 N Harbor Point Picnic Area/Beach, Harbor Point, Celina Mercelina Park, Celina

St. Henry Community Park, St. Henry

Chickasaw Community Park, Chickasaw Eden Haven Park, Hellwarth Rd, Celina

**Grand Lake St. Marys** Memorial Park, Coldwater Shanes Woods, Rockford Zuma Park, Montezuma

## Area Pools

Bryson Memorial Pool, Celina Coldwater Pool, Coldwater Fort Recovery Pool, Fort Recovery St. Henry Pool, St. Henry YMCA Pool, Celina Splash Pad, Rockford Shane's Park

Child Care and Preschools	Contact for questions or for tours	Age of Child	Days/Hours Operation	Payment	Transport	Residence	Potty Trained
Bright Future Preschool 402 Stachler Dr. St. Henry, OH 45883 419-678-8619	Abbie Homan	6 weeks- school age	M-F 6:00am-6:00pm	Self-Pay & MCJFS*	Self- Transport	Open Enrollment	No
Mercer County Head Start 585 E. Livingston St. Celina, OH 45822 419-268-0301	Whitney Langston info@mercerheadstart.org 5 star preschools operated in Celina, Rockford	3, 4, 5	Partial Day: M-Th 8:00-11:30 Partial Day: M-Th 12:30-4:00 Full Day: M-Th 6 hrs	Free	Transport Available	Mercer County/ Celina School	
Chapel Hill Preschool 7956 St. Rte. 119 Maria Stein, OH 45860 419-925-1102	Maria Rethman	3, 4, 5	Preschool: T, Th: 8:15-11:15 T, Th: 12:15-3:15 Pre-K: M, W, F: 8:15-11:15 M, W, F: 12:15-3:15	Self-Pay	Self- Transport	Open Enrollment	✓
Creative Discovery Preschool 119 E. Fulton St. Celina, OH 45822 419-586-2199	Mindy Sudhoff msudhoff@spcelina.org www.creativediscoverypreschool.com	3, 4, 5 **3 by Aug. 1st	M,W,F 8:30-11:30 M,W,F 12:30-3:00 T, Th 9:00-11:30 T, Th 12:30-3:00	Self-Pay	Self- Transport	Open Enrollment	✓
Daycare Discoveries, LLC 8035 Flyer Drive Maria Stein, OH 45860 419-925-3025	Amanda Goettemoeller			Self-Pay			
Ft. Recovery Preschool 865 Sharpsburg Rd. Ft. Recovery, OH 45846 419-375-4131	Mary Diller diller@fortrecoveryschools.org www.fortrecoveryschools.org 419-375-1126 (fax)	3, 4, 5	M-F 8:00am-3:30pm	Self-Pay Tuition Assistance	Self- Transport	Open Enrollment	No
Graceland Preschool 520 Portland St. Celina, OH 45822 419-586-7091	Christine Mastin gracelandpreschoolcelina@gmail.com	3, 4, 5	3's: W 1:00-3:30 3-4's: T, Th 1:00-3:30 Pre-K: T,W,Th 9:00-11:30	Self-Pay	Self- Transport	Open Enrollment *Christian Atmosphere	✓
Immaculate Conception Preschool 200 W. Wayne St. Celina, OH 45822 419-586-2379	Polly Muhlenkamp	3, 4, 5 **by Aug. 1st	Pre 1 (3-4) T, Th 8:30-11:15 Pre 2 (4-5) M-Th 8:30-11:15	Self-Pay	Self- Transport	Open Enrollment	✓

Kids Kastle 6783 Staeger Rd. Celina, OH 45822 419-586-0903	Cindy Braun Jodi Will	6 weeks- 12 years	M-F 6:00am-6:30pm	Self-Pay and MCJFS*	Self- Transport	Open Enrollment	✓
Little Flower Learning Center 603 Touvelle St. Celina, OH 45822 419-586-8030	Stacy Ferrall/Aimee Fleurette **Celina City School Bus Stop **Head Start Pick up/Drop off in pm	Newborn to age 12	M-F 4:30am-6:30pm	Self-Pay and MCJFS*	Self- Transport	Open Enrollment	Preschool: 3's: NO 4-5's: YES
Mercer County ESC Special Education Preschool 441 E. Market St. Celina, OH 45822 419-586-6628	Valerie Scott	3, 4, 5	M-Th Hours vary by site	Free for eligible families \$120 for typical	Self-Pay for typical Transport available for eligible	Mercer County	Preschool Only
Parkway Preschool 400 Buckeye St. Rockford, OH 45882 419-363-3045	Mark Esselstein, Supervisor Michelle Tribolet, Secretary	3, 4, 5 **by Aug. 1st	M, W: 8:30am-11:15am M, W: 12:00pm-3:15pm T, Th: 8:30am-11:15am T, Th: 12:00pm-3:15pm	Self-Pay Grant Funds Available	Self- Transport	Open Enrollment	✓
St. Henry Preschool 251 E. Columbus St. St. Henry, OH 45883 419-678-4834	Adam Puthoff 419-678-4835 fax	Must be 4 to start program	M, W: 8:00am-11:00am M, W: 11:55am-2:55pm T, Th: 8:00am-11:00am T, Th: 11:55am-2:55pm	Self-Pay	Self- Transport	St. Henry Resident *after May open to all	✓
Stepping Ahead Learning Center 802 Weis St. Coldwater, OH 45828 419-678-7000	Chris Buschur	6 weeks- 12 years	M-F 6:00am-8:00pm	Self-Pay and MCJFS*	Self- Transport	Open Enrollment	✓
Mercer Co. Job & Family Services (MCJFS) 220 W. Livingston St., Ste 10 Celina, OH 45822 567-510-4375	Dee Fullenkamp 419-586-5643 fax dee.fullenkamp@jfs.ohio.gov		2 3 4		th centers or li		
YWCA Child Care Resource & Refe 608 W High St Lima, OH 45801 800-992-2916	rral 419-225-5313 fax	quality child ca quality standa	ld Care Resource and Refeare, working with provider rds. All resource and refeas of operation M-F 8:30am	rs to improve child rral services are fr	care settings	and to promot	e high

# **Schools**

Tri Star Career Compact	419-586-7060
Celina City Schools	419-586-8300
High School	Ext. 1500
Primary (East K-2 <sup>nd</sup> grades)	Ext. 2500
Elementary (West 3 <sup>rd</sup> & 4 <sup>th</sup> grades)	Ext. 3500
Intermediate (5 <sup>th</sup> & 6 <sup>th</sup> grades)	Ext. 3000
Middle (7 <sup>th</sup> & 8 <sup>th</sup> grades)	Ext. 2000
Special Education	Ext. 1008
Coldwater Exempted Village Schools	
Coldwater Elementary	419-678-2613
Middle School	419-678-3331
High School	419-678-4821
Ft. Recovery Schools	
Ft. Recovery Elementary	419-375-2768
Middle	419-375-2815
High School	419-375-4111
Immaculate Conception School	419-586-2379
Marion Local Schools	
Marion Local Elementary	419-925-4595
High School	419-925-4597
Mercer County Educational Service Center	
Mercer County Educational Service Center	419-586-6628
Pre-School Program	419-586-6628
Alternative Education Center/Opportunity (Credit Recovery)	419-586-6628
Special Education	419-586-6628
Parent Mentor	419-586-6628 ext. 240
Parkway Schools	
Parkway Elementary	419-363-3045
High School	419-363-3045
St. Henry Consolidated Schools	
St. Henry Elementary	419-678-4834 option 4
Middle	419-678-4834 option 3
High School	419-678-4834 option 2
GED	
ASPIRE Adult Basic Literacy Education, Serving Auglaize & Mercer County	419-998-2956

# **Transportation**

**Grand Lake Transit** 4410 Nicholson Dr. Celina, OH 45822 PH 419-305-8282

**West Ohio Community Action Partnership COLT** 420 N. Brandon, Suite A P.O. Box 282 Celina, OH 45822 PH 844-221-9447



**NET Transportation** (Medicaid) 220 W Livingston St. Celina, OH 45822 PH: 419-790-9986

# **Employment**

**Workforce Innovation & Opportunity Act (WIOA) OhioMeansJobs Center** \*Ohio Department of Job & Family Services \*Veterans Employment Services \*Opportunities for Ohioans with Disabilities 220 W. Livingston St. Room B272 Celina, OH 45822 419-586-6409 Fax 419-586-2665

http://www.mercercountyohio.org/wioa (local) http://ohiomeansjobs.com (state)

**Spherion** Manpower 323 E. Spring St. 1915 Havemann Rd. Celina, OH 45822 St. Marys, OH 419-586-9888 45885 Fax 419-586-9980 419-394-6179

Westaff 1301 McKinley Rd. St. Marvs, Ohio 419-394-8444 By appointment only www.westaff.com

# Libraries/Museums

**Coldwater Public Library** 305 W. Main St. Coldwater, OH 45828 419-678-2431

Marion Twp. Branch Library 5 E. Franklin St. Chickasaw, OH 45826 419-925-4966

**Mercer County Library-Celina** 303 N. Main St. Celina, OH 45822 419-586-4442

Ft. Recovery Library 113 N. Wayne St. Ft. Recovery, OH 45846 419-375-2869

**Mendon Branch Library** 105 W. Market St. Mendon, OH 45862 419-795-6472

**Rockford Carnegie Library** 162 S. Main St. Rockford, OH 45882 419-363-2630

Ft. Recovery State Museum 1 Fort Site Street Ft. Recovery, OH 45846 419-375-4649

Mercer Co. Historical Museum 130 E. Market St. Celina, OH 45822 419-586-6065 or 419-678-2614

St. Henry Branch Library 200 E. Main St. St. Henry, OH 45883 419-678-3128

## **Elder Care**

217 S. Riley St.

419-586-1644

Celina, OH 45822

Fax 419-586-1645

www.mccoa.net

**Mercer County Council on Aging** 

**Community Health Professionals of Celina** 

Private Duty/Skilled, Hospice, Community Adult Day Care 816 Pro Drive Celina, OH 45822

www.comhealthpro.org

419-586-6266 Fax 419-586-4727

**Ohio Council for Cognitive Health** 

Alzheimer's and related dementia information,

Phone: 419-348-0493

Cognitive health information

education, support and referral

www.Ocfch.org

Caregiver Tools

Alzheimer's Association, Northwest **Ohio Chapter** 

3400 West Elm. St. Lima, OH 45807 419-227-9700 or toll free - 800-272-3900

www.alz.org/nwohio

Caregiver support groups, Early stage education and social groups, Public, family and professional education, 24/7 toll-free helpline

**Assisted Living & Nursing Home** 

Celina Manor

1001 Myers Rd Celina, OH 45822

419-586-6645

Fax 419-586-5858

administrator@Celina.Manor.com

www.celinamanor.com

Miller House (Assisted **Gardens at Celina** Living)

1301 Myers Rd 1506 Meadowview Dr. Celina, OH 45822

Celina, OH 45822 419-584-0100 419-586-2484 Fax 419-584-0886

Fax 419-586-2820 www.thegardenscelina.com Gardens at St. Henry 522 Western Ave.

Free Forum of

Resources on Elder

Education for

Mercer County

www.mercerfree.care

St. Henry, OH 45883

419-678-9800

Fax 419-678-9329

www.thegardenssthenry.com

**Briarwood Village** 

100 Don Desch Dr. Coldwater, OH 45828

419-678-2311

Fax 419-678-3491

administrator@briarwood-village.com

www.briarwood-village.com

The Laurels of Shane

Hill

10731 St. Rte. 118 Rockford, OH 45882

419-363-2620

Fax 419-363-2354

**Colonial Nursing Center** 

203 Buckeye St.

Rockford, OH 45882

419-363-2193

Fax 419-363-2460

admn@colonialnursingcenter.com

www.colonialhs.com

Home Health Care, Hospice Care and Respite Care

**Mercer Health Home Care** 

909 E Wayne St, Ste. 126 Celina, Ohio 45822

419-584-0143

419-584-1783 (fax)

Family Care Options, Inc.

401 Myers Rd, Ste. 3 Celina, OH 45822

419-586-2576

www.coinc.com

State of the Heart Care

230 W. Main St. Coldwater, OH 45828

419-678-4808

419-678-2809 (fax)

www.stateoftheheartcare.org

**Mercer Residential Services** (for individuals with disabilities)

420 S Sugar St PO Box 603

Celina, OH 45822

419-586-4709

419-586-3069 (fax)

**Community Health Professionals** of Celina

816 Pro Dr.

Celina, OH 45822

419-586-1999

419-586-4727 (fax)

Private Duty Nursing PH 419-586-6266

www.comhealthpro.org

Hospitals

	Mercer Health Hospital and Urgent Care website: www.mercer-health.com	419-678-2341/419-586-1611
,	Joint Township District Mem. Hospital and Urgent Care website: www.grandlakehealth.org	419-394-3335/877-564-6897

# **Additional Medical Facilities**

Health Partners of Western Ohio (Lima)	419-221-3072
Grand Lake Regional Cancer Center	419-584-1900
Jay County Hospital (Indiana)	260-726-7131
Van Wert County Hospital	419-238-2390/800-686-3963
Wayne Hospital (Darke Co.)	800-589-2963
Shriners Hospital Referral Line	800-237-5055

**Family Practice Physicians** 

Mercer Health:	
Brown, Mark D.O/Uhlenhake, Bev CNP	419-678-2371
Holleran, Neal M.D.	419-586-1664
Hosbach, Edward D.O./Moeller, Stephanie M.D./Uhlenhake, Bev CNP	419-375-4144
Heinrichs, Timothy M.D.	419-763-5300
Schwieterman, James M.D./Kleinhenz, Heather M.D.	419-925-4613
Masser, Phillip M.D./Wolters, Nancy CNP	419-586-3113
Naveau, John M.D./Core, Megan M.D.	419-678-2354
Rohrer, David M.D.	419-375-2112
Satya, Shanthi M.D.	419-586-1618
Sell, Jerry M.D./Dellinger Rona CNP	419-363-3008
Winner, Michelle D.O./Wellman, Linda CNP	419-678-2381
Winner, Jonathan D.O	419-586-1863
Grand Lake Health:	
Luedeke, James M.D/Wical, Sheldon D.O./Sara Hess, CNP/Werner, Sara D.O. (Miami Erie Family Practice	419-628-3821
Josey, Michael M.D./McNaughton, Dawn M.D./Nicole Link, CNP/Ashley Meyer, CNP (Grand Lake Primary Care)	419-394-9959
St. Marys Family Practice	419-394-4813
White, Peter M.D./Kline, Leann M.D. (Grand lake Family Practice and Pediatrics)	419-586-6489

# **Pediatricians**

Mercer Health: Eckert, Julia M.D./Jungblut, Melanie M.D./Nallu, R M.D./Waite, Teresa CPNP	419-586-7940
Grand Lake Health: Aganon, Efren M.D./Zegarski, Thomas M.D./Devine, Julie CNP/Westgerdes, Julie CNP	419-394-9579
Hohman, Jennifer-Van Wert	419-232-2077

Obstetrics/Gynecology

Mercer Health:	
Kesselring, Rick M.D	419-586-2226
Rosado, David M.D.	419-586-1118/419-375-2939
Perry, Alissa M.D.	419-586-5170
Grand Lake Health:	
Grand Lake OB/GYN	419-394-7314

**Optometry** 

Dickman, James/ Brunner, Jillynn/ Wellman-Tobe Alicia/ Speelman, Tyler O.D.	419-394-5184/419-678-3016
Fishbaugh, Michael O.D.	419-678-8800
Gerlach, Brian O.D.	419-586-3151
Mercer In-Sight Otte, Chad O.D./Werling, Joshua O.D.	419-586-2909
Wilken, Paul O.D.	419-586-5149
New Bremen Eye Care	419-629-3241

**Dentistry** 

- <u></u>	
Homan, Kurtis D.D.S./Wenning, Benjamin D.D.S	419-678-4806
Kline, Curtis D.D.S.	419-678-3170
Schleucher, Laura D.D.S/Kline, Clayton D.D.S.	419-586-1661
Willmann, Sarah D.D.S.	419-586-4738
Granger, John D.D.S.	419-363-3537
Fleagle, Jeff D.D.S.	419-394-2413
Widner, Dane D.D.S.	419-394-5178
Van Wert Family Dentistry	419-238-0248
Meyer, Tyra D.D.S/Leopold, Andrea D.D.S (Child Specialist Lima, Ohio)	419-229-3007
St. Rita's Dental Clinic (Lima, Ohio)	419-226-9086
Minster Dental Clinic (Minster, Ohio)	419-628-3380
Monarch Dental Associates (Piqua, Ohio)	800-398-4234
Sidney Dental (Offices in Sidney and Greenville)	937-492-4598
Small Smiles Dental Clinic (Dayton, Ohio)	937-268-1665
Children's Medical Center Dental Clinic (Dayton, Ohio)	937-641-3455/937-226-8455
Nationwide Children's Dental Clinic (Columbus, Ohio)	614-722-5650

**Specialty Physicians** 

Audiology	
Meiring, Peg Au.D.,FAAA/Lininger-Hunter, Ellen Au.D., FAAA	419-584-2255
Auglaize Audiology	419-739-7575
Cardiology	
Ajlouni, Sayyah, M.D.	419-586-1669
Boley, J. M.D.	567-890-9000
Kakarla, Rajendra. M.D	419-629-3663
ENT	
Vanan, Suri, M.D.	419-586-6480
General Surgery	
Keighley, Robert D.O	419-394-3332/419-678-4887
Reichert, James D.O./ Bryant, Lance D.O.	419-586-6480/419-394-3335
Neurology	
Alexander, Natasha D.O/Maceroni, Peter D.O.	419-394-9522
Oncology	
Gerad, Henry M.D. The Gerad Center	419-586-0990/866-586-0990
Ophthalmology	
Wilding, John D.O./Schemmel, William D.O.	419-586-3828/800-492-8040
Orthopedic Surgeons	
Kemmler Orthopedic Center	419-586-5760
Orthopedic Institute of Ohio	419-394-4636/800-225-3921
Podiatry	
Kirk, Daniel D.P.M.	419-586-7874
Hanzel, Kevin D.P.M	419-678-4399
Little, Eugene D.P.M.	419-394-8664
Urology	
Cohen, Scott M.D.	419-586-6899
Infectious Disease	
Ellis, Wilfred/Berak, Solomon	419-586-9657
Vascular Surgeon	
Magee, Ron	419-586-9657

# **Agencies & Information**

## **American Cancer Society**

740 Commerce Drive Suite B Perrysburg, OH 43551

800-227-2345 Fax 877-227-2838

#### www.cancer.org

- We help people Stay Well, Get Well, Find Cures and Fight Back.
- 24 hours a day call center with Cancer Information Specialists

## **American Red Cross of West Central Ohio**

610 Collett St

Lima, OH 45805

419-227-5121

www.redcross.org

## Email: westcentralohio@redcross.org

- Disaster Relief
- Training in Adult, Child & Infant CPR
- Babysitting Classes
- Blood Donor Drives & Supervision
- First Aid
- ◆ Volunteer Training & Support
- ◆ Aquatic Supervision

## **Auglaize/Mercer Family YMCA**

North Branch South Branch

7590 St. Rte 703 04075 Wuebker Rd. Celina, OH 45822 Minster, OH 45865

419-586-9622 419-629-9622

## http://amymca.org/

- Childcare for Infants up to school age
- Adult Health and Wellness Programs
- ◆ Preschool Age Activities & Programs
- School Age Activities & Programs
- Pool
- Gymnasium
- ◆ Exercise Equipment
- ◆ Cardio Equipment
- Financial Sponsorship Available

## **Cancer Association of Mercer County**

218 S. Main St. Suite A, PO Box 624

Celina, OH 45822

419-584-0014

#### www.camc-ohio.org Email: camc@bright.net

Financial help for Mercer County residents with a cancer diagnosis: Transportation, medication, wigs/turbans, nutritional supplements, prostheses/ostomy supplies

## **Choosing Life (Pregnancy)**

560 Touvelle St

Celina, Ohio 45822

419-733-4847 or 567-890-5433 (LIFE)

www.choosinglife.us

Email: choosinglife@bright.net

- Support Groups
- Fetal Development
- Adoption Planning
- Parenting Classes
- Abortion Alternatives
- Mom to Mom classes
- Ultrasounds
- Pregnancy Testing & Counseling

## **Community Sports & Therapy Center**

#### http://www.cstcenter.com/

903 E Wayne St., 800 W. Main St., Celina, OH 45822 Coldwater, OH 45828

419-586-2077 419-678-5125

- Physical, Occupational & Speech Therapy
- Women and Men's Health
- Lymphedema Management
- LSVT BIG & LSVT LOUD
- ReWalk Rehabilitation
- Aquatics & Conditioning
- Concussion Management
- Sports MAX Program
- Myofascial Decompression

- 1830 Union City Rd., Ft. Recovery, OH 45846 **419-375-8304**
- Pediatric Services
- Vestibular Rehab
- ◆ The Astym System
- Dry Needling
- Industrial Rehab
- Home Health Care
- Athletic Training
- Must Run Program
- Must Run ProgramMassage Therapy

## Family Crisis Network

117 W. Fayette St.

P.O. Box 632, Celina, OH 45822

#### 419-586-1133

- ◆ Assistance for Victims of Domestic Violence & Sexual Assault
- 24 Hour Hot Line 419-586-1133
- Referrals, Case Planning
- Shelter For Domestic Violence
- Group Support
- Protection Order Assistance
- ◆ Court Advocacy

## **Foundations Behavioral Health Services**

4761 St. Rte 29, Celina, OH 45822

419-584-1000 Emergency 800-567-4673

**1-800-523-3978** (toll free daytime)

## Fax 419-584-1825

- ◆ Drug Free Workplace Training
- ◆ Crisis Intervention Services
- ◆ Intensive Home Based Services
- ◆ Employee Assistance Programs
- ◆ Anger Management Classes
- ◆ Intensive Outpatient Program
- ◆ Incredible Years Parent Class
- Counseling Ind. Group, Family
- ◆ Women's Program & Counseling
- ◆ Diagnostic Assessment
- Hospitalization Screening Drug & Alcohol Treatment
- Drug & Alcohol Testing
- ◆ Prevention Programs
- ◆ Case Management
- ◆ Payee Services
- ◆ Mental Health First Aid
- School Based Services
- ◆ Driver Intervention Program (DWI)-NASP
- ◆ Navigator Services for Children and Alcohol/Drug
- ◆ Skills Building/Problem Solving Groups
- ◆ Psychiatric Services/Medication Management
- Early Childhood Services/Play Therapy

## **Joint Township District Memorial Hospital**

200 St. Clair Ave, St. Marys, OH 45885

## 419-394-3335 Website: www.grandlakehealth.org

- Occupational Medicine
- Neurological Center
- Pain Management
- Family and General Practice
- Rehab Services
- Urgent Care
- Wound Care Center
- Sleep Center
- Neonatology, Obstetrics, Gynecology
- Hospice/Hospice Comfort Suites

## **JTDMH Celina Medical Center**

801 Pro Drive, Celina, OH 45822

## Website: www.grandlakehealth.org

- Pediatrics 419-394-9579
- ❖ Family Practice and Pediatrics 419-586-6489
- Neonatology, Obstetrics, Gynecology 419-394-7314
- ❖ ENT & Sinus Center 419-586-6480
- Surgery- 419-586-6480

## **MAV Youth Mentoring**

1005 N Main St. Celina, OH 45822

## 419-584-2447 or 866-670-2227

- One to one program—Matching a little brother or little sister with an adult volunteer
- Big Buddy/Little Buddy Program School Mentoring-High School students are matched with elementary students. www.mavyouthmentoring.com

## **Mercer County Board of Development**

## **Disabilities (Cheryl Ann Programs)**

4980 Mud Pike, Celina, OH 45822

419-586-2369 Fax 419-586-6375

## Website: www.mercerdd.org

- Adult Training & Work Programs
- Job Placement
- ◆ Family Support

- Referral Services
- ◆ Case Management & Advocacy
- Child & Adult programs for developmentally delayed individuals

## **Mercer County Child Support Enforcement**

220 W. Livingston St., B181

P.O. Box 649, Celina, OH 45822

#### 419-586-7961 Fax 419-586-2151

- Federal, State & Local effort to collect child support from parents who are legally obligated to pay
- Established Paternity
- Locate Absent Parents
- ❖ Establish, modify & enforce child & medical support
- Wage Withholding Orders, tax offset program, license suspension, liens, judgments, criminal non-support actions

## **Mercer County Council on Aging**

217 Riley St., Celina, OH 45822

## 419-586-1644 Fax 419-586-1645

- ❖ Age 60 & over, Mercer County Residents
- Transportation to doctor & personal appointments, hospital, on site meals & grocery.
- Out of county Transportation-Medical appt. only-up to 40 mile radius from Celina
- Social Activities
- Fitness and Wellness
- Congregate Meals- 4 Locations
- Chore/homemaker services
- Medicare/insurance assistance

## **Mercer County Head Start**

585 E Livingston St, Celina OH 45822

\*\*No cost/Must meet eligibility requirements

#### 419-268-0301 Fax 419-268-0017

## www.mercerheadstart.org

- Individualized Teaching including Special Education Services
- School Readiness Goals for All Children
- Comprehensive health & mental health services
- ❖ Administers both state & federally funded 5 star Preschool programs in Celina and Rockford
- Cognitive and Health Screenings
- Family Involvement and Support

## **Mercer County Health District**

220 W. Livingston, B152, Celina, OH 45822

419-586-3251 ext. 1270 Fax 419-586-2583

## Website: www.mchdohio.org

Email: district@mchdohio.org

◆ Immunization Clinic by appointment only Thursday Clinics 9:30am - 5:30pm

M, T, W & F 7:30-3:30 depending on nurse availability

- Vision/Hearing
- Lead & Hemoglobin TestingEmergency Response Planning
- Car Seat Safety ProgramMedical Reserve Corps
- Tuberculosis skin tests, blood pressure screens
- Children with Medical Handicap Program (CMH)
- Communicable disease surveillance

#### **Services**

- Birth and Death Certificates
- Radon Awareness/Education
- Animal Bite Reporting
- Rabies Testing
- Water sample collection, water well permits, sewage system permits
- Food service operation licenses

## **Area STD (Sexually Transmitted Diseases) and**

**HIV Testing** – Call for time and instructions

#### Allen County Health Dept.

219 E Market St Lima, OH 45801 419-228-4457

## **Mercer County Medical Reserve Corps**

220 W. Livingston St. B152, Celina, OH 45822

419-586-3251 Ext. 1286 Fax: 419-586-2583

Email: bsteinbrunner@mchdohio.org

- Volunteers building strong, healthy and prepared communities
- Medical and non-medical volunteers accepted
- Training provided, participate in county exercises
- Share skills and expertise throughout the year and during time of community need
- Partner with county agencies to be well-prepared in the event of a disaster

## **Mercer County Help Me Grow**

4980 Mud Pike, Celina, OH 45822

419-586-1721 Fax 419-586-6375

## Website: www.helpmegrow.ohio.gov

## Website: http://ohioearlyintervention.org

- Pregnant Women
- Children Birth to Three
- Coordination of Services
- ◆ Home Visits
- Individual Family Service Plans
- Family Plans
- Educational Program Materials
- Development Evaluation & Identification of needs
- Early Intervention Services & Referrals
- Education & Support for families

## **Mercer County Job & Family Services**

220 W. Livingston St., Suite 10, Celina, OH 45822

#### 419-586-5106 Fax 419-586-5643

- Health Start/Medicaid
- ◆ Cash Assistance Program
- ◆ Emergency Assistance
- ◆ Workforce Development
- ◆ Adult Services
- ◆ Family & Children Services
- ◆ Food Assistance Program
- ◆ Adoption & Foster Care
- ◆ Child Abuse & Neglect
- ◆ Child Care Services

## **Mercer County Veterans Service Office**

220 W. Livingston St., B270, Celina, OH 45822

#### 419-586-3542 Fax 419-586-7702

- Help with Applications For All VA Benefits
- Emergency Financial Assistance For Veterans
- Transportation to VA Medical Appointments

## Mercer County W.I.C. (Supplemental Nutrition

Education Program for Women, Infants & Children) 112 N Main St., Celina, OH 45822

## 419-584-0037 Fax 567-279-9370

- Program for pregnant, breastfeeding & postpartum women; infants and children to age five
- Nutrition Counseling & Coupons for Nutritional Assistance
- Breastfeeding Assistance
- Peer Helper program for pregnant and breastfeeding women

## Mercer Health Cardiopulmonary Rehabilitation

800 W. Main St., Coldwater, OH 45828

#### 419-678-5180 Fax 419-678-5639

- Wellness Program
- Psychosocial Support
- Breathing Retraining
- Weight Management
- Individualized, monitored exercise training
- Risk Factor modification
- ◆ Baseline and Follow-up Assessment
- Education- nutrition, medications, stress management, anatomy of the cardiac/pulmonary systems, smoking cessation

## **Mercer Health Disease Management**

950 S. Main St., Celina, OH 45822

## 419-586-9657

**Diabetes Center** 

❖ Diabetes Education by Certified Diabetic Educators Wound Healing Center

- Wound Care by Certified Wound Nurses or Nurse Practitioner
- Compression Hose
- Ostomy Care

## **Mercer Health Home Care**

909 E Wayne St, Ste. 126, Celina, OH 45822

## 419-584-0143

Healthcare in your Home provided by:

- Registered Nurses
- Home Care Aides
- Registered Dietitians
- Social Service Personnel
  - ◆ Respiratory Therapist
- supplies, etc. www.mercer-health.com

**Mercer Health Medical Equipment** 

419-584-1973(P) 41-584-1723 (Fax)

Oxygen, ambulatory aids, bathroom

909 E Wayne St. Ste. 108, Celina

aids, CPAP supplies, dressing

• Physical, Occupational and Speech Therapists

## Mercer Health Hospital

800 W. Main St., Coldwater, OH 45828

## 419-678-2341 Fax 419-678-5608

## Website: www.mercerhealth.com

- Cardiology
- Wellness Services
- Cardiopulmonary Rehab
- Sleep Care
- Occupational Health
- Internal Medicine
- ◆ Eye Surgery, Plastic Surgery & Orthopedic Surgery
- Family and General Practice
- Home Health Neighborhood Nurse Program
- Medical/Surgical/Emergency Services
- Neonatology, Obstetrics, Gynecology & Pediatrics
- ◆ Neighborhood Nurse Program

## **Mercer Health Sleep Care**

800 W. Main St., Coldwater, OH 45828

## 419-678-ZZZZ (9999) Fax 419-678-5998

- Full service sleep lab provides clinical evaluation, diagnosis and treatment of sleep disorders
- Weekly Sleep Clinic
- Open weekly appointments
- Most insurance accepted

## Mercer Health Outpatient Center

800 W. Main St., Coldwater, OH 45828

419-678-5681

Fax 419-678-5240

Extended hours, weekends and holidays when scheduled in advance

- Blood administration
- Chemotherapy
- Allergy Injections
- IM Injections
- ◆ Coagulation Clinic
- Epidural Injections for Pain Mgmt.
- IV Infusions/Antibiotics
- ◆ Central Line/Implanted Port Care

## **Mercer Health Wellness and Occupational Health Services**

950 S. Main St., Celina, OH 45822

#### 419-586-1220

## **Occupational Health**

- Providing services at your company or at our facilities
- Worksite wellness: Health Fairs, Education, Hearing, Conservation, First Aid, CPR, AED and lab testing
- Physicals: CDL. Respirator and fit testing, chemicals. vision screening, preplacement
- BWC work related injury follow-up with occupational medicine physician
- Rehabilitative, environmental and occupational medicine, employee assistance
- Safety consulting
- Drug and alcohol testing
- Vaccines: flu, tetanus
- EAP (Employer Assistance Program)
- Affiliated with West Central Ohio Regional Health Care Alliance (WCORHA)

#### **Community Outreach**

- Neighborhood Nurse Program brings screenings to communities monthly
- Community Health Fairs

Please call us for further questions about our services.

## **North American Indian Cultural Center**

304 E. Anthony St., Celina, OH 45822

#### 419-586-6567 Fax: 419-586-1570

- Cultural Support
- Food & Family Assistance
- Coats
- Referrals to other agencies

#### **OSU Mercer County Extension Service**

Central Services Building

220 W. Livingston St Rm B252, Celina, OH 45822

#### 419-586-2179 Fax 419-586-3367

Programs available in Agriculture and 4-H Youth.

A large variety of resources and research based fact sheets are available, some for a small fee.

## **Victim Assistance Program**

119 N. Walnut St., Celina, OH 45822

## 419-586-8677 Fax 419-586-8747

Services for

- Victims of felony crimes
- Court support
- Restitution to victims

## **Our Home Family Resource Center**

117 W. Fayette St., Celina, OH 45822

## 419-586-4663 Fax 419-586-5210

## Website: www.ourhomefrc.com

- Centralized information & referral • Food Pantry
- Emergency Financial and Medication Assistance per guidelines

## **Also Housing:**

- Family & Children First Council
- Family Crisis Network (Domestic Violence & Sexual Assault Assistance)
- RAFT (Supervised Visitation)

## Serving Friends & Family

## **Mercer County Salvation Army Service Center**

1978 Havemann Rd #105. Celina OH 45822 (mailing address)

## 419-586-3767

## Hours: Monday-Friday 9am-4pm

- Assessments/Limited Counseling
- Delivering and Pick up of furniture
- **Incarceration Ministry**
- Voucher Program
- Community Ministry (Adopt-A-Block)
- \* Minor Repairs
- Snow removal/Lawn Care \*
- Family Moving (Mercer and Auglaize)
- Funerals/Nuptials

## **West Ohio Community Action Partnership**

420 N. Brandon Ave. Suite A.P.O. Box 282

Celina, OH 45822

#### 419-227-2586

## Website: http://www.wocap.org

- ◆ Home Ownership
- GED Classes
- Transportation
- Referral Services

- ◆ Family Support
- ◆Seasonal Energy Assistance
- Emergency Services
- ◆Financial Literacy

## **Workforce Innovation & Opportunity Act** (WIOA) Area 8

## **Ohio Means Jobs Center**

220 W. Livingston St., Rm B272, Celina, 45822

## 419-586-6409 Fax: 419-586-2665

- Job Search Assistance
- Resume Preparation
- ◆ Labor Market Information
- Adult and Dislocated Worker Programs
- Occupational Skills Training
- Job Postings & Applications
- **◆** Youth Programs
- Career Counseling and Assessments

# **WEBSITE ADDRESSES**

American Red Cross of Auglaize and Mercer Co.	http://www.redcross.org	
Foundations Behavioral Health Services	http://www.foundationsbhs.org/	
Grand Lake Health (St. Marys Hospital)	http://www.grandlakehealth.org/	
Legal Aid of Western Ohio & Domestic Violence	http://www.legalaidline.org	
Mercer County	http://www.mercercountyohio.org/	
Mercer County Council on Aging	http://aging.ohio.gov/resources/seniorcenters/3.aspx	
Mercer County Job & Family Services	http://www.mercercountyohio.org/jfs/	
To apply for Medical	http://www.benefits.ohio.gov	
Mercer County Health Department	http://www.mccchd.org/	
Mercer County Help Me Grow	http://www.helpmegrow.ohio.gov	
Mercer County Board of Developmental Disabilities Cheryl Ann Programs	http://www.mercerdd.org	
Mercer County Sheriff's Department	http://www.mercercountysheriff.org	
Mercer County Veterans Service Commission	http://www.mercercountyohio.org/veterans/MercerCountyVeteransServiceOffice.pdf	
Mercer County WIC	http://buildinghealthylives.org/WICserv.shtml	
Mercer Health (Coldwater Hospital)	http://www.mercer-health.com/	
Our Home Family Resource Center	http://www.ourhomefrc.com	
West Ohio Community Action Partnership	http://www.wocap.org	
Vantage Career Center ASPIRE	http://www.vantagecareercenter.com/ableged.aspx	

# **TOLL FREE INFORMATION NUMBERS**

AIDS Hotline (Ohio Department of Health)	800-332-2437	Legislative Information Hotline	800-282-0253
American Cleft Palate Foundation	800-242-5338	Long Term Care Ombudsman Program	800-653-7778
Attorney General's Public Action Line	800-282-0515	Missing Children Hotline	800-843-5678
Brain Injury Association of Ohio	800-444-6443	National Association for Education	
		of Young Children	800-424-2460
Call A Nurse (8-12 Midnight)	888-844-2341	National Association for Hearing/Speech	800-638-8255
Child's Safety Seat Helpline	800-745-7233	National Highway Traffic Safety Administration	800-424-9393
Child's Safety Seat Helpline (Spanish)	800-747-7266	Ohio Bureau of Worker's Compensation	800-644-6292
Consumer Product Safety Commission Helpline	800-638-2772	Ohio Dept of Development	800-848-1300
Department of Agriculture Hotline	800-282-1955	Ohio Dept of Health Medicare	
		Balance Billing Hotline	800-899-7127
Disability Rights Ohio	800-282-9181	Ohio Insurance Consumer Services	800-686-1526
Environmental Protection Hotline	800-282-9378	Ohio Public Utilities Commission	800-686-7826
Federal Election Commission	800-424-9530	Ohio Utilities Protection Service (OUPS)	800-362-2764
First Stop Business Connection	800-248-4040	Ohio Victims of Crime Programs	800-582-2877
Free Numbers for Toll Free Numbers	800-555-1212	Peace Corp.	800-424-8580
Help Me Grow Hotline	800-755-4769	Poison Control Center	800-222-1222
Home Energy Assistance Program (HEAP)	800-282-0880	Runaway Switchboard	800-786-2929
Immunization Information	800-282-0546	Shriners Hospital Referral Line	800-237-5055
Income Tax Forms & Publications and I.R.S.	800-829-3676	Social Security Information	800-772-1213
Information for Ohio	800-282-5393	State Department of Taxation	800-282-1780
Insurance Complaint Hotline	800-686-1526	Suicide Prevention Hotline	800-784-2433
Juvenile Diabetes Hotline	800-223-1138		

## **Community Based Support Groups**

**ALCOHOLICS ANONYMOUS MEETINGS 2018 MERCER AND AUGLAIZE COUNTIES:** Additional information on Alcoholics Anonymous is available through http://aadaytononline.org

NARCOTICS ANONYMOUS MEETINGS 2018 MERCER AND AUGLAIZE COUNTIES: Additional information on meetings is available at http://na.org/meetingsearch

**ALANON MEETINGS 2018 MERCER AND AUGLAIZE COUNTIES:** 12 step based support group for family of friends of persons with drug and alcohol addictions. Additional information on ALANON is available at http://www.al-anon.org

**NARANON MEETING 2018 AUGLAIZE COUNTY:** 12 step based support group for family members and friends of persons with drug and alcohol addictions. Meetings are held at First English Lutheran Church 107 West Mechanic Street. Wapakoneta, Ohio

**BRIANNA'S HOPE:** Faith Based support group for persons battling addictions of any kind. Meetings are held at 119 East Fulton Street, Celina. (Grand Lake United Methodist Church). Please direct questions to Diane Mendelson at 419-586-6621 or Amber Mott at 567-644-9492.

**CELEBRATE RECOVERY:** 12 step Christian based support group for persons battling addiction or emotional difficulties. Meetings 119 East Fulton Street, Celina, Ohio (Grand Lake United Methodist Church).

AGAINST ALL ODDS (AAO)-CHOOSING CHRIST: Christian based support group for persons coping with addictions. Meets at Abounding Grace Church located at 7495 SR US 127 Celina, Ohio. For more information please contact Randy Christian at 419-733-9515 or Trish Christian at 419-733-9648. An additional meeting is available in St Marys at the Resource & Opportunity Center (ROC) located at 128 South Spruce Street St Marys, Ohio. Contact information for this meeting is Josh Meeker 567-644-8158.

**YOUTH OVERCOMING USAGE:** Teen support group for persons with substance abuse problems. Meetings alternate between Wapakoneta and St Marys High School. Call Chris Estes at 419-549-8530 for further information.

**OVEREATER'S ANONYMOUS MEETINGS 2018 AUGLAIZE AND MERCER COUNTIES:** 12 step based support group for person's struggling with compulsive eating. Meetings are held at Grand Lake United Methodist Church 40 South High Street, Montezuma, Ohio. In Auglaize County meetings are at First English Lutheran Church 107 West Mechanic Street, Wapakoneta, Ohio.

**NAMI CONNECTION RECOVERY SUPPORT GROUP:** Peer led support group for persons living with mental illness. Meetings are at Celina Church of God, 850 Fairground Road, Celina in room 108. Additional information available at 419-953-1513 or celinaconnection@gmail.com

**ONE STEP AWAY:** Faith based emotional wells group for anyone battling anxiety, depression, or other emotional struggles. Meeting are at The Holy Trinity Church Basement, East Room, Coldwater, Ohio. Additional information available on Facebook at One Step Away MC.

**KINSHIP SUPPORT GROUP:** Support group for person's caring for a loved one's child, either temporarily or permanently. Meetings held at Mercer County Head Start, 585 E Livingston St. Celina. For questions or to RSVP please call 419-268-0301.

**ADULT DRUG OVERDOSE SURVIVOR SUPPORT GROUP:** Meetings at 16 East Auglaize Street Wapakoneta, Ohio. For further information please call Chris Estes at 419-549-8530.

**ALZHEIMERS SUPPORT GROUP:** Meetings at Mercer County Council on Aging 217 Riley St, Celina, Ohio. For further information call 419-586-1644

# LET ME BE A CHILD . . . .

# Reminders for Loving Parents

Let me know when I make you proud. And help me to have pride in my own accomplishments. Let me earn your trust. Then trust me. I won't let you down. Let me try my wings. If I fail, let me know it's OK. And encourage me to try again. Let me know you love me. With a hug. Or a pat on the back. Or, when I need it, with a firm but gentle "no". Let me be me. Let me change. Let me grow.

Let me tell you when I'm feeling bad. Or angry, even at you. Let me know that even on my worst days, you still like me. Let me dream. Share my joy when my dreams come true. Share my tears when they don't. Let me feel secure in my home. Help me realize that love is always there . . . that I can depend on you no matter what. Let me run . . . let me laugh . . . let me play . . . and most of all,

## LET ME BE A CHILD!

