

Community Services for
Women, Parents & Families
in Erie, Huron, and Ottawa Counties



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This community services guide is not an endorsement by Firelands Regional Medical Center for the organizations or programs listed. The guide is intended to be used to locate community resources for women, parents, and families in Erie, Huron, and Ottawa Counties. Information was current at time of printing.

Alcohol, Drug & Mental Health Services

- **Crisis Hotline – 1-800-826-1306**

The most important service Firelands Counseling and Recovery Services can offer is first-line support for people facing a crisis related to mental health, drugs or alcohol. Firelands offers 24-hour access to emergency services through the Crisis Hotline number listed above.

- **Firelands Counseling & Recovery Services (locations listed below)**

Firelands Counseling and Recovery Services is an established provider of inpatient and outpatient behavioral health services. A full spectrum of mental health and alcohol and other drug treatment services is available to help your transition through a time of crisis to a place of healing and recovery.

The caring mental health professionals at Firelands Counseling & Recovery Services help people deal with their emotional problems and maintain control of their lives. A complete range of mental health services is available for children, adolescents, adults and older adults, including post-partum depression for new mothers.

More than 10 million Americans have alcoholism or other forms of drug addiction. Unless properly treated, drug or alcohol problems can lead to a loss of family, job, health, friends, money, self-esteem and even life itself. The professionals at Firelands Counseling & Recovery Services provide a complete continuum of treatment services to help individuals and families establish and maintain abstinence from alcohol and other drugs. Services are available for adults, adolescents and their families.

Alcohol and other drug treatment services are based on the 12-step model of recovery supported by Alcoholics Anonymous. Services offered include:

- Assessment and individualized treatment planning
- Individual and group counseling
- Continuing care
- Driver intervention programs for adults
- Community and professional education
- Awareness programs
- Hotline and crisis services
- Case management
- Family sessions and family support
- Referrals to residential and detox services

- **Firelands Counseling & Recovery Services of Erie County**

1925 Hayes Avenue
Sandusky, OH 44870
419-557-5177

- **Firelands Counseling & Recovery Services of Huron County**

292 Benedict Avenue
Norwalk, OH 44857
419-663-3737

- **Firelands Counseling & Recovery Services of Huron County, continued**

290 Progress Drive, Suite B
Bellevue, OH 44811
419-483-6516

- **Firelands Counseling & Recovery Services of Ottawa County**

335 Buckeye Boulevard
Port Clinton, OH 43452
419-734-2942

22052 West State Rt. 51
Genoa, OH 43430
419-734-2942

- **Bayshore Counseling Services (locations listed below)**

Bayshore Counseling Services provides a complete range of outpatient mental health services for adults, adolescents, children and their families. All mental health services are provided by qualified mental health therapists licensed by the State of OH.

Services provided include: Individual, couples, and/or family counseling, as well as medication services if deemed appropriate by you and your therapist.

Bayshore Counseling has had grants in the past allowing us to provide counseling services for sexual and physical abuse of children as well as domestic violence victims services. We continue to provide these services for the Erie and Ottawa County communities.

Bayshore provides Early Childhood Mental Health consultation and training services for the 0-5 year old population. This program focuses on the social and emotional development of the young child. The ECMH consultant may provide consultations to the pre-schools in Erie/Ottawa counties to evaluate children who are struggling with social/emotional issues. Home visits with families may occur upon referral from Early Childhood Centers. Staff trainings are also provided to Early Childhood Centers. Services are covered 100% by the Mental Health and Recovery Board of Erie and Ottawa counties.

- **Bayshore Counseling Services**

1634 Sycamore Line
Sandusky, OH 44870
419-626-9156

- **Bayshore Counseling Services**

201 Madison Street, 1st Floor
Port Clinton, OH 43452
419-734-5535

Clothing and Baby Equipment

Goodwill Stores

- **Sandusky Goodwill**
924 E. Perkins Avenue
Sandusky, OH 44870
419-625-2910
Mon-Sat 9-9, Sun 12-5
- **Goodwill Outlet Store**
419 W. Market St.
Sandusky, OH 44870
419-239-2067
Mon-Sat 11-5, Closed Sun
- **Huron Goodwill**
422 Cleveland Rd. E
Huron, OH 44839
419-433-7542
Mon-Sat 9-8, Sun 12-5
- **Norwalk Goodwill**
295 Milan Avenue
Norwalk, OH 44857
419-668-4205
Mon-Sat 9-8, Sun 12-5
- **Bellevue Goodwill**
855 W. Main St.
Bellevue, OH 44811
419-483-2244
Mon-Sat 9-8, Sun 12-5
- **Port Clinton Goodwill**
205 S.E. Catawba Rd.
Port Clinton, OH 43452
419-734-6042
Mon-Sat 9-8, Sun 12-5

Children's Resale Shops

- **Once Upon a Child**
4315 Milan Road
Sandusky, OH 44870
(419) 502-3232
www.onceuponachildsandusky.com/
Mon-Sat 9-8, Sun 12-6:00

We buy and sell gently used clothes, toys, equipment and more! Sizes include newborns to 18/20.
- **Little Trends Resale Shop**
2016 E. Perkins Avenue
Sandusky, OH 44870
419-621-5437
<http://www.littletrendsresaleshop.com/>
Mon-Fri 11-5, Sat 11-2

We buy, sell and consign gently used, name brand maternity, baby and children's clothing & gear!

Dental Services

- **Community Health Center**
Erie County Health Department
420 Superior Street
Sandusky, OH 44870
(419) 626-5623

The Health Center's Dental Clinic provides dental services including primary and preventive care for all ages at affordable prices.

Services provided by the Health Center's Dental Clinic include:

- Cleanings and hygiene
- X-rays
- Fluoride Treatment
- Sealants
- Oral Cancer Screenings
- Fillings, Amalgams & Composites
- Extractions
- Examinations

Educational Classes

- **Babysitting**
Firelands South Campus
1912 Hayes Avenue
Sandusky, OH 44870
419-557-7840 to register
Adolescents age 11 or older will learn important safety information and responsibility guidelines for caring for younger children. This course includes a booklet, and a certificate of attendance will be awarded to those who complete the class.
- **Breastfeeding Basics class/clinics**
Firelands South Campus
1912 Hayes Avenue
Sandusky, OH 44870
419-557-7840 to register
This class helps moms develop confidence in learning the skills needed for breastfeeding. Topics include breast care and preparation, breastfeeding techniques, maternal nutrition, recognition and treatment of nursing problems, and breastfeeding support.
- **Breastfeeding and Return-to-Work Class**
Firelands South Campus
1912 Hayes Avenue
Sandusky, OH 44870
419-557-7596 to register
Intended for women returning to work or resuming activities that make infant nursing difficult. Topics include pumping and storing breast milk, introducing a bottle, supplementing, weaning, and other tips to make a smooth transition. These are done in a small group or individual as needed. Call 419.557.7596 for an appointment.
- **Breastfeeding Mom-Baby Group**
Firelands South Campus
1912 Hayes Avenue
Sandusky, OH 44870
Mondays, 11:30 am – 12:30 pm (Registration is NOT required)
419-557-7596 for more information
Free clinic to answer breastfeeding questions or concerns and to offer breastfeeding support. Certified lactation consultants are available to address questions and weigh infants.
- **Childbirth Education**
Firelands South Campus
1912 Hayes Avenue
Sandusky, OH 44870
419-557-7840 to register
These courses prepare the mother patient for the childbirth experience and her support person to be an effective coach. Various methods of relaxation and breathing are taught. The course also includes discussion of medications, anesthesia, cesarean birth, the newborn and parenting roles.

- **Childbirth Refresher**
 Firelands South Campus
 1912 Hayes Avenue
 Sandusky, OH 44870
 419-557-7840 to register
 Anyone who has previously taken a full childbirth education course may repeat the course for \$10. Although welcome to attend an entire course, parents can limit their attendance to select classes of the course, which will provide information for review.
- **CPR for Family & Friends**
 Firelands South Campus
 1912 Hayes Avenue
 Sandusky, OH 44870
 419-557-7840 to register
 Designed for anyone charged with the care of infants and children. This course demonstrates the techniques of infant and child CPR and managing a blocked airway for both infants and children. The course includes a booklet with indoor and outdoor safety tips and an emphasis on accident prevention.
- **Diapers & Doggies**
 Firelands South Campus
 1912 Hayes Avenue
 Sandusky, OH 44870
 419-557-7840 to register
 Teaches parents how to introduce the family dog to the new baby.
- **Happiest Baby on the Block**
 Firelands South Campus
 1912 Hayes Avenue
 Sandusky, OH 44870
 419-557-7840 to register
 Learn techniques to calm, soothe and bond with your infant. Mom and dad are encouraged to attend with baby for hands-on practice. This class is free of charge and includes a DVD and a Soothing Sounds CD.
- **Sibling Course**
 Firelands Main Campus
 1111 Hayes Avenue
 Sandusky, OH 44870
 419-557-7840 to register
 This course prepares children for the upcoming birth of a sibling by helping them feel comfortable with the hospital setting and the visiting routine after the baby's birth. Children have the opportunity to practice handling and diapering a newborn with lifesize dolls.

Educational Classes, continued

- **Stork Express**

Firelands Main Campus

1111 Hayes Avenue

Sandusky, OH 44870

419-557-7840 to register

Free program designed to give pregnant women the opportunity to start on paperwork that is required during their hospital stay. For any mom-to-be that is at least 34 weeks into her pregnancy.

Freedom from Smoking

- **Freedom from Smoking Program**

Firelands Main Campus

1111 Hayes Avenue

Sandusky, OH 44870

Call 419-557-6151 for more information and to register

This six-week program provides a supportive group environment and teaches a step-by-step method for changing behavior and quitting smoking for long-term freedom.

Employment Assistance/Job Skills Training

- **Department of Job and Family Services**

The Department of Job and Family Services is aware of what jobs are available in the community. OH Means Jobs Online is an external website which not only allows the job seeker to search for employment, but also supplies valuable employment information. We can help you find employment if you are unemployed or find higher paying employment if you are currently working. We help schedule employment interviews, help job seekers complete employment applications, complete resumes, and assist them in accessing the Internet.

Training & Education

Payment for short term and vocational training such as truck driving school, certified nurse's aide, medical secretary, welding and computer training may also be available as well as payment for books and fees. Longer term training and education may be available through the Workforce Investment Act.

The following locations are available to assist you:

- **Erie County Job Store**
221 W. Parish Street
Sandusky, OH 44870
419-624-6451
- **Huron County Department of Job and Family Services**
185 Shady Lane Drive
Norwalk, OH 44857
419-668-8126
- **Ottawa County Job Store**
8043 W. State Route 163
Oak Harbor, OH 43449
419-898-3688 ext. 270

Financial Assistance

- **Basic Budgeting Skills Workshop**

Catholic Charities' Basic Budgeting Skills Workshops are offered on a regular basis in Norwalk and Sandusky. The workshops address budgeting, paying off debt and save for the future. For more information or to register for a workshop, please call 419-668-3073.

Sandusky: 2-4 p.m., third Wednesday of the month at:
Holy Angels Catholic Church
428 Tiffin Avenue
Sandusky, OH 44870

Norwalk: 1-3 p.m., first and third Monday of the month at:
Catholic Charities' Offices
34 Woodlawn Ave
Norwalk, OH 44857

- **Firelands Regional Medical Center Financial Counseling**

1111 Hayes Avenue
Sandusky, OH 44870
Call 419-557-7879 to schedule a confidential appointment.
Offering various forms of assistance in paying medical bills associated with Firelands Regional Medical Center.

Food Pantries & Nutrition Services

- **Victory Kitchen**
1613 Hayes Avenue
Sandusky, OH 44870
419-627-8732
- **Sandusky Corps – Salvation Army**
3333 Columbus Avenue
Sandusky, OH 44870
419-626-3862
Service Area: Sandusky, Castalia
- **Father’s Heart Ministries**
1814 Milan Road
Sandusky, OH 44870
419-656-4221
- **New Day Family Resource Center**
1135 Warren Street
Sandusky, OH 44870
419-626-8730
- **Care and Share**
241 Jackson Street
Sandusky, OH 44870
419-624-1411
- **Helping Hands Ministry**
7410 Magill Road
Castalia, OH 44824
419-359-1831
- **Milan Friends Church Pantry**
2018 Mason Road East
Milan, OH 44846
419-499-3452
Service Area: Milan, Berlin Heights, Huron
- **Milan Salvation Army**
4 W. Church Street
Milan, OH 44846
567-401-6017
Service Area: Milan, Berlin Heights
- **Lighthouse Assembly of God**
820 Cleveland Road East
Huron, OH 44839
419-433-8889

- **Norwalk Alliance Church**
2755 Route 250 South
Norwalk, OH 44857
419-668-9208
Service Area: Northern Huron County residents
- **Norwalk Salvation Army**
55 Whittlesey Avenue
Norwalk, OH 44857
419-668-4090
- **Norwalk Area Food Bank**
99 Whittlesey Ave, Ste D
Norwalk, OH 44857
419-660-1144
- **Victory Baptist Church**
132 Gallup Avenue
Norwalk, OH 44857
419-668-6532
Service Area: Huron County
- **Neighbor to Neighbor**
11 West Ashtabula Street
North Fairfield, OH 44855
419-744-2118
- **Firelands Presbyterian Church**
2626 E. Harbor Road
Port Clinton, OH 43452
419-734-6211

- **WIC**

WIC is the Special Supplemental Nutrition Program for Women, Infants, and Children. WIC helps income-eligible pregnant and breastfeeding women, women who recently had a baby, infants and children up to five years of age who are at health risk due to inadequate nutrition. The program improves pregnancy outcomes by providing or referring to support services necessary for full-term pregnancies; reduces infant mortality by reducing the incidence of low birth weight (infants under 5 1/2 pounds are at greater risk of breathing problems, brain injuries and physical abnormalities) and provides infants and children with a healthy start in life by improving poor or inadequate diets.

WIC provides nutrition education, breastfeeding education and support; supplemental, highly nutritious foods such as milk, eggs, cheese, juice, cereal, beans, peanut butter and iron-fortified infant formula; referral to prenatal and pediatric health care; and other maternal and sports, work, & school physicals and human service programs (examples: Head Start, Medicaid and Food Stamps).

Locally, WIC is a three county agency covering Erie, Huron and Ottawa Counties.

- **Erie Co. Health Dept. WIC Program**

420 Superior Street
Sandusky, OH 44870
419-626-5623 - For an Appointment use ext. 137 or 211

- **Vermilion Branch WIC Program**

320 Aldrich Road @ The Vermilion-on-the-Lake YMCA
Vermilion, OH 44089
440-967-7359 (Wed. Only)

- **Huron County WIC Program**

Huron County Job and Family Services Building
185 Shady Lane Drive, Entrance D
Norwalk, OH 44857
419-668-6855

- **Ottawa County Health Department**

1856 E. Perry Street
Port Clinton, OH 43452
419-734-6800

General Services

- **Abigail Pregnancy Services**

3900 Laylin Road
Norwalk, OH 44857
419-668-9500

Provides pregnancy tests, peer counseling, baby & maternity supplies, men's services, parenting classes, abortion recovery group, referrals to local resources.

- **Bed Bug Inspection**

Huron County Public Health offers canine bed bug inspections to residential clients by appointment. Please contact Shannon Ditz, dog handler, at 567-244-3249 or sditz@huroncohealth.com to schedule an appointment to have your home inspected.

- **Car Seat Checks**

Huron County Health Department
180 Milan Avenue
Norwalk, OH 44857

Appointment required. Call 419-668-1652 ext. 239.

Huron County Public Health has three certified Child Passenger Safety Technicians.

During the safety checks, technicians educate parents and caregivers on how to properly install their child's car seat. It is important that parents come to the safety inspections with:

- the vehicle in which the child restraint is usually installed
- the child restraint
- the child

Also, bring the owner's manuals for the child restraint and for the vehicle, if you have them.

- **Community Action Commission of Erie, Huron & Richland Counties**

Provides heating and air assistance, Head Start program, transportation services, Fatherhood Mentoring Program and more.

- **Sandusky CAC Office**

908 Seavers Way
Sandusky, OH 44870
(419) 626-4320

- **Easter Seals of Northern OH KARS program (Kids Are Riding Safe)**

Provides car seat checks to ensure the proper installment & use of car seats.

- **Huron County** - 2nd Thursday of month
- **Erie County** – 4th Thursday of the month
9501 U.S. Highway 250 North
Milan, OH 44846
800-696-5601
- **Ottawa County** - 3rd Thursday of month
Sutton Center
1848-1856 E Perry St.
Port Clinton, OH 43452
419-332-3016

- **Heartbeat of Sandusky**
3423 Columbus Ave
Sandusky, OH 44870
419-625-9511
Offers services to help women and their families during a crisis and non-crisis pregnancy and beyond.

- **The KinShip House**
3920 E. Perkins Ave
Huron, OH 44839
419-625-2672
KinShip is a Supervised Parenting Center focused on the prevention of child abuse and neglect while providing support, guidance and assistance to families who have experienced some type of trauma, such as divorce, abuse, domestic violence, neglect, separation or child custody issues.

- **The Village Project**
Trinity United Methodist Church
214 E. Jefferson St.
Sandusky, OH 44870
419-625-8669 or Nicole@trinitysandusky.org
The Village provides services for new moms and babies. The Village is a ministry of the United Methodist Church in Sandusky, OH and was formed in response to the high infant mortality rates in Erie County, OH. We exist to equip and encourage parents to make positive choices for their families. The Village offers support for Postpartum Depression every Monday free of charge with a certified Christian counselor.

Other programs include:

- Breastfeeding support,
- Positive Parenting Classes,
- Bootcamp for Dads,
- Stay and Play activities for parents and children,
- Opportunities to earn items for your children through our incentive program.
- Baby Boxes for families who need more than one to give to child care providers, grandparents and dads.

- **Salvation Army**

The Salvation Army is dedicated to serving the men, women, and children who are at-risk and in need of financial, social service, and spiritual support. We work every day to elevate individuals up from despair to provide hope and assistance. In teaching life skills, we provide individuals with an opportunity to maximize their physical, emotional, and spiritual being to effect life change.

Here's just a few of the things we're doing around the world and in Northeast Ohio:

- Providing shelter to parents and their children.
- Responding to disasters by supplying food, shelter and medical care.
- Supplying food pantries and providing weekly meals to the needy.
- Taking children and seniors shopping for new winter coats.
- Hosting after-school programs like music lessons and tutoring

- **Sandusky Corps**

3333 Columbus Avenue
Sandusky, OH 44870
419-626-3862

Services Offered through the Sandusky Corps include:

- Food & Nutrition
- Emergency Financial Assistance
- Emergency Shelter
- Food & Nutrition Programs
- Seasonal Services
- Casework Services
- Visitation Services
- Worship Services - Church
- Christian Education
- Worship Services - Sunday School
- Women's Ministries
- Character Building Programs
- Community Recreation Programs

- **Port Clinton & Ottawa County**

1854 E. Perry Street
Port Clinton, OH 43452
419-732-2769

Services offered through the Ottawa County Corps serves Port Clinton, Genoa, Oak Harbor, and Elmore

Services Offered (vary by location):

- Utility Assistance
- Rental Assistance
- Gasoline Assistance
- Emergency Disaster Assistance
- Back-to-School, Thanksgiving, and Christmas assistance, as funds are available
- Other assistance, as funds are available

- **Norwalk Corps**

55 Whittlesey Avenue

Norwalk, OH 44857

419-668-4090

Services Offered through the Norwalk Corps include:

- Community Recreation & Education Programs
- Food & Nutrition
- Aid to Families
- Disaster Services
- Emergency Financial Assistance
- Emergency Shelter
- Food & Nutrition Programs
- Casework Services
- Camping Activities
- Nutrition Programs
- Visitation Services
- Worship Services - Children's / Teen
- Worship Services - Church
- Christian Education
- Men's Ministries
- Worship Services - Sunday School
- Women's Ministries
- Worship Services - Young Adult
- Worship Services - Youth Ministries
- Character Building Programs
- Residential Camping Activities

Health-related Services

If you experience a medical emergency, call 9-1-1 or go to the nearest emergency room.

- **Bureau for Children with Medical Handicaps**

Huron County Health District
419-668-1652

BCMh is a financial assistance program funded by a state and county partnership, for families with children with special health care needs. BCMh provides financial services to rule out a handicapping condition, determine a diagnosis, or establish a plan of treatment for a child already diagnosed with a medical condition.

- **Erie County Department of Job and Family Services**

221 W. Parish Street
Sandusky, OH 44870
419- 626-6781

Health Care Coverage:

Free or low cost health care coverage for your children or for your entire family is available for those who qualify through the Healthy Start / Healthy Families Program.

Medicaid, Food Stamps, Nursing Home Care, Child Care and Cash Assistance:

Medicaid for the aged, blind, disabled, pregnant women, children and families is available for eligible individuals. Food stamps and cash assistance through OH Works First (OWF) and Prevention, Retention, and Contingency program (PRC) is also available. In addition, help can be extended in paying the cost of nursing home care and child care expenses. Applications are available upon request so determination of eligibility can be explored.

- **Community Health Center**

Erie County Health Department
420 Superior Street
Sandusky, OH 44870
419-626-5623

The Erie County Community Health Center provides primary care services to patients with limited financial resources with a focus on meeting the basic health care needs for the community.

The health center continues to maintain an open-door policy, providing treatment regardless of an individual's income or insurance coverage.

- **Family Health Services of Erie County**

1912 Hayes Avenue
Sandusky, OH 44870
419-502-2800

As a community health center, Family Health Services of Erie County provides primary health care and preventative services to the residents of Erie County and surrounding areas. We welcome all ages, regardless of your ability to pay.

Our staff will work with you and your family to get you the health care and/or related services needed by working with other organizations within our community.

- **Family Planning Clinic**

The family planning clinic provides reproductive health, birth control, STD, outreach and education services for Erie County residents in order to promote sexual health and well-being and reduce unintended pregnancies. Services available at the following locations:

Erie County Health Department
420 Superior Street
Sandusky, OH 44870
419-626-5623

- **Family Planning Services of Ottawa County**

Ottawa County Health Department
1856 E. Perry Street
Port Clinton, OH 43452
Call 419-734-6800 for a confidential appointment.

Family Planning Services of Ottawa County Include:

- Physical Examination
- Breast Exam and Education in Self-Breast Exam
- Pelvic Exam and Pap Test
- Testicular Exam and Education in Testicular Self-Exam
- Testing for Chlamydia
- BP, Weight, Height and Body Mass Index (BMI)
- Other Tests if Indicated, such as Hemoglobin and Urine Tests
- Birth Control Methods
- Oral Contraceptives, Depo-Provera Injections, NuvaRing, Diaphragms, Contraceptive Creams, Condoms, Natural Family Planning, and Abstinence Education
- Educational Services
- Pregnancy Testing
- STD Screening
- Referral Services
- Infertility Counseling

Charges are based on services provided. The clinic will bill Medicaid. Client may apply for a household income assessment and fees for services may be reduced based on income. Donations are encouraged and accepted. Program is supported primarily with Federal grant funds from the OH Department of Health.

- **Firelands Physician Group Pediatric Clinic**

1912 Hayes Avenue 2nd Floor
Sandusky, OH 44870
419-557-6763

The Firelands Physician Group Pediatric Clinic provides well-child visits from the first baby visit thru childhood and adolescence in accordance with the American Academy of Pediatrics. The clinic also offers sick child visits and can evaluate simple and complex pediatric diseases as well as manage chronic conditions such as asthma.

Well-child visits include:

- Evaluation of your infant/child's growth and development
- A complete physical exam
- Immunizations
- Recommended labs (anemia and lead)
- Review of Newborn Screens, Cardiac Screen, Hearing Screen performed in our nursery

Sick visits include:

- Vital signs and measurement of oxygen level
- Complete physical exam
- Labs and x-rays (if needed)

- **Firelands Counseling and Recovery Services Plus**

Firelands Counseling and Recovery Services Plus integrates primary care and behavioral health within one location. The medical staff works closely with caregivers from Firelands Counseling and Recovery Services to coordinate primary health care and behavioral health care for the individual. The Plus Program staff includes: a nurse practitioner, care manager, and qualified health home specialist, who work together to meet the needs of persons with serious mental illness and chronic health care conditions. Firelands Counseling and Recovery Services Plus is available in Erie, Huron, Sandusky and Seneca Counties.

Firelands Counseling and Recovery Services Plus of Erie County

1925 Hayes Avenue
Sandusky, OH 44870
419-557-5177

Firelands Counseling and Recovery Services Plus of Huron County

292 Benedict Avenue
Norwalk, OH 44857
419-663-3737

Firelands Counseling and Recovery Services Plus of Sandusky County

675 Bartson Road
Fremont, OH 43420
419-332-5524

Firelands Counseling and Recovery Services Plus of Seneca County

76 Ashwood Road
Tiffin, OH 44883
419-448-9440

- **Firelands Physician Group Women's Clinic**

1912 Hayes Avenue 2nd Floor
Sandusky, OH 44870
419-557-6763

Because women have unique health care needs, Firelands Physician Group Women's Clinic was created for women, by women. Our female staff delivers exceptional and compassionate care focused on the patient's particular care needs. Offering a variety of women's health care services, the Women's Clinic will help to guide you through all stages of life. CareSource as well as other managed care insurances, including self-pay are accepted.

Firelands Physician Group Women's Clinic services include:

- Pregnancy
- Reproductive health
- Menstrual disorders
- Menopause
- Adolescent gynecological disorders
- Gynecological surgery
- Well-women physicals

- **HealthChek/Well Child**

Ottawa County Health Department
1856 E. Perry Street
Port Clinton, OH 43452
419-734-6800

- **Huron County Public Health Family Health Services**

180 Milan Ave, Suite 8
Norwalk, OH 44857
419-668-1652

Huron County Public Health Family Health Services has been providing quality medical primary care to adults who are un-insured or underinsured in Huron County since 1998. There is a minimum fee and Medicaid is accepted. Proof of household income is required. Residents of other counties are charged at 100%.

- **Prenatal clinic**

Erie County Health Department
420 Superior Street
Sandusky, OH 44870
419- 626-5623

The clinic is for anyone in the Erie County General Health District who is pregnant. Fee is based on income and family size. You will need proof of income. Please bring pay stubs for the last 2 weeks before your appointment. Most Medicaid is accepted so bring your current card. We need to see you about once a month for the first seven months; every two weeks during the eight month; every week during the ninth month. During your pregnancy you will see a WIC nutritionist who will review your diet and assist you with your diet by providing nutrition counseling and supplemental WIC foods. You will be seen at approximately 2 weeks and 6 weeks after delivery.

- **Reproductive Health and STD Clinic**

Huron County Health Department
180 Milan Ave
Norwalk, OH 44857
419-668-1652 ext. 241

- **STD Clinic**

Ottawa County Health Department
1856 E. Perry Street
Port Clinton, OH 43452
419-734-6800

Pediatric Specialty Services

- **Firelands Regional Medical Center Pediatric Specialty Clinics**

Please speak with your pediatrician or family practice physician if you think any of these clinics could assist you with your child's healthcare needs, and ask them to refer you to Firelands Regional Medical Center. All pediatric specialty clinics, with the exception of the pediatric cardiology clinic are held at Firelands South Campus, 1912 Hayes Avenue Sandusky. The pediatric cardiology clinic is held at Firelands Main Campus, 1111 Hayes Avenue, Sandusky.

To schedule an appointment, call 800-377-3117 unless otherwise noted. For more information on the clinics, call 419-557-6767.

- **Pediatric cardiology clinic**

Fouad Butto, MD
Pediatric cardiology specialist, Promedica's Toledo Children's Heart Center
To schedule an appointment, call 419-557-7840

- **Pediatric gastroenterology clinic**

Judy Splawski, MD and Anna Herrick, NP
Pediatric gastroenterology specialist, UH Rainbow Babies & Children's Hospital

- **Pediatric neurology clinic**

Max Wiznitzer, MD
Pediatric neurology specialist, UH Rainbow Babies & Children's Hospital

- **Pediatric orthopedic clinic**

George Thompson, MD
Christine Hardesty, MD
Pediatric orthopedic specialist, UH Rainbow Babies & Children's Hospital

- **Pediatric physiatry**

Douglas Henry, MD
Pediatric physiatry specialist, Cleveland Clinic Children's Hospital
To schedule an appointment, call 216-448-6179

- **Pediatric pulmonology clinic**
Amy DiMarino, DO
Pediatric pulmonology specialist, UH Rainbow Babies & Children's Hospital

Bruce Barnett, MD
Promedica Toledo Hospital
Pediatric pulmonology specialist
To schedule an appointment, call 419-557-7840

- **Firelands Regional Medical Center Children's SPOT**
Pediatric Speech, Physical & Occupational Therapy
1912 Hayes Avenue
Sandusky, OH 44870
419-557-7076

Firelands Regional Medical Center's Children's S.P.O.T. serves children with special needs in a playful, child-centered, encouraging environment. Therapy is designed to be a fun learning experience to help children improve function and confidence in their skills. Each therapist integrates highly specialized training into therapeutic activities and works directly with parents to promote the child's success in therapy. Our goal is to look at children as whole persons and focus on their strengths to build their undeveloped skills.

- **Help Me Grow**

The Help Me Grow program is designed to ensure OH's children receive a healthy birth and the resources to warrant a healthy and productive start in life. An integral part of OH's prenatal to age three system of supports, the services offered by Help Me Grow equip parents with the means to help their child acquire the early building blocks necessary for long term success. These initial achievements last a lifetime, as scientific evidence strongly suggests that a child's success is significantly determined by the quality of nurturing in the first three years of life

Help Me Grow believes all young children deserve the same opportunities to realize their full potential in life, regardless of economic, geographic, and demographic considerations. The parenting education and child development resources provided to families allows them to maximize this critical period of development in their child's life, providing a foundation for lasting success.

- **Erie County Help Me Grow**
4405 Galloway Rd.
Sandusky, OH 44870
419-621-3962

- **Huron County Help Me Grow**
130 Shady Lane Dr., Suite 6
Norwalk, OH 44857
419-663-4769

- **Ottawa County Help Me Grow**
235 N. Toussaint South Rd.
Oak Harbor, OH 43449
567-262-3141

Housing

- **Crossroads Homeless Shelter**
1843 Superior St
Sandusky, OH 44870
419-626-6505
- **Erie Metropolitan Housing Authority**
322 Warren Street
Sandusky, OH 44870
419-625-0262
- **Firelands Habitat for Humanity**
7602 Milan Rd.
Sandusky, OH 44870
419-621-7818
Provides affordable housing opportunities in Erie and Huron Counties.
- **Habitat for Humanity of Ottawa County**
161 W. Water St., Suite B
Oak Harbor, OH 43449
419-734-7074
Provides affordable housing opportunities in Ottawa County.
- **Huron Metropolitan Housing**
17 Mill Street
Norwalk, OH 44857
419-668-3956
- **Miriam House**
249 W Main St.
Norwalk, OH 44857
419-668-3073
Offers safe and stable housing to homeless women and their children.
- **Safe Harbour Domestic Violence Shelter**
24 Hour Hotline: 800-953-2207 (or) 419-626-2200
Provides shelter, counseling, advocacy, support groups

Immunizations & Vaccines

Vaccination is one of the best ways parents can protect infants, children, and teens from 16 potentially harmful diseases. Vaccine-preventable diseases can be very serious, may require hospitalization, or even be deadly – especially in infants and young children. Vaccinations are available from your pediatrician, some primary care providers or the following locations:

- **Erie County Health Department**
420 Superior Street
Sandusky, OH 44870
419-626-5623
- **Huron County Health Department**
180 Milan Ave
Norwalk, OH 44857
419-668-1652
- **Ottawa County Health Department**
1856 E. Perry Street
Port Clinton, OH 43452
419-734-6800

Transportation Services

- **Firelands Regional Medical Center Transportation services**
For patients living in the city of Sandusky who need the services of the hospital, Firelands offers free transportation to Main Campus, South Campus, and Firelands Counseling & Recovery Services of Erie County. Please call 419-557-7052 at least 24 hours in advance of your appointment time to schedule your ride. We ask that no gratuities be given to our drivers.
- **Huron County Transit – Reservations are required for all services**
1-877-241-RIDE (7433)
All transportation services are open to the general public. Service is provided up to 50 miles from the county line.
- **Sandusky Transit System**
419-627-0740
The Sandusky Transit System (STS) is a demand responsive, curb-to curb, advance reservation, shared ride transportation service that is provided within the City of Sandusky, most of Perkins Township, and within the City of Huron.
- **Ottawa County Transportation Agency**
419-898-7433
The Ottawa County Transportation Agency (OCTA) is a general public transit system that provides curb-to-curb, advanced reservation, and shared ride service to anyone in Ottawa County who wants transportation for any reason. OCTA vehicles operate from 6:00 a.m. to 11:00 p.m. seven days a week.