# The 4-1-1 on 2-1-1



2-1-1 updates for the week of Jan. 7th, 2023

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**JOURNEY TO HOPE** 

FREE LUNCH AND LEARN

**PARENT CAFE** 

AARP TAX ASSISTANCE

**ACP PROGRAM TIPS** 

**SENSORY MOVIE NIGHT** 

**ARE YOU PREPARED?** 

#### **AND MORE**

Find our newsletters online at: www.211ashtabula.org/ newsletters

### What Am I Reading?

Welcome to our 2-1-1 newsletter, "The 4-1-1 on 2-1-1"!

Now more than ever access to available resources is vital. We started this newsletter to highlight new and/or timely community updates. This is just a small highlight and may not contain all the information you need.

For more resources and for up-to-date information, please remember to contact us at 2-1-1 Ashtabula County! Just Dial 2-1-1.



Ashtabula County Helping People. Changing Lives.



#### What Are Parent Cafés?

Parent Cafés are a, FREE, three part series of group conversations for parents where you can:

- \* The Parent Café process includes follow-up, leading to real change in your life,
- your family, and your community.
- \* Learning you are not alone
- \* Sharing ideas
- \* Learn about community resources

#### Are Parent Cafés For Me?

Are you a parent, grandparent, or someone who is actively involved in raising a child? If so, the answer is "yes"!

#### Will I Feel Safe Talking About Difficult Things?

Parent Cafés are all about bringing difficult situations and emotions to the surface, supporting each other, and building the strength we need to be the parent we want to be.

To make sure that happens, Parent Cafés create a safe environment where participants:

- \* Speak from their own experience
- \* Listen attentively
- \* Uplift each other
- \* Keep confidentiality



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#### **Location Ashtabula Head Start**

#### 4510 Main Avenue Ashtabula, OH 44004

- \* Wednesday, January 10, 2024 12:00pm-2:00pm
- \* Wednesday, January 17, 2024 12:00pm- 2:00pm
- \* Wednesday, January 24, 2024 12:00pm- 2:00pm



Lunch will be provided – there is no child care at this facility.

#### Upon completion of all three sessions you will receive:

- \* \$30 in gift cards + ASK ME ABOUT CONCRETE SUPPORTS!
- \* Certificate of Completion

#### Contact: Estelle Tomasio - estellet@doyccac.org - 440-992-2121 ext 7028

Sponsored in part by:





Ohio Children's Trust Fund Ohio's Precent Child Aluse America Chapter



#### The 4-1-1 on 2-1-1

#### The week of Jan. 7th, 2023



#### **Upcoming Mobile Food Pantries**

The mobile food pantry program provides produce giveaways in multiple places in the county. For more information about your regular local food pantry, please call 2-1-1.

Monday, January 8th Go CDC 3703 Station Ave. Ashtabula, 0H 10:00am–12:00n

Looking for your local food pantry? Need to know where you can go for a hot meal? Call 2-1-1. Or text your zip code to 898211

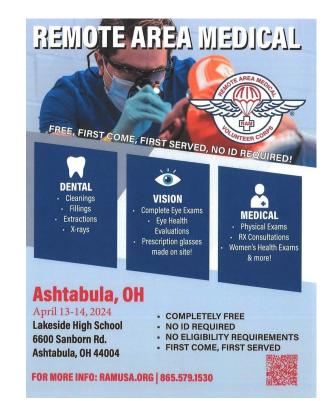


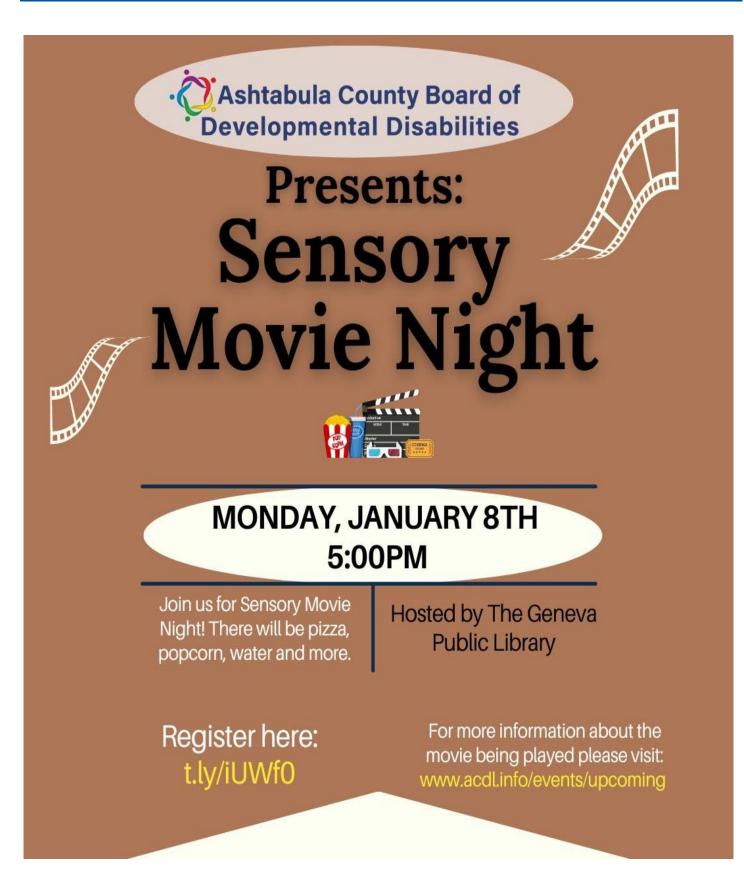


#### AARP Tax Help Programs Starting

Tax season is starting soon! Many local libraries in Ashtabula County partner with the AARP to provide free tax preparation for Ohio residents! These services are for personal taxes only.

You may need to show up in person to schedule your appointment, but it is always a good idea to call ahead. Make sure you reach out to your library soon as appointments fill up fast!





## **ACP Program Tips**

Ashtabula County Community Action Agency's Affordable representative at the ACP support center. Call the Connectivity Plan (ACP) Outreach Specialist, Ann support center at 877-384-2575, then select number 1 Stranman, has some tips for individuals who want to for English, 1 for consumer, 5 for information about the sign up for the \$30 a month internet discount through ACP, and then 0 to speak to a representative. ACP.

online, you make sure that the URL is correct and ends She says to call the ACP Support Center and have them in .gov. The website to sign up for the internet online is look up your account. They will be able to tell you why www.getinternet.gov. If you use a search engine like your credit got interrupted. Google to search for the program, Ann warns that you may see a lot of adds or information for internet companies.

to make sure to copy some information down for your other qualifying government assistance programs. There own records. "Be sure to write down your username, are many different ways to apply. If you want to know password, and application ID number, to be able to get more about ACP, need help signing up, or have back into your account quickly and easily," she said.

Ann also has a quick guide for getting ahold of a

Finally, Ann has some advice for if you suddenly find First off, Ann recommends that when you sign for ACP that you no longer have your \$30 dollars a month credit.

ACP can provide a \$30 a month discount on internet bills for income eligible households. Individuals may qualify for the program if they get SNAP, Medicaid, If you sign up for the ACP online, Ann says that you want Federal Public Housing, SSI, WIC, Veterans Pension, or questions about any of the above information, reach out to Ann by calling or texting 440-841-1135.

## OHIO EMERGENCY MANAGEMENT AGENCY



## **Preparation Starts at Home**

- Build a kit.
- Learn evacuation plans.
- Decide who to call and where to meet when a disaster happens.
- Plan for everyone in the household including pets.

Ohio Emergency Management Agency | EMA.OHIO.GOV





Presented & Sponsored by the State of Ohio's Trauma-Informed Collaborative & Upper Northeast Ohio Chapter

# Lunch & Learn Series

Preventing Caregiver Burnout: From Survival to Thrival



January 11, 2024 10am

*Speaker* Courage to Caregivers

## MUST REGISTER

CEUS available; Questions? unechaper@gmail.com

Register at: https://www.eventbrite.com/e/preventing-caregiver-burnout-from-survival-to-thrival-tickets-772345274507

Northeast Ohio Suicide Postvention Initiative

## A Gathering for Substances of Subside Loss SATURDAY, JANUARY 27 9AM-NOON • \$15

Northeast Ohio Suicide Postvention Initiative

Chardon United Methodist Church 515 North Street, Chardon Ohio 44024

Join us and other survivors of suicide loss for a Journey To Hope: A Gathering for Suicide Loss Survivors. We will be featuring a presentation on the misconceptions of suicide grief, a variety of take home and local resources, delicious food, self-care prizes, and more!

This will also be an opportunity to engage with various agencies in our area who are working every day to support those who are bereaved by a suicide loss.

**Registration**:

www.postventionconsulting.com/ event-details/j2h-geauga





# A Cathering for Survices of Stields Loss

# SATURDAY, JANUARY 20 1PM-4PM • \$15

#### The Barn at Canal Fulton 2470 Locust St, Canal Fulton Ohio 44614

Join us and other survivors of suicide loss for a Journey To Hope: A Gathering for Suicide Loss Survivors. We will be featuring a presentation on the misconceptions of suicide grief, a variety of take home and local resources, delicious food, self-care prizes, and more!

This will also be an opportunity to engage with various agencies in our area who are working every day to support those who are bereaved by a suicide loss.

**Registration**:

This event is sponsored by: ohio's voice for suicide prevention

www.postventionconsulting.com/ event-details/j2h-stark



By: Samantha Dragon Have something you want featured? Email sdragon@accaa.org or call 440-990-1719 This is only a short highlight of some of the timely 2-1-1 resources, please contact 2-1-1 for more information.