

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



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

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**ARE YOU PREPARED?**

**AND MORE**

Find our newsletters online at:  
[www.211ashtabula.org/  
newsletters](http://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



**SCAN TO REGISTER**

### 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.*

*Make up sessions are available*

### 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:







### 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, OH  
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!

**10 NIGHT to Shine**  
SPONSORED BY THE **TIM TEBOW FOUNDATION**

**YOU ARE INVITED**

**FRIDAY, FEBRUARY 9, 2024**  
5:00pm-8:00pm

Join us for a prom night that you will never forget!  
Walk the red carpet, enjoy the royal treatment and dance the night away.  
For people with special needs 14+

HOSTED BY  
Jefferson Nazarene Church

**REMOTE AREA MEDICAL**

**FREE, FIRST COME, FIRST SERVED, NO ID REQUIRED!**

- DENTAL**
  - Cleanings
  - Fillings
  - Extractions
  - X-rays
- VISION**
  - Complete Eye Exams
  - Eye Health Evaluations
  - Prescription glasses made on site!
- MEDICAL**
  - Physical Exams
  - RX Consultations
  - Women's Health Exams & more!

**Ashtabula, OH**  
April 13-14, 2024  
Lakeside High School  
6600 Sanborn Rd.  
Ashtabula, OH 44004


- COMPLETELY FREE
- NO ID REQUIRED
- NO ELIGIBILITY REQUIREMENTS
- FIRST COME, FIRST SERVED

FOR MORE INFO: [RAMUSA.ORG](http://RAMUSA.ORG) | 865.579.1530



Ashtabula County Board of  
Developmental Disabilities

Presents:  
**Sensory  
Movie Night**



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**MONDAY, JANUARY 8TH**  
**5:00PM**

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Join us for Sensory Movie  
Night! There will be pizza,  
popcorn, water and more.

Hosted by The Geneva  
Public Library

Register here:  
[t.ly/iUWf0](https://t.ly/iUWf0)

For more information about the  
movie being played please visit:  
[www.acdl.info/events/upcoming](http://www.acdl.info/events/upcoming)



## ACP Program Tips

Ashtabula County Community Action Agency's Affordable Connectivity Plan (ACP) Outreach Specialist, Ann Stranman, has some tips for individuals who want to sign up for the \$30 a month internet discount through ACP.

First off, Ann recommends that when you sign for ACP online, you make sure that the URL is correct and ends in .gov. The website to sign up for the internet online is [www.getinternet.gov](http://www.getinternet.gov). If you use a search engine like Google to search for the program, Ann warns that you may see a lot of adds or information for internet companies.

If you sign up for the ACP online, Ann says that you want to make sure to copy some information down for your own records. "Be sure to write down your username, password, and application ID number, to be able to get back into your account quickly and easily," she said.

Ann also has a quick guide for getting ahold of a

representative at the ACP support center. Call the support center at 877-384-2575, then select number 1 for English, 1 for consumer, 5 for information about the ACP, and then 0 to speak to a representative.

Finally, Ann has some advice for if you suddenly find that you no longer have your \$30 dollars a month credit. She says to call the ACP Support Center and have them look up your account. They will be able to tell you why your credit got interrupted.

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, Federal Public Housing, SSI, WIC, Veterans Pension, or other qualifying government assistance programs. There are many different ways to apply. If you want to know more about ACP, need help signing up, or have 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.

*Free*

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](mailto:unechaper@gmail.com)



Register at:

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



Northeast Ohio Suicide Postvention Initiative

# Journey TO HOPE

*A Gathering for Survivors of Suicide Loss*

**SATURDAY, JANUARY 27  
9AM-NOON • \$15**

**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](http://www.postventionconsulting.com/event-details/j2h-geauga)



Northeast Ohio Suicide Postvention Initiative

# Journey TO HOPE

*A Gathering for Survivors of Suicide 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:

[www.postventionconsulting.com/  
event-details/j2h-stark](http://www.postventionconsulting.com/event-details/j2h-stark)



**By: Samantha Dragon**  
**Have something you want featured?**  
**Email [sdragon@accaa.org](mailto: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.**