

Parent Education Center

The Parent Education Center is a path to effective parenting skills and parent advocacy. We provide programs to meet the needs of parents and their children through parenting workshops, individualized parenting programs brought to your home, and empowering parents to become advocates for their children. We work to help parents:

- Find joy in parenting
- Promote each child's development
- Increase positive parenting skills
- Reduce problem behaviors
- Increase parental resiliency
- Become advocates for their children

The Parent Education Center Staff. Please feel free to contact any staff member for more information or questions.

[Heather Hickman](#), LSW, CDCA, OCPS

Director, Parent Education Center

740.345.6166 ext. 230

[Linda Sandin](#), B.S., OCPSA

Family Support Specialist

740.345.6166 ext. 205

[Kim Lemmon](#), B.A., OCPSA

Family Support Specialist

740.345.6166 ext. 210

[Tiffany Myers](#), M.Ed, OCPSA

Family Support Specialist

740.345.6166 ext. 223

[Kayla Cummings](#), B.A.

Family Support Specialist

740.345.6166 ext. 224

The Parent Education Center offers parenting workshops throughout the year. Please click the links below for details and registration information.



Click logo above for information
on upcoming fall classes!



Click logo for Active Parenting
Registration information

Click logo for Active Parenting
Registration information



Click logo for Active Parenting of Teens
Registration information

The Parent Education Center Programs Help Me Grow

Help Me Grow (HMG) is a parent support and Home Visiting program serving families throughout pregnancy until three years of age. As an HMG family, you receive:

Personal visits -- during which your parent educator will share age-appropriate child development and parenting information, address your parenting concerns, and personal family goals.

Screenings -- to assess your child's overall development.

There is no charge for this service.

Contact: (740) 345-6166 x230 or by [email](#).

First Five Years

This three session workshop will give you the opportunity to meet with other families of toddlers and preschool children who may be experiencing some of the same challenges you are facing everyday. Using videos, activities and group discussion, a group leader will help you learn important skills for parenting a young child.

There is no charge for this service.

Contact: (740) 345-6166 x230 or by [email](#).

Active Parenting

This three or six session workshop will focus on children from 5 to 12 years of age and includes an opportunity to work with other families in similar situations. Using video, home activities, group discussions and group activities, this program will help you improve on your skills as a parent as your child grows.

There is no charge for this service.

Contact: (740) 345-6166 x230 or by [email](#).

Active Parenting Teens

This four session video and discussion program for parents of preteens and teens provides parents with methods of respectful discipline, skills for clear, honest communication, concrete strategies to prevent risky behavior and how to be an encouraging parent.

Plus, insights into issues like teens online, bullying and depression.

There is no charge for this service.

Contact: (740) 345-6166 x205 or by [email](#).

Incredible Years

Incredible Years training programs give parents and caregivers strategies to manage behaviors such as aggressiveness, ongoing tantrums, and acting out behavior such as swearing, whining, yelling, hitting and kicking, answering back, and refusing to follow rules. The program also shows parents how to support their child's emotional development and confidence; helping children ultimately succeed with developing friendships, developing emotional regulations skills, and starting school ready to learn. The 14 week program, has a history of success in Licking County through Flying Colors Public Preschool, Newark City Schools and will now be offered free of charge to more families in Licking County.

There is no charge for this service.

Contact: (740) 345-6166 x230 or by [email](#).

Pathway's Programs are funded in part by Mental Health & Recovery for Licking and Knox Counties · United Way of Licking County · United Way of Knox County

United Way of Muskingum, Perry and Morgan Counties · United Way of Washington County · The Licking County Foundation · Energy Cooperative Round-Up Foundation · Newark City Schools · National Suicide Prevention Lifeline · Cardinal Health Foundation

AT&T Aspire Grant · Ohio Department of Health · Ohio Department of Mental Health & Addiction Services · Corporate and private donations