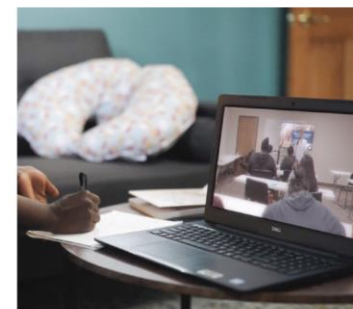
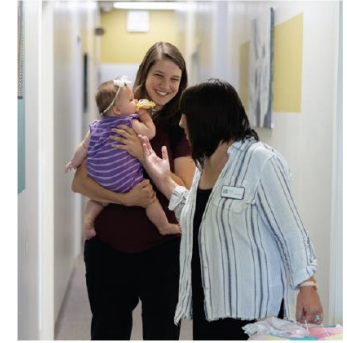
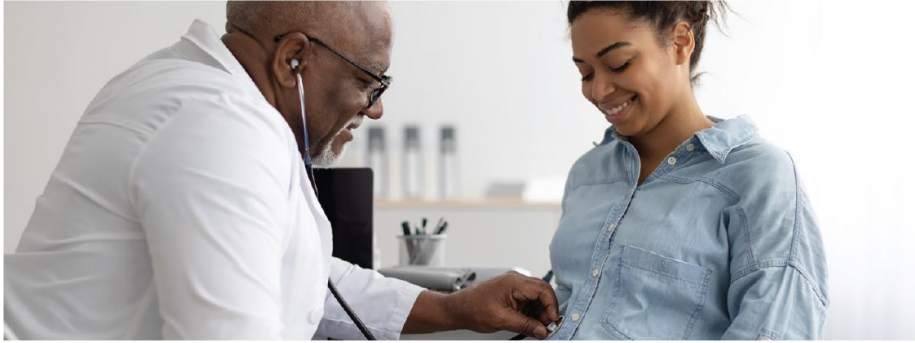


[View All PDHC  
Community Resources](#)



## Equipping You with Information & Skills

| Referral                   | Address                                                                                                                                                                                                                                                              | Info                                                                                                                                                                                                               | Services                                                                                                                                                            |
|----------------------------|----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| Family Empowerment Program | <p>Main Center<br/> <a href="#">665 E Dublin-Granville Rd., Suite 110 Columbus, OH 43229</a><br/>           Extension Centers<br/> <a href="#">4111 W Broad St., Columbus, OH 43228</a><br/> <a href="#">3030 Columbus-Lancaster Rd NW, Lancaster, OH 43130.</a></p> | <p>Call or Text: 614.644.4445</p> <p><a href="#">PDHCparents.org</a></p>                                                                                                                                           | <p>Free pregnancy and parenting education online and in-person. Participants receive free clothing, diapers, baby supplies, and more.</p>                           |
| Embrace Grace              | <p>See web site for locations and times.</p>                                                                                                                                                                                                                         | <p><a href="#">embracegrace.com/get-support</a></p>                                                                                                                                                                | <p>Eleven-week Bible-based support group. Be mentored by experienced moms. Make new friends and gain life-changing skills that will help you find your passion.</p> |
| Help Me Grow               | <p>Franklin County:<br/> <a href="#">246 N High St. 5th Floor Columbus, OH 43215</a></p> <p>Fairfield County:<br/> <a href="#">1743 E Main St. Lancaster, OH 43130</a></p>                                                                                           | <p>Franklin County<br/>           614.656.3322</p> <p>Fairfield and Other Counties<br/>           800.755.GROW (4769)</p> <p><a href="#">helpmegrow.org</a></p> <p><a href="#">hmgreferrals@helpmegrow.org</a></p> | <p>Pregnancy, parenting, and infant development support with home visits, early intervention, and referrals.</p>                                                    |
| Mommies Matter             | <p>Contact for Location</p>                                                                                                                                                                                                                                          | <p>614.723.9308</p> <p><a href="#">mommiesmatter.org/get-support-1</a></p>                                                                                                                                         | <p>One-on-one mother mentoring support through pregnancy and beyond, helping to support life changes for moms.</p>                                                  |
| MomCo                      | <p>See website for locations and times.</p>                                                                                                                                                                                                                          | <p><a href="https://www.themom.co/find-a-meetup">https://www.themom.co/find-a-meetup</a></p>                                                                                                                       | <p>Hosted by local churches. Offers moms of infants through preschoolers a place to connect and refresh.</p>                                                        |



| Referral                                                           | Address                                                                                           | Contact Info                                                                                                                                                                                              | Services                                                                                                                                                              |
|--------------------------------------------------------------------|---------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------------------|
| <b>My Village Ministries</b>                                       | Contact for Location                                                                              | 614.210.3267<br><a href="http://myvillageministries.com">myvillageministries.com</a>                                                                                                                      | Assistance, community, and support for families in crisis. Children can stay with host families for short periods of time, and parents receive coaching and training. |
| <b>Home Visitation Nurse-Family Partnership</b>                    | <a href="#">255 E Main St.</a><br><a href="#">2nd Floor</a><br><a href="#">Columbus, OH 43215</a> | 614.722.8222<br><a href="https://changent.org/nfp-moms/index.html">https://changent.org/nfp-moms/index.html</a>                                                                                           | Pregnancy, parenting, and infant development support for first time parents. Home visits for your first baby starting during pregnancy through two years old.         |
| <b>Parent Life</b> (Ages 13—19)<br>(Central Ohio Youth for Christ) | See web site for locations and times.                                                             | 614.787.7424<br>Contact Stefanie Wicks <a href="mailto:swicks@coyfc.org">swicks@coyfc.org</a><br><a href="https://yfc.net/ministry/parent-life/">https://yfc.net/ministry/parent-life/</a>                | Empowering teen parents through mentoring, weekly groups, and classes that support education, independence, and thriving with their children.                         |
| <b>Young Lives</b> (Ages 14-21)                                    | Contact for Locations                                                                             | 614.256.6671<br>Contact Lauren Hall <a href="mailto:lauren.younglives@gmail.com">lauren.younglives@gmail.com</a><br><a href="http://linktr.ee/ColumbusYoungLives">http://linktr.ee/ColumbusYoungLives</a> | Provides community, support, and one-on-one mentoring to teen moms between the ages of 14 and 21.                                                                     |