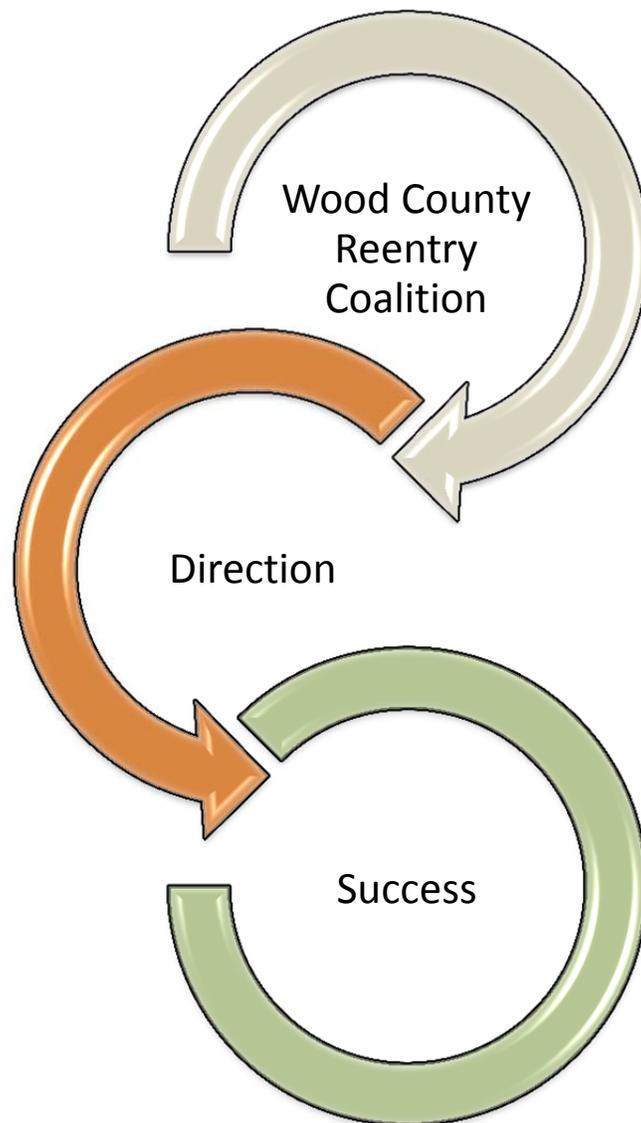


# Wood County Reentry Coalition

## Assistance Directory







# Wood County Reentry Coalition

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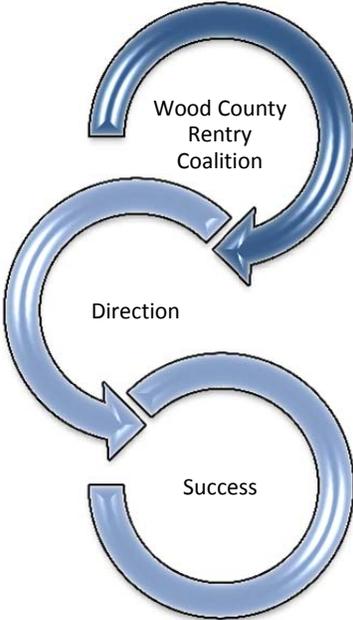
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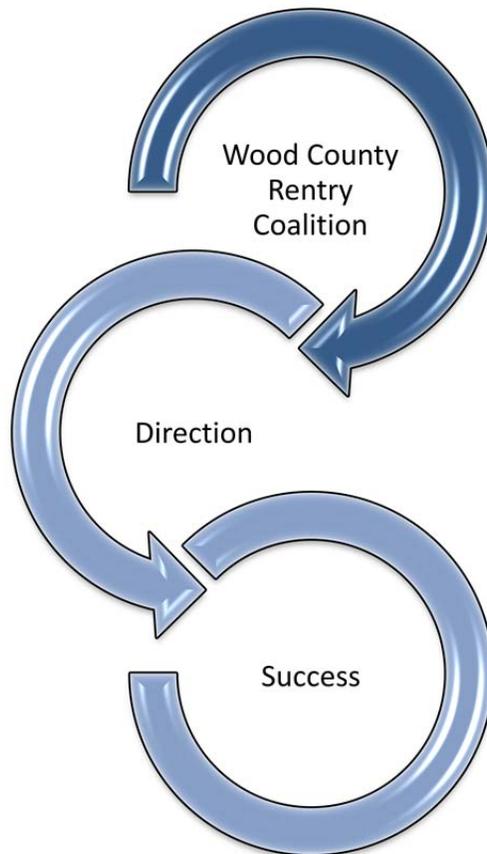
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# Introduction

## A guide for successful reentry for men and women

The Wood County Reentry Coalition is here to offer direction for your successful reentry. In this book, we have details of all local agencies that have services or tools to assist you to make a successful and permanent transition back into our community.



**“Going home to stay”** -ODRC

# Some words for thought

- When we cannot change a situation, we can still change the way we look at it.
- Evaluate your skills, assess the careers that are best suited to your talents, critique your communication style and then set a course to create the work life you desire.
- Stick to it- hard work pays off!
- We can get a lot of things done in a day if we make time to do them all.
- Often we have more in common with each other than differences.
- Dare to think for yourself.
- Define success for yourself - create your goals accordingly.
- Eat well, exercise, get enough sleep, and keep negative stress to a minimum.

(Fairshake.net)

## Tips for Transition from Fairshake.net

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Reentry can be both exciting and frustrating! Our attitude toward release from prison is that it should be a simple matter of getting resettled, resuming routines, and reestablishing your relationships; but reality proves there is much more to it than that. Here is a list of tips to consider that can help you go through the transition process:

- Prepare for the adjustment process mentally . Be prepared for anything!
- Give yourself permission to ease into the transition. Allow yourself time to adjust to the new environment.
- Give yourself time. You'll need time to relax and reflect upon what is going on around you, how you are reacting to it, and what you might like to change.
- Understand that the familiar will seem different. You have changed; home has changed. You will see familiar people, places, and behaviors from new perspectives.
- Expect to do some 'cultural catching up'. Clothes, trends, language, and more have changed, too!
- Reserve judgments. Reserve all judgments of others, but especially negative judgments; just as you would like to have others reserve judgments of you. Resist the impulse to make snap decisions.
- Expect mood swings. It is entirely possible for you to feel ecstatic one moment and completely defeated a short time later. It's okay; it is a part of the process.
- Allow sufficient time for reflection and self-analysis. Your most valid and valuable analysis of an event is likely to take place after allowing time for reflection.
- Respond to inquiries thoughtfully and carefully. Prepare to greet surprise questions with a calm, thoughtful approach. If you find yourself being overly defensive or aggressive, take a deep breath and relax.
- Seek support networks. Don't isolate yourself!

## Important Documents to Obtain

---

### □ Obtain your Birth Certificate

- If you were born anywhere in Ohio, you can get your birth certificate at any city or county health department such as the:

Wood County Health District

1840 E. Gypsy Lane Rd.

Bowling Green, OH 43402

(419)352-8402

[www.co.wood.oh.us/healthdepartment](http://www.co.wood.oh.us/healthdepartment)

OR

Go to

<http://www.odh.ohio.gov/vitalstatistics/vitalmisc/vitalstats.aspx>

to find a location nearest you.

If you were born outside the state of Ohio, please go to

<http://www.cdc.gov/nchs/w2w.htm> and search by state for additional information.

### □ Obtain your Social Security Card

Local Social Security Office

745 Innovation Dr.

Bowling Green, OH 43402

866-931-7674

800-772-1213

Monday – Friday

9:00am – 3:00 pm

OR

Write to: Social Security Administration

Office of Public Inquiries

Windsor Park Building

6401 Security Blvd.

Baltimore, MD 21235

## Important Documents to Obtain continued....

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- Create a Resume

Go to Fairshake.net/pdf/resume\_guide.pdf

- Find a positive housing environment

Go to page 13 for suggestions

- Become familiar with your transportation options

Go to page 62 for suggestions

- Obtain a photo ID or driver's license

Call the Ohio Bureau of Motor Vehicles at (614) 752-7500.

You may also visit:

Ohio Bureau of Motor Vehicles – Bowling Green

1616 E. Wooster St.

Bowling Green, OH 43402

(419) 354-9180

**<http://bmv.ohio.gov/87.stm>**

**IMPORTANT TIP: If you received an ID from the Ohio Department of Rehabilitation and Corrections upon release, it is only good for 30 days. Don't wait to get your driver's license or state ID.**

- Ask your case worker about government benefits

- Obtain physical or mental health care

Start on page 25 for suggestions

- Sign up for an education program

Go to page 67 for suggestions

## **“Culture Shock”**

We expect former inmates to get right back into the swing of things when they are released. We assume they are ready, that just serving time is enough to consider the impact of their crime and make plans for reentry success.

But do those of us outside of prison really understand the challenges of prison life, and the difficulties faced in adjusting from being incarcerated to rejoining society? Life in prison, in many ways, functions opposite to life on the outside.

People do adjust to these conditions in time, but it changes them; they become ‘institutionalized’ and find it difficult to set schedules and make decisions upon release because prison administrators have done this for them for so long. We now begin to see why the transition from incarceration to independence can be quite difficult.

Throughout this booklet you will find several ‘CULTURE SHOCK’ boxes that attempt to describe the lifestyle differences between prison and society.

(Fairshake.net)

## 2013 Annual Federal Poverty Guidelines

Persons in family/household	48 Contiguous States and D.C.
1	\$11,490
2	\$15,510
3	\$19,530
4	\$23,550
5	\$27,570
6	\$31,590
7	\$35,610
8	\$39,630
For each additional person, add:	\$4,020

(Federal register: The daily journal of the United States government, 2013)

**Imagine what the rewards will be when you finally reach your destination and keep that thought foremost in your mind. You can also imagine the bad consequences (pain, frustration, the feeling of defeat) that may occur if you don't!**

**(Fairshake.net)**

## Housing

Housing can be a problem to secure upon release. We have a detailed and current list of all housing that we have confirmed are available or are real options for you as you reenter the community.

**Can't afford a cell phone? This agency may help -  
SafeLink Wireless: [www.safelinkwireless.com](http://www.safelinkwireless.com)**

- **For low income families**
- **Many who already receive state or county assistance qualify**
- **250 free minutes every month for local and national long distance calls and texts.**
- **No bills, contracts, credit checks, or hidden fees**



## Housing Services at a Glance

Agency	Home Repair	Victim Emergency Housing	Temporary Shelter	Free/Reduced cost housing or rental needs	Housing Services for persons with disabilities
<b>Community Housing Improvement Program</b> One Courthouse Sq. Bowling Green, OH 419-354-9128	X				
<b>The Cocoon Shelter</b> PO Box 1165 Bowling Green, OH 419-353-1730		X	X		
<b>Lucas Metropolitan Housing Authority</b> 201 Belmont Toledo, OH 43604 419-259-9400				X	
<b>Salvation Army of Bowling Green</b> 1045 N. Main St. Bowling Green, OH 419-352-5918			X	X	
<b>WSOS Community Action Commission</b> 812 N. College Dr. Bowling Green, OH 419-353-7407				X	
<b>The Ability Center</b> 5605 Monroe St. Sylvania, OH 43560 419-885-5733					X
<b>Wood County Board of Developmental Disabilities</b> 1921 E. Gypsy Lane Bowling Green, OH 419-352-5115					X

# **Community Housing Improvement Program (CHIP) Wood County Planning Commission**

One Court Square, 5th Floor

Bowling Green, Ohio

419-354-9128

[www.cwood.oh.us](http://www.cwood.oh.us)

---

- Must be a homeowner and reside in the home.
- No cost to you.
- CHIP will help homeowners that need emergency home repairs to allow them to stay in their homes.
- This includes helping to obtain, repair, and update the following:
  - Electrical
  - Plumbing
  - Heating
  - Hot water heaters
  - Foundations
  - Water/sewer hookups
  - Roof repairs
  - Ramps
  - Siding
  - Doors
  - Windows
- Only low income persons are eligible for CHIP
- Call first, there may be a wait to get these services

## **The Cocoon Shelter**

P.O. Box 1165

Bowling Green, Ohio 43402

1-419-373-1730

24-Hour Crisis Hotline:

1-419-352-1545

1-800-472-9411

[www.cocoonshelter.org](http://www.cocoonshelter.org)

---

- Must identify as a Domestic Violence victim to receive services
- There is no cost to you  
This agency provide services to those 18 and older
- Emergency Safe Housing:
  - This service provides those individuals who identify as a domestic violence victim with emergency housing, temporary shelter, and works on housing these individuals

“Believe with all of your heart that you will do what you were made to do.”

- *Orison Swett Marden*

**Lucas Metropolitan Housing Authority**  
Property Management & Redevelopment Offices

201 Belmont  
Toledo, Ohio 43604

Housing Choice Voucher  
211 South Byrne  
Toledo, Ohio 43615

419-259-9400

[www.lucasmha.org](http://www.lucasmha.org)

---

- Provides quality affordable housing opportunities
- Spanish translators available
- Additional programs offered: Family self-sufficiency assistance, showing families how to decrease the need for welfare assistance
- GED preparation and College Courses offered
- Call first; there may be a wait to get these services.

**HELPFUL TIP**

Not sure where an agency is located? Check out our BG city map in the back of the booklet!

## **Salvation Army of Bowling Green**

1045 N. Main St.  
Bowling Green, OH 43402  
419-352-5918

---

- No cost to you
- Call first; there may be a wait to get these services
- The Salvation Army has one apartment to provide shelter for families in need
- The Salvation Army may help to find rental or public housing
- They can help pay for a rental property or mortgage down payment.
- The Salvation Army can help with utility disconnection and reconnection.

### **Ways to COMBAT the “Ex-Con” Stigma**

- Engage in conversation simply to gain knowledge, trust and friends
- Follow through with plans.
- Make eye contact, smile and use open body language
- Talk with a positive, solution-oriented perspective
- Offer authentic trust and work to gain authentic trust
- Be helpful and courteous
- Try to avoid using prison slang.

(Fairshake.net)

# Salvation Army of North Baltimore

123 East Broadway  
North Baltimore, OH 45872  
419-257-9064

---

- No cost to you
- Must meet the family criteria to obtain rental monetary assistance
- The Salvation Army may help you pay for rent
- The Salvation Army can help with utility disconnection and reconnection

## **CULTURE SHOCK**

### **Caregiving**

#### **IN PRISON:**

Inmates have no opportunity to provide daily physical or emotional care for children, partners, parents, or pets.

#### **IN SOCIETY:**

Caring for others is constant, taxing, challenging, and invigorating! We need to be needed, and we feel good supporting those we care about.

(Fairshake.net)

## **WSOS Community Action Commission**

Jordan Center  
812 North College Drive  
Bowling Green, OH 43402  
419-353-7407  
[www.wsos.org](http://www.wsos.org)

---

- Wood-Sandusky-Ottawa-Seneca counties, OH (WSOS) helps to provide you with rental assistance, home visits, budgeting, goal setting, and may refer you to other agencies
- Requirements:
  - You must provide proof of homelessness
  - You must provide proof of a disability
  - You must be willing to come in for an eligibility appointment
  - You must be willing to follow program rules and regulations

**“Every true strength is gained through struggle.”**

## **The Ability Center**

5605 Monroe St.

Sylvania, OH 43560

419-885-5733

[www.abilitycenter.org](http://www.abilitycenter.org)

---

- The Ability Center focuses on Community Connections and socialization opportunities for individuals living with disabilities
- The Ability Center provides assistance for finding rental or public housing and guidance to meet the needs for individuals with disabilities
- The Ability Center helps to provide accessible home modifications and nursing home transition
- The Ability Center helps to complete general home modification
- Call first; there may be a wait to use these services

**Don't let your feelings get in the way.** You will come up with every excuse in the book to not move forward. You will even believe many of your excuses are legitimate! While it is hard to get a locomotive to start moving, once it's up to speed, it's equally tough to slow it down! When you believe your excuses, you're stuck in the station; pretending you need something trivial to start your journey. No matter how you feel, get up and do it anyway!

(Fairshake.net)

## **Wood County Board of Developmental Disabilities**

1921 E. Gypsy Lane Rd.  
Bowling Green, OH 43402  
419-352-5115  
[www.woodlane.us](http://www.woodlane.us)

---

- You must have a diagnosis of a specific developmental delay
- Call first; you may need an appointment
- The Wood County Board of Developmental Disabilities may provide temporary shelter or help to find rental or public housing
- They can help you to find affordable housing and may help pay for existing housing

---

### **TRUE STORY FROM A FORMER INMATE**

By Paul Williams

After spending years behind bars, Paul Williams co-founded the company Pointman Enterprises in Duncan, Texas. Pointman Enterprises' focus is sealing or expunging felony records for former felons to help them obtain employment. Incidentally with an entry like Paul Williams in the Success Stories come many more Success Stories due to his organization's work. Read about them here <http://www.pointmanenterprises.com/>.

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## **Housing Options in Bowling Green & North Baltimore**

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**North Baltimore** – The following names are private owners of rental property in North Baltimore. Call for availability.

- Shawn Benjamin: 419-202-5723
- Gary Lucan: 419-257-3105
- Jeffery Shuff: 567-204-4487

**Bowling Green** – The following information are from local rental agencies. Call for further instruction.

- Shamrock Village: 1724 E. Wooster St. (419)354-0070
  - \$650/month. \$650 deposit. 12-month lease. Free application process.
- Amherst Village Apartments: 1520 Clough St.  
(419)354-1501
  - Rent based on 30% of income. No application fee. No drug, violent, or sex offenders. No back payments on utilities.
- Preferred Properties Company: 530 S. Maple St.  
(419)352-9378
  - Application required. Rental history, employment history, and credit check required.

## **Housing Options continued...**

- Winthrop Terrace South Apartments: 400 Napoleon Rd. (419)352-9135
  - No felony convictions in past 10 years. Applications reviewed on a case-by-case basis. \$20 application fee. No prior evictions.
- Holley Properties & Management: 1730 Clough St. (419)353-6065
  - No sex offenders. Credit and background check required. \$200 for credit check. If you do not pass the credit check, the \$200 is returned to you. \$50 security deposit.
- Garden Grove Towne Houses: 1005 N. Grove St. (419)353-5891
  - No sex offenders. Credit check. \$25 application fee. No prior evictions or housing-related issues.
- Mid-Am Management: 641 Third St. (419)352-4380
  - No application fee. Credit check.
- Ivywood Apartments: 1556 Clough St. #24 (419)352-7691
  - \$25 application fee. Credit check and criminal background check required.

# Health

You need to get yourself healthy both physically and emotionally in order to succeed. We have listed services available in Wood County and the surrounding area for assistance in physical health, mental health, and substance abuse.

## **TIPS FOR WORKING THROUGH DEPRESSION**

1. To move yourself out of the funk, start with small goals and stay focused.
2. Challenge negative thinking.
3. Check in with support groups or close relationships.
4. Exercise! Bipedal motion helps keep our brain and body in balance.
5. Breathe deeply.
6. Eat nutritious food and drink lots of water.
7. Know when to get help.

(Fairshake.net)

## Health Services at a Glance

Agency	Physical Health	Mental Health	Substance Abuse
Behavioral Connections 1010 N. Prospect St. Bowling Green, OH 419-352-5387	X	X	X
Wood County Health District 1840 W. Gypsy Lane Rd Bowling Green, OH 419-352-8402	X		
Wood County Committee on Aging 305 N. Main St. Bowling Green, OH 419-353-5661	X		
Wood County Hospital 950 W. Wooster St. Bowling Green, OH 419-354-8900	X		
NAMI - Wood County 541 W. Wooster St. 2nd Floor Bowling Green, OH 419-352-0626		X	X
Family Service Counseling Center of Wood County 1084 S. Main St., Suite A Bowling Green, OH 419-352-4624		X	

## **Wood County Health & Wellness Center**

1840 E. Gypsy Lane Rd.

Bowling Green, OH 43402

419-352-8402

8:30-4:30 Monday-Friday

[www.co.wood.oh.us/healthdepartment](http://www.co.wood.oh.us/healthdepartment)

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- There is a \$10 service fee
  - Other costs are based on income
- The Health District does not require insurance
- Call first, you may need an appointment
- The Health District provides health services for expectant or new parents, children, adults, elderly, professionals, and teachers.
- Health services include:
  - Physical exams
  - Dental referrals
  - Vision care referrals
  - Vaccinations
  - Blood pressure monitoring
  - Cholesterol screening
  - Diabetic education
  - HIV/AIDS testing and education
  - Contraceptives
  - Tuberculosis testing
  - Immunizations
  - Breast and cervical cancer screening and services

## **Wood County Committee on Aging**

305 N. Main Street  
Bowling Green, OH 43402  
419-353-5661

---

- For individuals aged 60 and over
- Call first, an appointment is needed
- The Committee on Aging can provide a well care checkup
- They also provide cholesterol screening and blood pressure monitoring

### **CULTURE SHOCK**

#### **Patience**

#### **IN PRISON:**

Prisoners must learn to wait for assistance, services, and professional help including doctor visits, rides to see specialists, meetings with administrators, phone calls, and daily meals.

#### **IN SOCIETY:**

We can get medical help immediately if necessary, we arrange meetings according to our schedule and we can spontaneously do things at will.

(Fairshake.net)

## **Dental Center of Northwest Ohio (NWO)**

2138 Madison Ave.

Toledo, Ohio 43604

Alternative Location:

1800 N. Blanchard St. Suite 122

Findlay, Ohio 45840

419-241-6215 (Toledo)

419-422-7664 (Findlay)

[www.dentalcenternwo.org](http://www.dentalcenternwo.org)

---

- This agency provides dental care to low income children and adults
- **Toledo Adult Clinic**
  - You must have a referral from a city or county health and human services department, school nurse, a social service agency, or past or present Dental Center patients
  - To be eligible you must be at or below 300% of the federal poverty levels or receiving health benefits from Medicaid or Medicaid HMO
  - Anyone who is receiving Medicaid is charged a reduce fixed rate fee
  - You need to call and make an appointment
- **Mobile Services**
  - This service provides mobile dental services
  - There is a fee for this service
  - If you are uninsured you are required to pay 50% of the service bill
  - You can call 866-378-6965 and see where the Mobile unit will be.

## **Dental Center of Northwest Ohio (NWO)**

2138 Madison Ave.

Toledo, Ohio 43604

Alternative Location:

1800 N. Blanchard St. Suite 122

Findlay, Ohio 45840

419-241-6215 (Toledo)

419-422-7664 (Findlay)

[www.dentalcenternwo.org](http://www.dentalcenternwo.org)

---

- This agency provides dental care to low income children and adults
- **Tooth Towne Toledo:**
  - This service provides dental care to children under the age of 19
  - Children who are not receiving Medicaid benefits are seen for \$25 per visit
- **Dental Assistance Program**
  - If you are homeless, you may be able to receive dental care
  - This is on a first come, first serve basis
  - You must be living in a shelter or transitional housing and be referred by an agency
  - The referral must be updated each month if you are returning on a monthly basis
  - One dental issue will be address at each visit

# Salvation Army of North Baltimore

123 East Broadway  
North Baltimore, Ohio 45872  
419-257-9064

---

- The Salvation Army may help to pay for prescription medication
- There is no cost to you
- Visit the Salvation Army in North Baltimore to get started
- The Salvation Army can only help pay for your prescription medication once a year

## CULTURE SHOCK

### Quiet Time

#### IN PRISON:

Prisons are noisy places. They offer few quiet places or opportunities for time alone. The buildings are made of concrete and rarely use carpet or other noise reducers. When people get upset they are often loud, affecting everyone. Many inmates keep earplugs with them at all times.

#### IN SOCIETY:

Life is very busy and we are constantly interacting. We need time alone to reflect on our day, our life, or our perspective, or simply to think things through. Quiet time alone is rejuvenating and reaffirming.

(Fairshake.net)

## **NAMI Wood County**

541 W. Wooster St.

Second Floor

Bowling Green, OH 43402

419-352-0626

[www.namiwoodcounty.org](http://www.namiwoodcounty.org)

---

- Open to those 18 and over
- No cost to you
- NAMI Wood County offers education and insight if you or a family member are living with a serious mental illness
  - Family to family course– to educate family members and caregivers of individuals with a mental illness
  - Family support group
  - NAMI Basics– for parents and caregivers who have a child with a mental illness
  - NAMI Connection Recovery Support Group– to help maintain recovery
  - Wellness Recovery Action Plan– one-on-one mentoring with a peer
  - Pharmacological education

## **Bowling Green Pregnancy Center**

441 Frazee Ave. Suite A  
Bowling Green, OH 43402  
419-354-4673  
M & W 12:00-7:00 pm  
T & Th 10:00 am-5:00 pm  
F 12:00-3:00 pm  
[www.bgpc.org](http://www.bgpc.org)

---

- No cost to you
- Call first, an appointment may be needed
- The Bowling Green Pregnancy Center offers the following services:
  - Pregnancy tests
  - Ultrasounds
  - Pregnancy options consultations
  - Post-abortion/post-termination support
  - Mentoring
  - Confidential peer consultation
  - Sexual health education
  - Abortion recovery
  - "No Jerks/Jerkettes Relationship Program" - providing healthy relationship skills for singles and couples
  - Fatherhood programs
  - Crisis pregnancy support group

## **Behavioral Connections**

1010 North Prospect

Bowling Green, OH 43402

419-352-5387

[www.behavioralconnections.org](http://www.behavioralconnections.org)

---

- Services are offered on a walk-in basis
- There may be a fee for the services you need, based on your household income
- The **drug and/or alcohol** treatment programs offered include:
  - Inpatient treatment
  - Outpatient treatment
  - Dual-diagnosis treatment
  - Peer support groups
  - Group therapy
  - Individual counseling
  - Case management
  - Relapse prevention aftercare
  - Therapeutic community
  - Alcoholics Anonymous
  - Narcotics Anonymous
  - Drug screening

## **Behavioral Connections continued...**

1010 North Prospect  
Bowling Green, OH 43402  
419-352-5387

[www.behavioralconnections.org](http://www.behavioralconnections.org)

---

- Primary focus of Behavioral Connections is to provide care for crisis, addiction, and mental health recovery
- There is no need to call ahead; they accept walk-ins
- There may be a fee based on your household income

### **Programs offered:**

- Individual and group counseling
- Drop-in center
- Psychiatry

### **Services offered:**

- Dual-Diagnosis Treatment
- Individual Counseling
- Group Counseling
- Crisis Intervention
- Pharmacological Management
- Behavioral Therapy
- Case Management
- Outpatient Treatment

## **Children's Resource Center**

1045 Klotz Road  
Bowling Green, OH 43402  
419-352-7588  
1-888-466-5437  
[www.crcwoodcounty.org](http://www.crcwoodcounty.org)

---

- Services open to those 24 years old and younger
- There is no need to call ahead, they accept walk-ins
- Costs are based on income and some may be covered by Medicaid

### **Services include:**

- Outpatient Treatment Program
- Intensive Outpatient Treatment Program
- Dual-Diagnosis Treatment
- Crisis Intervention
- Partial Hospitalization
- Assessment and Evaluation
- Intensive Home Services
- Critical Incident Response
- Group Therapy
- Individual Counseling
- Relapse Prevention
- Aftercare
- Home-Based and School-Based Services
- Short-Term Residential Service (outpatient)
- Group Counseling
- Pharmacological Management
- Behavioral Therapy
- Case Management

## **Family Service Counseling Center Of Wood County**

1084 South Main St., Suite A

Bowling Green, OH 43402

419-352-4624

1-877-352-4624

[www.fsno.org](http://www.fsno.org)

---

- The Family Service Counseling Center can provide you with mental health services
- To receive any services you must first come in for a diagnostic assessment
- The assessment can be filled out at the office or while you are still incarcerated
- The services provided are based on your needs, which are determined by the assessment
- The Family Service Counseling Center can refer you to another agency if they cannot provide the appropriate services for you

## **Wood County Committee on Aging**

305 N. Main Street  
Bowling Green, OH 43402  
419-353-5661

---

- Services are open to those 60 years or older
- Call first, an appointment is needed to receive services
- There may be a cost for these services
- **Mental health programs:**
  - Homebound Healthy IDEA (Identify Depression & Empowering Active Seniors)
  - Individual Counseling
  - Outpatient Treatment
  - Behavioral Therapy

### **Dealing with Frustration**

Life is full of frustrations. From the minor irritations of losing your car keys to the major anxieties of continued failure towards a goal, frustration is not a pleasant emotion in any magnitude. Because of the unpleasantness of this emotion, people will often avoid anything that might lead to it.

Unfortunately, many of the things we truly want to experience such as triumph, joy, victory and purpose require a great deal of frustration. Being able to manage frustration allows us to remain happy and positive even in trying circumstances.

In order to successfully manage frustration, you need to first understand what causes it. Frustration is simply caused whenever the results you are experiencing do not seem to fit the effort and action you are applying. Usually frustration is caused by a narrow focus on a problem that isn't resolving itself as you had hoped. This is a very simple concept, but it is an important step to solving frustrating problems.

## **Planned Parenthood**

7059 Orchard Centre Dr.

Holland, OH 43528

1-800-230-7256

[www.plannedparenthood.org](http://www.plannedparenthood.org)

---

- Planned Parenthood's primary focus is to empower people to make informed, responsible sexual health decisions through comprehensive sexuality education
- Call first; you may need an appointment
- Medicaid and other insurances are accepted, but there may be other fees

### **Programs offered:**

- Adolescent Sexuality Issues
- Reproductive Anatomy and Physiology
- Birth Control Methods and Family Planning
- Healthy Decision-Making
- Healthy Relationships
- Midlife and Menopause Issues
- Parents as Sexuality Educators
- Responsible Decision-Making
- Safer Sex Options
- Sexuality and the Media
- STI's and HIV/AIDs Prevention
- Teen Pregnancy Issues
- Delaying Intercourse
- Well Care Checkups
- Cholesterol Screening
- Condom Distribution

## **FAMILY**

Family does not just mean your blood relatives. It is a network of people who care about your well-being and success. It is important to have open communications with those who are willing to help you. Let those people help you and become your support.

**“You can often change your circumstances by changing your attitude.”**

***- Eleanor Roosevelt***

## Family Services at a Glance

Agency	Food Assistance	Cash Assistance	Child Care	Domestic Violence/Child Abuse Help
Wood County Job and Family Services 1928 E. Gypsy Lane Bowling Green, OH 419-352-7566	X	X	X	
Family and Child Abuse Prevention Center 2460 Cherry St. Toledo, OH 43608 419-244-3053				X
YWCA Child Care Resource & Referral 1018 Jefferson Ave. Toledo, OH 43604 419-255-5519			X	
Family Service Counseling Center of Wood County 1084 S. Main St. Bowling Green, OH 419-352-4624				X

# The Family and Child Abuse Prevention Center

2460 Cherry St.  
Toledo, OH 43608  
419-244-3053  
[www.fcapc.org](http://www.fcapc.org)

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- The Ottawa County address and phone number are:  
323 Buckeye Blvd.  
Port Clinton, OH 43452  
419-734-3266
- If there is domestic violence or child abuse in your home, this agency can help.
- For more information, please call 419-244-3053

## CULTURE SHOCK

### Violence

#### **IN PRISON:**

Very high tension, combined with boredom, often results in violence. Extreme violence happens quite often.

#### **IN SOCIETY:**

Violence is more prevalent in some areas, but overall the level of violence in our communities is sporadic rather than a constant threat. In general, violence is not tolerated.

(Fairshake.net)

## **Job Solutions**

1928 East Gypsy Lane Rd.  
Bowling Green, Ohio 43402  
419-352-7566  
1-888-282-1118  
[www.woodcountyjfs.com](http://www.woodcountyjfs.com)

---

- There is no cost to you
- Call ahead; you may need an appointment
- Job and Family Services provides services in the following areas:
  - **Food Assistance**
    - This program allows unemployed individuals to obtain food stamps
    - Forms on housing and income must be verified
    - May take up to 30 days to verify application
  - **Cash Assistance**
    - You may receive cash assistance if you are unemployed and are responsible for other family members
    - An application must be filled out online
    - It may take up to 90 days for application approval
    - Maximum 36 months on cash assistance

## **Wood County Job and Family Services Job Solutions**

1928 East Gypsy Lane Rd.  
Bowling Green, Ohio 43402

419-352-7566

1-888-282-1118

[www.woodcountyjfs.com](http://www.woodcountyjfs.com)

[www.jobsolutions.net](http://www.jobsolutions.net)

---

- There is no cost to you
- Call ahead; you may need an appointment
- This agency provides services in the following areas:
  - **Budgeting Class** –Through Job Solutions
    - This program helps individuals who are on food or cash assistance to help budget their money on their food stamp card and cash card
  - **Child Care** – Through Job and Family Services
    - This service helps fund childcare if you are going to school or work
    - There is an online application process
    - They may also refer you to other childcare facilities
    - Must be at 125% or below the federal poverty guidelines to be eligible
    - The cost is a weekly fee based on your monthly income and family size

# **YWCA Child Care Resource and Referral**

1018 Jefferson Avenue

Toledo, OH 43604

419-255-5519

1-800-632-3052

8:30am-5:00pm

[www.ywcatoledo.org](http://www.ywcatoledo.org)

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- This agency will help you find childcare
- There is no cost to you
- To locate childcare services call 419-255-5519 or look online at [www.ywcatoledo.org](http://www.ywcatoledo.org)

## **CULTURE SHOCK**

### **Reflection and Meditation**

#### **IN PRISON:**

Because it is difficult to get close to other inmates, reflecting and soul searching can be challenging and often must take place alone or with books.

#### **IN SOCIETY:**

We often turn to family and friends to support us through difficult times. We can tell them everything, which helps us hear our process and our progress. These steps enable us to move through change.

(Fairshake.net)

# WSOS Community Action Commission

Jordan Center  
812 North College Drive  
Bowling Green, OH 43402  
419-353-7407  
[www.wsos.org](http://www.wsos.org)

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- Wood-Sandusky-Ottawa-Seneca counties, OH (WSOS) provides a Head Start Program for your children
- All families with children 3 to 4 years old are encouraged to apply
- Eligibility is based on federal poverty guidelines
- Children with special needs are welcome

## CULTURE SHOCK

### **Trust**

#### **IN PRISON:**

Trust is nearly impossible in prison and rarely attempted. One of the most valuable survival skills is deception.

#### **IN SOCIETY:**

One of our most treasured human qualities is honesty. Trust is an important element in any relationship; whether family, friend, or work-related. We work hard to build long-lasting relationships. It is within these deeper relationships that we can learn more about ourselves. We can hear difficult things from people we trust and we can say difficult things to them.

(Fairshake.net)

## **Family Service Counseling Center of Wood County**

1084 South Main St., Suite A

Bowling Green, OH 43402

1-419-352-4624

1-877-352-4624

[www.fsno.org](http://www.fsno.org)

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- The Family Service Counseling Center provides a Batterers' Intervention Program
- This program attempts to eliminate or reduce acts of domestic violence and attempts to change the way individuals communicate with their partner or future partners
- There is a cost based on income and family size
- Insurances are accepted

**“It is hard to fail, but it is worse never to have tried to succeed.”**

***- Theodore Roosevelt***

## **Wood County Board of Developmental Disabilities**

1921 E. Gypsy Lane Rd.  
Bowling Green, OH 43402  
419-352-5115

[www.woodlane.us](http://www.woodlane.us)

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- An individual must have a diagnosis of a specific developmental disability
- There is no cost to you
- Call first, an appointment is recommended
- **Child Care Services:**
  - Afterschool care
  - Evening care
  - Late evening/overnight care

### **HELPFUL TIPS TO QUIT SMOKING**

- **Set Your Quit Smoking Date**
- **Don't pick tomorrow as your quit date.**
- **Don't set your date too far off in the future.**
- **Pick a day that doesn't have built-in problems.**

Visit: [www.becomeanex.org](http://www.becomeanex.org) for more information on smoking cessation.

([www.becomeanex.org](http://www.becomeanex.org))

## **Wood County Area Ministries (WAM)**

St. Mark's Lutheran Church

315 S. College St.

Bowling Green, OH 43402

419-352-1322

[www.woodcountyareaministries.org](http://www.woodcountyareaministries.org)

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- Wood County Area Ministries connects local churches of various denominations, along with affiliated service-oriented organizations to work together to serve those in need.

- **Clothing**

- Deacon's Shop – 419-352-5176

- First Presbyterian Church

- Thursdays 9:30am – 11:30am

- UCF/The Common Good – 419-806-4475

- Monday – Friday 9:00am – 9:00pm

- **Personal Care/Toiletries**

- First United Methodist Church – 419-353-0682

- First-come first-serve basis

- **Computers**

- Computers for charity

- Turning Point UMC

- [computersforcharity@gmail.com](mailto:computersforcharity@gmail.com)

## Legal

You may find yourself needing legal advice for various reasons when trying to transition back to everyday life. We have found services that are available to you from various agencies in the community. These services are meant to assist you with legal issues you may have.

### **Sample Letter Requesting Birth Certificate by Mail**

Date

To Whom It May Concern:

This is a formal request to receive a CERTIFIED COPY of my birth certificate. My legal name is John Allen Doe and I was born in Wood County in 1970. Enclosed is my payment for \$14 and the application for a birth certificate which includes the sworn notarized statement.

Please mail the birth certificate to:

John Allen Doe

123 Main St.

Bowling Green, OH 43402

This is my permanent residence.

I can be reached at (419) 555-5555 if you have questions about any of the submitted information.

Thank you in advance for your assistance.

Sincerely,

([www.sfrentry.com](http://www.sfrentry.com))

## **Wood County Public Defender**

123 North Summit St  
Bowling Green, OH 43402  
419-354-9244

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- The Public Defender can provide you with Criminal Defense Representation
- The Public Defender can also assist with:
  - Legal representation
  - Assistance with warrants
  - Assistance with expunged or sealed records

### **TRUE STORY FROM A FORMER INMATE**

By DeWarren Carter

In the last few years of his prison sentence, DeWarren Carter discovered Project Re-entry (A Goodwill Industries association). While in prison with the help of this organization he learned some important personal management skills and also some useful employment skills like dog training and carpentry. After exiting prison, DeWarren completed his Veterinary Assistant training with the assistance of Project Reentry. Two years later he landed the job and is now self-sufficient and making money. For more on DeWarren Carter, go to: <http://www.goodwill.org/my-story/dewarren-carter>.

## **Wood County Committee on Aging**

305 N. Main Street

Bowling Green, OH 43402

419-353-5661

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- Services are open to those 60 years or older
- Call first, an appointment is needed
- The Wood County Committee on Aging can give you legal advice and assist with other legal documents.

### **CULTURE SHOCK**

#### **Organizing Time**

#### **IN PRISON:**

Chores are optional. Food is purchased and prepared, the kitchen is cleaned, and the dishes are washed, dried, and put away.....all an inmate has to do is show up to eat. In addition, clothes are washed, dried, and folded. Yard maintenance is taken care of and the only cleaning responsibilities revolve around a small cell. Prison is often considered a tremendous waste of time and many prisoners suffer from boredom.

#### **IN SOCIETY:**

Chores take up a significant portion of our day. We must prioritize our tasks to get everything done. We want to make sure we have enough time to work, get our chores done, exercise, and enjoy relaxing time alone or with friends and family. We often find there are not enough hours in the day!

(Fairshake.net)

# Wood County Child Support Enforcement Agency

1940 E. Gypsy Lane  
P.O. Box 1028  
Bowling Green, OH 43402  
419-354-9270  
M W Th Fr 8:30-4:30  
Tues 8:30-6:00

[www.childsupport.co.wood.oh.us](http://www.childsupport.co.wood.oh.us)

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- There is no cost other than an administrative fee (2%) from the federal government
- The Wood County Child Support Enforcement Agency provides the following services:
  - Legal representation (for judicial paternity, contempt of court, misdemeanor charges, estate interceptions, etc.)
  - Assistance with child support
  - Help with child custody, visitation, or parental rights
  - Paternity issues

## **Food Assistance**

Without a stable income it may be difficult to afford to buy food when you are first released. The following agencies may help to provide you with a meal when you are in need.

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### **ANGER MANAGEMENT TIPS** (Fairshake.net)

1. Breathe deep.
  2. Count to ten....slowly.
  3. Give yourself a break.
  4. Look for the positive.
  5. Visualize a relaxing experience.
  6. Vocalize.
  7. Walk away.
  8. Exercise!
  9. Find a safe spot.
-

## Food Assistance at a Glance

Agency	Soup Kitchen	Food Pantry	Free Meals	Mobile Meals
St. Mark's Lutheran Church 315 S. College Dr. Bowling Green, OH 419-353-9305			X	
Salvation Army of North Baltimore 123 E. Broadway North Baltimore, OH 419-257-9064	X	X		
Wheeled Meals 950 W. Wooster St. Bowling Green, OH 419-354-8965				X
Bowling Green Christian Food Pantry Bowling Green, OH 419-353-5174		X		

**“Nothing can stop the man with the right mental attitude from achieving his goal; nothing on earth can help the man with the wrong mental attitude.”**

**- Thomas Jefferson**

## **St. Mark's Lutheran Church**

315 South College Drive  
Bowling Green, Ohio 43402  
419-353-9305

[www.stmarkslutheranbg.org](http://www.stmarkslutheranbg.org)

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- **Food Program: Wednesday Night Life Meal**
  - This service helps provide food for those who are in need every Wednesday night through the months of September to May
  - There is no cost to you
  
- **Furniture Pantry**
  - St. Mark's Lutheran Church may help provide furniture if you need furniture in your home
  - You must be referred from an outside source
  - Located at the church
  
- **Car Program for Domestic Violence Victims**
  - Provide vehicles to those who have been a victim of domestic violence
  - Free car
  - You need a referral from The Cocoon

# Salvation Army of North Baltimore

123 East Broadway  
North Baltimore, Ohio 45872  
419-257-9064

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- **Soup Kitchen**

- There is no cost to you
- Held from 5 - 6:30 p.m. during the last week of the month

- **Food Pantry**

- There is no cost to you
- There is no need to call ahead, they allow walk-ins.
- This service is offered once a month
- You must have photo ID and be under 200% of the federal poverty level to part take in this service

Imagine what the rewards will be when you finally reach your destination and keep that thought foremost in your mind. You can also imagine the bad consequences (pain, frustration, the feeling of defeat) that may occur if you don't!

(Fairshake.net)

## **Wheeled Meals**

950 W. Wooster Street  
Bowling Green, OH 43402  
419-354-8965

[www.woodcountyhospital.org](http://www.woodcountyhospital.org)

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### **Wellness Program**

- This service drives meals to individuals who are unable to leave home
- You must complete an interview
- There is no cost to you
- This service will adjust to certain health needs
- This service is only offered during the week and not on weekends

## **CULTURE SHOCK**

### **Possessions/Money**

#### **IN PRISON:**

Possessions, money and the value of objects of desire are greatly distorted in prison. Retirement savings and investments are rare and most money is acquired and spent quickly. Money is not even necessary, often goods are traded. Inmates do not need to worry about the cost of food, a roof over their heads, or transportation.

#### **IN SOCIETY:**

Money is our only currency for trade. It is very difficult to live 'hand to mouth' as quite often unexpected expenses arise. The cost of food and shelter fluctuates and must be considered in budgeting, and all cars, old and new, break down and hit us with surprise bills.

## **Bowling Green Christian Food Pantry**

Two Locations (see below)

419-353-5174

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- This organization provides food either for free or at a significantly reduced cost.
- Before visiting the food pantry, you will need an assessment from a social service agency, The Link, any church you're affiliated with, or The Salvation Army
- Locations
  - 541 W. Wooster St. Bowling Green, OH  
Hours: 1pm-3pm Monday, Wednesday, and Friday
  - 1505 E. Wooster St. Bowling Green, OH  
Hours: 6pm-8pm Thursday; 1pm-3pm Saturday

**Set an objective, set a goal, then plan and execute.**  
Unorganized work is the number one reason for failures.  
The eventual result is negativity, fear and giving up.

(Fairshake.net)

## **Wood County Area Ministries (WAM)**

St. Mark's Lutheran Church  
315 S. College Street  
Bowling Green, OH 43402  
419-352-1322

[www.woodcountyareaministries.org](http://www.woodcountyareaministries.org)

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- **Food Pantries** are independently administered at several locations in Bowling Green. Each has its own service rules. Call for additional information.
  - Daily Bread Program @ The Common Good  
419-806-4475 Mon – Fri 9am – 9pm
  - St. Aloysius Church 419-352-4195  
Mon – Fri 10am-12pm & 1pm-3pm
  - St. Thomas More University Parish  
419-352-7555 Tues-Thurs 9am-Noon, 1pm-4:30pm
  - Government Food Program/Senior Food Box  
First United Methodist Church 419-353-0682  
First Friday of every month
- **Served Meals**
  - Martha's Kitchen – First United Methodist Church 4:30pm every Friday
  - The Common Good 113 Crim St. BG  
Mondays 5:30pm – Free Community Dinner  
Fridays 10:30am – Free Community Breakfast

## Wood County Senior Centers

Wood Co  
305 N Main St  
Bowling Green, OH  
43402  
(419) 353-5661

N Baltimore  
514 W Water  
North Baltimore, OH  
45872  
(419) 257-3306

Northeast  
Main Street Church  
705 N Main  
Walbridge, OH 43465  
(419) 260-3228

### **Discounts for Ohioans 60+**

- Home Energy Assistance Program (H.E.A.P.)
- Golden Buckeye Card
- Ohio's Best Rx

Pemberville Area  
220 Cedar St  
Pemberville, OH 43450  
(419) 287-4109

Perrysburg  
Center & meal location  
140 W Indiana Ave  
Perrysburg, OH 43551  
(419) 874-0847

Rossford  
Center & meal location  
400 Dixie Hwy  
Rossford, OH 43460  
(419) 666-8494

Wayne Area  
202 E Main St  
Wayne, OH 43466  
(419) 288-2896

## Transportation

Being able to get to appointments, work, etc. are essential for successful reentry. Because we live in such a rural place, there are not a lot of options. Rely on family and friends when needed.

### **TRUE STORY FROM A FORMER INMATE**

By Charles Plummer

Charles came to Goodwill® in April 2009 through the Michigan Prisoner Reentry Initiative program. Charles had various breaking and entering convictions. He was referred to Goodwill through his parole officer, as he was released from prison with very little personal resources.

He was pretty unsure about the program at first, but continued to show up. He completed our month-long Better Life Initiative classes and received a certificate in May 2009. He started a 90-day temporary work experience at our recycle center, and completed that experience in August of 2009 with a great recommendation from his supervisor.

Charles is working on getting his license back, and has already purchased his own vehicle. He is now taking marriage counseling classes, and will be getting married at the end of the summer.

<http://www.goodwill.org/my-story/charles-plummer>

## Transportation Services at a Glance

Agency	Transportation BG City Limits	Taxi Services	Car-Pooling
BG Transit 304 N. Church St. Bowling Green, OH 800-579-4299	X		
Share-A-Ride 300 Dr. Martin Luther King Jr. Drive, #300 Toledo, OH 43604 800-241-1919			X
SuperCab of BG 419-494-3380		X	
Reliable Taxi 419-352-8294		X	

**“Success is to be measured not so much by the position that one has reached in life as by the obstacles which he has overcome while trying to succeed.”**

**- Booker T. Washington**

## **BG Transit**

304 North Church Street

Bowling Green, OH 43402

Schedule a ride at 1-800-579-4299

[www.bgohio.org/grants/transportation](http://www.bgohio.org/grants/transportation)

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- This agency provides transportation for everyone living in Bowling Green corporation limits.
- You need to call one hour before service is needed
- Hours of operation are:
  - Mon-Fri 6am-8pm
  - Saturdays from 10am-4pm
- There is no service on Sundays or holidays.
- There is a cost for this service:
  - \$3.50 – For persons 4 to 64 years of age
  - \$1.75 – For Seniors (65+), Disabled person & children ages 4-13
  - \$1.75 – Package fare per seat. (When packages/bags take up seat space.)
  - Children under the age of 4 and personal care attendants ride free.

## **Share-A-Ride**

300 Dr. Martin Luther King Jr. Drive

Suite 300

Toledo, OH 43604

419-241-1919 ext. 132

1-800-241-1919

[www.tmacog.org/share.htm](http://www.tmacog.org/share.htm)

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- Share-A-Ride is a computerized service that matches car and vanpool partners for daily travel to work or school. You will be matched with other people who share common neighborhoods, work locations, and work hours
- There is no cost to you
- Register at [www.sharearide.org](http://www.sharearide.org)

Several small jobs done over time are much more manageable than one large task with no end in sight. Instead of focusing on the difficulty of the large task, break it into smaller jobs and create a timeline for finishing them.

(Fairshake.net)

## **SuperCab**

419-494-3380

[www.bgsupercab.com](http://www.bgsupercab.com)

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- \$4 per person anywhere in Bowling Green
- \$2 per mile
- Provides transportation to Perrysburg, Findlay, Toledo, and a shuttle to the Detroit Airport
- 24-hour taxi service
- Can seat up to 12 passengers

## **Reliable Taxi**

419-352-TAXI (8294)

<http://www.reliabletaxioh.com/>

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- \$4 per person anywhere in Bowling Green
- \$1.75 per mile
- Provides transportation up to 100 miles from Bowling Green
- 24-hour taxi service
- Can seat up to 11 passengers

## **VOCATIONAL/EDUCATION**

Obtaining and keeping a job is very important for a successful reentry. The following pages include agencies that can help you with job preparation skills, GED preparation, and vocational training.

### **CULTURE SHOCK**

#### **Humanness**

#### **IN PRISON:**

Inmates are referred to as 'offender' or by their ID number. They often suffer from a loss of self-respect, respect for others, and respect from others. They sometimes feel they are no longer a valuable person to anyone.

#### **IN SOCIETY:**

We want to be treated with respect! You need to respect yourself in order for others to respect you. Just as we want people to see the things in us that deserve respect, we must see the things in others that we respect. This is one way we can find common ground.

**(Fairshake.net)**

## Vocational/Education Services at a Glance

Agency	Resume Writing	Filling out Applications	Job Searches	GED preparation	Vocational Training
Wood County Job and Family Services 1928 East Gypsy Lane Rd. Bowling Green, OH 419-352-7566	X	X	X	X	X
Behavioral Connections 1010 N. Prospect St. Bowling Green, OH 419-352-5387	X	X	X		
Penta Adult Education 9301 Buck Rd. Perrysburg, OH 43551 419-661-6555				X	X
WSOS Community Action Commission 812 North College Drive Bowling Green, OH 43402 419-353-7407	X	X	X		

## Wood County Public Library

251 North Main St  
Bowling Green, OH 43402  
419-352-5104  
[www.wcdpl.org](http://www.wcdpl.org)

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- There is no cost to you
- The Wood County Public Library offers the following programs:
  - Early Literacy Programs
  - Adult Literacy Programs
  - Access to technology, books, and online services

### **CULTURE SHOCK**

#### **Language**

##### **IN PRISON:**

As with many sub-cultures of Americana, prison culture has a language of its own. Not only do many words that we use every day have completely different meanings, alternate pronunciation and slang are frequently used as well.

##### **IN SOCIETY:**

Most of us have a familial or peer-group lingo that we use when we are at ease. In our work-life, however, we strive to create a uniform language with established rules that facilitate understanding since verbal communication is tough enough, even when we use the same words with roughly the same definitions.

(Fairshake.net)

## **Wood County Extension Service**

639 South Dunbridge Rd  
Bowling Green, OH 43402  
419-354-9050  
[www.wood.osu.edu](http://www.wood.osu.edu)

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- This service offers a Family Nutrition Program
  - The classes offered:
    - Teach participants about nutrition
    - Meal planning
    - Food shopping
    - Food safety
- “Manage your Money” is a free online money budgeting class
  - The website is <http://ohioline.osu.edu/mym/>
- The Extension Service also offers a number of different programs and services that are available to the community

## **Behavioral Connections**

1010 North Prospect

Bowling Green, OH 43402

419-352-5387

[www.behavioralconnections.org](http://www.behavioralconnections.org)

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- Behavioral Connections also provides many different services to help with employment
- You need to call ahead and set up an appointment
- There may be a fee for services provided based on your household income
- Programs offered: Career Link Employment Service
- **Job preparation skills offered:**
  - Resume writing
  - Filling out applications
  - Interview practice
  - Job searches
  - Job skills
  - Help secure necessary employment documents
- **Vocational Counseling**
  - Job assessment counseling
  - Job placement
  - Job education/training
  - Job coaching
  - Vocational counseling
  - Employment
  - Employment try-outs
  - Disability management services
  - Resume building

## **Behavioral Connections continued...**

1010 North Prospect  
Bowling Green, OH 43402  
419-352-5387

[www.behavioralconnections.org](http://www.behavioralconnections.org)

---

Behavioral Connections also provides many different services to help with employment

- You need to call ahead and set up an appointment
- There may be a fee for services provided based on your household income
- Programs offered:
  - **Recovery to Work program**
  - **Employment Services Program:** This is a Work Experience Program that has three levels of support that are tailored to your needs
- Other services offered:
  - Will help you find child care subsidies
  - Help in getting and maintaining transportation
  - Will help obtain governmental benefits

## **The Ability Center**

5605 Monroe St.

Sylvania, OH 43560

419-885-5733

[www.abilitycenter.org](http://www.abilitycenter.org)

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- The Ability Center focuses on Community Connections and socialization openings for individuals who are living with disabilities.
- The Ability Center offers the following programs:
  - **Transitioning to Adult Life**
    - This program teaches independent living skills
    - It helps individuals ages 16-22 transition from high school life to adult life
    - This program is only available to those who were determined ineligible for services from the Pathway and Bureau of Vocational Rehabilitation
  - **Job preparation skills:**
    - Filling out applications
    - Interview practice
    - Job shadowing
    - Social skills training
    - Volunteer opportunities

# **Wood County Board of Developmental Disabilities**

1921 E. Gypsy Lane Rd.  
Bowling Green, OH 43402  
419-352-5115

[www.woodlane.us](http://www.woodlane.us)

---

- An individual must have a diagnosis of a specific developmental disability
- Call ahead, you may need an appointment

## **Vocational Development and Independent Support**

- Services Include:
  - Resume Writing
  - Filling out Applications
  - Interview Practice
  - Job Searches
  - Job Skills Assessments
  - Assistance with obtaining necessary employment documentation (i.e. social security card)
  - Job Training

## **Wood County Job and Family Services Job Solutions – Job Location Services**

1928 East Gypsy Lane Rd.

Bowling Green, Ohio 43402

419-352-7566

1-888-282-1118

[www.jobsolutions.net](http://www.jobsolutions.net)

---

- This service helps people find employment and go through the employment process
- There is no cost to you
- There is no need to call ahead; they accept walk-ins
- There is a monthly schedule of activities available online
- **Job location services:**
  - Referrals
  - Postings
  - Available computers to search for jobs and compile application materials
  - Job postings on website ([jobsolutions.net](http://jobsolutions.net))

## **Wood County Job and Family Services Job Solutions – Job Preparation Services**

1928 East Gypsy Lane Rd.  
Bowling Green, Ohio 43402  
419-352-7566  
1-888-282-1118

[www.jobsolutions.net](http://www.jobsolutions.net)

---

- This service helps people find employment and go through the employment process
- There is a monthly schedule of activities online
- Call first, you may need an appointment
- **Job Preparation skills offered:**
  - Resume writing
  - Filling out applications
  - Interview practice
  - Job searches
  - Job skills assessments
  - Assistance with securing necessary employment documentation
  - On the job training (if available)

## **Wood County Job and Family Services Job Solutions – Vocational Services**

1928 East Gypsy Lane Rd.  
Bowling Green, Ohio 43402  
419-352-7566  
1-888-282-1118

[www.jobsolutions.net](http://www.jobsolutions.net)

---

- This service helps people find employment and go through the employment process
- There is a monthly schedule of activities online
- **Vocational training services offered:**
  - The first is to complete orientation, which is held every Thursday at 1:30 p.m.
  - After you complete orientation, you need to call to make an appointment
  - This program sends individuals to earn different licenses:
    - Commercial driver license (CDL)
    - State training nursing assistant (STNA)
    - This agency will send you to a place to earn your GED
    - Computer numerical control (CNC) machinist
    - This agency may send an individual through training to a high demand occupation

## **Wood County Jobs and Family Services Job Solutions – Job Retention Services**

1928 East Gypsy Lane Rd.  
Bowling Green, Ohio 43402  
419-352-7566  
1-888-282-1118

[www.jobsolutions.net](http://www.jobsolutions.net)

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- There is a monthly schedule of activities online
- There is no cost to you
- This service is primarily available from 8 - 11:30 a.m.
- This agency will provide you services in order for you to keep your job
- You must have custody of a child
- If you do not, you can call and explain the problem you are facing

### **Job Retention Services:**

- Rent Assistance
  - You must be back on your rent by one month and you must wait 2 years before using the service again
- Utility Assistance
- Childcare
- Food Pantry
- Car Repairs
  - Once you use service, you must wait 2 years before using the service again

## **Penta Adult Education – Vocational Training**

9301 Buck Rd

Perrysburg, OH 43551

419-661-6555

[www.pentacareercenter.org](http://www.pentacareercenter.org)

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- There is a \$30 administrative fee
- The cost depends the type of program
- They do have options available to get Financial aid

### **Vocational training programs:**

- Auto body collision
- Automotive technologies
- Builder, contractor, & remodeler
- General office & clerical services
- Heating, ventilation, air conditioning, refrigeration
- Machine trades
- Welding & fabrication
- Apprenticeships
- Building & maintenance
- Computer technology
- Floral & craft workshop
- Forklift training
- Low pressure boiler systems
- Marine skills mechanic
- Plumbing licensure
- OSHA 10 hour
- Welding

## **Penta Adult Education – Adult Basic Skills**

9301 Buck Rd

Perrysburg, OH 43551

419-661-6555

[www.pentacareercenter.org](http://www.pentacareercenter.org)

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- Penta Adult Education provides student-centered learning opportunities for adults who desire to improve their learning and earning opportunities
- There is no cost to you
- There are 30+ locations
- You must call to register
- GED preparation
- **Adult Basic Skills Reinforcement:** Classes provide the opportunity to improve reading, writing, and math skills.
- ESOL (English for Speakers of Other Languages):
- Learn Survival English
- Improve reading, writing, and conversational skills
- Study for citizenship or Toefl test

## **The Cocoon Shelter**

P.O. Box 1165

Bowling Green, Ohio 43402

1-419-373-1730

24-Hour Crisis Hotline:

1-419-352-1545

1-800-472-9411

[www.cocoonshelter.org](http://www.cocoonshelter.org)

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- You Must identify as a Domestic Violence victim to receive services
- There is no cost to you
- This agency provides services to those 18 years or older

### **Advocacy Service**

- This service provides support, crisis intervention, linking safety and goal setting.
- To receive services immediately contact the 24/7 crisis line and be connected to services

### **Economic Empowerment Group**

- This service helps those individuals who identify as a domestic violence victim with the tools to become self-sufficient

## **Wood County Educational Service Center**

1867 North Research Drive

Bowling Green, OH 43402

419-354-9010

[www.wood.k12.oh.us](http://www.wood.k12.oh.us)

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- Programs are geared toward individuals under 18
- Services are based on a referral from the child's school
- Program offered: Youth Employment Program;  
Transitional Youth Program
- Primary focus of programs: Help at-risk kids find employment; help manage those involved in the program balance school and work; help the individual gain employment skills
- Services offered: Resume writing; Filling out applications; Interview practice; Job searches; Job skills assessments; Assistance with securing necessary employment documentation like social security card, etc.; Tuition covered for vocational skills training
- Job location services available: Fairs; Referrals; Placements; Available computers to search for jobs and compile application material

# Wood County Educational Service Center

1867 North Research Drive

Bowling Green, OH 43402

419-354-9010

[www.wood.k12.oh.us](http://www.wood.k12.oh.us)

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- Programs are geared toward individuals under 18
- Services are based on a referral from the child's school
- Programs offered: Alternative Learning Center; Alcohol/Tobacco/Drugs Prevention; Safe Schools/Healthy Students
- Services offered: High school completion; GED preparation; Certificate programs; tutoring
- Grade levels served: K-12

## CULTURE SHOCK

### Physical Barriers

#### IN PRISON:

Close quarters, brick walls, tiny windows, fencing, and razor-wire are constant reminders of a very small world in which to circulate. There is very little free roaming; prisoners are accounted for wherever they go.

#### IN SOCIETY:

We are free to decide where to go, and we have a large range of options. We can decide how much fresh air or sunlight we want to let in, we can paint our rooms in comforting colors and enjoy a visual and tactile variety of surfaces from wood floors to brick patios to soft, grassy lawns.

(Fairshake.net)

# **WSOS Community Action Commission**

Jordan Center

812 North College Drive

Bowling Green, OH 43402

419-353-7407

[www.wsos.org](http://www.wsos.org)

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## **The Fatherhood Connections Program**

- Help fathers develop healthy and lasting relationships with their children while assisting them to develop the tools needed to provide economic stability for their families

### **Job preparation skills**

- Resume writing; Filling out applications; Interview practice; Job searches; Job skills assessments; Assistance with securing necessary employment documentation like social security card
- Program lasts approximately 6 months

### **I-Star Computer Tech Program**

- Program lasts approximately 16 weeks
- You must call for an appointment
- There is no cost to you
- Job referrals are also made

### **Job retention services**

- Financial reward at 30, 60, 90 days for staying on the job
- Certificate programs are also available

## **The Ability Center – Adult Transitions and Job Preparation Skills**

5605 Monroe St.

Sylvania, OH 43560

419-885-5733

[www.abilitycenter.org](http://www.abilitycenter.org)

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- The Ability Center focuses on Community Connections and socialization opportunities for individuals living with disabilities.

### **Transitioning to Adult Life**

- Teaches independent living skills; Helping youth aged 16-22 transition from high school to adult life; Only available to those who have been determined ineligible for services through the Pathway and Bureau of Vocational Rehabilitation

### **Job preparation skills**

- Filling out applications; Interview practice; Job shadowing; Social skills training; Volunteer opportunities

**Reward yourself.** Your self-motivation will increase enormously if you give yourself a pat on the back for a job well done. It feels great to accomplish tasks!

(Fairshake.net)

## **The Ability Center – Educational Advocacy and Consulting Services**

5605 Monroe St.

Sylvania, OH 43560

419-885-5733

[www.abilitycenter.org](http://www.abilitycenter.org)

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- The Ability Center focuses on Community Connections and socialization opportunities for individuals living with disabilities.

### **Educational Advocacy and Consulting Services**

- Primary focus of program: Work with students in an IEP program, their families, and other service providers and school districts to ensure that students with disabilities get the education and services they need. We address both individual issues and systemic issues.
- This service is offered through the Ability Center and also on site meeting throughout the counties in the service area. Phone or Skype conferences are also available.

## **Wood County Committee on Aging**

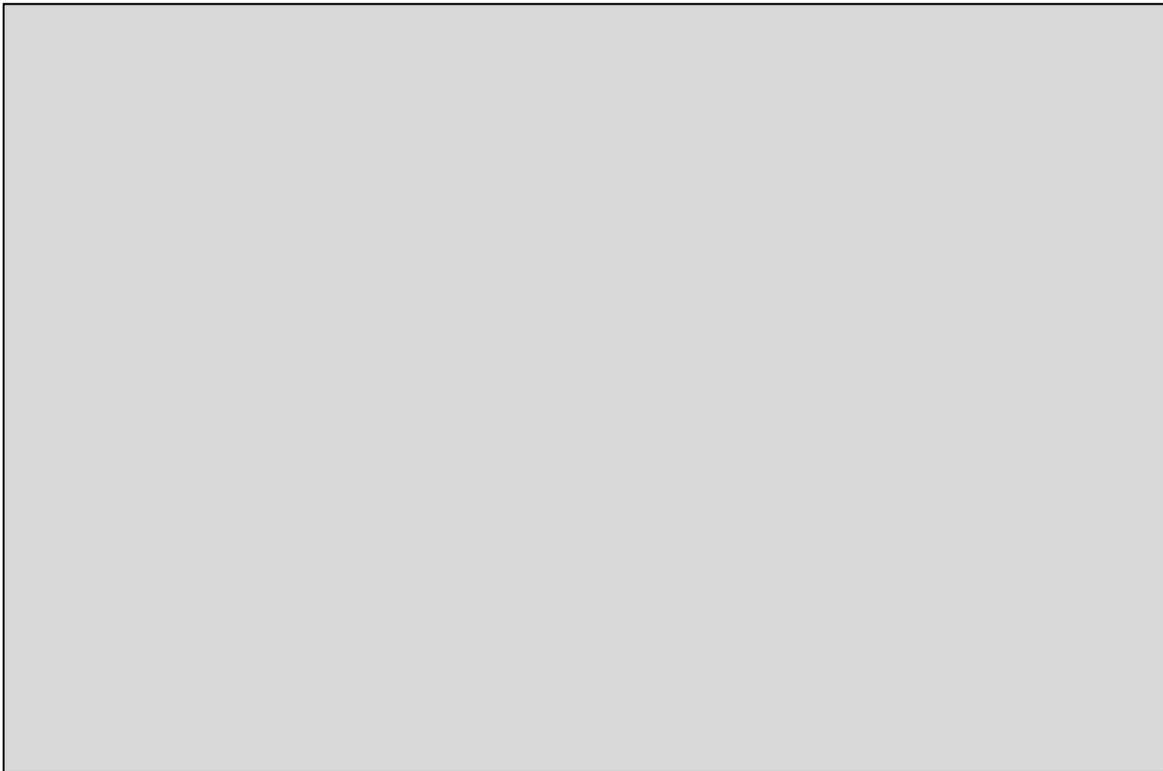
305 N. Main Street

Bowling Green, OH 43402

419-353-5661

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- For individuals who are aged 60 and over
- You must call for an appointment
- One on One Session
- There is a cost associated with services. Call and ask the agency for details: 419-353-5661
- If you do not know how to use a computer, this agency can help with Computer/Internet Orientation Skills



## **Wood County Board of Developmental Disabilities**

1921 E. Gypsy Lane Rd.  
Bowling Green, OH 43402  
419-352-5115  
[www.woodlane.us](http://www.woodlane.us)

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- An individual must have a diagnosis of a specific developmental disability
- Age restrictions do apply depending on program
- Spanish speaking staff
- Appointment recommended but walk-ins are accepted
- Vocational Development and Independent Support
- Wood Lane Early Intervention & Wood Lane School
- Wood Lane Habilitation

**Review your habits; are you visualizing accomplishing your goals?** You must change the habits and behaviors that led you to procrastinate in the first place. Lose demotivating habits and replace them with habits that lead to self-motivation and control over your life.

(Fairshake.net)

## **Behavioral Connections – Life Skills Services**

1010 North Prospect

Bowling Green, OH 43402

419-352-5387

[www.behavioralconnections.org](http://www.behavioralconnections.org)

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- Mental Health Education Services are offered
- Family involvement is encouraged
- Call to set up an appointment
- Other programs offered:
  - Food and nutrition
  - Budgeting
  - Time management
  - Relationship skills
  - Goal setting
  - Anger management
  - Stress management

**Try tackling the more undesirable tasks early** in the day so that by afternoon you can pursue more pleasant activities.

(Fairshake.net)

## **Big Brothers Big Sisters of Northwest Ohio**

1616 E. Wooster St., Suite 13

Bowling Green, Ohio 43402

419-354-2113

[www.bbbsnwo.org](http://www.bbbsnwo.org)

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- This agency is geared towards juveniles under the age of 18, or until they graduate from high school
- Provides services for children: one-on-one mentoring-after school programming

### **School Based Mentoring:**

- This service serves children ages 5 - 15 years old with a one-on-one mentoring relationship in a supervised setting to help children be more confident, caring, to discuss everyday issues, help with homework, and allow high school students to give back to the community
- Takes place in Rossford Schools: Eagle Point and Indian Hills and in Bradner: Bradner Methodist Church
- The child must be associated with Bradner Methodist Church or enrolled in the Rossford schools
- Children will be matched with volunteers who are deemed eligible

## **Big Brothers Big Sisters of Northwest Ohio**

1616 E. Wooster St., Suite 13

Bowling Green, Ohio 43402

419-354-2113

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---

- This agency is geared towards juveniles under the age of 18, or until they graduate from high school
- Provides services for children: one-on-one mentoring-after school programming

### **Traditional Mentoring:**

- This service provides children ages 5 - 15 years old with a mentoring relationship with a qualified adult volunteer
- The "matched" volunteer provides the child an opportunity to look up to and talk to someone outside their family, helps the child become more confident, competent, and a more caring individual
- The volunteer and child will go in the community and do activities together for a few hours every week or two weeks
- Year round program

### **Mentoring for a Day:**

- Matches volunteers and children from the waiting list in a one-time special activity
- An event is planned with an organization and kids will be matched up for this one-time event

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