

# A HELP FOR HARD TIMES GUIDE



## 2012-2013 GET CONNECTED. GET ANSWERS.

THE AREA'S MOST  
COMPREHENSIVE COMPILATION  
OF HEALTH AND HUMAN SERVICE  
RESOURCE INFORMATION  
SERVING LUCAS, WOOD, OTTAWA,  
ERIE, AND HANCOCK COUNTIES

# WELCOME

Dial 2-1-1 or 1-800-650-HELP (4357)  
Hearing Impaired Dial 7-1-1  
[unitedwaytoledo.org/211](http://unitedwaytoledo.org/211)  
[unitedway211@unitedwaytoledo.org](mailto:unitedway211@unitedwaytoledo.org)

United Way of Greater Toledo  
424 Jackson Street  
Toledo, Ohio 43604

United Way • AIRS   
**2-1-1**™  
*Get Connected. Get Answers.*



## **GET CONNECTED. GET ANSWERS.**

### **Call United Way 2-1-1**

United Way 2-1-1 in Lucas, Wood and Ottawa Counties is a direct service of the United Way of Greater Toledo. United Way of Greater Toledo has also contracted to provide United Way 2-1-1 services to Erie and Hancock Counties. United Way 2-1-1 provides *free* information 24-hours a day, linking people with programs best able to help them. If you are in need of human service information, or would like to find out how you can help other people in your community, please **DIAL 2-1-1 or 1-800-650-HELP (4357)**.

### **HOW TO USE The *Help for Hard Times* Reference Guide**

If you are laid off from a job; have a death in the family; are in an abusive relationship; discover the need for some important services, such as healthcare, food for your family, legal or tax assistance; or a wide array of other services, *Help for Hard Times* will help you find what you are looking for.

- Call the phone numbers listed under those services you need. Ask for information about the services and how you can receive them.
- When you call, we recommend that you have:
  1. information such as family size, ages of your children;
  2. what town you live in; ZIP Code
  3. your income sources and amount; and
  4. a pen and paper to write down information that you are given.
- Certain entries in *Help for Hard Times* will also direct you to helpful web sites. If you do not have a computer, your local library should be able to help you use one free of charge.
- If you find that you need help with something not listed, please call **United Way 2-1-1**, a free program of **United Way of Greater Toledo**, that will provide you with information 24 hours a day, every day. We have information on all types of programs and services, not just those for emergencies. You have our personal commitment to link people in our community with the services they need, one at a time.



**[www.unitedwaytoledo.org](http://www.unitedwaytoledo.org)**

We wish to emphasize that inclusion in this directory does not imply endorsement or accreditation of any program, nor does omission indicate disapproval. Service information is presented as it was received from each organization. Although every effort has been made to include the most current information available, changes occur continuously, even after press time. United Way 2-1-1 staff strives to keep the computerized files, from which this directory is created, as current as possible. For this reason, we encourage those listed to contact us immediately with any changes or corrections.

# **Coping with Hard Times**

## **Your Personal Worth**

Everyone experiences difficult situations at one time or another, but it's important to remember that you still have your self-worth, your sense of purpose, and your daily routine. No one can take that away from you.

## **Recognizing Stress**

Losing your job, struggling to pay your rent/mortgage, needing health care coverage...the list of situations that puts stress on you and your family can be endless. That's why it is important to recognize and learn to deal with stress.

Stress may cause panic, anger, guilt, fear, humiliation, and hopelessness. It's important to not only face these feelings, but to share them. Working through your feelings can move you to renewed self-confidence and determination.

**Recognizing stress is important. Below are some of the symptoms:**

- ◆ Overtired without energy?
- ◆ Extremely restless - "hyper"?
- ◆ Sleeping more or less than usual?
- ◆ Arguing with family over little things?
- ◆ Having difficulty waking up?
- ◆ Experiencing a dry mouth, tight chest, light-headedness, and anxiety?
- ◆ Having stomach or chest pains without physical cause?
- ◆ Thinking of suicide?

**If you are experiencing stress, you may find a measure of relief in these suggestions:**

- ◆ Keep physically active - this relieves tension.
- ◆ Give yourself some time away from the ones you love.
- ◆ Share what you are feeling with someone who will support you.
- ◆ Talk with people in similar situations - you could become a support group for one another.
- ◆ Take advantage of your time. Develop hobbies or other interests.

## **Your Family and Hard Times**

It's difficult to tell your family when you are going through a difficult situation. It's equally difficult to keep in mind that the situation is just as rough on your spouse and children. They may be feeling even more helpless than you.

The first step is to talk about your problem and to plan your next step together. Don't shut out the people you need most. Talk to them, express your feelings and tell them how they can help.

Remember, children know when something is wrong, even if you don't tell them. Regardless of their ages, it is good if you can explain your situation. A little understanding goes a long way.

## **Keeping Busy**

People feel lost without structure to their daily life. Fill voids such as a loss of a job or the death of a loved one by spending time with family, volunteering, exercising, or finishing projects around the house.

## **Finances – Plan Ahead**

If you are facing reduced income you need to practice expert money management. Resources are available in the community to help you, but the first thing to do is plan ahead.

1. Plan a realistic budget. If possible, plan your budget and stick to it. Set up a plan that allows for basic needs: food, shelter, clothing, and medical care.

2. Take a close look at credit obligations. Don't make purchases on credit if you can avoid it. This will save interest charges.

3. Protect yourself. Alert others about your economic situation.

a) Notify your bank, financial institution or mortgage holder that you are unemployed and cannot meet your payment. A personal visit is suggested. Request postponement until you are receiving funds again. If you have an FHA or Veteran's Insured Mortgage, ask for forbearance (an emergency relief program to avoid foreclosure).

b) Contact the landlord, if you rent, and inform him or her of the circumstances. Ask for a postponement until some income resumes. Discuss ways to work off your obligation, if possible.

c) Notify all utilities (phone, gas, electric, and water) of your situation as soon as possible, to show good faith. Reduce service consumption as much as you can.

d) Notify all creditors (car, furniture, credit accounts) as soon as you are unable to make payments. Request a moratorium (a legally authorized period of delay in the payment of a debt) or negotiate a greatly reduced payment until your income resumes. Keep full records of these transactions and phone communications:

- ◆ name of the firm
- ◆ name of the person with whom you met or talked to
- ◆ a brief account of what was agreed to
- ◆ telephone numbers
- ◆ date

4. Try to recycle almost everything. Re-do, make over, trade in, make it, or skip it. Check re-sale shops for clothes, appliances and other necessary purchases. You may be able to make your own repairs around the house, or barter with a friend or neighbor.

5. To reduce food cost, consider planning some nutritious, high protein, meatless meals. Use coupons, plan meals and watch for specials at grocery stores. Always shop after you have eaten, not when you are hungry. Set up a food budget and stick to it.

## **Bill Payment Priorities**

**If your income does not cover all of your bills, be sure to pay the following in this order:**

**1) Rent/Mortgage 2) Utilities 3) Food 4) Transportation**

## **Resources**

### **Insurance/Health Care Plans**

*Unemployment Insurance* is a program that compensates eligible workers for a portion of their wage loss when they lose their jobs. Its purpose is to aid unemployed persons while they are looking for work by providing weekly income for a certain period of time.

Erie County Job & Family Service -- 419-626-5437 or 1-888-624-6482  
Hancock County Job & Family Service – 419-422-0182  
Lucas County Job & Family Service -- 1-877-644-6562  
Ottawa County Job Store – 419-898-3688 x270 or 1-800-665-1677 x270  
Wood County Job & Family Service – 419-352-7566

### **Toledo/Lucas County CareNet Information and Application**

The goal of the Toledo/Lucas County CareNet Program is to coordinate low cost primary and hospital healthcare services for low-income residents of Lucas County who do not have health insurance and do not qualify for government healthcare programs.

United Way 2-1-1 can provide you with information on how to obtain an application for CareNet. Please dial 2-1-1 for more information.

### **Dental Options Program**

Dental Options is a program that helps link Ohio's uninsured working poor, low-income seniors and persons who are medically, mentally or physically challenged with volunteer dentists or dental clinics to provide donated or discounted care. Call Toledo Dental Society at 419-474-8611 for information.

### **Other Resources**

Free reading materials are also available to assist with answering questions about health insurance options. The Ohio Department of Insurance can be contacted at **1-800-686-1526**, or through their website at [www.ohioinsurance.gov](http://www.ohioinsurance.gov), for their *Shopper's Guide to Health Insurance* and the *Shopper's Guide to Managed Care*.

### **Food / Food Stamps**

Families are certified eligible for food stamps based on their income. Emergency food stamps are available to those with no income, or no expected income, for 30 days. Contact your local County Job & Family Service office. (see insurance listing above)

### **Utilities**

Utility Assistance Programs: If you are faced with a sudden reduction in your income, or if your utility bills are increasing faster than your income, contact your utility company. You may enroll in a budget plan that will spread your utility costs evenly throughout the year.

You may also ask about the **P**ercent of **I**ncome **P**ayment **P**lan (**PIPP**), a payment arrangement that helps people whose income is at or below 150% of the poverty level. Under this plan, regulated utility companies accept payments based on a percent of the household income for low-income customers.

In addition to these adjusted payment plans, a number of different utility assistance programs operate during different times of the year.

To find out which programs are currently operating, call United Way 2-1-1.

## **HELP FOR HARD TIMES REFERENCE GUIDE**

<b>Abuse Reporting</b>	<b>Phone</b>	<b>Area Served</b>
Erie County Job & Family Services – Adult & Children	419-626-5437	Erie County
Hancock County Job & Family Services -- Children	419-424-7022	Hancock County
Lucas County Children Services	419-213-2273	Lucas County
Lucas County Job & Family Services – Adult/Elder	419-213-8999	Lucas County
Ottawa County Job & Family Services – Adult & Children	419-898-3688 1-800-665-1677	Ottawa County
Wood County Job & Family Services – Adult & Children	419-352-7566	Wood County
<b>Birth Certificate</b>	<b>Phone</b>	<b>Area Served</b>
Erie County General Health District	419-626-5623	Erie County
Findlay City Health Department	419-424-7105	Hancock County
Hancock County Health Department	419-424-7869	Hancock County
Ottawa County Health Department	419-734-6800 1-800-788-8803	Ottawa County
Toledo-Lucas County Health Department	419-213-4100	Lucas County
Wood County Combined General Health District	419-352-8402 1-866-861-9338	Wood County
<b>Children Services</b>	<b>Phone</b>	<b>Area Served</b>
Erie County Family & Children First	419-624-6355	Erie County
Erie County Job & Family Services	419-626-5437 1-888-624-6482	Erie County
Hancock County Center for Safe and Healthy Children	419-425-1475	Hancock County
Hancock County Family First Council	419-423-8687	Hancock County
Hancock County Job & Family Services	419-424-7022	Hancock County
Lucas County Children Services	419-213-3200	Lucas County
Lucas County Family Council	419-725-7194	Lucas County
Lucas County Job & Family Services	419-213-8999	Lucas County
Ottawa County Family & Children First Council	419-898-3688	Ottawa County
Ottawa County Job & Family Services	419-898-3688 1-800-665-1677	Ottawa County
Wood County Job & Family Services	419-352-7566	Wood County
<b>Clothing</b>	<b>Phone</b>	<b>Area Served</b>
Angel's Arms	419-250-3495	Lucas County
Care and Share of Erie County	419-624-1411	Erie County
Cherry Street Mission – LifeBridge	419-246-9552	NW Ohio
Chopin Hall	419-422-6401	Hancock County
Deacon's Shop First Presbyterian Church	419-352-5176	Wood County
Helping Hands of St. Louis	419-691-0613	Lucas County
Pilgrim Church	419-478-6012	Lucas County
Salvation Army North Baltimore	419-257-2334	Southern Wood County
Salvation Army Port Clinton (winter coats)	419-732-2769	Ottawa County
Southside Life Station	419-242-3340	Lucas County
Trinity Faith Outreach	419-246-9747	Lucas County
<b>Day Care – Adult</b>	<b>Phone</b>	<b>Area Served</b>
Alpha and Omega Daycare Center LLC	419-874-8053	Lucas, Wood County

Alternative Care Center	419-624-6993	Erie County
Anne Grady Services	419-866-6500	NW Ohio
Area Office on Aging of NW Ohio (Respite)	419-382-0624 1-800-472-7277	NW Ohio
Blanchard Valley Health System	419-425-3165	Hancock County
Community Residential Services	419-255-5200	Lucas County
Epilepsy Center of Northwest Ohio	419-867-5950	NW Ohio
For His Glory Ohio – Seniors Helping Seniors	440-366-4915	Erie, Ottawa County
Harbor (Developmental Disabilities)	419-475-4449	Lucas County
Ottawa County Senior Resources	419-898-6459	Ottawa County
Senior Independence Home Health and Hospice	419-865-1499	NW Ohio
WeCAN, LLC (MR/DD)	419-424-8990	Hancock County
<b>Day Care - Child</b>	<b>Phone</b>	<b>Area Served</b>
Catholic Club	419-243-7255	Lucas County
Findlay Family YMCA	419-422-3174	Hancock County
Ottawa County Job & Family Services	419-898-3688 1-800-665-1677	Ottawa County
Mom's House (student parents)	419-241-5554	Lucas County
Sylvania Community Services Center	419-885-3913	Sylvania
Toledo Day Nursery	419-243-2627	Lucas, Ottawa, Wood County
WSOS	419-353-7407 1-800-775-9767	Wood, Sandusky, Ottawa, Seneca
YMCA	419-474-3995	Lucas, Ottawa, Wood County
YWCA Childcare Connections	1-800-632-3052	Lucas, Ottawa, Wood County
<b>Delivered Meals</b>	<b>Phone</b>	<b>Area Served</b>
Good Samaritan Society – Arlington	419-365-5115	Arlington
Hancock County Agency on Aging (seniors)	419-423-8496	Hancock County
MLK Kitchen for the Poor	419-241-2596	Lucas County
Mobile Meals of Toledo	419-255-7806	Lucas County
Ottawa County Senior Resources (seniors)	419-898-6459	Ottawa County
Serving Our Seniors (seniors)	419-624-1856	Erie County
Wheeled Meals	419-354-8965	Bowling Green
Wood Co. Committee on Aging (seniors)	419-353-5661 1-800-367-4935	Wood County
<b>Dental Services</b>	<b>Phone</b>	<b>Area Served</b>
Corner Dental	419-536-7265	Lucas County
Dental Center of NW Ohio	419-241-6215 419-241-1644	NW Ohio
Neighborhood Health Association	419-720-7883	Lucas County
Owens Community College Dental Hygiene Clinic	567-661-7294	NW Ohio, SE Michigan
Toledo Dental Society (Referral Service)	419-474-8611	Lucas, Wood, Ottawa
Toledo-Lucas County Health Department (Pediatric)	419-213-4100	Lucas County
<b>Disability Assistance</b>	<b>Phone</b>	<b>Area Served</b>
Ability Center	419-885-5733	Lucas, Ottawa, Wood County
Advocating for Rights of Citizens with Disabilities	419-625-9677	Erie County
Alzheimer's Association	419-537-1999 1-800-272-3900	NW Ohio

Arc of Lucas County	419-882-0941	Lucas County
Arc of Ottawa County	567-707-2074	Ottawa County
Arthritis Foundation	1-800-245-2275	NW Ohio
Autism Society of NW Ohio	419-578-2766	NW Ohio
Bureau for Children with Medical Handicaps	614-466-1700 1-800-755-4769	Ohio
Children's Resource Center	1-888-466-5437	Wood County
Easter Seals NW Ohio	419-621-7997	NW Ohio
Epilepsy Center of NW Ohio	1-800-589-5958	NW Ohio
Erie County Board of DD	419-626-0208 1-888-399-6065	Erie County
Hancock County Board of DD	419-422-6387	Hancock County
Hancock County Society for the Handicapped	419-423-3175	Hancock County
Hemophilia Foundation	419-291-5882	NW Ohio
Heritage Health Care Service, Inc.	1-800-645-2721	Erie, Huron, Lucas, Ottawa, Sandusky, Wood County
Josina Lott Residential & Community Services	419-866-9013	Lucas County
Kidney Foundation	419-329-2784	NW Ohio
Lucas County Board of DD	419-729-3212 419-380-4000	Lucas County Centralized Intake
Multiple Sclerosis Foundation	1-800-344-4867	NW Ohio
Ottawa County Board of DD	419-734-6650 1-866-755-4440	Ottawa County
Social Security Administration - Erie	419-772-1213 1-866-588-7397	Erie County
Social Security Administration – Hancock	1-800-772-1213 1-877-628-6548	Hancock County
Social Security Administration – Lucas & Ottawa	1-800-772-1213 1-866-331-2196	Lucas & Ottawa County
Social Security Administration - Wood	1-800-772-1213	Wood County
Starkey Hearing Foundation	1-800-328-8602	Ohio
Sunshine Inc. of NW Ohio	419-865-0251	NW Ohio
Toledo Hearing and Speech Center	419-241-6219	NW Ohio
Veterans Administration Outpatient Clinic	419-259-2000	NW Ohio
Vista Hearing & Audiology	1-888-624-0266	NW Ohio
Wood County Board of DD	419-352-5115 1-800-356-3218	Wood County
Wood County Health Department	419-352-8402	Wood County
<b>Disaster Services / Fire / Flooding</b>	<b>Phone</b>	<b>Area Served</b>
American Red Cross	419-626-1641 419-422-9322 419-329-6060 419-734-1100 419-352-4575 1-888-590-0098	Erie County Hancock County Lucas County Ottawa County Wood County TOLL FREE
Emergency Management Agency (EMA)	419-627-7617 419-424-7092 419-213-6503 419-734-6900 419-354-9269 1-866-644-6362	Erie County Hancock County Lucas County Ottawa County Wood County Ohio
FEMA – Disaster Application & Information Services	1-800-621-3362	National



The Salvation Army	419-626-3862 419-422-8238 419-241-3549 419-732-2769 419-352-5918	Erie County Hancock County Lucas County Ottawa County Wood County
<b>Domestic Violence Prevention &amp; Education</b>	<b>Phone</b>	<b>Area Served</b>
Behavioral Connections of Wood County	1-800-472-9411 Crisis Hotline	Wood County
Cocoon Domestic Violence Shelter	1-800-472-9411	Wood County
Council on Domestic Violence dba Open Arms Shelter	419-422-4766	Hancock County
Erie County Victim Assistance Program	419-627-7699	Erie County
Family & Child Abuse Prevention Center	419-244-3053 419-734-3266	Lucas County Ottawa County
Family Service of NW Ohio	419-321-6455	NW Ohio
First Step	1-800-466-6228 Hotline	Hancock, Wood, Seneca, Sandusky, Wyandot Counties
Legal Aid of Western Ohio	419-724-0460 1-888-534-1432	NW Ohio Toll Free
Lucas County Domestic Relations Court	419-213-2700	Lucas County
Ohio Domestic Violence Network	1-800-934-9840	Ohio
Providence Center for Social & Economic Empowerment	419-244-0666	Lucas County
Safe Harbour Domestic Violence Shelter	419-626-2200 1-800-953-2207	Erie, Huron, Ottawa Counties
Toledo-Lucas County Victim Witness Program	419-213-4591	Lucas County
YWCA Battered Women's Shelter	1-888-341-7386 Hotline	Lucas, Ottawa, Wood, Fulton County, OH Monroe, MI
<b>Education</b>	<b>Phone</b>	<b>Area Served</b>
Bowling Green City School District	419-352-3576	Wood County
Findlay City Schools	419-425-8364	Hancock County
Port Clinton City Schools	419-723-2102	Ottawa County
Sandusky City School District	419-626-6940	Erie County
Toledo Public Schools	419-671-8200	Lucas County
<b>Education – Post Secondary</b>	<b>Phone</b>	<b>Area Served</b>
Bowling Green State University	419-372-2531	Ohio
Lourdes College	419-885-3211 1-800-878-3210	NW Ohio
Owens State Community College	419-661-7357 567-429-3500	NW Ohio Findlay Campus
University of Toledo	419-530-4636	Ohio
<b>Education – Adult Education</b>	<b>Phone</b>	<b>Area Served</b>
Ehove Adult Career Center	419-627-9665 x280	Erie County
Job Store	419-898-3688 x270 1-800-665-1677 x270	Ottawa County
Sandusky Career Center	419-621-2893	Erie County
The Source	419-213-5627	NW Ohio
<b>Education – Tutoring/Homework Help</b>	<b>Phone</b>	<b>Area Served</b>
Adelante, Inc.	419-244-8440	Lucas County
Boys and Girls Clubs of Erie County	419-624-9250	Erie County

Boys and Girls Clubs of Toledo	419-241-4258	Lucas County
Canaan Outreach Center	419-244-5700	Lucas County
Friendly Center	419-243-1289	NW Ohio
Findlay City Schools	419-425-8203	Findlay, OH
Grace Community Center	419-248-2468	Lucas County
Hoytville Youth Community Outreach	419-278-0116	Hancock, Wood County
Learning Club of Toledo	419-360-2842	Lucas County
Linques' Neighborhood Center	419-244-3142	Lucas County
Padua Center	419-241-6465	Lucas County
The Lighthouse Community Center	419-471-1912	Lucas County
The Source	419-213-5627	Lucas County
Toledo Branch of the NAACP	419-248-4623	Lucas County
Wood County Educational Service Center	419-354-9010	Wood County
YMCA Wayman D. Palmer Community	419-241-7218	Lucas County
<b>Emergency Shelters</b>	<b>Phone</b>	<b>Area Served</b>
Beach House (families)	Dial 2-1-1	Lucas County
Cherry St. Mission (men)	419-242-5141	Lucas County
Cherry St. Mission - Sparrows Nest (women)	419-321-1835	Lucas County
City Mission	419-423-9151	Hancock County
Cocoon Shelter (domestic violence shelter) Hotline	419-373-1730 1-800-799-7233	Wood County
Council on Domestic Violence (Open Arms domestic violence shelter)	419-422-4766	Hancock County
Family House (families)	Dial 2-1-1	Lucas County
Findlay Hope House	419-722-8601	Hancock County
First Step: Healthy Family Resource Center	419-435-7300 1-800-466-6228	Hancock, Wood, Seneca, Sandusky, Wyandot Counties
La Posada	Dial 2-1-1	Lucas County
Liberty Center of Sandusky County	419-332-8777	Erie, Sandusky, Ottawa County
PathStone Corp.	419-875-6654 1-800-825-6080	Henry, Lucas, Ottawa, Wood County
Safe Harbour Domestic Violence Shelter	419-626-2200 1-800-953-2207	Erie, Huron, Ottawa County
St. Paul's Community Ctr. (men/women)	Dial 2-1-1	Lucas County
Salvation Army	419-732-2769 419-352-5918	Ottawa County Wood County
Toledo Gospel Rescue Mission (men)	419-242-6642	Lucas County
Toledo Gospel Rescue Mission – Rebekah's Haven (women)	419-243-0403 419-244-5979	Lucas County
Volunteers of America Crossroads - Sandusky	419-626-6505	Erie County
YWCA Battered Women's Shelter (women/children)	419-241-3235 1-888-341-7386	Lucas, Ottawa, Wood County
<b>Employment Information</b>	<b>Phone</b>	<b>Area Served</b>
EOPA (ex-offenders)	419-242-7304	Lucas County
Experience Works (ages 55+)	1-877-496-6439	NW Ohio
Double S Industries of Erie County, Inc. (DD Clients)	419-626-1048 1-888-399-6065 x7790	Erie County
Giving Tree (DD clients)	419-734-2942 1-866-734-2942	Ottawa, Erie, Sandusky County
Goodwill Industries of Erie, Huron, Ottawa & Sandusky County	419-625-4744	Erie, Huron, Ottawa, Sandusky County
Goodwill Industries of Northwest Ohio	419-255-0070	NW Ohio

	1-888-246-6394	
Hancock County Job & Family Services	419-425-6375	Hancock County
Job 1 USA	419-661-0602 1-888-432-1776	NW Ohio
Job Store	419-898-3688 x270	Ottawa County
Lucas County Job & Family Services	419-213-8999	Lucas County
Ottawa County Job & Family Services	419-898-3688 1-800-665-1677	Ottawa County
The Source	419-213-5627	Lucas County
Wood County Board of Developmental Disabilities	419-352-5115 1-800-356-3218	Wood County
Wood County Job & Family Services	419-352-7566	Wood County
Your Job Store	419-624-6451	Erie County
<b>Financial Management Counseling</b>	<b>Phone</b>	<b>Area Served</b>
Adelante, Inc.	419-244-8440	Lucas County
Apprises Financial Advocates	419-531-2227 1-800-355-2227	NW Ohio
Bank On Toledo	Dial 2-1-1	Lucas, Wood County
Center for Non-Profit Resources	419-241-9513	Hancock, Lucas, Ottawa, Wood County
Crossroads Family Resource Center	419-475-3258	Lucas, Ottawa, Wood County
DebtTech Financial Solutions	419-318-9798	Erie, Hancock, Lucas, Ottawa, Wood County
East Toledo Family Center	419-691-1429	Lucas, Ottawa, Wood County
Lutheran Social Services	419-243-9178	Lucas, Ottawa, Wood County
Ohio State University Extension	419-627-7631 419-898-3631 419-354-9050	Erie County Ottawa County Wood County
WSOS Community Action Commission	419-353-7407	Wood County
<b>Food Assistance</b>	<b>Phone</b>	<b>Area Served</b>
United Way 2-1-1 (for referrals – most pantries have a limited service area – call for your local pantry information)	Dial 2-1-1	Lucas, Wood, Ottawa, Erie and Hancock Counties
Bowling Green Christian Food Pantry	419-353-5174	Bowling Green, OH
Care and Share of Erie County	419-624-1411	Erie County
Chopin Hall	419-422-6401	Hancock County
Christian Community Church	419-536-8357	Lucas County
Erie-Huron Community Action Commission	419-626-6540	Erie, Huron County
First United Methodist Church – Food Distribution	419-353-0682	Wood County
Friendship New Vision	419-534-5437	Lucas County
Lutheran Social Services	419-422-7917	Hancock County
Job & Family Services (Food Stamps)	419-626-5437 419-213-8999 419-424-7022 419-898-3688 419-352-7566	Erie County Lucas County Hancock County Ottawa County Wood County
Salvation Army	419-626-3862 419-422-8238 419-241-3549 419-732-2769 419-352-5918	Erie County Hancock County Lucas County Ottawa County Wood County

Trinity Faith Outreach Center	419-246-9747	Lucas County
United Way Ottawa County (food referrals)	419-734-6645 1-866-394-8848	Ottawa County
Western Avenue Family Center	419-344-5844	Lucas County
WIC – Erie County Health Department HHWP CAC WIC Office Lucas County Regional Health District Ottawa County Health Department Wood County Health Department	419-626-5623 419-242-0720 419-213-4422 419-734-6800 419-352-8402	Erie County Hancock County Lucas County Ottawa County Wood County
<b>Health Care – Clinics</b>	<b>Phone</b>	<b>Area Served</b>
Blanchard Valley Health System	419-423-4500	Hancock County
Center Street Community Clinic	740-751-6380	Erie County
Community and Rural Health Services	419-334-3869	NW Ohio / Erie County
Erie County General Health District	419-626-5623	Erie County
Family Health Services of Erie County	419-557-7189	Erie County
Findlay City Health Department	419-424-7105	Hancock County
Hancock County Health Department	419-424-7869	Hancock County
Neighborhood Health Association (NHA)	419-720-7883	Lucas County
Ottawa County Health Department	419-734-6800 1-800-788-8803	Ottawa County
Toledo-Lucas County Health Department	419-213-4100	Lucas County
Western Lucas County Clinic	419-213-6255	Lucas County
Wood County Combined General Health District	419-354-9049 1-866-861-9338	Wood County
<b>Health Care – Hospitals</b>	<b>Phone</b>	<b>Area Served</b>
Bay Park Community Hospital	419-690-7900	NW Ohio
Blanchard Valley Health System	419-423-4500	Hancock County
Firelands Regional Medical Center	419-557-7400	Erie County
Flower Hospital	419-824-1101	NW Ohio
Magruder Hospital	419-734-3131	Ottawa County
Northwest Ohio Psychiatric Hospital	419-381-1881	NW Ohio
ProMedica St. Luke’s Hospital	419-893-5911	NW Ohio
ProMedica Toledo Hospital	419-291-4000	NW Ohio
St. Anne Mercy Hospital	419-407-2663	Lucas County
St. Charles Mercy Hospital	419-696-7200	NW Ohio
St. Vincent Mercy Medical Center	419-251-3232	NW Ohio
University of Toledo	419-530-4636	Lucas County
Wood County Hospital Association	419-354-8900	Wood County
<b>Health Care –Medicaid</b>	<b>Phone</b>	<b>Area Served</b>
Medicaid – Department of Job & Family Services	419-626-5437 1-888-624-6482 419-422-0182 419-213-8999 419-898-3688 1-800-665-1677 419-352-7566	Erie County Erie County Hancock County Lucas County Ottawa County Ottawa County Wood County
<b>Health Care –Nursing and Hospice Care</b>	<b>Phone</b>	<b>Area Served</b>
Bridge Home Health and Hospice	419-423-5351 1-888-463-3376	Hancock County
Commons of Providence	419-624-1171	Erie County
Darlington Nursing and Rehabilitation Center	419-531-4465	NW Ohio
Erie County Care Facility	419-627-8733	Erie County

Heartland Home Health Care and Hospice	1-800-837-1200 419-531-0440	Lucas County
Hospice of Northwest Ohio	419-661-4001 1-866-661-4001	NW Ohio
Lake Park Hospital and Nursing Care Center	419-824-1000	Hancock, Lucas, Wood County
Lutheran Homes Society	419-861-4990	NW Ohio
Northern Ohio Care Givers, LLC (Comfort Keepers)	567-424-6773	Erie, Ottawa County
Odessey Hospice	419-887-6700	NW Ohio
ProMedica Home Health	1-800-234-9355	NW Ohio
ProMedica Hospice	419-291-0141	Lucas County
Senior Independence Home Health and Hospice	419-865-1499	Lucas, Ottawa, Wood County
Stein Hospice Service	419-625-5269 1-800-625-5269	Erie, Ottawa County
Visiting Nurse Service – Toledo District Nurse Association	1-800-686-5900	Lucas, Wood County
Wood Haven Health Care	419-353-8411	NW Ohio
<b>Health Care – Prescription Assistance</b>	<b>Phone</b>	<b>Area Served</b>
Associated Charities of Findlay Ohio	419-423-2021	Hancock County
Chapel on the Lake	419-732-2028	Marblehead, OH
Hancock Christian Clearing House	419-422-2222	Hancock County
HHWP Community Action Commission	419-423-3755	Hancock County
Perrysburg Christians United	419-407-7857	Wood County
Sandusky Prescription Ministry Fund	419-626-3371	Erie County
Salvation Army	419-422-8238 419-241-3549 419-732-2769 419-352-5918	Hancock County Lucas County Ottawa County Wood County
<b>Health Care – Specialized Health Care</b>	<b>Phone</b>	<b>Area Served</b>
AIDS Resource Center	419-241-9444	NW Ohio
American Heart Association	419-740-6180	NW Ohio
Cancer Patient Services	419-423-0286	Hancock County
Cancer Services of Erie County	419-626-4548 1-800-401-9054	Erie, Huron County
Planned Parenthood	419-255-1115 1-800-230-7526	NW Ohio
<b>Housing Information</b>	<b>Phone</b>	<b>Area Served</b>
Ability Center	1-866-885-5733 419-734-0330	Lucas County Ottawa County
Aurora Project, Inc. (Transitional Housing for women & children)	419-244-3290	Lucas County
Bay Meadows Apartments - rent	419-734-5002	Ottawa County
Bowling Green Housing Agency	419-592-1735	Wood County
Erie Metropolitan Housing Authority	419-625-0262	Erie County
Firelands Habitat for Humanity	419-433-2609 1-877-374-3487	Erie, Huron County
Habitat for Humanity of Ottawa County	419-734-7074	Ottawa County
Hancock Metropolitan Housing Authority	419-424-7848	Hancock County
Lucas Metropolitan Housing Authority	419-259-9448	Lucas County
Lutheran Homes Society	419-861-4990	NW Ohio
Maumee Valley Habitat for Humanity	419-382-1964	Lucas, Fulton County
Neighborhood Housing Services	419-691-2900	Lucas County

Neighborhood Properties Inc. (NPI) (mentally ill)	419-473-2604	Lucas County
Ottawa County Transitional Housing	419-734-9718	Ottawa County
Ottawa Residential Services, Inc.	419-734-7622	Ottawa County
Sandusky Metropolitan Housing Authority	419-334-4426	Ottawa, Sandusky County
United States Department of Housing and Urban Development (HUD)	1-800-955-2232	Ohio
WSOS	1-800-775-9767	Wood, Sandusky, Ottawa, Seneca County
<b>Income / Welfare</b>	<b>Phone</b>	<b>Area Served</b>
Erie County Job & Family Service	419-626-5437 1-888-624-6482	Erie County
Hancock County Job & Family Service	419-422-0182	Hancock County
Lucas County Job & Family Service	419-213-8999	Lucas County
Ottawa County Job & Family Service	419-898-3688 1-800-665-1677	Ottawa County
Social Security Administration	419-625-6052 419-259-6250 1-800-772-1213	Erie County Lucas County NW Ohio
Wood County Job & Family Service	419-352-7566	Wood County
<b>Insurance / Health Care / Medicaid</b>	<b>Phone</b>	<b>Area Served</b>
Erie County Job & Family Service	419-626-5437 1-888-624-6482	Erie County
Lucas County Job & Family Service	419-213-8999	Lucas County
Ohio Dept. of Insurance - Medicaid Information	1-877-730-1117	Ohio
Ohio Department of Job and Family Service -- unemployed	614-466-6282	Ohio
Toledo-Lucas County CareNet	419-842-0800	Lucas County
Wood County Job & Family Service	419-352-7566	Wood County
<b>Legal Services</b>	<b>Phone</b>	<b>Area Served</b>
Legal Aid	1-888-534-1432	Erie, Hancock County
Legal Aid of Western Ohio	419-724-0460 1-888-534-1432	NW Ohio
Toledo Bar Association Lawyer Referral Service	419-242-2000	NW Ohio
University of Toledo – College of Law Legal Clinic	419-530-4236	Lucas County
<b>Meals (Hot Community Meals)</b>	<b>Phone</b>	<b>Area Served</b>
Catholic Community Supper	419-627-0740	Erie County
Cherry Street Mission	419-242-5141	Lucas, Wood County
Emmanuel UCC -- Breakfast	419-626-1115	Erie County
First United Methodist Church – Friday	419-353-0682	Wood County
Friendly Center, Inc.	419-243-1289	NW Ohio
Helping Hands of St. Louis	419-691-0613	Toledo
Martin Luther King Kitchen for the Poor	419-241-2596	NW Ohio
Our Lady of Lourdes -- Wednesday	419-865-2345	Toledo
Port Clinton Church of the Nazarene - Wednesday	419-732-3035	Ottawa County
Salem Lutheran (North) -- Tuesday	419-243-2345	Lucas County
Salvation Army – last week of month	419-422-8238	Hancock County
Salvation Army North Baltimore – last week of month	419-257-2334	Wood County
St. Paul's Community Center	419-255-5520	Lucas County
Toledo Gospel Rescue Mission	419-242-6642	Lucas County
Victory Kitchen	419-627-8732	Erie County
Vision Ministries Assembly of God	419-242-0140	Lucas County

Volunteers of America Erie County	419-626-6505	Erie County
Western Avenue Family Center	419-344-5844	Lucas County
Wood County Committee on Aging – seniors call to make reservation	419-353-5661	Wood County
<b>Mental Health Care / Counseling</b>	<b>Phone</b>	<b>Area Served</b>
Allies in Mental Health	419-354-2464	Wood County
Associated Bay Area Counselors	419-625-1686 1-800-291-8111	Erie, Huron, Ottawa, Sandusky County
Bayshore Counseling Services	419-626-9156 419-734-5535 1-800-686-0088	Erie County Ottawa County
Behavioral Connections of Wood County, Inc.	419-352-5387 1-800-472-9411	Wood County Crisis Line
Century Health	419-425-5050 1-888-936-7116	Hancock County Crisis Line
Children’s Resource Center	419-352-7588 1-888-466-5437	Wood County
City of Compassion Community Development Corporation dba A Renewed Mind	419-720-9247	Lucas County
Family Resource Center of NW Ohio	419-422-8616 1-800-567-4673	Hancock County
Family Service of NW Ohio	419-222-1168	NW Ohio
Giving Tree	1-866-734-2942	Erie, Ottawa, Sandusky County
Harbor	1-800-475-4449	Lucas, Wood County
Kobacker Center (Youth)	1-800-556-4444	NW Ohio
Lutheran Social Services	419-243-9178	Lucas, Wood County
NAMI - National Alliance on Mental Illness	419-243-1119	Lucas County
NAMI of Erie-Ottawa County	1-877-732-6264	Erie, Ottawa County
NAMI of Hancock County	419-957-9423	Hancock County
NAMI of Wood County	419-352-0626	Wood County
Person to Person Resources	419-874-3201	NW Ohio
Rescue, Inc. / Central Access	419-255-3125	Lucas County
Seasons of Life Counseling	419-621-8773	Erie, Huron, Ottawa County
Thomas M. Wernert Center for Mental Health Recovery and Support	419-242-3000	Lucas County
Unison Behavioral Health Group	419-242-9577	Lucas County
Zepf Mental Health	419-841-7701	Lucas County
<b>Optical Services</b>	<b>Phone</b>	<b>Area Served</b>
East Toledo Family Center -- referral	419-691-1429	Lucas County
Friendly Center -- referral	419-243-1289	Lucas County
Grace Community Center -- referral	419-248-2468	Lucas County
Prevent Blindness Ohio	419-327-2020	NW Ohio
Sandusky Lions Club Fund for the Blind of Erie County	419-239-3926	Erie County
Senior Centers, Inc.	419-242-9511	Lucas County
Sight Center	419-720-3937 1-800-624-8378	NW Ohio
Toledo Blind Outreach Center	419-476-6399	NW Ohio
Wood County Combined General Health District	419-352-8402	Wood County
<b>Pregnancy Counseling / Information</b>	<b>Phone</b>	<b>Area Served</b>
Abigail Ministries	419-668-9500	Erie, Huron, Seneca County

Bowling Green Pregnancy Center	419-354-4673	Wood County
Catholic Charities Diocese of Toledo	419-244-6711	NW Ohio
Family Resource Center of NW Ohio Crisis Line --	419-222-1168 1-800-567-4673	Hancock County
Grads-Port Clinton High School -- Teens	419-734-2147	Ottawa County
Heartbeat of Ottawa County	419-734-9359	Ottawa County
Heartbeat of Toledo	419-241-9131	Lucas, Wood County
Neighborhood Health Association of Toledo	419-720-7883	Lucas County
Planned Parenthood of NW Ohio	419-255-1115 1-800-230-7526	NW Ohio
Pregnancy Center of Greater Toledo	419-578-7350	Lucas County
Women's Pavilion	419-255-7769	Lucas County
Women's Resource Center	419-424-9948	Hancock County
Wood County Combined General Health District	419-352-8402	Wood County
<b>Senior Centers and Services</b>	<b>Phone</b>	<b>Area Served</b>
Area Office on Aging of Northwest Ohio	419-382-0624	NW Ohio
Chester J. Zablocki Senior Center	419-936-3090	Lucas County 43608
Eleanor M. Kahle Senior Center	419-476-2745	Lucas County
Erie County Senior Center	419-626-2560 1-800-701-3221	Erie County
Friendship New Vision	419-534-5437	Lucas County
Hancock County Agency on Aging	419-423-8496	Hancock County
J. Frank Troy Senior Center	419-255-6206	Lucas County
James 'Wes' Hancock Oregon Senior Center	419-698-7078	Lucas County
Margaret L. Hunt Senior Center	419-385-2595	Lucas County
Maumee Seniors	419-893-1994	Lucas County
Mayores Senior Center	419-242-1144	Lucas County
Oak Harbor Harbor Lights	419-898-2800	Ottawa County
Ottawa County Senior Resources	419-898-6459 1-877-898-6459	Ottawa County
Rosa Morgan Senior Center	419-242-6081	Lucas County
Senior Centers, Inc.	419-242-9511	Lucas County
Serving Our Seniors	419-624-1856	Erie County
Sylvania Community Service Center	419-885-4126	Sylvania
Wood County Committee on Aging	419-353-5661 1-800-367-4935	Wood County
<b>Substance Abuse Services</b>	<b>Phone</b>	<b>Area Served</b>
Addiction Services KWIK	419-474-9960	NW Ohio
Allies in Mental Health	419-354-2464	Wood County
Anhedonia	419-672-9659	Hancock, Wood County
Arrowhead Behavioral Health	419-891-9333 1-800-547-5695	Lucas, Wood County
Bayshore Counseling Services	1-800-686-0088	Erie, Ottawa County
Behavioral Connections	419-352-5387 1-800-472-9411	Wood County
Center for Mental Health and Well-Being	419-424-2011	Hancock County
Century Health	419-425-5050 1-888-936-7116	Hancock County Crisis Line
City of Compassion Community Development Corporation dba A Renewed Mind	419-720-9247	Lucas County
COMPASS	419-241-8827 1-877-310-4539	NW Ohio
Fostoria Committee on Alcoholism	419-435-9465	Hancock County



Giving Tree	419-734-2942 1-866-734-2942	Ottawa County
Glenbeigh	419-536-4000	Lucas County
Healing Trails LLC	419-684-9750	Erie, Ottawa County
Idle Time Club	419-691-8882	Lucas County
Lutheran Social Services	419-243-9178	NW Ohio
National Youth Advocate Program	1-877-692-7226	NW Ohio
Premier Care Ohio	419-691-1700	Lucas County
Rescue, Inc.	419-255-3125	Lucas County
Salvation Army ARC (men's inpatient)	419-241-2299	NW Ohio
Unison Behavioral Health Group (youth)	419-693-0631	Lucas County
Urban Minority Alcoholism & Drug Abuse Outreach (men)	419-255-4444	NW Ohio
Vision Ministries Assembly of God (women)	419-242-0140	Lucas County
Whitney Manor LLC	419-720-0600	Lucas County
<b>Transportation Assistance</b>	<b>Phone</b>	<b>Area Served</b>
Absolute Freedom Transportation Services	419-885-2102	NW Ohio
All Saints Catholic Church	419-666-1393	43460, 43619 Wood County
Chapel on the Lake	419-732-2028	Marblehead, OH
Greyhound Bus	1-800-454-2487	National
Hancock Christian Clearing House	419-422-2222	Hancock County
HHWP Community Action Commission - HATS	419-423-3755	Hancock County
Lucas County Veterans Service Commission (veterans)	419-213-6090	Lucas County
OCTA (Ottawa County Transportation Agency)	1-888-898-7433	Ottawa County
Salvation Army Port Clinton Service Center	419-732-2769	Ottawa County
Salvation Army Social Services of Bowling Green	419-352-5918	Wood County
Sandusky Transit	1-877-627-0740	City of Sandusky City of Huron
TARPS	419-382-9901	Lucas County
TARTA City Bus	419-243-7433	Lucas County
Toledo Metropolitan Area Council of Governments TMACOG – Share-a-Ride (car pooling)	419-241-9155	Lucas County
Wood County Committee on Aging (non-emergency medical, seniors 60+ years)	419-353-5661 1-800-367-4935	Wood County
<b>Utility Assistance</b>	<b>Phone</b>	<b>Area Served</b>
Associated Charities of Findlay	419-423-2021	Hancock County
Columbia Gas of Ohio	1-800-344-4077 1-800-282-0157	Customer Service Emergency Service
Community Action Commission of Erie-Huron Counties -- HEAP/PIPP Program	1-866-861-6360	Erie, Huron County
EOPA – HEAP Program	1-866-504-7392	Lucas County
HHWP Community Action Commission	419-423-3755	Hancock County
Hancock Christian Clearing House	419-422-2222	Hancock County
Ottawa County Job & Family Services	419-898-3688 1-800-665-1677	Ottawa County
Perrysburg Christians United	419-407-7857	Northern Wood County
Public Utilities Commission of Ohio -- Mediation	1-800-686-7826	Ohio
Sylvania Area Family Services	419-882-8415	Sylvania/Sylvania Twsp.
Toledo Edison	1-800-447-3333	NW Ohio
United Way 2-1-1 (information & referral)	Dial 2-1-1 1-800-650-4357	Erie, Hancock, Lucas, Ottawa, Wood County
Wood County Job & Family Service	419-352-7566	Wood County

	1-888-282-1118	
WSOS HEAP and PIPP	1-888-441-4327	Wood, Sandusky, Ottawa, Seneca
<b>Veterans Services</b>	<b>Phone</b>	<b>Area Served</b>
Armed Forces	419-891-2111	Ohio
Department of Veterans Affairs	1-800-827-1000 216-522-3530	Ohio
Erie County Veterans Service Commission	1-888-399-6065	Erie County
Hancock County Korean War Veterans	419-423-5785	Hancock County
Hancock County Veterans Service Commission	419-424-7036	Hancock County
Lucas County Veterans Service Commission	419-213-6090	Lucas County
Ohio Veterans Home	419-625-2454 1-866-644-6838	Erie County
Ottawa County Veterans Service Office	419-898-2570 1-800-610-8872	Ottawa County NW Ohio
United Spinal Association	1-800-404-2898	Ohio
United States Department of Veterans Affairs NW Ohio	1-800-827-1000 1-877-424-3838 1-800-273-8255	VA Benefits Information Homeless Vets Hotline Crisis Line – NW Ohio
Veterans & Active Duty Hotline – crisis/families	1-800-273-8255 push 1	National
Veterans Outpatient Clinic	419-259-2000	NW Ohio
Vietnam Veterans of America – Chapter 35	419-242-4293	NW Ohio
Wood County Veterans Assistance Center	419-354-9147	Wood County
<b>Volunteer Opportunities</b>	<b>Phone</b>	<b>Area Served</b>
CASA Citizen Review Board Volunteer Association	419-213-6753	Lucas County
United Way in Hancock County	419-423-1432	Hancock County
United Way <i>Volunteer Center</i>	419-244-3063	NW Ohio
Volunteer Center in Erie County	419-627-0074	Erie County
Volunteers of America Erie County	419-626-6505	Erie County
Volunteers of America Northwest Ohio	419-248-3733	NW Ohio
<b>Weatherization</b>	<b>Phone</b>	<b>Area Served</b>
EOPA – Economic Opportunity Planning Association of Greater Toledo	419-242-7304	Lucas County
HHWP Community Action Commission	419-423-3755	Hancock County
Neighborhood Housing Services	419-691-2900	Lucas County
WSOS – HWAP	1-800-775-9767	Wood, Sandusky, Ottawa, Seneca, Erie
<b>Youth Enrichment/ Recreation / Mentoring</b>	<b>Phone</b>	<b>Area Served</b>
ACORNS Ministry	419-627-1123	Erie County
Adelante, LRC	419-244-8440	Lucas County
Big Brothers Big Sisters of NW Ohio	419-243-4600 1-888-393-2767	NW Ohio
Black Swamp Area Council, Boy Scouts	1-800-686-4220	Hancock County
Boy Scouts of America, Erie Shores Council	419-241-7293	Lucas, Ottawa, Sandusky, Wood County
Boys & Girls Clubs of Erie County	419-624-9250	Erie County
Boys & Girls Clubs of Toledo	419-241-4258	Lucas County
Camp Fire USA NW Ohio Council	419-422-5415	Hancock County
Catholic Club	419-243-7255	Lucas County
Center for Cultural Awareness	419-621-1117	Erie County
Children’s Mentoring Connection of Hancock	419-424-9752	Hancock County

County		
East Toledo Family Center	419-691-1429	Lucas County
Findlay Area Youth for Christ	419-422-7452	Hancock County
Findlay Family YMCA	419-422-4424	Hancock County
Girl Scouts of Western Ohio – Toledo Region	419-243-8216 1-800-860-4516	Lucas, Ottawa, Wood County
Linquies' Neighborhood Center	419-244-3142	Lucas County
Mountain Mentors	419-481-3606	Lucas County
Twelve of Ohio	419-861-2460	Lucas County
YMCA Metropolitan Office	419-729-8135	Lucas, Ottawa, Wood County
YMCA Sandusky Area	419-621-9622	Erie, Ottawa County