



*What happens here...*



*Depends on what happens here*

**FAMILY RESOURCE/YOUTH SERVICES CENTER  
COORDINATORS**

**Holmes High School**, Shelly Duncan 859-655-9545 ext. 16520

**Holmes Middle School**, Renata Watts 859-655-9545 ext. 16412

**Sixth District Elementary**, Denise Brown 859-292-5819 ext. 31605

**Ninth District Elementary**, Marilyn Arnold 859-292-5823 ext. 31907

**Glenn O. Swing Elementary**, Sarah Hunt 859-292-5821 ext. 31230

**John G. Carlisle Elementary**, Kerry McHugh 859-292-5812 ext. 31506

**Latonia Elementary**, Marshelle Blackwell 859-292-5825 ext. 31805

**James E. Biggs Early Childhood Ed. Ctr.**, Stephanie Fieler  
859-292-5895 ext. 31705

**Transformational Learning Ctr.**, Social Worker, Jackie Scruggs  
859-581-7512 ext. 33117

**Covington Adult H.S.**, Administrative Assistant, Kellie Toll  
859-292-5864 ext. 31414

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# Project Home

*Ensuring Academic Success for All*



## Community Resource Guide

Covington Independent Public Schools



# 12 Ways to Get the Best Results over the Phone



- 1) Identify yourself first. People like to know to whom they are speaking.
- 2) Be polite. You will get better information.
- 3) Be positive. Always assume that the person can help you. If he/she can't, ask for a referral to another source.
- 4) Be prepared. Write down your questions.
- 5) Be specific and explain why you need the information.
- 6) If you know what you want, ask for it, not for what you assume the organization has.
- 7) If you're unsure of what you need, ask for help formulating your questions.
- 8) Ask for specific brochures. If you are not in a hurry, first ask for a list of publications and audiovisuals.
- 9) Ask for a sample newsletter. These can be great source of information.
- 10) Be persistent. If you do not get the information you need from the person who answers the phone, politely ask to be transferred to another department or to that person's superior.
- 11) Consider calling more than one organization. Sometimes Organizations have biases or vested interests that may Influence their point of view.
- 12) Say thank you!

The above information was taken from Who to Call, the Parent's Source Book, by Daniel Starer. Copyright 1992, William Morrow and Company, Inc., New York

## **Other Important Numbers and Resources in Kenton County continued:**

Salvation Army Adult Day Care.....	291-8107
Senior Citizens Center.....	491-0522
Sheriff.....	392-1800
Social Security (SSI, disability, etc).....	282-7324
Veterans Affairs.....	392-3840

*Parents...Make sure to separate the deed from the doer. Never tell a child that he is bad, that will tear at his self-esteem. Help your child recognize that it isn't that you don't like him, but it is his behavior that you don't like. In order for a child to have healthy self-esteem, he needs to know that he is loved no matter what. When in doubt, ask yourself, did my discipline build my child's self-esteem or did it tear it down?  
(positiveparenting.com)*

## **Resources for Hispanic Families:**

4 C's.....	781-3511
Kidz Club.....	727-0700
Children's Law Center (all services are free).....	431-3313
Legal Aid Society.....	431-8200
New Hope Center.....	341-0766
Bipolar.....	513-721-2910
Catholic Charities of Covington.....	581-8974
Veterans Affairs Domiciliary.....	572-6205
Women's Crisis Center.....	491-3335
Kenton County Court.....	292-6484
Housing Opportunities of NKY.....	581-4665
Covington Mentoring Program, Renee Mains.....	859-392-3188
Holly Hill.....	442-8500

*These community resources offer interpreting services for Hispanic speaking families upon request.*

**Transportation:**

- Region 13 (to medical appts for Medicaid recipients)....800-245-2826
- Senior Citizens Center of NKY.....491-0522
- TANK (public transportation).....331-8265

*2-1-1 Get Connected. Get Answers*

**United Way 211 connects you to information, services, and volunteer opportunities.**

**Dial 2-1-1 to speak to a trained specialist available to assist you 24 hours a day, seven days a week.**

**Cell phone coverage varies, call 513-721-7900**

**Other Important Numbers and Resources in Kenton County:**

- 4-H.....356-3155
- American Red Cross.....513-579-3000
- Animal Shelter.....356-7400
- Boy Scouts.....231-2811
- Child Support.....491-4114
- Computer Cooperative (cheap computers).....513-771-3262
- Drivers License.....292-6523
- First Steps (developmental delays ages 0-3).....655-1195
- Girl Scouts.....342-6263
- Jail.....392-1700
- Meals on Wheels through NKADD.....283-1885
- NKADD.....283-1885
- Poison Control Center.....1-800-722-5725
- Police.....356-3191
- Public Library.....Covington.....962-4060  
Erlanger.....962-4000  
Independence.....962-4030

**Abuse:**

- Child/Adult abuse hotline (available 24/7).....1-800-752-6200

**Addiction/Substance Abuse:**

- Alcoholics Anonymous.....491-7181
- Al Anon Family Group Meetings.....www.kyal-anon.org
- Commonwealth Substance Abuse Specialists.....442-7700
- Drug Strike Force (report drug activity).....525-6272
- Gamblers Anonymous.....513-244-9779
- Narcotics Anonymous.....513-820-2947
- St. Elizabeth Behavioral Health Center.....578-5900
- Summit Behavioral Health.....341-9888
- Transitions-Droege House (men).....291-1045
- Transitions-WRAP (women).....491-2090
- Veterans Affairs Domiciliary.....572-6205
- KY Agency for Substance Abuse (intake & referrals).....292-2487

**Anger Management:**

- Family Nurturing Center.....525-3200
- Family Service of NKY.....291-1121  
(Greater Cincinnati Behavioral Health)

**Budgeting/Credit Counseling:**

- Brighton Center.....491-8303 ext. 2407
- Catholic Charities of Covington.....581-8974 ext. 143
- Mental Health Association (Payee program).....431-1077
- Mercy Franciscan at St. John.....513-361-4070
- Welcome House (Payee program).....431-8717

*Hug Your Child With Your Words*

*Wonderful! You are Terrific! I'm proud of you! Neat! Thank you! Great!  
You're Special! Well Done! Cool! I like how you share! You can do it!  
Don't give up! Good job! Thanks! You can! Thanks for being a big help!  
You brighten my day! Way to go! Super! Nice! I love you!*

**Child Care/Preschool:**

4C's (child care referral service).....	781-3511
Kenton County Preschool-Stephanie Sciamanna.....	957-0509
Kidz Klub (medically fragile children).....	727-0700
NKY Head Start.....	431-4177
United Way (financial assistance).....	431-2075 ext. 230

*Need information on before/after school programs, breaks/holiday/snow day child care, preschool, or general child care? Call the school's Family Resource/Youth Services Center.*

**Clothing:**

Be-Concerned (Be-Con).....	291-6789
Brighton Center Clothing Closet.....	491-8303 Ext. 2300
Goodwill (thrift shop).....	371-1238
St. Vincent De Paul (clothing vouchers).....	446-7715
Salvation Army.....	491-5180
United Christian Volunteers.....	727-4417
United Ministries (thrift shop).....	727-0300

**Counseling/Mental Health:**

Alzheimer Association (free).....	240-5016
American Cancer Society.....	513-618-5585
Cancer Family Care* (sliding scale fee).....	513-731-3346
Catholic Charities of Covington.....	581-8974
Children's Home of NKY (boys 7-18).....	261-8768
Commonwealth Counseling Service.....	513-922-1660
Crisis Stabilization for children (24/7).....	331-3292
Crisis Stabilization for adults (24/7).....	431-4770
Disability Coalition of NKY.....	606-431-7668
Family Nurturing Center (free for abuse survivors).....	525-3200
Family Services (sliding scale fee).....	291-1121
Fernside: Center for Grieving Children.....	513-745-0111
Holly Hill*(divorce and mental health specialty).....	442-8500
Mental Health Assoc. (counseling & screening).....	431-1077
New Hope Christian Center.....	491-5616
North Key*.....	331-3292
NKY Psychiatry Association*.....	331-7234
One Hope Christian Counseling (sliding scale).....	291-4673

**Shelters/Homeless:**

Bethany House (women and children).....	513-921-1131
Chabad House (families).....	513-751-2288
City Gospel Mission (men).....	513-241-5525
Drop Inn Center (adults).....	513-721-0643
Fairhaven Mission (men).....	491-1027
Homeward Bound Runaway Shelter (teens).....	491-8303
Interfaith Hospitality Network (families).....	513-471-1100
Mecum House (teens).....	513-961-4080
Madonna House (single mothers ages 18-23).....	344-1191
Mercy Maternity Home (pregnant women).....	371-1888
Pike St. Homeless Clinic.....	291-9321
Salvation Army (families).....	491-5180
Salvation Army (women and children).....	513-762-5660
St. Francis (men).....	513-381-4941
Welcome House (women and children).....	431-8717
Women's Crisis Center.....	491-3335
Catholic Charities (disabilities).....	581-8974

*Are you homeless, migrant or a runaway? Call Lori Eifert 859-392-1017*

**Support Groups:**

ADD support group (online).....	<a href="http://www.addhelpline.org">www.addhelpline.org</a>
Al-Anon & Alateen.....	784-2444
Alcoholic's Anonymous.....	491-7181
Alcoholic's Victorious.....	513-956-9844
Alliance for Mental Illness.....	392-1730
Anxiety/Depression.....	513-287-8542
Autism Support Group ("Comforting Ties").....	957-1962

**Support Groups continued:**

Bipolar.....	513-721-2910
Chron's and Colitis.....	572-3100
Chronic Pain.....	572-3100
Epilepsy Foundation.....	513-721-2905
Gamblers Anonymous.....	513-244-9779
Lighter Shade of Blue (post-partum depression).....	513-281-2273
M.A.D.D.....	513-769-6800
Overeaters anonymous.....	513-921-1922
Survivors after Suicide.....	513-385-6110
Women's Self Esteem Group.....	491-3335

**Legal Assistance/Advocacy:**

- Children’s Law Center (all services are free).....431-3313
- Legal Aid Society.....431-8200
- The Point–Judy DeSalvo (advocate for special needs students)... .491-9191

**Mentoring and Prevention Services:**

- Covington Mentoring Program, Renee Mains.....859-392-3188
- Resource Development Coordinator, Tom Haggard....859-392-3176

**Parenting Classes/Information:**

- Catholic Charities of Covington.....581-8974
- Every Child Succeeds of KY.....513-636-0064
- Family Service.....291-1121
- Family Nurturing Center.....525-3200
- Healthy Moms & Babies.....800-822-5824
- New Hope Center.....341-0766
- Parent Crisis Hotline (24 hour).....1-800-CHILDREN
- St. Elizabeth Nurse Family Partnership.....513-636-2215
- St. Elizabeth OB/GYN.....655-6100 ext. 6114

**Prescriptions:**

- Brighton Center.....491-8303 Ext. 2300
- Faith Community Pharmacy.....426-7387
- Glaxo Smith Kline.....888-672-6436
- Care Mission.....635-4500
- Partnership for Prescription Assistance.....888-477-2669
- St. Vincent DePaul Pharmacy.....426-7837

*Tip: Stores such as Kroger, Target, Walmart, CVS, Walgreens and KMART charge \$4 for a 30 day supply of generic medications. If you need a brand name prescription, call around and get prices. Every store charges a different price for brand name prescriptions.*

**Rent/Utilities Assistance:**

- Brighton Center Family Center.....491-8303 Ext. 2300
- Kenton County CAC (utilities only)....291-8607
- Kentucky Housing Corp.....1-800-633-8896 ext. 306
- KY Utility Service Commission (prior to disconnect)....502-564-3940
- Holy Spirit.....261-0818
- Welcome House.....431-8717
- Salvation Army (utilities only).....491-5180
- St. Vincent De Paul .....446-7715
- United Ministries (rent, utilities, and deposit).....727-0300

**Counseling continued:**

- Renfrew Center (specializes in eating disorders).....1-800-736-3739
- Therapeutic Collaborative\*.....572-0400
- Women’s Crisis Center (free).....491-3335
- Women’s Therapy Group (sliding scale fee).....547-5767
- \* Accepts Medicaid/Medicare

**Divorce:**

- Beech Acres.....513-233-4706
- Divorce Care.....341-1160
- Family Services.....547-5784
- Parents are for Good.....581-8974

**Domestic Violence:**

- Kenton County Court (protective orders).....292-6484
- Women’s Crisis Center (24 hour Crisis Line).....491-3335

*For more Domestic Violence resources call the Family Resource/Youth Services Center*

**Education:**

- Brown Mackie College.....513-830-2000
- Covington Adult High School.....292-5864
- Gateway Development Center.....442-1180
- Gateway Community& Tech College .....442-1130
- Kenton County Adult Education Program.....442-1611
- Life Learning Center.....431-0100
- Northern Kentucky University.....572-5220
- Urban Learning Center.....442-1601
- Young Parent Career Center (ages 16-21).....491-8303 ext. 2211

*Interested in pursuing your GED or other adult education courses? Call the Family Resource/Youth Services Center.*

**Employment:**

- BAWAC (for disabled individuals).....371-4410
- Center for Employment Training.....491-8303 Ext. 2200
- Department for Employment Services.....292-6666
- Dress For Success (clothes for interviews).....513-651-3372
- Goodwill (job training).....513-771-4800

**Employment continued:**

Life Learning Center.....	431-0100
New Perceptions (for disabled individuals).....	344-9322
Kentucky Career Center.....	292-6666
One Stop Career Alliance.....	292-6666
Senior Employment Program.....	581-6607
Veterans Domiciliary.....	572-6202
Vocational Rehab (for disabled individuals).....	292-6513
Young Parent Career Center (ages 16-21).....	491-8303

**Food Assistance:**

Action Ministries.....	261-3649
BE-CONCERNED.....	291-6789
Brighton Center Family Center.....	491-8303
Community Family Church.....	356-8851
Kenton County CAC.....	291-8607
Holy Spirit.....	261-0818
Hosea House (soup kitchen).....	261-5857
Independence Christian Church.....	356-3525
Lakeside Christian Church.....	341-1160
Care Mission.....	635-4500
Parish Kitchen (soup kitchen).....	581-7745
Salvation Army.....	261-0835
St. John’s United Church of Christ.....	431-1818
St. Vincent De Paul.....	446-7715
United Ministries.....	727-0300
WIC.....	431-3345

**Tip: Don’t forget to apply for free/reduced lunch benefits. This can save your family up to \$15 a week for each of your children!**

**Furniture:**

Brighton Center Family Center.....	491-8303 ext. 2300
Goodwill (thrift shop).....	371-1238
Care Mission.....	635-4500 ask for Dan or Mike
St. Vincent DePaul.....	446-7715

**Health (Physical) Services:**

CareNet Pregnancy Services of NKY.....	282-9878
Dental services (braces).....	www.smileschangelives.org
Health Dept (immunizations, physicals, WIC).....	341-4264

Health Point Family Care/Dental*(sliding scale fee).....	655-6100
Homeless Clinic.....	291-9321
Kenton Co. Health Dept./WIC.....	431-3345
NKY Eye Care Center*.....	781-2000
Prevent Blindness KY (free eyeglasses).....	1-800-828-1179
St. Elizabeth – South (mental health).....	578-5900
Tobacco Quit Line.....	1-800-784-8669
United Ministries (advice & referrals).....	727-0300
Vision One*.....	341-2566
Weaver Dental Care*.....	372-6300
Winston Hills Health Center*(sliding scale fee).....	513-242-6618
Zenni Optical (affordable eyeglasses).....	www.zennioptical.com

\* Accepts Medicaid

*Need help getting eyeglasses or an eye exam for your child?*

*Need lice treatment and/or information?*

*Need information on KCHIP insurance?*

**Call the Family Resource/Youth Services Center.**

**Housing/Home Ownership Services:**

Bismarck Apartments (income based rent).....	866-933-2293
Brighton Center.....	491-8303
Cambridge Square (income based rent).....	431-2205
Catholic Charities of Covington.....	581-8974 ext. 143
CEF Apartments (income based rent).....	341-3871
Covington Rehab & Emergency Repair.....	292-2188
Gardens at Greenup (for working families).....	261-3881
Goodwill Village (income based rent).....	581-0755
Habitat for Humanity (KY & OH).....	513-942-9211
Housing Opportunities of NKY.....	581-4665
HUD.....	491-5311
Kentucky Housing Corporation.....	1-800-633-8896 ext. 306
NorthKey (adults with mental health issues).....	431-1888
People Working Cooperatively (repairs & winterization)....	331-1991

**Housing/Home Ownership Services continued:**

Section 8.....	292-2488
Taylor Ridge Apartments (income based rent).....	356-2500
Welcome House.....	431-8717