



Helpful Resources

Take advantage of the wealth of mental and physical health resources in Lorain County to make big changes in your life!

(The list is alphabetical according to services)

AGING SERVICES

Friends of Senior Citizens

44627 State Route 18
Wellington, OH 44090-9412
440/724-3804, tel. or
440/647-2113

Lorain County Office on Aging **THRIVE! Partner**

<http://www.lcooa.org/>

MAIN OFFICE – Elyria

320 North Gateway Blvd, 2nd Floor

Elyria, OH 44035

440/326-4800, tel.

440/244-6261, ext. 4800

Wellington Branch

115 Willard Memorial Square

Wellington, OH 44090

440/647-0777 (direct line)

440/647-4626, tel.

DIABETES PREVENTION

YMCA of Greater Cleveland **THRIVE! Partner and Lead Agency**

Diabetes Prevention Program

440/574-0580, tel.

419/438-7345 (to register for classes)

<http://www.clevelandymca.org/diabetes-prevention.html>

FOOD PANTRIES

Online Resources:

United Way of Greater Lorain County

<http://www.211lorain.org/MatchList.aspx?k;;o;;;o;o;Food%20Pantries;TopServices;All>

Second Harvest FoodBank

<http://www.secondharvestfoodbank.org/find-help/partner-directory>
(type in your zip code and press “search”)

Food Pantries

Kipton Community Church Food Pantry

511 Church Street
Kipton, OH 44049
440/774-4148, tel.

LaGrange Lions Community Food Pantry

240 Glendale Street
LaGrange, OH 44050
440/785-1996, tel.
<http://www.LaGrangelionsoh.org/food-pantry-2.html>

Oberlin Community Services **THRIVE! Partner**

285 South Professor Street
Oberlin, OH 44074
440/774-6579, tel.
www.oberlincommunityservices.org

Well Help **THRIVE! Partner**

127 Park Place
Wellington, OH 44090
440/647-2689, tel.
<https://www.facebook.com/pages/Well-Help-Inc/1631227900478802>

GENERAL SERVICE AGENCIES

United Way of Greater Lorain County **THRIVE! Sponsor**

2-1-1 Community Resource Directory
Call 211 or go to: <http://www.211lorain.org/>

Lorain County General Health District **THRIVE! Partner**

9880 South Murray Road
Elyria, OH 44035
440/322-6367, tel.
<http://www.loraincountyhealth.com/resourcecenter>
This is a rich resource on all physical and mental health issues, including: Behavioral & Emotional Health, School Health, Diabetes Prevention, Food Safety, Healthy Lifestyles, Insurance and Health Care, Maternal Health and Infant Health, Nutrition, Walking Programs.

Oberlin Community Services **THRIVE! Partner**

www.oberlincommunityservices.org
285 South Professor Street
Oberlin, OH 44074
440/774-6579, tel.

Lorain County Community Action Agency

<http://www.lccaa.net/>
Lorain County Community Action Agency
P.O. Box 245
502/506 Broadway Avenue
Lorain, OH 44052-0245
440/245-2009, tel; or toll free 1-888-245-2009

In Wellington:
115 Willard Memorial Square, Wellington, OH 44090
855/806-9620

Helping Youth:

<http://www.loraincounty.com/domesticrelations/youth-pages/youth-pages-2007.pdf>

LIBRARIES

Oberlin Public Library

65 South Main Street
Oberlin, OH 44074
440/775-4790, tel.
<http://www.oberlinpl.lib.oh.us/>

Herrick Memorial Library

101 Willard Memorial Square
Wellington, OH 44090
440/647-2120, tel.
<http://www.herrickliboh.org/>

MENTAL HEALTH RESOURCES

Lorain County Board of Mental Health

24-Hour Crisis Hotline: 1-800-888-6161
Navigator Call Line (non-emergency): 440/240-7025
<http://lcbmh.org/>

National Alliance on Mental Illness (NAMI) Lorain County

(See above for Hotline)
6140 South Broadway
Suite 1120 B
Lorain, OH 44053-3821

www.nami-lc.org

Alcohol and Drug Addiction Services Board of Lorain County

24-Hour Hotline: 440/277-8190

Non-emergency calls: 440/282-9920

<http://www.lorainadas.org/>

For a listing of Al-Anon, Alcoholics Anonymous, etc., go to:

<http://www.lorainadas.org/local-calls-and-offices/>

Lorain County General Health District **THRIVE! Partner**

9880 South Murray Road

Elyria, OH 44035

440/322-6367, tel.

<http://www.loraincountyhealth.com/resourcecenter>

RECREATION AND FITNESS CENTERS,

PERSONAL TRAINERS

Lorain County Metro Parks **THRIVE! Partner**

12882 Diagonal Road

LaGrange, OH 44050

440/ 458-5121, tel.

<http://www.metroparks.cc/>

YMCA of Greater Cleveland **THRIVE! Partner and Lead Agency**

www.clevelandymca.org/

French Creek Branch:

2010 Recreation Lane

Avon, OH 44011

440/934-9622, tel.

Vermilion Branch:

320 Aldrich Road

Vermilion, OH 44089

440/967-4208, tel.

Elyria Branch:

265 Washington Ave.

Elyria, OH 44035

440/323-5500, tel.

Common Ground Center

14240 Baird Road

Oberlin, OH 44074
440/965-5551
<http://commongroundcenter.org/>

Inner Circle Personal Fitness **THRIVE! Partner**

640 S Main St, Wellington, OH 44090
440/647-4146, tel.
www.innercirclepf.com/

LaGrange Yoga and Tiger Martial Arts Academy

544 North Center St.
LaGrange, OH 44050
440/213-8933, tel.
<http://www.LaGrangeyoga.com/>

Motivate Me Mike

2555 North Ridge Road
Sheffield Township, OH 44055
440/654-3582, tel.
<http://www.motivatememike.com/>

Debi's Personal Training LLC

19361 Whitehead Road
LaGrange, OH 44050
440/355-6100, tel.

WEIGHT LOSS ORGANIZATIONS:

Overeaters Anonymous <https://oa.org/find-a-meeting/>

TOPS Club, Inc. (Taking Off Pounds Sensibly) <http://www.tops.org/TOPS/FindAMeeting>

Go Green on a Budget http://www.gogreenonabudget.com/nicole/index_en.php

Curves <http://www.curves.com/>

Healthwise Weight Loss Clinics <http://www.weightlosslorain.com/>

Physicians Weight Loss Center <http://www.pwlcamherst.com/>

Weight Watchers <https://www.weightwatchers.com/us/find-a-meeting>

BOOK LIST

Have a good book to recommend? Email us at info@thriveslc.org!

INTUITIVE EATING , by Evelyn Tribole, MS, RD (St. Martin's Press, 2012)

YOUR CHILD'S WEIGHT: HELPING WITHOUT HARMING by Ellyn Satter, MS, RD, LCSW, BCD
(Kelcy Press, 2005)

THE WAY TO EAT by David Katz, MD, MPH, and Maura Gonzalez, MS, RD (Sourcebooks, 2002)

THIN FOR LIFE by Anne Fletcher, MS, RD (Houghton Mifflin, 2003)