



## 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, 2<sup>nd</sup> 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****

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

### **Helping Hands Food Pantry**

The Old St. Patrick Church  
510 North Main Street (lower level)  
Wellington, OH 44090  
Tel. 440-647-4375

### **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](http://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/>  
642 Broadway  
Lorain, OH 44052  
440/277-6530  
[www.uwloraincounty.org](http://www.uwloraincounty.org)

**Lorain County Public Health *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***

285 South Professor Street

Oberlin, OH 44074

440/774-6579, tel.

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

**The Salvation Army *THRIVE! Partner***

100 South Main Street

Wellington, OH 44090

440/647-7600

<https://neo.salvationarmy.org/northeastohio/wellington>

**Lorain County Community Action Agency**

<http://www.lccaa.net/>

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](http://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 Public Health **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****

[www.clevelandymca.org/](http://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/](http://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](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](mailto: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)