

Family and Community Engagement

It's FACE time!

Ohio Statewide Family Engagement Center

The Ohio Statewide Family Engagement Center at The Ohio State University is a leader in the field of family, school, and community engagement. We are located at the [Center on Education and Training for Employment](#), a translational research center within the [College of Education and Human Ecology](#). Our goal is to bring research to action by providing schools, families, and community partners with the tools they need to work together so all children have success in learning and life.

Apply to be a Parent/Caregiver Representative on our council in 2021!

<https://ohiofamiliesengage.osu.edu/state-advisory-council/>



Tips for Parents to Boost Mental Health/Wellness

- **Prioritize Bedtime**- Create a routine for you and children, adjust the blue light emitted from screens, stop using devices 30 minutes prior to bedtime, relax with chamomile tea and listen to a

guided meditation.

- **Take Mental Breaks**- Catch up with Friends, journal your feelings, listen to a funny podcast, make progress on a creative project, or do a high intensity workout.
- **Practice Bite Sized Behavior**- Step outside to savor air, take a hot bath, sit in the car to catch your breath, process with a friend/partner.
- **Be Gentle with Yourself**- Remind yourself you are doing the best you can, it is not selfish to take extra time to yourself for your mental health, be honest with yourself, ask for help if needed and Take deep breaths "YOU GOT THIS"



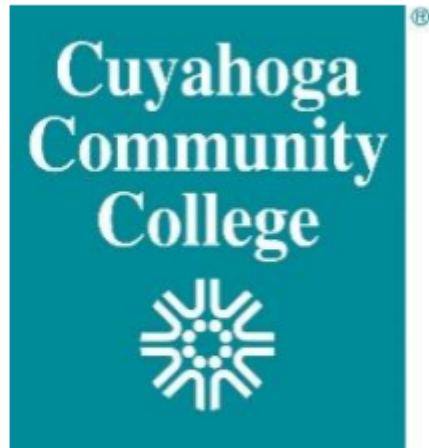
Virtual Parent University College Tours Fall 2020

Typically the FACE department offers FALL college bus tours. Due to COVID-19 we are not able to take families and scholars on these tours.

We have worked with several universities and colleges to offer virtual college tours. The list of dates and ZOOM meeting links are below. We hope that you will take this opportunity to explore the possibilities in the virtual realm with your schola

[Click here for the virtual college tour dates and times,](#)

[FREE SEL \(Social Emotional Learning\) Webinars Click Here!](#)



The TRIO Educational Opportunity Center at Cuyahoga Community College

Offers FREE Virtual Workshops and Virtual Assistance with:

- ✓ Applications to any college, training or certificate program of your choice
- ✓ Financial aid applications (FAFSA) and scholarship applications
- ✓ Personal & Career Counseling & Transfer Advising Information
- ✓ Resolving Student Loan Default
- ✓ Information on Enrollment and/or Completion: High School Equivalency (HSE) General Education Diploma (GED) or Adult Diploma Program (ADP)
- ✓ Financial & Economic Literacy Counseling
- ✓ Preparation to pass the Tests of Adult Basic Education (TABE) as a requirement for paid training and job placement

Get Started Today!

Click here to fill out our TRIO Online Intake Form

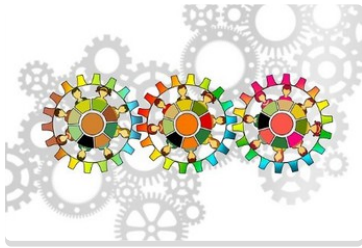


Ten Tips For Eating Better On a Budget

<https://www.choosemyplate.gov/ten-tips-eating-better-on-a-budget>

Healthy Eating on a Budget

<https://www.choosemyplate.gov/eathealthy/budget>



Department of Family and Community Engagement

The **Office of Family and Community Engagement (FACE)** is responsible for the development of programs and strategies to support the meaningful district-wide engagement of families and community stakeholders in *The Cleveland Plan*. At the core of our work is expanding the capacity of schools to partner with families and community-based organizations in support of student achievement and school improvement.

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