

Education Programs

MHAHC provides various education programs throughout the county and promotes positive mental health through the use of "Kids on the Block" puppets, book readings, and interactive multi-media presentations. Hendricks County educators may request programs from MHAHC that are aligned with state health curriculum standards. Current programs include: Honesty, Self-Esteem, Respect, Friendship, Responsibility, Bullying and Violence Prevention, Relationship Skills, Depression, Stigma Education, Autism, Tobacco Dangers, Substance Abuse, Stress Management, and Positive Peer Relationships. 2966 children received mental health educational programming during 2007.

21st Century Grant Program

This program provides mentoring, tutoring, character development, Grief and Loss classes, and Adult Roles and Responsibilities classes to the young men incarcerated in the Indiana Juvenile Detention Facility. It helps to build their academic competence, while also focusing on underlying problems such as loss, self esteem, and anger management. Over 200 youths were served in this program.

Volunteer Opportunities

Volunteers are very important to our organization. They are needed to assist with various service projects, fundraising activities, and clerical work. Opportunities are available for youths as well as adults and groups as well as individuals. Please contact our volunteer coordinator, Shiela Balensiefer, at (317)272-0027 for more information.

Parenting Programs

MHAHC offers various parenting programs in the community to assist parents, grandparents, and step-parents to develop effective parenting skills. We also co-sponsor classes at Hendricks Regional Health on parenting for at-risk teen parents. Listed below are the classes currently available:

1-2-3-4 Parents!

Discipline methods that work, and how to care for your child at different ages and stages.

Active Parenting

Parents will learn how to use choices and consequences to develop responsibility with your child.

Surviving Your Adolescents

Parents will learn what normal adolescent behavior is and what role to take in dealing with problems.

Step Parenting

Participants will learn about blending families and avoiding the common pitfalls.

Our Children, Our Divorce

Court ordered program for parents seeking a dissolution of marriage. Parents gain understanding of the effects of divorce on their children.

Positive Parenting With A Plan

Using a program called FAMILY Rules, parents are offered a practical instruction manual for helpfully dealing with the inevitable challenges of parenting.

Support Groups

Depression, Bipolar, Anxiety, and Eating Disorders

Every Thursday

6:30 - 8:30 PM

Avon Light and Life Free Methodist Church

West Side Widowed

Regular Meeting 1st Sunday of each month at 4:00 PM at The Avon United Methodist Church. Please call Joan at 852-7966 for information on this and other activities.

Connections Center

A mutual support group for people with chronic, severe mental illness. The group meets on Fridays from 3:30 - 6:00 PM at the Unitarian Universalist Community Church in Danville. Also, consumers prepare an evening meal, socialize with one another, watch movies, go bowling, and attend sporting events such as Pacers and Colts games. There are no programming costs to group members. Transportation is provided.

For information on any of these groups, please call our office at (317) 272-0027.