

EDUCATION/INFORMATION SERVICES

**American Cancer Society
701 W. Muhammad Ali Blvd.
Louisville, KY 40201
(502) 584-6782
Toll Free: (800) ACS-2345
Fax: (502) 584-8946**

Education on services to the public which are planned to contribute to the control of cancer.

OFFICE HOURS: 8:30 AM - 4:30 PM EST (Monday-Friday)

SERVICES: Educational Material, Cancer information, Support programs

SERVICE AREA: Statewide

ELIGIBILITY: None

FEES: None

**Kentucky Cancer Program
1010 Woodland Drive, #201
Elizabethtown, KY 40701
Phone: (270) 360-0901 Fax: (270) 360-1801**

Kentucky Cancer Program is a unique cancer control organization funded by the General Assembly. The program has thirteen regional offices located throughout the state to coordinate cancer control programs in the community such as the ones listed below. The mission of the Kentucky Cancer Program is to promote cancer education, research, and service programs to reduce incidence, morbidity, and mortality from cancer.

OFFICE HOURS: 8:30 AM - 5:30 PM EST

SERVICES: Cancer prevention/early detection presentations for the public, health screenings, cancer risk assessment, professional education programs, information and resources for cancer patients and their families, and a Cancer information Service (1-800-4CANCER).

SERVICE AREA: Breckinridge, Grayson, Hardin, LaRue, Marion, Meade, Nelson and Washington Counties.

ELIGIBILITY: Any Kentucky resident.

FEES: None for public/community education programs or for most cancer screenings.

**Association for Retarded and Handicapped of Hardin County
PROJECT LEARN
225A College Street
Elizabethtown, KY 42701
Phone: (270) 737-1140**

Promote general welfare of the citizens with mental retardation.

OFFICE HOURS: 8:30 AM - 3:30 PM

SERVICES: Project L.E.A.R.N. - classrooms for persons over 21 years of age. Special Olympics.

SERVICE AREA: Hardin County

ELIGIBILITY: Persons over 21 years of age.

FEES: Participants are charged \$100 per month to attend the programs.

**Bardstown/Nelson County Adult Learning Center
403 North 1st Street
Bardstown, KY 40004
Phone: (502) 348-1654**

OFFICE HOURS: 8:30 AM - 3:00 PM (Monday-Thursday)
Tuesday & Thursday Nights 6:00 PM - 9:00 PM
ESL (English as a Second Language) (Call for times)
Literacy (Call for times)

SERVICES: GED, Basic Skills, ESL (English as a second language), Literacy

SERVICE AREA: Nelson County.

ELIGIBILITY: Must be 16 years old to enroll.

FEES: Services are free. (The cost of the official GED test is \$30.00.)

Central Kentucky Head Start Program
332 Hood Avenue
P.O. Box 830
Lebanon, KY 40033
Phone: (270) 692-2136
Fax: (270) 692-4530

To provide educational, health, nutritional, social, and other services to preschool, disadvantaged children and their families.

OFFICE HOURS: 8:30 AM - 5:00 PM

SERVICES: Pre-School curriculum and related activities.

SERVICE AREA: Hardin, LaRue, Marion, Meade, Nelson and Washington counties.

ELIGIBILITY: 3 and 4 years old; low income and/or handicapped.

FEES: None

Cloverport Head Start
101 E. Fourth Street P.O. Box 37
Cloverport, KY 40111
Phone: (270) 788-6428 Fax: (270) 788-6640

Cloverport Head Start provides developmentally appropriate activities for 3 & 4 year olds. Services are provided for children with disabilities. Parents are encouraged to participate in all program activities and are provided with training opportunities.

OFFICE HOURS: 7:00 AM - 3:00 PM CST

SERVICES: Educational, Health (medical, dental, mental), and Social.

SERVICE AREA: Cloverport Independent School District and surroundings.

ELIGIBILITY: 3 & 4 years of age. Must meet income guidelines.

FEES: None.

Elizabethtown Community & Technical College
600 College Street Road
Elizabethtown, KY 42701
Phone: (270) 769-2371
WEB: www.elizabethtown.kctcs.edu

Two year college offering university course work prior to transfer to a four year school. Also offers continuing education courses.

OFFICE HOURS: 8:00 AM - 5:00 PM EST

SERVICES: Educational courses, business and industrial training. Also provide meeting rooms for non-profit agencies.

FEES: Fees vary for continuing education courses.

Career Connections
Student Center, Ground Floor
Elizabethtown Community College
600 College Street Road
Elizabethtown, KY 42701
Phone: (270) 769-2371

The Lincoln Trail Regional Assessment Center is a cooperative program between Kentucky Tech Northwest and Elizabethtown Community College.

OFFICE HOURS: 8:00 AM - 4:30 PM

SERVICES: Career assessment, career counseling, career resource center, Single Parent/Homemaker Program, resume preparation and interviewing skills. Services are offered to general public, schools, and business/industry. Offer wide range of tests including: GED, ASSET, CPP, TABE, ABLE, Bennett Mechanical, SAGE, Nurse Aide, Myers-Briggs, 16 PF, CAPS, JOB-O. Also provide referral to local agencies and training institutions.

FEES: No charge for individuals requesting career assessment and counseling. Fees contracted with schools business/industry depending upon services requested.

**Expanded Foods & Nutrition Education Program
Hardin County Cooperative Extension Service
201 Peterson Drive
Elizabethtown, KY 42701
Phone: (270) 765-4121
FAX: (270) 769-0426**

SERVICES: EFNEP is a unique program designed to assist families and youth in acquiring the knowledge, skills, attitudes and changed behavior necessary for nutritionally sound diets, and to contribute to their personal development and the improvement of the total family diet and nutritional well-being.

SERVICE AREA: Hardin County

ELIGIBILITY: Limited Resource Audiences

FEES: None

**Experience Works
www.experienceworks.org
Corporate Office: 800-901-7965
Local Information: 270-766-5115**

OFFICE HOURS: 7:30 AM – 6:00 PM (Monday & Tuesday)
(Elizabethtown Office) 8:00 AM – 4:30 PM (Wednesday & Thursday)
8:00 AM – Noon (Friday)

SERVICES: Older worker training services include computer courses designed and matched to individual job development needs. Provide additional training in “soft skills” such as interviewing, resume preparation, and test preparation. Individuals may qualify for scholarships based on income, age, and status. As funding is available, some jobs are also offered.

SERVICE AREA: Nation-wide

ELIGIBILITY: Senior citizens (age 55 and up) or other displaced workers.

FEES: None

Hardin County Cooperative Extension Service
201 Peterson Drive
Elizabethtown, KY 42701
Phone: (270) 765-4121
Fax: (270) 769-0426

SERVICES: As the University of Kentucky education and information arm, the Cooperative Extension Service translates University research into practical information that is used everyday by urban as well as rural Kentuckians. The main areas include: Agriculture/Horticulture, Home Economics, 4-H/Youth Development, and Rural & Economic Development. Free literature related to these areas and soil testing are available.

SERVICE AREA: Hardin County

ELIGIBILITY: Hardin County Residents

FEES: None

Migrant Education Program

Regional Office:

Mailing Address: 110 South Main Street
Elizabethtown, KY 42701
Phone: (270) 769-8849
Fax: (270) 769-8888

Location: 201 Hodgenville Road
Hodgenville, KY 42701

District Offices:

Hardin County: (same as above)
LaRue County: Phone: (270) 358-8635 Fax: (270) 358-3053
Nelson County: Phone: (502) 349-7029
Bullitt County: Phone: (502) 543-7998
Meade County: Phone: (270) 422-1119

SERVICES: The Migrant Education Program provides compensatory services for children of migratory farmworkers. Migrant Education provides supplemental educational and supportive services to eligible children throughout the region.

SERVICE AREA: Hardin, LaRue, Meade, Nelson, and Bullitt counties.

ELIGIBILITY: Children 3-21 years of age, who are not high school graduates or GED recipients, moving on their own or with parents, across school district lines, within the past three years, seeking temporary or season work in agriculture.

FEES: None

**Hardin Memorial Hospital
913 North Dixie Avenue
Elizabethtown, KY 42701
Phone: (270) 737-1212
WEB: www.hmh.net**

ADULT HEARTSAVER

This heartsaver class for non-health professionals will show you how to perform one person CPR on adults. You will learn how to help an adult who is choking.

BASIC HEARTSAVER

This basic rescuer class for non-health professionals will show you how to perform one person CPR on adults and small children. You will also learn how to help an adult, child, or infant who is choking. Class will be provided on an as-needed basis for groups. Please call for more information.

BIG BROTHER, BIG SISTER

A fun way to prepare an older sibling for the arrival of the new baby, this class includes a tour of the nursery, Mom's room and waiting room. To enable discussion, we ask that children be between 4 to 10 years of age.

BREASTFEEDING PREPARATION

An informative session for expectant parents interested in breastfeeding. The class covers prenatal preparation through weaning.

CESAREAN BIRTH EXPERIENCE

Special session available for couples planning a repeat cesarean birth. Topics covered include prior cesarean delivery experience, prenatal testing, signs of labor, and father's role. Scheduled by appointment.

CHILDBIRTH CLASSES: ANTICIPATING CHILDBIRTH

Common discomforts of pregnancy, relaxation and breathing exercises for labor, effective coaching, and expectations during labor and delivery are covered in five sessions. Register between the fourth and fifth month of pregnancy.

CHILDBIRTH REFRESHER

A two week refresher course for couples who have already had a child. Discusses new options in labor and delivery care, reviews relaxation and breathing techniques, and tours the BirthPlace.

FREE BLOOD PRESSURE CHECKS

Blood pressure checked free of charge by a nurse in our cardiac rehabilitation unit, "Life Beat". Receive direction to "Life Beat" at the lobby information desk. Registration is not required.

PEDIATRIC HEARTSAVER

Parents, grandparents, and other persons caring for infants will learn how to perform one person CPR on infants ages one month to one year and children between ages one to eight. You will also learn how to help an infant who is choking.

Hardin Memorial Hospital (cont'd)

TAKING CHARGE OF YOUR SMOKING

A group approach that helps you learn not only to quit smoking, but how to actually be a non-smoker. The one hour and half class meets for 12 sessions over a six month time period. Student workbooks are included.

**Clarity—Solutions for Women
116 East Memorial Drive
Elizabethtown, KY 42701
Phone: (270) 234-1122
24 Hour Hotline: (800) 395-4357
Email: information@heartlandcpc.org
WEB: www.heartlandcpc.org**

OFFICE HOURS: Monday 2 p.m. – 8 p.m.
Tuesday - Thursday 9 a.m. - 3 p.m.
Wednesday 2 p.m. – 6 p.m.
Thursday 9 a.m. – 3 p.m.

SERVICES: Provides confidential consultation about alternatives to abortion, such as parenting, single-parenting, adoption, and foster care. We provide assistance in the the way of pregnancy test kits, maternity clothes, baby clothes, baby equipment such as cribs and car seats, and baby food and baby formula; whenever available. Community referrals may also be given when there is a demonstrated need; for example, health needs, legal needs, and educational needs.

SERVICE AREA: Hardin County and greater outlying area

ELIGIBILITY: Emergency Needs

FEES: None

Kentucky Tech Elizabethtown
505 University Drive
Elizabethtown, KY 42701
Phone: (270) 766-5133
WEB: www.elizabethtown.kctcs.edu

OFFICE HOURS: 8:00 AM - 10:30 PM

SERVICES: Technical diplomas offered: Accounting, Air Conditioning/Refrigeration, Automotive Technology, Carpentry, Computer Aided Drafting, Diesel Technology, Electrical Technology, Electronics Technology, Food Service Technology, Industrial Machine Technology, Major Appliance Technology, Office Technology, Office Technology Medical, Plumbing, Practical Nursing, Radiography, and Welding. All of these can be completed in 1-2 years. Some of these programs are also offered at the secondary level in conjunction with local high school programs. Also offer short-term training programs in EMT, Nursing Assistant, Computers, and other technical areas. Please call for schedule.

FEES: Vary according to number of courses in which enrolled. Financial aid is available. Please call Student Services for more information.

Kentucky Tech
Nelson County Area Technology Center
1060 Bloomfield Road
Bardstown, KY 40004
Phone: (502) 348-9096
Fax: (502) 348-9097

Kentucky Tech-Nelson County ATC is a secondary school accepting post-secondary students on a space available basis; short term industry classes are offered usually at night.

OFFICE HOURS: 7:45 AM - 4:30 PM

SERVICES: Vocational & Technical certificates are offered; Computer Aided Drafting; Health Sciences; Electronics; Air Conditioning/Refrigeration; Industrial Maintenance; Welding; Carpentry; and Cabinet Making.

SERVICE AREA: Nelson County & surrounding communities.

ELIGIBILITY: High school students, those pursuing a GED, GED Graduates, high school graduate.

FEES: Varies according to number of courses in which enrolled. Financial aid is available. Contact Student Services for more information.

LaRue County Cooperative Extension Service
807 Old E'Town Road
P.O. Box 210
Hodgenville, KY 42748
Phone: (270) 358-3401
Fax: (270) 358-9418

OFFICE HOURS: 8:00 AM - 4:30 PM (Monday-Friday)

SERVICES: The Cooperative Extension Service translates University of Kentucky research into practical information that can be used by urban as well as rural Kentuckians. The main areas in LaRue County include: Agriculture, Home Economics, and 4H/Youth Development.

SERVICE AREA: LaRue County

ELIGIBILITY: Main services for LaRue County residents. Services are open to the public.

FEES: May be nominal fee for some publications.

LaRue County Even Start Family Literacy Program
915 South Lincoln Blvd.
Hodgenville, KY 42748
Phone: (270) 358-9745
Fax: (270) 358-3852

Through home visits and/or center classes, Even Start helps families learn the value of togetherness and education.

OFFICE HOURS: 8:00 AM - 4:30 PM (Monday-Friday). Other hours by appointment.

SERVICES: Family education that focuses on adult education, child development, parenting skills and parent/child interaction.

SERVICE AREA: LaRue County.

ELIGIBILITY: Families meeting income guidelines and at least one child under the age of eight.

FEES: None.

Meade County Cooperative Extension Service
1041 Old Ekron Road
Brandenburg, KY 40108
Phone: (270) 422-4958
Fax: (270) 422-3773
e-mail address: dl-ces-meade@email.uky.edu

The Meade County Cooperative Extension Service is a joint educational effort of the federal, state provides information based on scientific research. County Extension agents provide a variety of free services through telephone advice, home visits, short courses, guest speaking, publications, news releases, seminars, leader trainings and general meetings.

OFFICE HOURS: 8:00 AM - 4:30 PM (EST)

SERVICES: Home Economics (food & nutrition, family & economic well-being, energy & environment, clothing & textiles and leadership development and Homemakers Organizations). 4-H /Youth Development (youth education program offering life skills and training for tomorrow's leaders. 4-H members participate in club meetings and "learn by doing" in a variety of project areas from livestock to computers).

Expanded Foods and Nutrition Education Program (EFNEP) offering a non-credit course in foods and nutrition which is free and meets in the home and is designed to reach limited resource families with information to help improve their diets and become more efficient and effective users of available resources. Agriculture (soil testing, forage testing, pesticide

certification training, identification of weeds, insects, etc., farm management, animal sciences, horticulture, forestry)

SERVICE AREA: Meade County residents.

ELIGIBILITY: Educational programs of the Kentucky Cooperative Extension Service serve all people regardless of race, color, age, sex, religion, disability, or national origin.

FEES: Most free - some nominal cost.

Mulberry Helm Adult Learning Center
114 S. Mulberry
Elizabethtown, KY 42701
Phone: (270) 769-8866

SERVICES: Classes that help adults prepare for today's job market:

- 1) Basic Skills Improvement-Reading, Writing, Math
- 2) Communication
- 3) Problem Solving
- 4) Critical Thinking
- 5) GED Program
- 6) English as a Second Language
- 7) Test Taking Skills
- 8) General Life Skills

SERVICE AREA: Hardin County

ELIGIBILITY: Varies with Program

FEES: Call for information

Office of Vocational Rehabilitation

OFFICE HOURS: 8:00 AM - 4:30 PM EST

SERVICES: The department provides vocational rehabilitation services to eligible individuals with disabilities to improve opportunities for employment, independence and productivity in the workplace and community.

ELIGIBILITY: The customer must have a physical or mental impairment. The impairment must result in a substantial impediment to employment. If the above two criteria are met, the customer will be determined eligible unless there is clear and convincing evidence that the customer cannot benefit from or does not require vocational rehabilitation services. An eligibility decision will be made within 60 days.

FEES: None

409 North Miles

ELIZABETHTOWN, KY 42701

Phone: (270) 766-5121

Toll Free: (866) 883-0001

Fax: (270) 766-5124

SERVICE AREA: Hardin, LaRue, and Meade Counties.

866 W. Stephen Foster

BARDSTOWN, KY 40004

Phone: (502) 348-1879

Fax: (502) 349-1128

SERVICE AREA: Nelson, Washington County

190 West 1st Street, Suite 4

CAMPBELLSVILLE, KY 42718

Phone: (270) 789-2359

Fax: (270) 465-8408

SERVICE AREA: Marion County

121 East 2nd Street, Suite 7

OWENSBORO, KY 42303

Phone: (270) 687-7308 or 888-640-2811

Fax: (270) 687-7349

SERVICE AREA: Grayson, Breckinridge Counties