



## About Lutheran Social Services

Assisting people within a 24-county area, Lutheran Social Services of Northwestern Ohio (LSS) provides hope and compassion. With multiple service sites throughout northwest Ohio, we serve all ages, faiths, races and economic statuses with professional and confidential services.

## Life.Support.

**Life** is full of challenges. Our ability to cope with these challenges are as different as our individual personalities. Whether you're facing an addiction, depression or struggling with one of life's stressful moments, no one ever said you had to overcome it alone.

**Support** is the mission of Lutheran Social Services of Northwestern Ohio. For more than 100 years we have been supporting those in need throughout northwest Ohio and southeast Michigan with hope, compassion and stability.

### Contact us

Findlay	419-422-7917
Fremont	419-334-3431
Lima	419-879-6029
Tiffin	567-220-6495
Toledo	419-243-9178

Visit [www.lssnwo.org](http://www.lssnwo.org) for more info.



### Join us on social media!



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## LUTHERAN SOCIAL SERVICES of NORTHWESTERN OHIO



When you're not sure  
where to turn.

## Life.Support.



## Behavioral Health Counseling

Life might not come with instructions, but it does come with support. The stigma of needing help relating to mental well-being has been lifted. Society encourages us to seek help rather than struggle in silence.

LSS provides mental health counseling services. Our licensed therapists provide psychotherapy in a safe, hopeful environment for individuals and families who feel overwhelmed by the issues facing them.

Lutheran Social Services offers teletherapy for your convenience via a secured online platform.

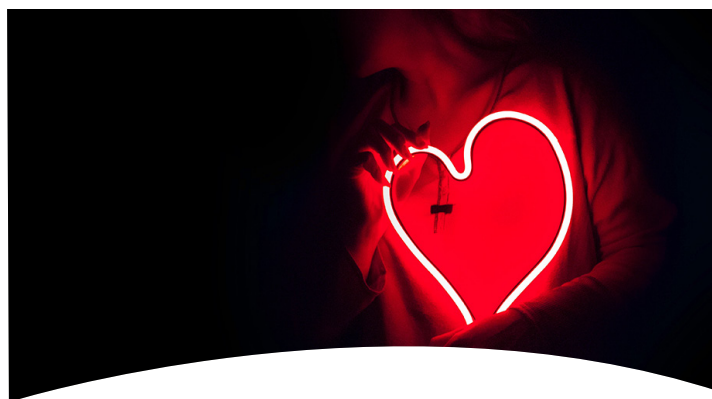
### We offer help and guidance to adults and children in the following areas:

- Loss of a loved one
- Depression and Anxiety
- Stress Management
- Trauma
- Parenting
- Sexual and Physical Abuse
- Family Conflicts
- Marital Problems
- Domestic Violence
- Divorce

## Scott Community Hub

The Hub housed at Scott High School is a central access point for services, resources and information in the community. It has a range of services tailored to the unique assets and needs of students, families and community members.

There is a focus on health and wellness, academic success and family and community engagement.



## Emergency Choice Food Pantry

The Emergency Choice Food Pantry is committed to helping solve issues of hunger in our community. Once a month, individuals and families can select their items with a volunteer in our pantries in Toledo and Findlay.

LSS also has four Personal Needs Pantries throughout Toledo. They are available to individuals up to four times per year.

- Grace Lutheran (West Toledo)
- Faith Lutheran (South Toledo)
- Advent Lutheran (Sylvania)
- St. John's Lutheran (East Toledo)

Registration is required to reserve your spot. Call 419-243-9178 for an appointment.

## Reentry Transition Services

LSS helps people returning from jail with housing, employment, transportation, case management and other services and support needs. Other needs may include help with child support, social security, mental health treatment, parenting, anger management, our Abusive Partner Intervention Program and working with the courts.

The First Wednesday "Going Home to Stay" is the first step for returning citizens returning home from jail to meet all the providers that offer programs and services specifically for returning citizens to become aware and linked to available resources.

## LSS Support Services Include:

- Adult Anger Management Groups
- Abusive Partner Intervention Program
- Survivors of Suicide Support Group
- Emergency Food Pantries - Toledo and Findlay
- Incarceration/Reentry Transition Services
- Financial Counseling - Toledo
- Scott High School Community Hub for Resources

