

PUBLISHED BY:

# SCAN

Building hope for children & families  
in Northern Virginia

**What is the Parent Connection?**  
The *Parent Connection Resource Guide* is a tri-annual publication that helps service providers find parenting classes, parent support groups, playgroups, and other parenting resources for the families they work with throughout Northern Virginia.

If your agency has programs that you would like added into these listings, or if you would simply like to receive a copy of this guide, please contact SCAN of Northern Virginia at 703-820-9001 or [info@scanva.org](mailto:info@scanva.org).

An electronic version of this publication is also available on the SCAN website, [www.scanva.org](http://www.scanva.org), under "Parent Education."

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**Don't miss the  
Special Parent Resource Insert!**

#### LOOK FOR THESE ICONS:



Program offered  
in **Spanish**



**One-Time** only event



**Childcare or Children's  
Program** provided

# Parent Connection

A RESOURCE GUIDE to PARENT EDUCATION

FALL 2009

## Parenting Classes / ALEXANDRIA

### The ABCs of Parenting / Los ABCs para Padres



SCAN of Northern Virginia

The ABCs of Parenting program is geared for parents with children ages 0 to 10. Topics include: behavior management and family rules; building your child's self-esteem; rewards and punishments; and family stress management. Registration is required and is done on a first-come, first-serve basis with registration beginning one month prior to start date. No eligibility requirements. Childcare and dinner are provided.



#### English

No. of Weeks: 8 weeks  
 Date: Thursdays, September 3 – October 22  
 (Registration begins August 10)  
 Time: 6:00 – 8:30 PM  
 Location: First Assembly of God Church, 700 W Braddock Rd, Alexandria  
 Cost: Free  
 Contact: Shannon May: 703-820-9001  
 E-mail: [smay@scanva.org](mailto:smay@scanva.org)

#### Spanish

No. of Weeks: 8 weeks  
 Date: Tuesdays, October 27 – December 15  
 (Registration begins October 5)  
 Time: 6:00 – 8:30 PM  
 Location: First Assembly of God Church, 700 W Braddock Rd, Alexandria  
 Cost: Free  
 Contact: Shannon May: 703-820-9001  
 E-mail: [smay@scanva.org](mailto:smay@scanva.org)

### Fathers in Touch



Capital Youth Empowerment Program

Fathers in Touch is a 12-week fatherhood parenting class that includes 3 supervised visitation activities (one per month). Dinner is served at each class and registration is required. No residency requirements.

No. of Weeks: 12 weeks  
 Date: Tuesdays, September 8 – November 24  
 Time: 6:30 – 9:00 PM  
 Location: Charles Houston Recreation Center, 901 Wythe St, Alexandria  
 Cost: Free  
 Contact: Erick King: 202-321-8704  
 E-mail: [eking@cyep.org](mailto:eking@cyep.org)  
 Website: [www.cyep.org](http://www.cyep.org)

### Weekly Parent Workshops



Alexandria City Public Schools, Office of English as a Second Language for English Language Learners (ESL/ELL)



ACPS English as a Second Language (ESL) Office offers weekly parent workshops throughout the school year on how the school system works and what parents can do to help their child succeed in school. Spanish interpretation is provided at all sessions; additional language interpretation is provided upon request. Children are welcome. Snacks are provided.

Date/Time: TBD, call for details  
 Contact: Margaret Lorber: 703-461-4084  
 E-mail: [margaret.lorber@acps.k12.va.us](mailto:margaret.lorber@acps.k12.va.us)

## Parenting Classes / ARLINGTON

### Parenting with Success / Crianza con Éxito



Arlington Department of Human Services, Child and Family Services, Parent Education Program

Parenting program for parents with children ages 0 to 18 that focuses on helping parents improve their parenting skills and family relationships. Program is offered in both English and Spanish. Registration is by referral only from schools, courts, nurses or other community service providers. Open to Arlington residents only. Childcare is available.

No. of Weeks: 8 weeks  
 Date: Tuesdays, September 29 – November 17;  
 December 1 – January 26, 2010  
 Time: 6:30 – 8:30 PM  
 Location: Department of Human Services  
 3033 Wilson Blvd, 7th Floor, Arlington  
 Cost: Free  
 Contact: Cheryl Fuentes: 703-228-1551  
 Email: cfuentes@arlingtonva.us

### Talleres para los Padres



Arlington Housing Corporation, Inc.

Workshops provided in SPANISH LANGUAGE ONLY which focus on cultivating and supporting positive relationships and communication within families. Participants learn about child development, effective discipline methods, how to best support their children in school and promote healthy habits, among other topics. Childcare is provided. Registration is not required.

No. of Weeks: Ongoing  
 Date: 2x/month (Mondays)  
 Time: 7:00 – 8:00 PM  
 Location: Berkeley Community Center  
 2910 S Glebe Rd, Arlington  
 Cost: Free  
 Contact: Kate Wiley: 703-684-3952  
 E-mail: wiley@ahcinc.org

### Parent Expectations Support Achievement (PESA) Classes



Escuela Bolivia

During this SPANISH LANGUAGE ONLY program, parents will learn interactions that will help them support the academic success of their children, establish effective communication and create a safe environment of love in the home. Registration is recommended. Childcare and (on occasion) dinner is provided.

No. of Weeks: 6 weeks  
 Date: Call for dates  
 Time: Mornings, evenings or Saturdays  
 Location: Arlington County Public Schools  
 Cost: Free  
 Contact: 703-228-2560

## Teenage Parenting Programs



Arlington Public Schools

APS offers alternative educational programs for pregnant and parenting teens in Arlington County in both English and Spanish.

No. of Weeks: 36 weeks during school year,  
 6 weeks during summer school  
 Time: Mostly daytime, some evenings  
 Location: Syphax Academic Center  
 1439 N Quincy St, Arlington  
**NEW location as of 9/1/09:**  
 1644 N McKinley Rd, Arlington  
 Cost: Free  
 Phone: 703-228-2700

## Parenting Classes / FAIRFAX/FALLS CHURCH

### Nurturing Parenting Program



Fairfax County Department of Family Services, Prevention Services, Parent Education Programs (PEP)

The Nurturing Parenting Program offers classes throughout Fairfax County in both English and Spanish to help strengthen families through support and education for parents with children ages 0 to 18. All classes are free for Fairfax County residents and include free childcare, dinner, weekly raffles and educational materials. Classes meet once a week for 12, 13 or 21 weeks depending on the curriculum.

No. of Weeks: 12, 13 or 21 weeks  
 Date/Time: Call for details  
 Location: Various locations throughout Fairfax County  
 Cost: Free  
 Contact: Krissa Slone (English): 703-324-7745  
 Mario Prada (Spanish): 703-324-7405  
 Website: [www.fairfaxcounty.gov/dfs/ParentingResource](http://www.fairfaxcounty.gov/dfs/ParentingResource)

### Fortaleciendo la Familia



Hispanics Against Child Abuse and Neglect (H.A.C.A.N.)

This parenting program in SPANISH LANGUAGE ONLY is intended to teach families parenting skills and values to enable them to become effective listeners and to establish loving, trusting relationships without violence. Classes meet on a weekly basis. Registration is required. Childcare and snacks are provided

No. of Weeks: 10 weeks  
 Date: Call for dates  
 Time: 7:00 – 9:00 PM  
 Location: Bailey's Elementary School  
 6111 Knollwood Dr, Falls Church  
 Cost: Free  
 Contact: Marissa Yzita: 703-208-1550

## Becoming a Love & Logic Parent



Fairfax County Department of Family Services,  
Foster Care and Adoption Program

A parenting course designed to give parents practical skills to raise responsible kids and develop strong relationships with their children.

No. of Weeks: 6 weeks  
Date: Thursdays, October 1 – November 5  
Time: 6:30 – 8:30 PM  
Location: 12011 Government Center Pkwy, Fairfax  
Cost: Free  
Contact: Mary Adamchak: 703-324-7660  
E-mail: mary.adamchak@fairfaxcounty.gov

## Co-Parenting: Two Parents, Two Homes



Fairfax County Public Schools, Family and School Partnerships



This program is designed to assist parents in focusing on the responsibilities of parenting from separate households and in keeping children out of the middle as they negotiate custody, visitation, child support or divorce. Program is offered in both English and Spanish. This class meets the parent education guidelines developed by the Supreme Court of Virginia. Tuition rate discount applies when you enroll in more than one class.

No. of Weeks: One 4-hour daytime session or  
Two 2-hour evening sessions  
Date: 4x/month in English; 1x/month in Spanish  
(call for schedule)  
Time: Saturday and weekday classes available;  
Morning (8:30 AM – 12:30 PM),  
Afternoon (12:30 – 4:30 PM),  
Evening (7:00 – 9:00 PM)  
Location: 9735 Main St, Fairfax  
Cost: \$40/person; \$60/couple  
Contact: Susie Johnson: 703-277-2666  
E-mail: susie.johnson@fcps.edu

## Parenting Teens



Fairfax County Public Schools, Family and School Partnerships

The Parenting Teens class will help parents learn strategies to communicate more effectively with children 12 to 18 years old. Topics include: developing responsibility, growing independence, decision making, improving self-esteem, curfews, school work and discipline. Tuition rate discount applies when you enroll in more than one class.

No. of Weeks: 6 weeks  
Date: Wednesdays, September 30 – November 4  
Time: 7:00 – 9:00 PM  
Location: 9735 Main St, Fairfax  
Cost: \$85/person; \$125/couple  
(includes \$15 book)  
Contact: Susie Johnson: 703-277-2666  
E-mail: susie.johnson@fcps.edu

## Strengthening Your Parenting Skills / Fortaleciendo Sus Habilidades Como Padres



Fairfax County Public Schools, Family and School Partnerships

This class is geared for parents or guardians of children ages 0 to 11 and focuses on ways to achieve more effective parenting. Topics covered include: child safety, positive discipline, child development, communication and setting limits and boundaries. Tuition rate discount applies when you enroll in more than one class.

### English

No. of Weeks: 4 weeks  
Date: Thursdays, September 10 – October 1;  
October 29 – November 19  
Time: 7:00 – 9:30 PM  
Location: 9735 Main St, Fairfax  
Cost: \$60/person; \$90/couple  
Contact: Susie Johnson: 703-277-2666  
E-mail: susie.johnson@fcps.edu

### Spanish

No. of Weeks: 4 weeks  
Date: Thursdays, August 5 – August 26;  
October 1 – October 22  
Time: 7:00 – 9:30 PM  
Location: 9735 Main St, Fairfax  
Cost: \$60/person; \$90/couple  
Contact: Susie Johnson: 703-277-2666  
E-mail: susie.johnson@fcps.edu

## Positive Discipline

Parenting Playgroups, Inc.



This workshop series covers positive discipline techniques by learning how to manage tantrums and power struggles and implement time-outs and reward systems.

### 4-week Class

Date: **Alexandria:** September 22 – October 13  
**Falls Church:** November 5 – December 3  
Time: 7:00 – 9:00 PM  
Cost: \$120/person; \$160/couple  
Contact: Rene Hackney, PhD: 703-922-0044  
E-mail: rene@parentingplaygroups.com

### 1-day Workshop

Date: September 26, October 17,  
November 14 or December 12  
Time: 9:00 AM – 3:00 PM  
Location: Alexandria or Falls Church  
Cost: \$75/person; \$100/couple  
Contact: Rene Hackney, PhD: 703-922-0044  
E-mail: rene@parentingplaygroups.com

### Positive Parenting Classes



Parent Encouragement Program (PEP)

PEP offers positive parenting classes for parents of children of all ages. Classes vary from one-night workshops to 8 – 10 week classes. For the current course schedule, visit [www.PEPparent.org](http://www.PEPparent.org)

Date: Call for dates  
 Time: Morning & evening classes  
 Location: Reston, Mclean, Great Falls & Ashburn  
 Cost: Varies depending on class  
 Phone: 301-929-8824  
 E-mail: [PEPoffice@aol.com](mailto:PEPoffice@aol.com)

### Parenting Classes / LOUDOUN

#### Nurturing Parenting Program

Loudoun Citizens for Social Justice

Classes cover a wide range of parenting topics: families explore ways to establish effective methods for addressing problem behaviors; strategies for increasing their child's positive self-image; and many ways to reduce family conflict while increasing family fun! The classes are offered in both English and Spanish.

No. of Weeks: 6 – 8 weeks  
 Date/Time: Call for details  
 Location: 105 E Market St, Leesburg  
 Cost: Free  
 Phone: 703-771-3973  
 E-mail: [nurturingprogram@lcsj.org](mailto:nurturingprogram@lcsj.org)

### Parenting Classes / GREATER PRINCE WILLIAM

#### STEP - Systematic Training for Effective Parenting

Virginia Cooperative Extension Virginia Cooperative Extension  
*Knowledge for the Commonwealth* – Prince William County Office

STEP is a discussion group for parents and others who want to learn more effective ways to communicate, discipline and build strong relationships with their children. It is offered for three separate age groups: Parents of Young Children (0 to 5), School Age Children (6 to 12), and Teenagers. The classes are offered in both English and Spanish.

No. of Weeks: 6 weeks  
 Date: Call for dates  
 Time: 7:00 – 9:00 PM  
 Location: Various locations throughout Prince William County  
 Cost: \$40  
 Contact: Julie Stiles (English): 703-792-6288  
 Spanish: 703-792-5940

### Juvenile Justice Parenting Program

Virginia Cooperative Extension Virginia Cooperative Extension  
*Knowledge for the Commonwealth* – Prince William County Office

This program is for families of adolescents and pre-adolescents, ages 12 to 17, who display at-risk behaviors and are in danger of becoming court involved. Referral is required. Classes are offered in both English and Spanish.

No. of Weeks: Parents: Eight 2-hour sessions  
 Youth: Seven 1-hour sessions  
 Date: Call for dates  
 Time: Parents: 7:30 – 9:30 PM  
 Youth: 5:30 – 6:30 PM  
 Location: **Manassas:** Sudley North Government Building, 7873 Ashton Ave, Manassas  
**Woodbridge:** Ferlazzo Building  
 15941 Donald Curtis Dr, Woodbridge  
 Cost: \$40  
 Contact: Julie Stiles: 703-792-6288;  
 JoAnne Renton: 703-792-4763

#### Nurturing Parenting Program

ACTS/Turning Points

The Nurturing Parenting Program supports, educates and promotes healthy families. A children's program is provided on Monday only for children ages 0 to 17. Snacks will be provided. Advanced registration is required.

No. of Weeks: 18 weeks  
 Date: Mondays and Thursdays starting August 17  
 Time: 6:30 – 8:30 PM  
 Location: ACTS Family Services Center  
 3900 ACTS Ln, Dumfries  
 Cost: \$150  
 Contact: Barbara McLeod: 703-221-4460 x222  
 E-mail: [turningpoints\\_barbara@comcast.net](mailto:turningpoints_barbara@comcast.net)

### Parent Support Groups / ALEXANDRIA

#### Juntos por el Cambio



SCAN of Northern Virginia

SCAN's Educational Parent Support Group in SPANISH LANGUAGE ONLY offers parenting education, support and resources on a weekly, ongoing basis. The program is a valuable way to gain parenting tools and skills, meet other parents and learn about valuable community resources through periodic workshops. Participants fill out a registration form the first night they attend and are invited to attend as often as they would like. A children's program is available.

No. of Weeks: Ongoing  
 Date: Tuesdays  
 Time: 7:00 – 8:30 PM  
 Location: Call for details  
 Cost: Free  
 Contact: Shannon May: 703-820-9001  
 E-mail: [smay@scanva.org](mailto:smay@scanva.org)

## Parent Connection



SCAN of Northern Virginia

SCAN's Educational Parent Support Group offers parenting education, support and resources on a weekly, ongoing basis.

The program is a valuable way to gain parenting tools and skills, meet other parents and learn about valuable community resources through periodic workshops. Participants fill out a registration form the first night they attend and are invited to attend as often as they would like. A children's program is available.

No. of Weeks: Ongoing  
Date: Mondays  
Time: 7:00 – 8:30 PM  
Location: First Assembly of God Church  
Room 201 (rear entrance)  
700 W Braddock Rd, Alexandria  
Cost: Free  
Contact: Shannon May: 703-820-9001  
E-mail: smay@scanva.org

## Women's Support Group



Office on Women,  
Domestic Violence Program

This program offers two confidential weekly support groups designed for women who are survivors of domestic violence or are currently in an abusive relationship. Alexandria City residents only please. Childcare provided for English support group.

### English (Tuesdays)

No. of Weeks: Ongoing  
Time: 7:00 – 8:30 PM  
Location: Call for location  
Cost: Free  
Contact: Geneva Fuentes: 703-838-4911

### Spanish (Thursdays)

No. of Weeks: Ongoing  
Time: 2:00 – 3:00 PM  
Location: Call for location  
Cost: Free  
Contact: Sofia Fraser: 703-838-4911

## T.C. Williams Teen Parent Group – TC Futures



Alexandria City Public Schools,  
T.C. Williams High School

TC Futures is an afterschool meeting for prenatal and parenting teens where they can share information with other teen parents related to positive parenting and gather useful resources. Meetings are held every other Tuesday followed by a parent/child playgroup. English with limited Spanish translation if needed.

No. of Weeks: Ongoing during school year  
(September – April)  
Date: Every other Tuesday  
Time: 2:30 – 4:30 PM  
(excused 15 min. early from classes)  
Location: T.C. Williams High School  
3330 King St, Alexandria  
Cost: Free  
Contact: Jean Westcott: 703-838-0765



## Parent Support Groups / ARLINGTON

### Parent Connection at Virginia Gardens

The Greenbrier Learning Center &  
Arlington Housing Corporation, Inc.

Parent Connection at Virginia Gardens offers workshops and community building sessions in SPANISH LANGUAGE ONLY for Arlington parents focusing on healthy families, personal development, education and community safety.

No. of Weeks: Ongoing  
Date: Tuesdays  
Time: 6:30 – 8:00 PM  
Location: Virginia Gardens Community Center  
(basement), 1710 S Taylor St, Arlington  
Cost: Free  
Contact: Lauren Cranman: 703-379-6488 x101  
E-mail: laurenc@gblc.org

## Parent Support Groups / FAIRFAX/FALLS CHURCH

### Padres Unidos



SCAN of Northern Virginia

SCAN's Educational Parent Support Group in SPANISH LANGUAGE ONLY offers parenting education, support and resources on a weekly, ongoing basis. The program is a valuable way to gain parenting tools and skills, meet other parents and learn about valuable community resources through periodic workshops. Participants fill out a registration form the first night they attend and are invited to attend as often as they would like. A children's program is available.

No. of Weeks: Ongoing  
Date: Wednesdays (does not meet in August)  
Time: 6:30 – 8:00 PM  
Location: Sacramento Neighborhood Center  
8792E Sacramento Dr, Alexandria  
Cost: Free  
Contact: Shannon May: 703-820-9001  
E-mail: smay@scanva.org

### Parent Connection



SCAN of Northern Virginia

SCAN's Educational Parent Support Group with an understanding of African-American culture offers parenting education, support and resources on a weekly, ongoing basis. The program is a valuable way to gain parenting tools and skills, meet other parents and to learn about valuable community resources through periodic workshops. Participants fill out a registration form the first night they attend and are invited to attend as often as they would like. A children's program is available.

No. of Weeks: Ongoing  
Date: Tuesdays (does not meet in August)  
Time: 6:30 – 8:00 PM  
Location: Call for details  
Cost: Free  
Contact: Shannon May: 703-820-9001  
E-mail: smay@scanva.org

## Alexandria Adoptive Family Support Group



United Methodist Family Services

This adoptive family support group is ongoing and open to all families who have adopted children, regardless of the origin of the adoption.

No. of Weeks: Ongoing  
 Date: Last Thursday of each month  
 Time: 7:00 – 8:30 PM  
 Location: UMFS NOVA Office  
 6335 Little River Turnpike, Alexandria  
 Cost: Free  
 Contact: Jodee Mellerio: 703-941-9008 x307  
 E-mail: jmellerio@umfs.org

## Grandparents Support Group



Fairfax County Department of Family Services  
 & Fairfax County Public Schools

This program is for grandparents (or other relatives) raising relative children. There are two groups, both facilitated by social workers, which meet twice a month to discuss kinship care issues. The program is ongoing and participants may join at any time. Free childcare is available. Pre-registration is required.

### Pennino Building (Tuesdays)

No. of Weeks: Ongoing  
 Date: 2 Tuesdays/month (call to confirm)  
 Time: 7:00 – 8:30 PM  
 Location: Pennino Building  
 12011 Government Center Pkwy, Fairfax  
 Cost: Free  
 Contact: Robin Hamby: 703-277-2640  
 Colleen Turner: 703-324-5489  
 TTY: 703-449-1186

### Bryant Alternative HS (Thursdays)

No. of Weeks: Ongoing  
 Date: 2 Thursdays/month (call to confirm)  
 Time: 6:30 – 8:00 PM  
 Location: Bryant Alternative High School  
 Rooms 28 & 29 (lower entrance)  
 2709 Popkins Ln, Alexandria  
 Cost: Free  
 Contact: Robin Hamby: 703-277-2640  
 Colleen Turner: 703-324-5489  
 TTY: 703-449-1186

## Access Moms' Small Group Bible Study

McLean Bible Church

This religious-based program is designed for moms who have children with special needs.

No. of Weeks: Ongoing (September – June)  
 Date: Every other Thursday (call to confirm)  
 Time: 10:00 AM – 12:00 PM  
 Location: McLean Bible Church  
 8925 Leesburg Pike, Vienna  
 Cost: Free  
 Contact: Fran Smith: 703-770-4393  
 E-mail: fran.smith@mcleanbible.org

## Access Parent Support Group

McLean Bible Church

Access Parent Support Group is for parents of children with disabilities. Registration is required. Childcare is available with reservation.

No. of Weeks: Ongoing  
 Date: Fourth Sunday of the month (call to confirm)  
 Time: 12:30 – 1:30 PM  
 Location: McLean Bible Church  
 8925 Leesburg Pike, Vienna  
 Cost: Free  
 Contact: Jackie Mills-Fernald: 703-770-2942  
 E-mail: jackie.millsferald@mcleanbible.org

## Living with Epilepsy

McLean Bible Church

This program is designed for parents of children with Epilepsy and other seizure disorders.

No. of Weeks: Ongoing  
 Date: Second Sunday of the month (call to confirm)  
 Time: 12:30 PM  
 Location: McLean Bible Church  
 8925 Leesburg Pike, Vienna  
 Cost: Free  
 Contact: Jackie Mills-Fernald: 703-770-2942  
 E-mail: jackie.millsferald@mcleanbible.org

## Parent Support Groups / LOUDOUN

### Familias Saludables de MotherNet

INMED-MotherNet Loudoun

INMED provides prenatal health, parenting and family violence prevention educational support group in SPANISH LANGUAGE ONLY. Program is open to the community.

No. of Weeks: Ongoing  
 Date: Tuesdays  
 Time: 5:00 – 6:30 PM  
 Location: Douglas Community Center, Multipurpose Room, 407 E Market St, Leesburg  
 Cost: Free  
 Contact: Coralys Fernandez: 703-729-4951 x212  
 E-mail: cfernandez@inmed.org

### Developmental Playgroups



The Center for Alexandria's Children (CAC) & SCAN of Northern Virginia

Free multicultural developmental playgroup for children, ages 0 to 5, and their parents or caregivers. The goal of the program is to promote positive parenting skills, parent-child interaction through play, and to help parents prepare their children for success in school. Parents and caregivers are invited to attend with their children as often as they would like. No registration is necessary.

#### **Tuesdays (English)**

No. of Weeks: Ongoing  
Time: 9:00 – 10:30 AM  
Location: Jefferson-Houston Elementary School  
1501 Cameron St, Alexandria  
Cost: Free  
Contact: Susan Kennedy: 703-838-4381 x494  
E-mail: [skennedy@centerforalexandriaschildren.org](mailto:skennedy@centerforalexandriaschildren.org)

#### **Thursdays (English)**

No. of Weeks: Ongoing (does not meet in August)  
Time: 10:00 – 11:30 AM  
Location: The Center for Alexandria's Children (CAC)  
1900 N Beauregard St, 2nd Floor  
Alexandria  
Cost: Free  
Contact: Susan Kennedy: 703-838-4381 x494  
E-mail: [skennedy@centerforalexandriaschildren.org](mailto:skennedy@centerforalexandriaschildren.org)

#### **Fridays (English/Spanish)**

No. of Weeks: Ongoing (does not meet in August)  
Date: Fridays  
Time: 10:00 – 11:30 AM  
Location: St. Rita's Parish Center  
3825 Russell Rd, Alexandria  
Cost: Free  
Contact: Susan Kennedy: 703-838-4381 x494  
E-mail: [skennedy@centerforalexandriaschildren.org](mailto:skennedy@centerforalexandriaschildren.org)

### Parent Infant Education (PIE) Program Playgroup



Alexandria Community Services Board

A playgroup for infants, toddlers, and preschoolers led by a master's level early educator; children learn valuable social skills and work on their developmental skills through play. Parents/caregivers have the opportunity to interact with their child in stimulating activities that reinforce physical, cognitive, and social development. Alexandria City residents only please. \*If new, please call or e-mail Patricia ([patricia.eitemiller@alexandria.gov](mailto:patricia.eitemiller@alexandria.gov)) ahead of time.\*

#### **Charles Houston (Mondays)**

No. of Weeks: Ongoing  
Time: 10:30 AM – 12:00 PM  
Location: Charles Houston Recreation Center  
901 Wythe St, Alexandria  
Cost: Free  
Contact: Teak Fogle: 703-746-3350

#### **Lee Center (Wednesdays)**

No. of Weeks: Ongoing  
Time: 10:00 – 11:30 AM  
Location: Lee Recreation Center  
1108 Jefferson St, Alexandria  
Cost: Free  
Contact: Patricia Eitemiller: 703-746-3388  
E-mail: [patricia.eitemiller@alexandriava.gov](mailto:patricia.eitemiller@alexandriava.gov)

#### **Cora Kelly (Fridays)**

No. of Weeks: Ongoing  
Time: 10:30 AM – 12:00 PM  
Location: Cora Kelly Recreation Center  
25 W Reed Ave, Alexandria  
Cost: Free  
Contact: Deatrice Williams: 703-746-3430

## Preschool Parent - Child Playgroup



Preschool Prevention Team, Alexandria Community Services Board

An interactive play experience for children ages 0 to 5 and their caregivers. Our goal is to help young children strengthen their social skills through structured and free play activities, as well as support caregivers in developing positive parenting skills through activities that promote healthy attachment. This is a wonderful opportunity for caregivers to engage in a positive and playful experience with their children and meet other families!

### Beatley (Wednesdays)

No. of Weeks: Ongoing  
 Time: 10:00 – 11:00 AM  
 Location: Beatley Library (large meeting room)  
 5005 Duke St, Alexandria  
 Cost: Free  
 Contact: Arika VanBrunt: 703-838-4381 x448  
 E-mail: arika.vanbrunt@alexandriava.gov

### Tower 2000 (Thursdays)

No. of Weeks: Ongoing  
 Time: 9:30 – 10:30 AM  
 Location: Tower 2000 (community room)  
 5800 Quantrell Ave, Alexandria  
 Cost: Free  
 Contact: Arika VanBrunt: 703-838-4381 x448  
 E-mail: arika.vanbrunt@alexandriava.gov

## Playgroups / FAIRFAX COUNTY/FALLS CHURCH

### Play and Learn Program / ABC Juega y Aprende



Family Services Network

Free developmental playgroup for children, ages 0 to 5, and their parents or caregivers. The program goals are to promote parenting skills and help parents prepare their children for success in school. All programs are conducted in both English and Spanish.

### Tuesdays (English/Spanish)

No. of weeks: Ongoing  
 Time: 10:30 AM – 12:00 PM  
 Location: Woodrow Wilson Library  
 6101 Knollwood Dr, Falls Church  
 Cost: Free  
 Contact: Astrid Gamez: 703-867-1973

### Fridays (English/Spanish)

No. of Weeks: Ongoing  
 Time: 10:30 AM – 12:30 PM  
 Location: Culmore Resource Center  
 3304 Culmore Ct, Falls Church  
 Cost: Free  
 Contact: Astrid Gamez: 703-867-1973

## Other Parenting Programs / ALEXANDRIA

### FOCUS: Educating and Empowering Parents in Custody and Visitation Cases

Alexandria Court Service Unit

Court ordered program for parents and guardians involved in custody and visitation cases.

No. of Weeks: 3 weeks  
 Date: September 14 – 28;  
 October 26 – November 9  
 Time: 4:15 – 6:15 PM  
 Location: Alexandria Courthouse  
 520 King St, Alexandria  
 Cost: Free  
 Contact: Elaine M. Butkiewicz: 703-838-4144

## Other Parenting Programs / ARLINGTON

### The Parenting Journey: Resources for Expectant and New Parents in Arlington County



Arlington County Department of Human Services, Child and Family Services Division, Parent Education Program & Northern Virginia Family Service

Expectant and new parents—join us for a free information and resource fair! Learn about resources available in Arlington for prenatal care through your baby's first year. Get answers to your questions about staying fit, baby care, immunizations, breastfeeding and nutrition, childcare, and much more about what to expect during the first year.

Date: Monday, September 21, 2009  
 Time: 4:00 – 7:00 PM  
 Location: Department of Human Services  
 3033 Wilson Blvd, 7th floor, Arlington  
 Cost: Free  
 Contact: Cheryl Fuentes: 703-228-1551  
 E-mail: cfuentes@arlingtonva.us

### "Raising Teens" Videos and Discussion Guide



Arlington Partnership for Children, Youth and Families

"Raising Teens" is a series of videos in both English and Spanish that focuses on issues faced by parents of teens. The videos and accompanying discussion guides are designed to provide information and encouragement to parents of teens.

Date/Location: Available upon request  
 Cost: Free  
 Contact: Mary Ann Moran: 703-228-1671

## FIT Relationships: Building Healthy Relationships Program



Arlington Department of Human Services, Child and Family Services, Parent Education Program & The Granato Group  
FIT is a 10-week program provided in SPANISH LANGUAGE ONLY for couples who want to improve communication, appreciate each other's differences, develop problem-solving skills, get emotions under control, and learn effective parenting skills. Both partners must attend. Open to all Arlington residents; non-Arlington residents can register if space is still available. Enrollment limited to 10 couples. Childcare is provided.

No. of Weeks: 10 weeks  
Date: Registration begins in fall  
(Class will be held Tuesdays,  
January 19 – March 23, 2010)  
Time: 6:30 – 8:30 PM  
Location: Department of Human Services  
3033 Wilson Blvd, 7th Floor, Arlington  
Cost: Free  
Contact: Cheryl Fuentes: 703-228-1551  
E-mail: cfuentes@arlingtonva.us

## English Classes for Parents



Arlington Public Schools, Arlington Education and Employment Program (REEP)

REEP is an English language program for adults. Eligible Arlington parents may receive reduced tuition. Placement testing is required for all classes. Call for information and testing dates.

No. of Weeks: 12 weeks  
Date: August 17 – November 6;  
September 28 – December 18  
Time: Monday – Friday, 9:00 AM – 12:00 PM;  
Monday – Thursday, 6:45 PM – 9:00 PM  
Location: Clarendon Education Center  
2801 Clarendon Blvd, Arlington  
Cost: Eligible Arlington parents pay  
reduced tuition of \$35  
Contact: Donna Moss: 703-228-4200  
Email: dmoss@arlington.k12.va.us

## Other Parenting Programs / FAIRFAX/FALLS CHURCH

### Potty Training

Parenting Playgroups, Inc.



This workshop covers the methods of potty training, early and real readiness signs, how to start and common issues encountered during the process.

Date: **Alexandria:** September 23  
**Falls Church:** November 18  
Time: 7:00 – 9:00 PM  
Cost: \$30/person; \$40/couple  
Contact: Rene Hackney, PhD: 703-922-0044  
E-mail: rene@parentingplaygroups.com

## Homework & Academic Motivation



Parenting Playgroups, Inc.

This workshop will cover how to set-up and manage homework time and how to build and encourage academic motivation.

Date: September 30  
Time: 7:00 – 9:00 PM  
Location: Falls Church  
Cost: \$30/person; \$40/couple  
Contact: Rene Hackney, PhD: 703-922-0044  
E-mail: rene@parentingplaygroups.com

## Learn to Massage Your Baby

Infant Massage USA

During this 4-week class, parents will learn new massaging strokes each week and how to better understand the ways in which their baby is communicating with them. Class will cover comforting, calming and soothing techniques to help with gas, colic and constipation. Stroke adaptations will also be taught to help parents stay in touch as their babies grow. Registration is required.

No. of Weeks: 4 weeks  
Date: Starts the first Thursday & Saturday  
of every month  
Time: 10:00 AM  
Location: Prince of Peace Lutheran Church  
8304 Old Keene Mill Rd, Springfield  
Cost: Donation  
Contact: Lori Keenan: 703-440-5951  
E-mail: lorikeenan@msn.com

## Good-Touch/Bad-Touch®



Fairfax County Department of Family Services,  
Child Abuse Prevention Program

Good-Touch/Bad-Touch prevention education includes information and discussions about child abuse, sexual abuse, sexual harassment and bullying of all types, internet safety, and stranger danger rules.

Duration: 3 hours  
Date/Location: If interested, please call to request  
time and location  
Cost: Free in Fairfax County  
Contact: Tsehay Elias: 703-324-7459  
E-mail: Tsehay.Elias@fairfaxcounty.gov

## ADAPT: Anger & Domestic Abuse Prevention and Treatment

Fairfax-Falls Church Community Services Board

ADAPT offers Virginia State certified domestic abuse intervention and anger management for voluntary and court-ordered men and women. The program focuses on learning effective emotional-regulation skills and developing compassion and empathy, with the goal of preventing abuse in relationships with children, partners and parents. Participants develop greater self-esteem and increased sense of personal power. Applicants must complete an intake interview to participate.

No. of Weeks: 18 weeks  
 Date: Call for dates  
 Time: 7:00 – 9:00 PM  
 Location: Chantilly, Annandale, Alexandria & Reston  
 Cost: \$60 for intake interview;  
 \$20 per weekly session  
 Contact: 703-968-4052

## Kinship Respite Day



Fairfax County Department of Family Services & Department of Community and Recreation Services

This program is for grandparents or other relatives raising relative children. It's an opportunity for caregivers to drop off their children and have free time for themselves while the children have a day full of fun activities. Pre-registration is required.

Date: Saturday, August 15  
 Time: 10:00 AM – 3:00 PM  
 Location: **Gum Springs Community Center:**  
 8100 Fordson Rd, Alexandria;  
**Mott Community Center:**  
 12111 Braddock Rd, Fairfax  
 Cost: Free  
 Phone: Nancy Coffey: 703-324-3517  
 E-mail: nancy.coffey@fairfaxcounty.gov

## Breakaway

McLean Bible Church

Breakaway is a an Access Saturday respite care program designed for children and young adults with special needs, ages 2 to 25 living at home. The program is by reservation only and includes activities, crafts and music.

No. of Weeks: Ongoing (2 Saturdays/month)  
 Date: August 15, September 19 & 26,  
 October 10 & 17, November 11, December 12  
 Time: 10:00 AM – 3:00 PM  
 Location: McLean Bible Church  
 8925 Leesburg Pike, Vienna  
 Cost: \$20 for first child;  
 \$10 for each additional child  
 Contact: Stephanie Reding: 703-770-8654  
 E-mail: stephanie.reding@mcleanbible.org  
 Website: www.mcleanbible.org/access

## Break Out

McLean Bible Church

Break Out is the Access respite care program designed especially for families of children with special needs and their siblings ages 2 to 16. Parents can enjoy an evening out while their children spend an evening of fun with Access! The program is by reservation only and a family profile/consent form is required.

No. of Weeks: Ongoing (2 Fridays/month)  
 Date: August 21, September 4 and 25,  
 October 2 and 16, November 13,  
 December 4 and 18  
 Time: 6:30 – 10:00 PM  
 Location: McLean Bible Church  
 8925 Leesburg Pike, Vienna  
 Cost: \$15 for first child,  
 \$5 for each additional child  
 Contact: Heather Coleman: 703-639-2000 x1048  
 E-mail: heather.coleman@mcleanbible.org  
 Website: www.mcleanbible.org/access

## Family Learning Program



Literacy Council of Northern Virginia

The Literacy Council offers English for Speakers of Other Languages classes for parents. Childcare is provided for children ages 2 to 12. Attendees must register on the registration date to participate.

### Herndon

No. of Weeks: 12 weeks  
 Date: **Registration:** September 16, 5:00 – 7:30 PM  
**Classes:** September 23 – December 14  
 Time: 6:00 – 8:00 PM  
 Location: Herndon Fortnightly Library  
 768 Center St, Herndon  
 Cost: One-time fee: \$40 for class;  
 \$10 for childcare (scholarships available)  
 Contact: Carisa Pineda: 703-237-0866  
 E-mail: familylearning@lcnv.org

### Alexandria

No. of Weeks: 12 weeks  
 Date: **Registration:** September 21, 5:00 – 7:30 PM  
**Classes:** September 28 – December 16  
 Time: 6:00 – 8:00 PM  
 Location: Woodlawn Elementary School  
 8505 Highland Lane, Alexandria  
 Cost: One-time fee: \$40 for class;  
 \$10 for childcare (scholarships available)  
 Contact: Carisa Pineda: 703-237-0866  
 E-mail: familylearning@lcnv.org

## Other Parenting Programs / LOUDOUN

### Break Out

McLean Bible Church



Break Out is the Access respite care program designed especially for families of children with special needs and their siblings ages 2 to 16. Parents can enjoy an evening out while their children spend an evening of fun with Access! The program is by reservation only and a family profile/consent form is required.

No. of Weeks: Ongoing (1 Friday/month)  
Date: August 7, September 18, October 30, November 6 & December 4  
Time: 6:30 – 10:00 PM  
Location: McLean Bible Church – Loudoun Campus  
44180 Riverside Pkwy, Lansdowne  
Cost: \$15 for first child,  
\$5 for each additional sibling  
Contact: Nathan Herring: 703-770-8661  
E-mail: nathan.herring@mcleanbible.org  
Website: www.mcleanbible.org/access

## Other Parenting Programs / PRINCE WILLIAM

### When Families Get Angry

Virginia Cooperative Extension Virginia Cooperative Extension  
*Knowledge for the Commonwealth* – Prince William County Office



This class is designed to help parents understand and constructively deal with anger in the family. Topics discussed include anger between parents, children and siblings, with recognition of influences from outside forces. Classes are offered in both English and Spanish.

No. of Weeks: 3 weeks  
Date: Call for dates  
Time: 7:00 – 9:00 PM  
Location: Government buildings  
in Manassas and Woodbridge  
Cost: \$40  
Contact: Julie Stiles: 703-792-6288  
Rosa Moore: 703-792-4569

## Other Parenting Programs / REGIONAL

### Parent Institute for Quality Education (PIQE)



This 9-week parent involvement program encourages and supports low-income, ethnically-diverse parents of elementary, middle and high school children to take a participatory role in their children's education.

No. of Weeks: 9 weeks  
Date/Location: Call for details  
Cost: Call for details  
Contact: Ana Sands: 703-993-9877

## Community Resources / ALEXANDRIA

### Healthy Families Alexandria



Northern Virginia Family Service



Healthy Families Alexandria is a home-visiting program that supports first-time parents who live in the City of Alexandria. The program provides parent education, information on child health and development, developmental screenings, and referrals to community resources. Bilingual (English/Spanish) is staff available.

Date/Time: Weekly, biweekly or monthly home-visits  
(depending on level of need)  
Location: Family's home  
Cost: Free  
Contact: Yadira Tipan: 703-212-1701  
E-mail: ytipan@nvfs.org

### Alexandria Head Start / Early Head Start



The Campagna Center



Head Start and Early Head Start are federally-funded early education programs for low-income families. Priority is given to families who are currently homeless and/or whose children have special needs. Early Head Start, which is a year-round program, serves children ages 0 to 3 and pregnant mothers. Head Start serves children ages 3 to 5. Program has staff that speaks English, Spanish, Arabic and Amharic.

Date: Head Start: September – June  
Early Head Start: Year-round  
Location: Various locations in the City of Alexandria  
Cost: Free  
Contact: Charlene Johnson: 703-549-0111 x153

### Preschool Child Find Services



Alexandria City Public Schools



Free developmental, hearing and vision screening (includes speech, communication, knowledge/concept development, coordination, social-emotional and self-help skills) for children ages 2 to 4 who reside in the City of Alexandria, and whose parents have concerns about whether their child's development is within normal limits. Bilingual (English/Spanish) staff is available.

Location: 2000 N Beauregard St, Suite 203, Alexandria  
Cost: Free to Alexandria City residents  
Phone: 703-824-6708

### Parent Infant Education (PIE) Program



Alexandria Community Services Board



Without regard to economic status, the Alexandria PIE Program provides individualized early intervention services to developmentally delayed and high-risk infants and toddlers. The goals of the program are to minimize the impact of developmental delays and provide support and guidance to families. The program serves any Alexandria resident aged 0 to 3 who has a developmental delay, a diagnosed medical condition or shows atypical development in motor, speech/language, social, self help or adaptive skills. Translation and interpretation is available in any language, including American Sign Language.

Contact: Robin Crawley: 703-746-3350  
E-mail: robin.crawley@alexandria.gov

## Alexandria Resource Mothers Program



Northern Virginia Urban League

Alexandria Resource Mothers Program is a home-visiting program that serves pregnant teens between the ages of 13 to 19 in the City of Alexandria. Support is given to first-time teen mothers to ensure early access to prenatal care and healthy birth outcomes in order for mothers to stay in school, improve self-sufficiency and delay repeat pregnancies. Teens continue in the program until the infant's first birthday. Referral is required. Bilingual (English/Spanish) staff is available.

Hours: Monday – Friday, 9:00 AM – 5:00 PM  
 Cost: Free  
 Contact: Yvette Bailey: 703-836-7644  
 E-mail: YvetteBailey40@hotmail.com

## Alexandria Office on Women



Alexandria Office on Women

Office on Women serves the Alexandria community with a 24-hour Domestic Violence and Sexual Assault hotlines; crises intervention; support & advocacy; shelter for abused persons; individual and group counseling; Rape Aggression Defense classes; Alexandria Campaign on Adolescent Pregnancy; walk to fight breast cancer; and youth services/programs. Bilingual (English & Spanish) assistance is available for crisis and advocacy services.

Location: 421 King St, Suite 400, Alexandria  
 Cost: Free  
 Phone: 703-746-5030  
 Hotlines: Domestic Violence Program: 703-838-4911  
 Sexual Assault Response and Awareness (SARA) Program: 703-683-7273  
 Website: www.alexwomen.com

## Family Learning Center



Community Lodgings Inc.

The Family Learning Center's bilingual (English/Spanish) education directors are available Monday through Friday to assist neighborhood parents with a range of individual and family needs such as contacting pediatricians, translating documents, computer literacy and ESL classes. Summer and afterschool enrichment programs are also available.

Hours: Monday – Friday, 10:00 AM – 7:00 PM  
 Location: Community Lodgings Family Learning Center, 607 Notabene Dr #1, Alexandria  
 Cost: Free  
 Contact: Katrina Walsh: 703-739-5856

## Arlandria Health Center



Arlandria Neighborhood Health Services, Inc. (ANHSI)

Alexandria Neighborhood Health Services, Inc. (ANHSI) is a 501(c) (3) not-for-profit federally qualified health center with the mission to provide accessible, coordinated, community-based primary health care and human services to people in Alexandria and surrounding communities. The center provides services to families and individuals who are low-income, uninsured and/or underinsured. Bilingual (English/Spanish) staff is available.

### Adult Medicine & Women's Health Programs (Main office)

Hours: Monday & Friday, 7:30 AM – 5:00 PM;  
 Tuesday – Thursday, 7:30 AM – 7:00 PM  
 Location: 2 East Glebe Rd, Alexandria  
 Cost: Sliding scale fee  
 Phone: 703-535-5568  
 Fax: 703-535-1581

### Pediatric Center

Hours: Monday & Thursday, 8:00 AM – 6:00 PM;  
 Tuesday, Wednesday & Friday, 8:00 AM – 5:00 PM  
 Location: 3804 Executive Avenue D-1, Alexandria  
 Cost: Sliding scale fee  
 Phone: 703-519-1725  
 Fax: 703-519-1738

### Family Support & Mental Health Services

Hours: Monday, Wednesday & Friday, 9:00 AM – 5:00 PM;  
 Tuesday and Thursday, 9:00 AM – 7:00 PM  
 Location: 3802 Executive Ave D-1, Alexandria  
 Cost: Sliding scale fee  
 Phone: 703-535-7930  
 Fax: 703-535-7950

## Project Connect



Arlandria Neighborhood Health Services, Inc. (ANHSI)

Project Connect provides assistance and low-cost health insurance to children and pregnant women who are in the process of applying for FAMIS, FAMIS Plus, FAMIS MOMS & Plan First (Family Planning Program for men and women). Program has staff that speaks English, Spanish and Hindi.

Hours: Tuesday, Wednesday & Friday, 8:00 AM – 5:00 PM;  
 Monday & Thursday, 8:00 AM – 6:00 PM  
 Location: Arlandria Health Center  
 3804 Executive Ave D-1, Alexandria  
 Cost: Free  
 Contact: Eduardo Mantilla-Torres: 703-535-5418  
 Fax: 703-535-3087

## Special Education Resource Center



Alexandria City Public Schools

Provides information about the special education services offered by Alexandria City Public Schools and provides support to parents of children who receive those services. Center also maintains a parent library of books and videotapes and sponsors workshops on an ongoing basis.

No. of Weeks: Ongoing during school year  
 Time: Daily, please call ahead before visiting  
 Location: Special Education Parent Resource Center,  
 Jefferson-Houston Elementary School  
 1501 Cameron St, Alexandria  
 Cost: Free  
 Contact: Anne Lipnick: 703-706-4552

## Child Health / Pediatric Clinic



Alexandria Health Department

The Alexandria Health Department provides acute health services on a walk-in basis to eligible healthy newborn infants and eligible sick infants and children who arrive before 9:00 AM, Monday through Friday; no appointment needed. Well Child Exams are provided by appointment only for infants and children 2 weeks to 5 years of age. Eligibility required for services, including Alexandria residency, income criteria, Medicaid eligible or uninsured. Bilingual (English/Spanish) staff is available.

Location: 4480 King St, 2nd floor, Alexandria  
Cost: No fee for uninsured or Medicaid eligible children  
Phone: 703-838-4400 x234

## Immunization Clinic



Alexandria Health Department

Childhood and adult immunization clinics at the Alexandria Health Department will be providing expanded walk-in clinic hours; no appointment needed. Clinic provides routine immunizations required for daycare and school entry for infants and children up to age 19. Routine adult vaccines are also provided. Charges apply to some adult vaccines. Bilingual (English/Spanish) staff is available.

Hours: Walk-in hours: Monday, 1:00 – 6:00 PM;  
Tuesday, 1:00 – 4:00 PM;  
Wednesday, 8:00 – 11:00 AM  
Location: 4480 King St, Alexandria  
Cost: Some vaccines may have a fee.  
Private insurance is not accepted.  
Phone: 703-838-4400 x334

## Women/Infant Children Nutrition Services (WIC)



Alexandria Health Department

The goal of the WIC program is to improve the health of pregnant, postpartum and breastfeeding women and their infants and children (under 5 years) through better nutrition and access to health care. The program provides screening and referrals to other health, welfare and social service agencies, nutrition education, breastfeeding promotion and support, as well as supplemental nutritious foods. To be eligible for the WIC Program, applicants must meet categorical, residential, income and nutrition risk requirements. Please call for additional information. Program has staff that speaks English, Spanish, Amharic, Bengali and Urdu.

Location: 4480 King St, 2nd floor, Alexandria  
Cost: No fee for eligible applicants  
Phone: 703-838-4400 x332

## Community Resources / ARLINGTON

### Healthy Families Arlington



Northern Virginia Family Service

Healthy Families is a home-visiting program for new parents of children birth to age 5, providing parent education, information on child health and development, developmental screenings, and linkage to community resources. Bilingual (English/Spanish) staff is available.

Date/Time: Weekly, biweekly or monthly home visits (depending on level of need)  
Location: 3401 Columbia Pike, Suite 300, Arlington  
Cost: Free  
Contact: Elizabeth Willingham: 703-769-4606  
Email: ewillingham@nvfs.org

## Parent Infant Education (PIE) Program



Infant & Toddler Connection of Arlington

Family-centered early intervention program for children birth to 3 years of age with special needs and their families. Therapy and educational services are based on individual child and family needs and are designed around family routines and activities. Family must reside in Arlington County. Interpretation services are provided for all languages as needed.

Location: 3033 Wilson Blvd, Suite 600B, Arlington  
Cost: Eligibility determination, assessment for service planning, and service coordination are free of charge. Fee for additional services is income-based using a sliding fee scale.  
Contact: Margaret Jones: 703-228-1630  
E-mail: mjones@arlingtonva.us

## Project Family / Proyecto Familia




Parenting and early childhood education classes for parents/caregivers with their children from pre-birth to age 5. Bilingual (English/Spanish) staff is available.

No. of Weeks: Most are 10 months  
Date: August – June  
Time: Morning and early afternoon  
Location: **Key Elementary School**, 2300 Key Blvd;  
**Campbell Elementary School**,  
737 Carlin Spring Rd;  
**Carlin Springs Elementary School**,  
5995 S 5th Rd;  
**Arlington Department of Human Services**,  
3033 Wilson Blvd;  
**Harvey Hall Community Center**,  
850 S Greenbrier;  
**Columbia Pike Library**, 816 S Walter Reed  
Cost: Free  
Contact: Gloria Starr: 703-228-1549

## Community Resources / FAIRFAX/FALLS CHURCH

### Infant & Toddler Connection of Fairfax-Falls Church



 Fairfax-Falls Church Community Services Board  
ITC offers developmental evaluations and services for eligible infants and toddlers younger than 3 years of age. Services are usually provided in the child's home or daycare setting. Translators are provided when requested by families. Bilingual (English/Spanish) staff is available.

Time: Daytime appointments  
Location: Child's home or daycare setting  
Cost: Free evaluation; sliding scale fee for services  
Contact: 703-324-4495  
E-mail: allan.phillips@fairfaxcounty.gov

## Children's Center of Virginia

Childhelp

Childhelp exists to meet the physical, emotional, educational and spiritual needs of abused, neglected and at-risk children by focusing our efforts on advocacy, prevention, treatment and community outreach. We offer individual, group and family therapy, mentor and tutoring programs, volunteer opportunities, and various support programs. Bilingual (English/Spanish) staff is available.

Hours: Monday – Friday, 8:30 AM – 5:00 PM;  
Monday – Thursday, 4:00 – 8:00 PM;  
Saturday, 9:00 AM – 12:00 PM  
Location: 11230 Waples Mill Rd, Suite 105, Fairfax  
Cost: Varies by program  
Phone: 703-208-1500

## Healthy Families Fairfax



United Community Ministries

Healthy Families is a voluntary home-visiting program for first-time parents (from pregnancy to 2-month-old babies) who are referred by public health nurses or others in the community because they are at risk of abuse or neglect. Family support workers educate participating families about child development. Bilingual (English/Spanish) staff is available.

Date/ Location: Call for details  
Cost: Free  
Contact: Irma Dobber (Mt. Vernon/Lee):  
703-704-6794  
Judith Reggiardo (Springfield):  
703-913-8993

## Hope in Northern Virginia

Hope provides pregnancy counseling and assistance in finding community resources for all women. Program has staff that speaks English, Spanish and French.

Hours: Monday – Wednesday, 9:30 AM – 3:00 PM  
& 7:00 - 9:00 PM;  
Friday – Saturday, 9:30 AM – 12:00 PM  
Location: 610 Park Ave, Falls Church  
Cost: Free  
Contact: Dellaine Wyse: 703-536-2020

## Fairfax County Family Resource Center / Centro de Apoyo



Fairfax County Department of Family Services,  
Child Abuse Prevention Services

Family Resource Centers are prevention-oriented, neighborhood-based, drop-in facilities that provide programs to serve parents and their children, including a health clinic, legal services, help with job or medical applications/ phone calls, as well as programming for adults and youth. The centers welcome all families, regardless of income or degree of need. Bilingual (English/Spanish) staff is available.

### Springfield/Franconia Family Resource Center

Hours: Monday – Friday, 8:00 AM – 4:30 PM  
Location: 7224 Commerce St, Springfield  
Contact: Marilyn Liciaga: 703-704-6454

### Culmore Family Resource Center

Hours: Call for details  
Location: 3304 B Culmore Ct, Falls Church  
Contact: Maria Lidi Maguina: 703-379-5217

## Parent Educational Advocacy Training Center (PEATC)

PEATC, Virginia's parent involvement resource center and parent training information center, is committed to helping families, schools and communities build positive futures for Virginia's children. PEATC offers services in both English and Spanish.

Hours: Monday – Friday, 9:00 AM – 5:00 PM  
Location: 100 N Washington St, Suite 234, Falls Church  
Cost: Free  
Contact: Rosalía Fajardo: 703-923-0010  
Website: [www.peatc.org](http://www.peatc.org)

## Community Liaisons



Fairfax County Public Schools

Fairfax County Public Schools (FCPS) community liaisons connect parents with applicable school and community personnel and resources; facilitate effective communication and family-school-community collaboration to support student learning and healthy development, both at home and at school; and help parents learn the skills necessary to empower them as advocates for their children by successfully navigating FCPS and Fairfax County government offices.

Hours: Monday – Friday, 9:00 AM – 4:00 PM  
Locations: **Devonshire Center**  
2831 Graham Rd, Room 10, Falls Church  
(Arabic, English, Korean, Spanish)

### Lake Anne-Reston

11484 Washington Plaza West  
Suite 310, Reston

(Arabic, French, English, Spanish)

### South County Government Center

8350 Richmond Hwy  
Room 123, Alexandria  
(English, Spanish, Twi)

Cost: Free  
Phone: 703-277-2640  
Spanish: 703-208-8017  
Korean: 703-876-5273  
Website: [www.fcps.edu/cco/fam/](http://www.fcps.edu/cco/fam/)

## Preschool Child Find Services



Fairfax County Public Schools

Free developmental, hearing and vision screening (includes speech, communication, knowledge/concept development, coordination, social-emotional, and self-help skills) for children 20 months to approximately 5 years old who reside in Fairfax County and whose parents have concerns about whether their child's development is within normal limits. Bilingual (English/ Spanish) staff is available.

Time: 8:30 AM – 3:00 PM  
(Times may vary depending on the day)  
Location: Devonshire Center  
2831 Graham Rd, Falls Church  
Cost: Free to Fairfax County residents  
Contact: Linda Shilts: 703-876-5244  
TDD: 703-876-5222

## The Parent Resource Center



Fairfax County Public Schools



Provides information about the special education services offered by Fairfax County Public Schools and provides support to parents of children who receive those services. The center also maintains a parent library of books, DVDs and videotapes, and sponsors workshops on an ongoing basis. Bilingual (Spanish/English) staff is available.

### Alexandria-Fairfax County

Hours: Part-time, call for details  
Location: Hayfield Elementary School  
7633 Telegraph Rd, Alexandria  
Cost: Free  
Contact: Gail Holloman: 703-204-3941  
E-mail: prc@fcps.edu

### Dunn Loring

Hours: Monday – Friday, 8:00 AM – 4:00 PM  
Location: 2334 Gallows Rd, Dunn Loring  
Cost: Free  
Contact: Gail Holloman: 703-204-3941  
E-mail: prc@fcps.edu

### Lorton

Time: 8:30 AM – 3:00 PM  
(Times may vary depending on the day)  
Location: 6520 Diana Ln, Alexandria  
Cost: Free  
Phone: Jackie Martin: 703-317-1400

## The Arc of Northern Virginia

The Arc of Northern Virginia is known as the leader in providing effective advocacy and indispensable direct services for families, children and adults living with intellectual and developmental disabilities to enable full, welcoming community participation.

Hours: Monday – Friday, 9:00 AM – 5:00 PM  
Location: 98 N Washington St, Falls Church  
Contact: Tia Marsili: 703-532-3214 x115  
Nancy Mercer: 703-532-3214 x106  
Email: info@thearcofnova.org  
Website: www.thearcofnova.org

## Community Resources / GREATER PRINCE WILLIAM

### Infant & Toddler Connection of Prince William



Community Services Greater Prince William

ITC is an Early Intervention program for children under 3 years of age who have developmental delays or other disabilities. Eligible children receive services at home or daycare. Service coordination provided to all families; therapy and education services available. Bilingual (English/Spanish) staff is available.

Date/Time: Daytime appointments  
Location: 7987 Ashton Ave, Manassas  
Cost: Free evaluation; insurance and sliding fee scale for services  
Contact: 703-777-0561  
E-mail: vheuple@pwcgov.org

## Healthy Families Prince William



Northern Virginia Family Service



Healthy Families is a voluntary program for first-time parents (from pregnancy to 5-year-old children) who are referred by the health department, hospital nurses or self referrals due to being a first-time parent and in need of additional support. Home-visits are completed by family support workers who educate participating families about child growth and development. Bilingual (English/Spanish) staff is available.

Date/Time: Weekly, biweekly or monthly home-visits (depending on level of need)  
Location: Participant's home  
Cost: Free  
Contact: Bessie Abner: 703-490-1497

### Early Head Start Prince William



Northern Virginia Family Service



This program provides voluntary home-visiting services to parents of children from birth to age 3 in Prince William County. The program provides education to parents for positive parenting, child health and development in order to prevent poor childhood outcomes. Parents must meet federal income requirements. Home visits occur weekly and families are also offered biweekly group socializations. Services continue, as necessary, until children are three years of age. They are then referred to Head Start or other preschool programs in the community. Bilingual (English/Spanish) staff is available.

Date/Time: Weekly home visits & biweekly playgroups  
Location: Visits in participant's home; groups at various community locations  
Cost: Free  
Contact: Luz Trujillo: 703-392-4901 x39

## Community Resources / REGIONAL

### Northern Virginia Regional Gang Task Force



Do you or someone you know need help to prevent or stop gang involvement? Would you like to learn information about how youth, parents and other community members can help? Bilingual (English/Spanish) staff is available.

Phone: 703-GET-HELP (Resource Information Line)  
Website: www.preventgangsnova.org

### Child Support Enforcement



Virginia Division of Child Support Enforcement

This program assists parents in obtaining child support by locating parents, establishing paternity, establishing support obligations, and monitoring and enforcing those obligations. Bilingual (English/Spanish) staff is available.

Hours: Monday – Friday, 7:00 AM – 6:00 PM  
Location: Arlington/Alexandria Office:  
2900 S Quincy St, Suite 320, Arlington  
Cost: Free  
Phone: 1-800-468-8894

You can also download the **Parent Connection**  
online at: [www.scanva.org](http://www.scanva.org)

## *Like the Parent Connection?* Connect with SCAN in these ways too:

- Subscribe to our monthly **E-NEWSLETTER** for the latest updates on our parenting classes, workshops and other programs.  
[www.scanva.org/subscribe.htm](http://www.scanva.org/subscribe.htm)
- Consider joining the **ALLIES IN PREVENTION COALITION**, a group of child and parent advocates working together to support families.  
[www.scanva.org/alliescoalition.htm](http://www.scanva.org/alliescoalition.htm)
- Find us online at **FACEBOOK.COM**, **LINKEDIN.COM** and on **YOUTUBE!**  
Simply visit each site and search for "SCAN of Northern Virginia",  
or visit our YouTube channel at [www.youtube.com/scanofnova](http://www.youtube.com/scanofnova)

**PLUS: Don't Forget to Save the Date:**  
**SCAN's 7th Annual Toast to Hope**  
November 14, 2009

**Service Providers:** Look inside for your updated listing of **PARENT RESOURCES IN NORTHERN VIRGINIA**