

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."

### IN THIS ISSUE:

Parenting Classes	1
Parent Support Groups	5
Playgroups	8
Other Parenting Programs	9
Community Resources	11

**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

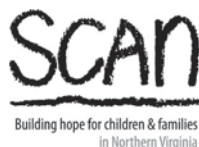
# Parent Connection

A RESOURCE GUIDE to PARENT EDUCATION

SPRING/SUMMER 2009

## Parenting Classes / ALEXANDRIA

### Parenting Workshops/Charlas para Padres



SCAN of Northern Virginia

Periodic workshops are offered in an effort to link parents to a variety of community agencies and available resources. Any interested parent or service provider is welcome to attend the workshops. Registration is done on-site. Childcare provided.

### Maintaining Credit/Rental Market in Alexandria (Spanish)

Date: Tuesday, May 12  
Time: 7:00 – 8:30 PM  
Location: Cora Kelly School Library, 3600 Commonwealth Ave, Alexandria

### Positive Discipline (English)

Date: Thursday, May 21  
Time: 6:00 – 7:00 PM  
Location: Hopkins House – Fairfax Center, 8543 Forest Pl, Alexandria

### Positive Discipline (English/Spanish)

Date: Friday, June 26  
Time: 10:00 – 11:30 AM  
Location: St. Rita's Parish Center, 3825 Russell Rd, Alexandria

Cost: Free  
Contact: Shannon May: 703-820-9001  
E-mail: [smay@scanva.org](mailto:smay@scanva.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 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)

### Fathers in Touch



Capital Youth Empowerment Program

This fatherhood parenting class 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: May 26 – August 11  
Time: 6:30 – 9:00 PM  
Location: Charles Houston Recreation Center  
901 Wythe St, Alexandria  
Cost: Free  
Contact: Erick T. King: 202-321-8704  
Website: [www.cyep.org](http://www.cyep.org)

## 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. Registration is by referral only from schools, courts, nurses or other community/service providers. Open to Arlington residents or individuals receiving services in Arlington. Childcare is available. Classes offered in both English and Spanish.

No. of Weeks: 8 weeks  
 Date: July 14 – September 1  
 Time: 6:30 – 8:30 PM  
 Location: DHS, 3033 Wilson Blvd, 7th Floor, Arlington  
 Cost: Free  
 Contact: Cheryl Fuentes: 703-228-1551  
 E-mail: cfuentes@arlingtonva.us

### 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

### Talleres Para los Padres



Arlington Housing Corporation, Inc.

This is a program in SPANISH LANGUAGE ONLY, which focuses on cultivating and supporting positive relationships and communication within families. Participants learn about child development, effective discipline methods, supporting their children in school and promoting healthy habits, among other topics. Childcare is provided. Registration is not required.

No. of Weeks: Ongoing  
 Date: 2x/month (Mondays) (July & August – 1x/month)  
 Time: 7:00 – 8:00 PM  
 Location: Berkeley Community Center Computer Rm 2910 S Glebe Rd, Arlington  
 Cost: Free  
 Contact: Kate Wiley: 703-684-3952

### Parent Chat/Charla para Padres



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

Parent Chat welcomes Arlington parents to discuss parenting topics and issues with a skilled facilitator and get answers to their parenting questions. Workshop topics vary each month. Open to all Arlington parents. Limited childcare is available. Attend all or one session. Registration is requested.

#### English

No. of Weeks: 1x/month (Tuesdays)  
 Date/Topics: May 12 – *Are Your Children Stressed Out?*  
 June 2 – *Teen Alcohol Prevention: What Parents Need to Know*

Time: 6:30 – 8:00 PM  
 Location: DHS, 3033 Wilson Blvd, 7th Floor, Arlington  
 Cost: Free  
 Contact: Cheryl Fuentes: 703-228-1551  
 E-mail: cfuentes@arlingtonva.us

#### Spanish

(in collaboration with Greenbrier Learning Center)

Date: May 18  
 Time: 6:30 – 8:00 PM  
 Location: Greenbrier Learning Center  
 Greenbrier Baptist Church, 3rd Floor  
 5401 7th Rd S, Arlington  
 Cost: Free  
 Contact: Lauren Cranman: 703-379-6488 x101  
 E-mail: laurenc@gblc.org

### Teenage Parenting Programs



Arlington Public Schools

**A** 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  
 Cost: Free  
 Contact: Maria Eugenia Del Villar: 703-228-2700

### Parent Expectations Support Achievement (PESA) Classes



Escuela Bolivia & Arlington Public Schools

**A** 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 will be provided.

No. of Weeks: 6 weeks  
 Dates: Call for dates  
 Time: Mornings, Evenings or Saturdays  
 Location: Arlington Public Schools & others  
 Cost: Free  
 Contact: Escuela Bolivia: 703-228-2560

## Parenting Classes / FAIRFAX/FALLS CHURCH

### Fortaleciendo la Familia

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



Parenting program in SPANISH LANGUAGE ONLY intended to teach families parenting skills and values in enabling 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

This program was developed by Jim Fay, Charles Fay, PhD, and Foster Cline of the Love & Logic Institute in Boulder, Colorado. Through this program, parents become equipped with easy-to-learn techniques to help improve family dynamics.

No. of Weeks: 6 weeks  
Date: Tuesdays, May 19 – June 23  
Time: 6:30 – 8:30 PM  
Location: 12011 Government Center Pkwy, Fairfax  
Cost: Free  
Contact: Anne Goldberg: 703-324-7153  
Mary Adamchak: 703-324-7660

### Parenting Preschoolers



Parent Encouragement Program (PEP)

Establish healthy relationship patterns with your child throughout the preschool years.

This program is geared for parents of children ages 2<sup>1/2</sup> to 5.

No. of Weeks: 8 weeks  
Date: TBD  
Time: Morning and Evening classes offered  
Location: Vienna, Reston, Great Falls,  
McLean & Ashburn  
Cost: \$182/person, \$337/couple;  
PEP members: \$161/person, \$305/couple  
Contact: Robbye Fox: 301-929-8824

### Thriving with Teens



Parent Encouragement Program (PEP)

Learn realistic ways to help teens move toward being responsible, independent, effective communicators and how to use discipline in ways that foster growth and maturity. This program is geared for parents of children ages 13 to 18.

No. of Weeks: 10 weeks  
Date: TBD  
Time: Morning and Evening classes offered  
Location: Vienna, Reston, Great Falls,  
McLean & Ashburn  
Cost: \$225/person, \$417/couple;  
PEP members: \$198/person, \$385/couple  
Contact: Robbye Fox: 301-929-8824

### 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. This class meets the parent education guidelines developed by the Supreme Court of Virginia. Program is offered in both English and Spanish.

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), and  
Evening (7:00 – 9:00 PM)  
Location: 9735 Main St, Fairfax  
Cost: \$40/person; \$60/couple  
(tuition rate discounts apply when you  
take more than one class)  
Contact: Susie Johnson: 703-277-2666  
E-mail: susie.johnson@fcps.edu

### Parent Effectiveness Training

Gordon Training International

Parent Effectiveness Training is a course designed to teach the philosophy and communication skills needed to improve and enhance the quality of the relationship parents have with their children. Parents learn to: help their child solve their own problems; address unacceptable behavior; resolve conflicts; listen so their child feels heard and talk so their child listens. Classes are informal and interactive. There is a \$35 materials fee to cover the cost of the training book and workbook.

No. of Weeks: 8 weeks  
Date/Time: TBD  
Location: Vienna  
Cost: \$35  
Contact: Judi Holland: 703-581-9068  
Email: judi@judiholland.com  
Website: www.gordontraining.com

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



Fairfax County Public Schools, Family and School Partnerships

This class is for parents or guardians of children from infants to 11 years old. Topics covered include: child safety, positive discipline, child development, communication and setting limits and boundaries.

### English

No. of Weeks: 4 weeks  
 Date: Thursdays, June 4 – 25; July 23 – August 13  
 Time: 7:00 – 9:30 PM  
 Location: 9735 Main St, Fairfax

### Spanish

No. of Weeks: 4 weeks  
 Date: Thursdays, May 7 – 28  
 Time: 7:00 – 9:30 PM  
 Location: 9735 Main St, Fairfax

Cost: \$60/person; \$90/couple  
 (tuition rate discounts apply when you take more than one class)  
 Contact: Susie Johnson: 703-277-2666  
 E-mail: susie.johnson@fcps.edu

## 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  
 Time: Weekdays from 5:30 – 8:00 PM  
 Location: Various locations throughout Fairfax Co  
 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)

## TransParenting



Northern Virginia Family Service

TransParenting is an educational program designed to assist partners or parents who are in the process of separation or divorce to help their children adjust to the transitions and changes involved. It impresses upon parents the critical role they play in children's ability to adjust to this most significant change in their lives. Transparenting is a certificate program meeting the parent education guidelines developed by the Virginia Supreme Court.

Dates: May 16, 30; June 13, 27;  
 July 11, 25; August 8, 22  
 Time: 9:00 AM – 1:00 PM  
 Location: 10455 White Granite Dr, Oakton  
 Cost: \$50/person  
 Contact: Willi Dalaba, LCSW: 703-219-2185

## Positive Discipline

Parenting Playgroups, Inc.

This comprehensive discipline class covers the steps of positive discipline as well as many pro-active techniques and ways to manage specific concerns such as tantrums, whining, back-talk, mealtimes and sleep issues. This class is for parents of children ages 2 to 12 years old.

### 4-Week Class

Date: July 15 – August 5  
 Time: 7:00 – 9:00 PM  
 Location: 6161 Fuller Ct, Alexandria  
 Cost: \$120/person; \$160/couple  
 Contact: Rene Hackney, PhD: 703-922-0044

### 1-Day Workshop

Date: May 16; June 20; August 1  
 Time: 9:00 – 3:00 PM  
 Location: 6161 Fuller Ct, Alexandria  
 Cost: \$75/person; \$100/couple  
 Contact: Rene Hackney, PhD: 703-922-0044

## Strengthening Parenting



Northern Virginia Family Service, Multicultural Human Services

This class is provided in SPANISH LANGUAGE ONLY for parents with children ages 0 to 15. Childcare is provided.

No. of Weeks: 10 weeks  
 Date: July 1 – September 2  
 Time: 6:00 – 8:00 PM  
 Location: 6400 Arlington Blvd, Suite 110, Falls Church  
 Cost: \$10  
 Contact: Lidia M. Gonzales: 703-533-3302 x105

## 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/Times: Call for details  
Location: 105 E Market St, Leesburg  
Cost: Free  
Contact: Nurturing Parenting Program: 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

### Living Apart - Parenting Together

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

This class is designed for parents who are going through a separation, divorce or custody dispute. It encourages parents that are living apart to work together and make decisions that are in the best interest of the child, without putting the child in the middle. The class meets the parent education guidelines of the Supreme Court of Virginia.

No. of Weeks: Two 2-hour Weeknight sessions or one 4-hour Saturday session  
Date: Call for dates  
Time: Weekdays 7:00 – 9:00 PM;  
Saturdays 8:30 AM – 12:30 PM  
Location: Government buildings in Manassas & Woodbridge  
Cost: \$50  
Contact: Julie Stiles: 703-792-6288  
Rosa Moore: 703-792-4569

## 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. 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 Bldg  
7873 Ashton Ave, Manassas  
**Woodbridge:** Ferlazzo Building  
15941 Donald Curtis Dr, Woodbridge  
Cost: Free (Referral Required)  
Contact: Julie Stiles: 703-792-6288  
JoAnne Renton: 703-792-4763

### Nurturing Parenting Program



ACTS/Turning Points

The goal of the Nurturing Parenting Program is to support, educate and promote healthy families. Children and teen programs run concurrently. Advanced registration required.

No. of Weeks: 18 weeks  
Dates: Next session starts in August  
Time: 6:30 – 8:30 PM  
Location: 3900 ACTS Ln, Dumfries  
Cost: \$150  
Contact: Barbara McLeod: 703-221-4460 x222

## Parent Support Groups / ALEXANDRIA

### 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. Parents are invited to attend as often as they would like. No pre-registration is required. 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  
700 W Braddock Rd, Rear Entrance  
Alexandria  
Cost: Free  
Contact: Shannon May: 703-820-9001  
E-mail: [smay@scanva.org](mailto:smay@scanva.org)

## 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. Parents are invited to attend as often as they would like. No pre-registration is required. Children's program is available.

No. of Weeks: Ongoing  
 Date: Tuesdays  
 Time: 7:00 – 8:30 PM  
 Location: Cora Kelly School Library  
 3600 Commonwealth Ave, Alexandria  
 Cost: Free  
 Contact: Shannon May: 703-820-9001  
 E-mail: smay@scanva.org

## Support Group for Parents of Children in Special Education



Special Education Parent Resource Center, Alexandria City Public Schools

Parents are wonderful sources of support for each other. Meet with other parents whose children have a wide range of special needs for a morning of sharing, problem solving, coffee and bagels. Free childcare is possible if requested in advance.

No. of Weeks: Ongoing during school year  
 Date: Thursdays (call ahead to confirm)  
 Time: 10:00 AM – 12:00 PM  
 Location: Special Education Parent Resource Center  
 Jefferson Houston Elementary School  
 (door #4), 1501 Cameron St, Alexandria  
 Cost: Free  
 Contact: Anne Lipnick: 703-706-4552

## St. Elmo's Group: A Get-Together of Parents of Children with Special Needs



Special Education Parent Resource Center, Alexandria City Public Schools

A casual get-together for parents of children who have special needs (all ages and disabilities). This is a wonderful way to meet parents who have "been there" and receive valuable information and support.

No. of Weeks: Ongoing during school year  
 Date: Selected Mondays (call for specific dates)  
 Time: 8:00 – 10:00 PM  
 Location: St. Elmo's Coffee Pub  
 2300 Mt. Vernon Ave, Alexandria  
 Cost: Free  
 Contact: Anne Lipnick: 703-706-4552

## Support Group for Parents of Children with Autism/Asperger's/PDD



Special Education Parent Resource Center, Alexandria City Public Schools

This group meets approximately every other month, with presentations by the school system's autism resource specialist or by guest speakers, about topics of interest to parents with children on the autism spectrum. Childcare is available if requested in advance.

No. of Weeks: Ongoing during school year  
 Date: Call for specific dates  
 Location: Special Education Parent Resource Center  
 Jefferson Houston Elementary School  
 (door #4), 1501 Cameron St, Alexandria  
 Cost: Free  
 Contact: Anne Lipnick: 703-706-4552

## Women's Support Group



Domestic Violence Program, Office on Women

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

## Parent Support Groups / FAIRFAX/FALLS CHURCH

### Parent Connection



SCAN of Northern Virginia

SCAN's new 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 learn about valuable community resources through periodic workshops. Parents are invited to attend as often as they would like. No pre-registration is required. Children's program is available.

No. of Weeks: Ongoing  
 Date: Tuesdays  
 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

## 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. Parents are invited to attend as often as they would like. No pre-registration is required. Children's program is available.

No. of Weeks: Ongoing  
Date: Wednesdays  
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

## 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: First 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

## Grandparents Support Group



Fairfax County Department of Family Services & Fairfax County Public Schools



This program is for grandparents (or other relatives) raising relative children. Both groups are facilitated by social workers and 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 Parkway, Fairfax

### Bryant Alternative High School (Thursdays)

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

## Proactive Parents

Special Education Partners, LLC

Proactive Parents is a monthly parent support group for parents of special needs children. Participants meet to support one another and to share information, personal experiences and resources. Various speakers present on topics of interest to the group. Contact by e-mail if you'd like to receive updates and notifications.

No. of Weeks: Ongoing  
Date: Meets monthly  
Time: 7:00 – 9:00 PM  
Location: Burke Community Church, Room 131  
9900 Old Keene Mill Rd, Burke  
Cost: \$10  
Contact: Beth Troutman: 703-346-2414  
E-mail: beth@spedpartners.com

## 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: Last 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

## 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 every 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

## 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  
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

## Parent Support Groups / LOUDOUN

### Familias Saludables de MotherNet



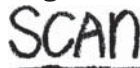
INMED-MotherNet Loudoun

MotherNet Loudoun conducts weekly educational parent support groups in SPANISH LANGUAGE ONLY. These groups are intended to strengthen participants' parenting and life skills, as well as teach them how to engage their children in developmentally appropriate activities.

No. of Weeks: Ongoing  
Date: Tuesdays (last Tuesday each month is a pre-natal class)  
Time: 5:00 – 6:30 PM  
Location: Douglas Community Center Multipurpose Room  
407 East Market St, Leesburg  
Cost: Free  
Contact: Coralís Fernandez: 703-729-4951 x212  
E-mail: cfernandez@inmed.org

## Playgroups / ALEXANDRIA

### Success by 6® Play, Learn and Grow Together! Playgroup

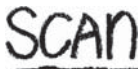


SCAN of Northern Virginia and Center for Alexandria's Children

Free multicultural developmental playgroup for children, ages 0 to 5, and their parents. 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. Families are invited to attend as often as they would like. No registration is necessary.

No. of Weeks: Ongoing  
Date: Thursdays  
Time: 10:00 – 11:30 AM  
Location: Center for Alexandria's Children (CAC)  
1900 N Beaugard St, 2nd Floor, Alexandria  
Cost: Free  
Contact: Shannon May: 703-820-9001  
E-mail: smay@scanva.org

### Success by 6® Chiquitos Playgroup



SCAN of Northern Virginia, NVFS Healthy Families Alexandria, Hispanic Committee of Virginia

Free bilingual (English & Spanish) developmental playgroup for children, ages 0 to 5, and their parents. 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 are invited to attend as often as they would like. No registration is necessary.

No. of Weeks: Ongoing  
Date: Fridays  
Time: 10:00 – 11:30 AM  
Location: St. Rita Parish Ctr, 3825 Russell Rd, Alexandria  
Cost: Free  
Contact: Shannon May: 703-820-9001  
E-mail: smay@scanva.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@alexandriava.gov) ahead of time.\*

### 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

### 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

### 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.

### Wednesdays

Time: 10:00 – 11:00 AM  
Location: Beatley Library (large meeting room)  
5005 Duke St, Alexandria

### Thursdays

Time: 9:30 - 10:30 AM  
Location: Tower 2000 (community room)  
5800 Quantrell Ave, Alexandria  
Cost: Free  
Contact: Glenda Petho: 703-838-4381 x448  
E-mail: glenda.petho@alexandriava.gov

## Playgroups / FAIRFAX COUNTY/FALLS CHURCH

### Easter Seals Developmental Playgroup



#### Easter Seals

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

#### 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: 703-867-197

## 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: June 8 – 22; July 27 – August 10  
Time: 4:15 – 6:15 PM  
Location: Alexandria Courthouse  
520 King St, Alexandria  
Cost: Free  
Contact: Elaine M. Butkiewicz: 703-838-4144

### Recognizing and Preventing Bullying Behavior in Young Children



#### Special Education Parent Resource Center & Children Together

Parent/Teacher Study Group. You must RSVP for free child care.

Date: Thursday, May 21  
Time: 4:30 – 6:30 PM  
Location: Special Education Parent Resource Center  
Jefferson Houston School (Door #4)  
1501 Cameron St, Alexandria  
Cost: Free  
Contact: Anne Lipnick: 703-706-4552

## Other Parenting Programs / FAIRFAX/FALLS CHURCH

### Learn to Massage Your Baby

#### Infant Massage USA

Parents learn how their baby is communicating with them as well as nurturing techniques to reduce baby's colic and fussing, ways to help babies sleep deeper and longer and become healthier and happier. The nurturing touch promotes bonding and attachment as well as the physical and emotional well being of babies and young children.

No. of Weeks: 4 weeks  
Dates: Begins 1st week of every month  
Time/Location: Call for details  
Cost: Sliding scale fee  
Phone: 703-455-3455

### Anger Management Class



#### Northern Virginia Family Service

This class offers ways to learn to channel intense emotional responses into effective problem solving exchanges. A certificate program, this series may fulfill requirements of those who are court ordered to take anger management. Pre-registration is required.

No. of Weeks: 8 weeks  
Dates: Call for details  
Time: 7:00 – 8:30 PM  
Location: 10455 White Granite Dr, Oakton  
Cost: \$175 (payable in advance)  
Contact: Willi Dalaba, LCSW: 703-219-2185

### Healthy Responses to Anger

#### The Women's Center



Understanding sources of anger (stress and anxiety), recognizing feelings and developing effective responses are the overall goals of this program for both women and men. In addition to considering the root causes of anger, such as low self-esteem, the workshop will include practical exercises.

Date: Saturday, June 6  
Time: 1:00 – 4:00 PM  
Location: 127 Park St, NE, Vienna  
Cost: \$55/\$45 for members  
Phone: 703-281-2657  
Website: www.thewomenscenter.org

### 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.

Program Duration: 3 hours  
Date/Time/Location: TBD  
Cost: Free in Fairfax County  
Contact: Tsehay Elias: 703-324-7459  
E-mail: Tsehay.Elias@fairfaxcounty.gov

## Managing your Anger for Men



The Women's Center

If experience has taught you that neither exploding in anger nor suppressing anger is an effective strategy, this is the program for you. Through a variety of exercises and group discussions, you will learn to monitor, express and resolve your angry feelings more effectively.

No. of Weeks: 7 weeks  
 Date: Wednesdays, June 4 – July 30  
 Time: 7:00 – 9:00 PM  
 Location: Iglesia de Santa Maria  
 7000 Arlington Blvd, Falls Church  
 Cost: \$180  
 Phone: 703-281-2657  
 Website: [www.thewomenscenter.org](http://www.thewomenscenter.org)

## Understanding Emotional Abuse



The Women's Center

Join us for a discussion about the dynamics of emotional abuse and benefit from tips, encouragement and inspiration in a caring and supportive environment, whether you decide to leave the abusive relationship or stay. Support group available.

Date: Tuesday, May 19  
 Time: 6:00 – 9:00 PM  
 Location: 127 Park St, NE, Vienna  
 Cost: \$55/\$45 for members  
 Phone: 703-281-2657  
 Website: [www.thewomenscenter.org](http://www.thewomenscenter.org)

## 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 details  
 Time: 7:00 – 9:00 PM  
 Location: Chantilly, Annandale, Alexandria & Reston  
 Cost: \$60 for intake interview/  
 \$20 per weekly session  
 Contact: Intake Line: 703-968-4052

## Managing Anger: A Parent's Guide



Parent Encouragement Program (PEP)

Learn ways to change what you think, say and do to express your concerns in more positive, effective ways, and how to help children learn coping strategies and techniques. This program is great for all parents.

No. of Weeks: 3 weeks  
 Date: TBD  
 Time: Morning and Evening classes offered  
 Location: Vienna, Reston, Great Falls,  
 McLean & Ashburn  
 Cost: \$81/person, \$139/couple;  
 PEP members: \$70/person, \$129/couple  
 Contact: Robbye Fox: 301-929-8824

## Parenting Workshops

Parenting Playgroups, Inc.

Workshops for parents based on specific challenges involved in parenting. Please call for more details.

## Managing Tantrums (parents of children ages 2 to 7)

Date: May 6  
 Time: 7:00 – 9:00 PM  
 Location: 6161 Fuller Ct, Alexandria  
 Cost: \$30/person; \$40/couple  
 Contact: Rene Hackney, PhD: 703-922-0044

## Language Development, Floortime & Scaffolding (parents of children ages 0 to 12)

Date: May 9  
 Time: 9:00 AM – 12:00 PM  
 Location: 6161 Fuller Ct, Alexandria  
 Cost: \$45/person; \$60/couple  
 Contact: Rene Hackney, PhD: 703-922-0044

## Potty Training (parents of children ages 0 to 5)

Date: May 20  
 Time: 7:00 – 9:00 PM  
 Location: 6161 Fuller Ct, Alexandria  
 Cost: \$30/person; \$40/couple  
 Contact: Rene Hackney, PhD: 703-922-0044

## Birth Order and Sibling Relationships

Date: May 27  
 Time: 7:00 – 9:00 PM  
 Location: 6161 Fuller Ct, Alexandria  
 Cost: \$30/person; \$40/couple  
 Contact: Rene Hackney, PhD: 703-922-0044

## Separation Anxiety, Stress & Overscheduling

Date: June 27  
 Time: 9:00 AM – 12:00 PM  
 Location: 6161 Fuller Ct, Alexandria  
 Cost: \$45/person; \$60/couple  
 Contact: Rene Hackney, PhD: 703-922-0044

## Other Parenting Programs / GREATER 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 & 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 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/Time/Location/Cost: Call for details  
 Contact: Jeanette Rojas: 703-993-9877

### Couples Workshop: FIT Relationships Program

The Granato Group

Stress? Anxiety? Now more than ever it's time to reconnect with your spouse! Learn how to communicate effectively, manage conflict and difficult emotions, and acquire successful parenting skills. Free childcare and snacks are provided. Program is offered in both English and Spanish.

No. of Weeks: 10 weekly sessions  
 Time: 6:30 – 9:30 PM  
 Location: Different locations in DC Metropolitan area  
 Cost: Free  
 Contact: Jo Ann Ornelas: 571-722-1552  
 Reyna Andrade: 703-636-1200 x552

## 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) staff is available.

Date/Time: Weekly, bi-weekly or monthly home visits  
 (depending on level of need)  
 Location: Family's home  
 Cost: Free  
 Contact: Yadira Tipan: 703-212-1701

### 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, which is offered September through June, 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

### 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 skills, speech/language skills, social, self help, or adaptive skills. Translation and interpretation available in any language, including American Sign Language.

Contact: Robin Crawley: 703-746-3387

### 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 so that teen mothers continue 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.

Date: Monday – Friday  
 Time: 9:00 AM – 5:00 PM  
 Cost: Free  
 Contact: Yvette Bailey: 703-836-7644  
 E-mail: yvettebailey40@hotmail.com

**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 Beaugard St, Suite #203  
 Cost: Free to Alexandria City residents  
 Phone: 703-824-6708

**Special Education Resource Center**Alexandria City Public Schools

This center provides information about the special education services offered by Alexandria City Public Schools and supports the parents of children who receive those services. The Center also maintains a parent library of books and videotapes and sponsors workshops on an ongoing basis. Bilingual (English/Spanish) staff is available.

No. of Weeks: Ongoing during school year  
 Time: Daily, please call ahead before visiting  
 Location: Special Education Parent Resource Center  
 Jefferson Houston Elementary School  
 (Door #4), 1501 Cameron St, Alexandria  
 Cost: Free  
 Contact: Anne Lipnick: 703-706-4552

**Alexandria Office on Women**Alexandria Office on Women

Office on Women serves Alexandria community with 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 & advocacy services.

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

**Project Connect**Arlandria Neighborhood Health Services, Inc. (ANHSI)

Project Connect provides assistance 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 speak English, Spanish and Hindu.

No. of Weeks: Ongoing  
 Hours: 8:00 AM – 5:00 PM (Tues, Wed, Fri);  
 8:00 AM – 6:00 PM (Mon & Thurs)  
 Location: Arlandria Health Center  
 3804 Executive Ave, D-1, Alexandria  
 Cost: Free  
 Contact: Eduardo Mantilla-Torres: 703-535-5418  
 Fax: 703-535-3087

**Family Learning Center**Community Lodgings Inc.

The 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.

Hours: Monday through 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, the uninsured and/or underinsured. Bilingual (English/Spanish) staff is available.

**Adult Medicine & Women's Health Programs (Main Office)**

Hours: 7:30 AM – 5:00 PM (Mon & Fri);  
 7:30 AM – 7:00 PM (Tues, Wed, Thurs)  
 Location: 2 East Glebe Rd, Alexandria  
 Cost: Sliding scale fee  
 Phone/Fax: 703-535-5568 / 703-535-1581

**Pediatric Center**

Hours: 8:00 AM – 6:00 PM (Mon & Thurs);  
 8:00 AM – 5:00 PM (Tues, Wed, Fri)  
 Location: 3804 Executive Ave, D-1, Alexandria  
 Cost: Sliding scale fee  
 Phone/Fax: 703-519-1725 / 703-519-1738

**Family Support & Mental Health Services**

Hours: 9:00 AM – 5:00 PM (Mon, Wed, Fri);  
 9:00 AM – 7:00 PM (Tues & Thurs)  
 Location: 3802 Executive Ave, D-1, Alexandria  
 Cost: Sliding scale fee  
 Phone/Fax: 703-535-7930 / 703-535-7950

**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, 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 speak English, Spanish, Amharic, Bengali and Urdu.

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

## 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 AM, Monday through Friday. No appointment needed. Well Child Exams are provided by appointment only for infants and children 2 weeks through 5 years of age. Eligibility required for services, including Alexandria residency, income criteria, Medicaid eligible or uninsured. Bilingual (English/Spanish) staff is available.

Location: Alexandria Health Department  
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

Clinic provides routine immunizations required for daycare and school entry for infants and children up to age 19. Routine adult vaccines are also provided. No appointment needed. Charges are associated with 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: Alexandria Health Department  
4480 King St, Alexandria

Cost: Some vaccines may have a fee.  
Private insurance is not accepted.

Phone: 703-838-4400 x334

## Community Resources / ARLINGTON

### Early Head Start Arlington



Northern Virginia Family Service

Early Head Start is a home-visit program for parents of children birth through 3 years providing parent education, information on child health and development, developmental screenings and linkage to community resources. Parents must meet income guidelines. Bilingual (English/Spanish) staff is available.

Date/Time: Weekly home visits & bi-weekly playgroups

Location: Visits in participant's home;  
groups at various community locations

Cost: Free

Contact: Maria Monterroso: 703-892-0637

### Healthy Families Arlington



Northern Virginia Family Service

Healthy Families is a home-visiting program for new parents from 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

E-mail: 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.

Phone: 703-228-1630

## 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 to 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;  
**Harvey Hall Community Center**,  
850 S Greenbrier;  
**Columbia Pike Library**, 816 S Walter Reed

Cost: Free

Contact: Gloria Starr: 703-228-1549

## Special Education Parent Resource Center



Arlington Public Schools

The PRC provides information and support to parents, especially those with children with special needs, as they work with school staff to identify and meet their child's unique needs. All families are invited to attend our workshops and parent education opportunities, consult with PRC staff, utilize our lending library, subscribe to our monthly newsletter and find helpful information on our website. Bilingual (English/Spanish) staff is available.

No. of Weeks: Ongoing during the school year

Date: Monday – Friday  
(closed on school holidays)

Time: 8:30 AM – 4:30 PM  
Please call before visiting

Location: Clarendon Education Center  
2801 Clarendon Blvd, Suite 312, Arlington

Cost: Free

Contact: Kathleen Donovan: 703-228-7239

E-mail: kdonovan@arlington.k12.va.us

Website: www.apsva.us/prc

## Community Resources / FAIRFAX/FALLS CHURCH

### Healthy Families Fairfax



United Community Ministries



Healthy Families is a voluntary home visiting program for first-time parents (pregnant or with baby under 2 months) 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

### Break Out

McLean Bible Church



Break Out is the Access respite care program designed especially for 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: 2 Fridays/month  
Date: May 8, May 29, June 5 and June 26  
Time: 6:30 – 10:00 PM  
Location: McLean Bible Church,  
8925 Leesburg Pk, Vienna  
Cost: \$15 for first child, \$5 each additional child  
Contact: Stephanie Reding: 703-770-8654  
Website: [www.mcleanbible.org/access](http://www.mcleanbible.org/access)

### 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: 2 Saturdays/month  
Date: May 30, June 6 and 20  
Time: 10:00 AM – 3:00 PM  
Location: McLean Bible Church  
8925 Leesburg Pk, Vienna  
Cost: \$20 for first child, \$10 each additional child  
Contact: Stephanie Reding: 703-770-8654  
Website: [www.mcleanbible.org/access](http://www.mcleanbible.org/access)

### 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.

Date/Time: Mon – Fri, 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  
E-mail: [info@thearcfnova.org](mailto:info@thearcfnova.org)  
Website: [www.thearcfnova.org](http://www.thearcfnova.org)

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



Fairfax-Falls Church Community Services Board  
ITC offers developmental evaluations and services for 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: Services are typically provided at a child's home or daycare setting  
Cost: Free evaluation  
Sliding scale fee for services  
Contact: Intake Coordinator: 703-246-7121

### 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 and 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: Mon – Fri, 8:00 AM – 4:30 PM  
Location: 7224 Commerce St, Springfield  
Contact: Elisa Valdivia: 703-644-0000

### Culmore Family Resource Center

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

### Hope in Northern Virginia



Provides pregnancy counseling and assistance to all women and helps find community resources available to assist mothers and their babies. Program has staff that speak English, Spanish and French.

Hours: Mon – Wed, 9:30 AM – 3:00 PM  
and 7:00 – 9:00 PM;  
Fri – Sat, 9:30 AM – 12:00 PM  
Location: 610 Park Ave, Falls Church  
Cost: Free  
Contact: Dellaine Wyse: 703-536-2020

### 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 English and Spanish.

Date/Time: Mon – Fri, 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)

## 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. Center also maintains a parent library of books, DVDs and videotapes and sponsors workshops on an ongoing basis. Bilingual (English/Spanish) staff is available.

### Alexandria-Fairfax County

Hours: Part-time, Call for details  
Location: Hayfield Elementary School  
7633 Telegraph Rd, Alexandria

### Dunn Loring

Hours: Mon – Fri, 8:00 AM – 4:00 PM  
Location: 2334 Gallows Rd, Dunn Loring

Cost: Free  
Contact: Gail Holloman: 703-204-3941

### 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. Interpretation is available for a wide variety of languages.

### Falls Church

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  
Phone: 703-876-5244  
TDD: 703-876-5222

### Lorton

Time: 8:30 AM – 3:00 PM  
(times may vary depending on the day)  
Location: Lorton Center, 8101 Lorton Rd, Lorton  
Cost: Free to Fairfax County residents  
Phone: 703-446-2100  
TDD: 703-446-2006

## Community Resources / LOUDOUN

### Infant & Toddler Connection of Loudoun



Infant and Toddler Connection of Loudoun

Early intervention program for children under 3 who may have developmental delays or other disabilities. Eligible children receive services at home or daycare. Bilingual (English/Spanish) staff is available.

Date/Time: Daytime appointments  
Cost: Free evaluation;  
insurance and sliding scale for services  
Contact: Intake Coordinator: 703-777-0561

## Community Resources / GREATER PRINCE WILLIAM

### Healthy Families Prince William



Northern Virginia Family Service



This is a voluntary program for first-time parents (pregnant – children up to age 5) 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: Luz Trujillo: 703-392-4901 x39

### 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 3 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 & bi-weekly 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 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](http://www.preventgangsnova.org)

### Child Support Enforcement



Virginia Division of Child Support Enforcement

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

Hours: Mon – Fri, 7:00 AM – 6:00 PM  
Location: 2900 S Quincy St, Suite 320, Arlington  
Phone: 1-800-468-8894

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

## If you like the Parent Connection, try these resources too!

- Visit our **NEW PAUSE FOR A CHILD** campaign website for an exciting video, bookmarks and fact sheets in English and Spanish to share with the parents and families you serve.  
[www.pauseforachild.org](http://www.pauseforachild.org)  **Pause for a child.**
- 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)
- Learn more about the **ALLIES IN PREVENTION COALITION** and discover how together we can prevent child abuse through public education.  
[www.scanva.org/alliescoalition.htm](http://www.scanva.org/alliescoalition.htm)

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