

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

WINTER 2010

## Parenting Classes / ALEXANDRIA

### The ABCs of Parenting



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. Class includes dinner, childcare, weekly raffles and educational materials.

No. of Weeks: 8 weeks  
 Date: Thursdays, TBD  
 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)  
 Website: [www.scanva.org](http://www.scanva.org)

### Fathers in Touch



Capital Youth Empowerment Program

Father's 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: TBD, Call for details  
 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, ELL PROGRAM Supporting  
English Language Learning



ACPS ELL 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

### Strengthening Families/ Familias Fuertes



Arlington County Department of Human Services

This interactive program is designed for families with children ages 10 to 14 who are interested in 1) building upon their family's strengths, 2) increasing communication amongst family members and 3) preventing teen substance abuse and other behavior problems. It is a fun opportunity for families to play and learn together. This program is provided in both English and Spanish. Dinner and childcare for children under age 10 is included.

No. of Weeks: 7 weeks  
 Date/Time: TBD, Call or e-mail for more information  
 Location: Various locations in Arlington County  
 Cost: Free  
 Contact: Jennifer Landis-Santos: 703-228-1108  
 E-mail: jlandis@arlingtonva.us

### Parenting with Success: The Teen Years

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

This parenting class is specifically designed for parents of preteens and teens. The program helps parents to better understand their teenager and discusses strategies for improving family relationships. Topics include: adolescent development, encouraging teens to become responsible, family communication, friendship/peer relations, and talking about tough topics. Open to Arlington County residents only.

No. of Weeks: 8 weeks  
 Date: Tuesdays, January 12 – March 2  
 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

### 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. Program is offered in both English and Spanish. Open to Arlington residents only.

No. of Weeks: 8 weeks  
 Date: Tuesdays, February 2 – March 23;  
 Tuesdays, April 13 – June 1  
 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

## Parent Expectations Support Achievement (PESA) Classes



Escuela Bolivia

During this SPANISH LANGUAGE ONLY program, parents will learn interactions that will help them to 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 snacks will be provided.

No. of Weeks: 6 weeks  
 Date: Call for dates  
 Time: Weekday Evenings  
 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: 1644 N McKinley Rd, Ste 2, Arlington  
 Cost: Free  
 Phone: Marilyn Faris Scholl: 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

## Fathers in Touch



Capital Youth Empowerment Program

Father's 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/Location: TBD, Call for details  
 Time: 6:30 – 9:00 PM  
 Cost: Free  
 Contact: Erick King: 202-321-8704  
 E-mail: eking@cyep.org  
 Website: www.cyep.org

## 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 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  
 Date: 4x/month in English; 1x/month in Spanish (call for schedule)  
 Time: Saturday or Tuesday, 8:30 AM - 12:30 PM; Tuesday, 12:30 – 4:30 PM  
 Location: 9735 Main St, Fairfax  
(Effective January 1: 2334 Gallows Rd, Dunn Loring)  
 Cost: \$40/person; \$60/couple  
 Contact: Susie Johnson: 703-277-2666  
 (Effective January 1: 703-204-4343)  
 E-mail: susie.johnson@fcps.edu

## Parenting Teens



Fairfax County Public Schools, Family and School Partnerships

This class will help parents learn strategies to communicate more effectively with their children ages 12 to 18. Topics include: developing responsibility; growing independence; instilling decision making skills; 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, January 27 – March 3  
 Time: 7:00 – 9:00 PM  
 Location: 2334 Gallows Rd, Dunn Loring  
 Cost: \$85/person; \$125/couple (includes \$15 book)  
 Contact: Susie Johnson: 703-277-2666  
(Effective January 1: 703-204-4343)  
 E-mail: susie.johnson@fcps.edu

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



Fairfax County Public Schools,  
 Family and School Partnerships

This parenting skills 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. Class is offered in English, Spanish & Korean. Tuition rate discount applies when you enroll in more than one class.

### English

No. of Weeks: 4 weeks  
 Date: Thursdays, February 4 – February 25  
 Wednesdays, March 17 – April 7  
 Time: 7:00 – 9:30 PM  
 Location: 2334 Gallows Rd, Dunn Loring  
 Cost: \$60/person; \$90/couple  
 Contact: Susie Johnson: 703-277-2666  
(Effective January 1: 703-204-4343)  
 E-mail: susie.johnson@fcps.edu

### Spanish

No. of Weeks: 4 weeks  
 Date: Thursdays, March 4 – March 25  
 Time: 7:00 – 9:30 PM  
 Location: 2334 Gallows Rd, Dunn Loring  
 Cost: \$60/person; \$90/couple  
 Contact: Susie Johnson: 703-277-2666  
(Effective January 1: 703-204-4343)  
 E-mail: susie.johnson@fcps.edu

### Korean

No. of Weeks: 4 weeks  
 Date: Tuesdays, January 12 – February 2  
 Time: 7:00 – 9:30 PM  
 Location: 2334 Gallows Rd, Dunn Loring  
 Cost: \$60/person; \$90/couple  
 Contact: Susie Johnson: 703-277-2666  
(Effective January 1: 703-204-4343)  
 E-mail: susie.johnson@fcps.edu

## Single Parenting



Fairfax County Public Schools,  
 Family and School Partnerships



Being a single parent can present many challenges. This workshop will focus on strategies to help single parents more effectively balance work and home. Tuition rate discount applies when you enroll in more than one class.

Date: Wednesday, January 20  
 Time: 7:00 – 9:30 PM  
 Location: 2334 Gallows Rd, Dunn Loring  
 Cost: \$20/person; \$35/couple  
 Contact: Susie Johnson: 703-277-2666  
(Effective January 1: 703-204-4343)  
 E-mail: susie.johnson@fcps.edu

## Why Don't My Kids Listen to Me?



Parent Encouragement Program (PEP)

Learn how to gain more cooperation from your children without repeating, reminding or yelling. Appropriate for parents of children of all ages. Registration is required.

Date: Saturday, January 9  
 Time: 10:00 – 11:30 AM  
 Location: Christ the King Lutheran Church  
 10550 Georgetown Pike, Great Falls  
 Cost: Free  
 Contact: Robbye Fox: 703-242-8824  
 E-mail: PEPOffice@aol.com

## PEP I: Becoming a More Encouraging Parent



Parent Encouragement Program (PEP)

This class is geared for parents of children ages 5 to 12 who want to learn practical skills and insight into how to use positive, encouraging methods to gain cooperation, foster respect and responsibility, and bring out the best in each child.

### St. Luke

No. of Weeks: 10 weeks  
 Date: Tuesdays, January 12 – March 16  
 Time: 7:00 – 9:00 PM  
 Location: St. Luke Catholic School  
 7005 Georgetown Pike, McLean  
 Cost: \$225/person, \$417/couple;  
 PEP members: \$198/person, \$385/couple  
 Contact: Robbye Fox: 703-242-8824  
 E-mail: PEPOffice@aol.com

### Montessori School

No. of Weeks: 8 weeks  
 Date: Tuesdays, January 12 – March 2  
 Time: 9:45 – 11:45 AM  
 Location: Montessori School of McLean  
 1711 Kirby Rd, McLean  
 Cost: \$225/person, \$417/couple;  
 PEP members: \$198/person, \$385/couple  
 Contact: Robbye Fox: 703-242-8824  
 E-mail: PEPOffice@aol.com

## Parenting Preschoolers



Parent Encouragement Program (PEP)

This program is geared for parents of children ages 2<sup>1/2</sup> to 5 who want to learn how to establish healthy relationship patterns with their child throughout the preschool years.

No. of Weeks: 8 weeks  
 Date: Thursdays, January 14 – March 4  
 Time: 9:45 – 11:45 AM  
 Location: Christ the King Lutheran Church  
 10550 Georgetown Pike, Great Falls  
 Cost: \$182/person, \$337/couple;  
 PEP members: \$161/person, \$305/couple  
 Contact: Robbye Fox: 703-242-8824  
 E-mail: PEPOffice@aol.com

## 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

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

No. of Weeks: 6 weeks  
 Date: Thursdays, February 4 – March 11  
 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

## Alexandria Parent Training Series



United Methodist Family Services (UMFS)

This training series is held monthly and is open to families who have adopted children, regardless of the origin of the adoption. The training covers various topics related to adoption (loss and grief, behavior management, crisis intervention, identity, etc.). Childcare is available with RSVP.

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

## Parenting Classes / LOUDOUN

### Nurturing Parenting Program



Loudoun Citizens for Social Justice (LAWS)

Classes cover a wide range of parenting topics: 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. For the current class schedule, visit: [www.pwcgov.org/parenting](http://www.pwcgov.org/parenting).

No. of Weeks: 6 weeks  
Date: Visit: [www.pwcgov.org/parenting](http://www.pwcgov.org/parenting)  
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. Classes are offered in both English and Spanish. For the current class schedule, visit: [www.pwcgov.org/parenting](http://www.pwcgov.org/parenting).

No. of Weeks: Parents: Eight 2-hour sessions;  
Youth: Seven 1-hour sessions  
Date: Visit: [www.pwcgov.org/parenting](http://www.pwcgov.org/parenting)  
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 (English): 703-792-6288;  
(Spanish): 703-792-5940

## 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. 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 (does not meet Dec 21 or 28)  
Time: 7:00 – 8:30 PM  
Location: First Assembly of God Church  
700 W Braddock Rd (rear entrance)  
Alexandria  
Cost: Free  
Contact: Shannon May: 703-820-9001  
E-mail: [smay@scanva.org](mailto:smay@scanva.org)  
Website: [www.scanva.org](http://www.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. 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 Dec 15 – Jan 5)  
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](mailto:smay@scanva.org)  
Website: [www.scanva.org](http://www.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

## Parent Exchange



Systems of Care, Alexandria Community Services Board (CSB)



A monthly discussion meeting where parents can come together to gain and share information on various topics. Childcare and dinner are provided.

No. of Weeks: Ongoing  
 Date: Third Thursday of each month  
 Time: 5:30 – 7:30 PM  
 Location: The Center for Alexandria's Children (CAC)  
 1900 N Beaugard St, Ste 200, Alexandria  
 Cost: Free  
 Contact: Glenda Petho: 703-746-6012  
 E-mail: Glenda.petho@alexandriava.gov

## TC Williams Teen Parent Group – TC Futures



Alexandria City Public Schools, TC 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 available if needed.

No. of Weeks: Ongoing during school year (September – May)  
 Date: Every other Tuesday  
 Time: 2:30 – 4:30 PM (excused 15 min. early from classes)  
 Location: TC Williams High School  
 3330 King St, Alexandria  
 Cost: Free  
 Contact: Jean Westcott: 703-746-5738

## 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: Sarah Bordeaux: 703-379-6488 x104  
 E-mail: sarahb@gblc.org

### JUNTOS



Arlington County Department of Human Services, Child and Family Services

Weekly support group in SPANISH LANGUAGE ONLY for parents of Arlington County teens with behavior, mental health and/or substance abuse problems. Please call to register.

No. of Weeks: Ongoing  
 Date: Tuesdays  
 Time: 6:30 – 8:30 PM  
 Location: 3033 Wilson Blvd, 5th Floor, Arlington  
 Cost: Free  
 Contact: Fredy Martinez: 703-228-1560  
 E-mail: fmartinez@arlingtonva.us

## Parent Support Groups / FAIRFAX/FALLS CHURCH

### 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 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 Dec 15 – Jan 5)  
 Time: 6:30 – 8:00 PM  
 Location: Call for details  
 Cost: Free  
 Contact: Shannon May: 703-820-9001  
 E-mail: smay@scanva.org  
 Website: www.scanva.org

## Padres Unidos



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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 Dec 16 – Jan 6)  
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  
Website: www.scanva.org

## Grandparents Support Group



Fairfax County Department of Family Services  
& Fairfax County Public Schools,  
Family & School Partnerships



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: 703-204-4330  
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, Rm 28 & 29  
(lower entrance), 2709 Popkins Ln, Alexandria  
Cost: Free  
Contact: Robin Hamby: 703-204-4330  
Colleen Turner: 703-324-5489  
TTY: 703-449-1186

## Alexandria Adoptive Family Support Group



United Methodist Family Services (UMFS)

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

No. of Weeks: Ongoing  
Date: First Thursday of each month  
Time: 7:00 – 8:30 PM  
Location: Lincolnia United Methodist Church  
6335 Little River Turnpike, Alexandria  
Cost: Free  
Contact: Jodee Mellerio: 703-941-9008 x307  
E-mail: jmellerio@umfs.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 each 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  
Website: www.mbctyson.org/access

## 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 each 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  
Website: www.mbctyson.org/access

## Parent Support Groups / LOUDOUN

### Familias Saludables de MotherNet



INMED-MotherNet Loudoun

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

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

### Loudoun Adoptive Family Support Group



United Methodist Family Services (UMFS)

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/Location: Call or e-mail for details  
 Cost: Free  
 Contact: Lisa Mathey: 703-347-5049  
 E-mail: mathey88@yahoo.com

## Playgroups / ALEXANDRIA

### Preschool Parent - Child Playgroup



Alexandria Community Services Board (CSB),  
 Preschool Prevention Team

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 Mtg Rm)  
 5005 Duke St, Alexandria  
 Cost: Free  
 Contact: Lib Gillam: 703-746-6009  
 E-mail: lib.gillam@alexandriava.gov

#### Tower 2000 (Thursdays)

No. of Weeks: Ongoing  
 Time: 9:30 – 10:30 AM  
 Location: Tower 2000 (Community Rm)  
 5800 Quantrell Ave, Alexandria  
 Cost: Free  
 Contact: Arika VanBrunt: 703-746-6015  
 E-mail: arika.vanbrunt@alexandriava.gov

## Developmental Playgroups



The Center for Alexandria's Children  
 (CAC), SCAN of Northern Virginia  
 & Women's Giving Circle



Playgroups focus on the importance of learning through play and the key role parents play in their child's development. Developmental playgroups aim to improve school-readiness by providing a social environment for children ages 0 to 5 with developmentally appropriate activities. No registration is necessary.

#### Play to Learn (English)

No. of Weeks: Ongoing (does not meet Dec 15 – Jan 5)  
 Date: Tuesdays  
 Time: 10:00 – 11:30 AM  
 Location: Jefferson-Houston Elementary  
 1501 Cameron St, Alexandria  
 Cost: Free  
 Contact: Susan Kennedy: 703-746-6018  
 E-mail: skennedy@centerforalexandriaschildren.org

#### Play, Learn & Grow Together (English)

No. of Weeks: Ongoing (does not meet Dec 16 – Jan 7)  
 Date: Thursdays  
 Time: 10:00 – 11:30 AM  
 Location: The Center for Alexandria's Children (CAC)  
 1900 N Beaugard St, Ste 200,  
 Alexandria  
 Cost: Free  
 Contact: Susan Kennedy: 703-746-6018  
 E-mail: skennedy@centerforalexandriaschildren.org

#### Chiquitos (Spanish/English)

No. of Weeks: Ongoing (does not meet Dec 17 – Jan 8)  
 Date: Fridays  
 Time: 10:00 – 11:30 AM  
 Location: St. Rita's Parish Center  
 3825 Russell Rd, Alexandria  
 Cost: Free  
 Contact: Susan Kennedy: 703-746-6018  
 E-mail: skennedy@centerforalexandriaschildren.org

## Parent Infant Education (PIE) Program Playgroup



Alexandria Community Services Board (CSB)

These playgroups for infants, toddlers and preschoolers are led by Certified Early Intervention Professionals. 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.

### **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  
\*If new, please call or e-mail Patricia (patricia.eitemiller@alexandria.gov) ahead of time.\*

### **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

## 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 – 12:00 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 Services Unit

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

No. of Weeks: 3 weeks  
Date: Mondays, January 25 – February 8;  
Mondays, March 15 – March 29  
Time: 4:15 – 6:15 PM  
Location: Alexandria Courthouse  
520 King St, Alexandria  
Cost: Free  
Contact: Elaine M. Butkiewicz: 703-746-4144  
E-mail: elaine.butkiewicz@alexandriava.gov

## Other Parenting Programs / ARLINGTON

### 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: Tuesdays, January 19 – March 23  
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. Call for information and testing dates.

### Clarendon Education Center

No. of Weeks: 12 weeks  
Date: January 4 – March 26  
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: \$35 for eligible Arlington parents  
Contact: Donna Moss: 703-228-4200  
E-mail: dmoss@arlington.k12.va.us

### Thomas Jefferson Middle School

No. of Weeks: 12 weeks  
Date: February 16 – May 7  
Time: Monday – Friday, 4:30 – 6:20 PM;  
Monday – Thursday, 6:45 – 9:00 PM  
Location: Thomas Jefferson Middle School  
125 S Glebe Rd, Arlington  
Cost: \$35 for eligible Arlington parents  
Contact: Donna Moss: 703-228-4200  
E-mail: dmoss@arlington.k12.va.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.

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

## Other Parenting Programs / FAIRFAX/FALLS CHURCH

### Talk More...Fight Less



Fairfax County Public Schools, Family and School Partnerships

Many conflicts in families could be prevented or quickly resolved through effective communication. This workshop will focus on strategies for improving communication and for respectfully resolving conflicts when misunderstandings arise. Tuition rate discount applies when you enroll in more than one class.

Date Starting: Wednesday, February 24  
Time: 7:00 – 9:30 PM  
Location: 2334 Gallows Rd, Dunn Loring  
Cost: \$20/person; \$35/ couple  
Contact: Susie Johnson: 703-277-2666  
(Effective January 1: 703-204-4343)  
E-mail: susie.johnson@fcps.edu

### Unmarried with Children



Fairfax County Public Schools, Family and School Partnerships

Whether you are in a relationship or have never lived with the parent of your child, as unmarried parents you face many unique legal, financial and emotional challenges that married couples do not. This class will address issues such as paternity, child custody, gate-keeping vs. co-parenting and your legal rights and responsibilities. Tuition rate discount applies when you enroll in more than one class.

Date Starting: Thursday, March 25  
Time: 7:00 – 9:30 PM  
Location: 2334 Gallows Rd, Dunn Loring  
Cost: \$20/person; \$35/ couple  
Contact: Susie Johnson: 703-277-2666  
(Effective January 1: 703-204-4343)  
E-mail: susie.johnson@fcps.edu

## Family Abuse



The Women's Center

What does family abuse look like? Why is it so difficult to understand, identify and even harder to stop? This workshop will discuss how to identify and learn what you can do to stop the pattern of coercive behaviors associated with family abuse, including, but not limited to, physical and sexual violence, threats of violence, and emotional and psychological intimidation.

Date: Monday, April 12  
Time: 7:00 – 9:00 PM  
Location: The Women's Center  
127 Park St, NE, Vienna  
Cost: Free  
Phone: 703-281-2657  
E-mail: [programs@thewomenscenter.org](mailto:programs@thewomenscenter.org)

## Plan to Live Happily Ever After



The Women's Center

In this legal and financial planning seminar, participants will learn practical and tangible steps to take before and during a relationship to protect yourself, secure a financial future together and enrich the relationship.

Date: Saturday, January 23  
Time: 10:00 AM – 12:00 PM  
Location: The Women's Center  
127 Park St, NE, Vienna  
Cost: \$35/\$25 for members  
Phone: 703-281-2657  
E-mail: [programs@thewomenscenter.org](mailto:programs@thewomenscenter.org)

## Legal Aspects About Separation and Divorce



The Women's Center

Divorce can take a heavy toll emotionally, but be proactive to protect yourself against the confusion and frustration of the legal aspects of divorce. Come learn the rights and responsibilities of parties involved in separation and divorce from a practicing Virginia attorney.

### Saturdays

Date: January 9, February 6, March 13 or April 10  
Time: 10:00 AM – 1:00 PM  
Location: McLean Government Center  
1437 Balls Hill Rd, McLean  
Cost: \$45/\$35 for members  
Phone: 703-281-2657  
E-mail: [programs@thewomenscenter.org](mailto:programs@thewomenscenter.org)

### Tuesdays

Date: January 26 or February 23  
Time: 7:00 – 9:00 PM  
Location: Farrell & Croft, PC, 9324 Main St, Manassas  
Cost: \$45/\$35 for members  
Phone: 703-281-2657  
E-mail: [programs@thewomenscenter.org](mailto:programs@thewomenscenter.org)

## Avoiding Divorce Court: How to Negotiate/Mediate A Property Settlement Agreement



The Women's Center

Learn how to negotiate or mediate through separation, custody and a property settlement agreement without setting foot in a courtroom. This program will cover the pitfalls to avoid and will include discussion on property, support and custody.

Date: January 20, February 19, March 23 or April 22  
Time: 7:00 – 9:30 PM  
Location: The Women's Center  
127 Park St, NE, Vienna  
Cost: \$40/\$30 for members;  
\$75/couples or \$50/couple for members  
Phone: 703-281-2657  
E-mail: [programs@thewomenscenter.org](mailto:programs@thewomenscenter.org)

## Legal Aspects of Child Support, Custody & Visitation



The Women's Center

Issues of child custody are among the most painful aspects of separation and divorce but be prepared by learning how to navigate the Virginia court system. This program will discuss how financial support and the "best interest" of the child are determined.

Date: Saturday, February 20  
Time: 10:00 AM – 1:00 PM  
Location: Lutheran Church of the Redeemer  
1545 Chain Bridge Rd, McLean  
Cost: \$45/\$35 for members  
Phone: 703-281-2657  
E-mail: [programs@thewomenscenter.org](mailto:programs@thewomenscenter.org)

## Finding Emotional Strength During Separation & Divorce



The Women's Center

Join others going through similar situations and learn effective ways to cope. Participants will explore a variety of topics in a safe, confidential and supportive setting. Regardless of where you are in the process, this program will provide information, support and help guide you toward a new beginning.

No. of Weeks: 8 weeks  
Date: Tuesdays, February 2 – March 23  
Time: 7:30 – 9:30 PM  
Location: The Women's Center  
127 Park St, NE, Vienna  
Cost: \$185/\$165 for members  
Phone: 703-281-2657  
E-mail: [programs@thewomenscenter.org](mailto:programs@thewomenscenter.org)

## Reclaiming Your Future: Financial Planning During Separation & Divorce



### The Women's Center

Going through a divorce and dealing with all the financial decisions that go along with it can be overwhelming. Gain practical information from two divorce planners in this comprehensive seminar that covers all financial components of the property settlement agreement.

### Women's Center

Date: Thursday, January 14 or Wednesday, April 14  
 Time: 7:00 – 10:00 PM  
 Location: The Women's Center, 127 Park St, NE, Vienna  
 Cost: \$45/\$35 for members  
 Phone: 703-281-2657  
 E-mail: [programs@thewomenscenter.org](mailto:programs@thewomenscenter.org)

### Investment & Resource Planning Associates

Date: Tuesday, February 16 or Thursday, March 11  
 Time: 7:00 – 10:00 PM  
 Location: Investment & Resource Planning Associates  
 10600 Arrowhead Dr, Ste 310, Fairfax  
 Cost: \$45/\$35 for members  
 Phone: 703-281-2657  
 E-mail: [programs@thewomenscenter.org](mailto:programs@thewomenscenter.org)

## 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 emphasize relationship-based anger and include practical exercises to assist participants in identifying anger sources and how to manage their stress and anger.

Date: Saturday, March 27  
 Time: 9:30 AM – 12:30 PM  
 Location: The Women's Center, 127 Park St, NE, Vienna  
 Cost: \$45/\$35 for members  
 Phone: 703-281-2657  
 E-mail: [programs@thewomenscenter.org](mailto:programs@thewomenscenter.org)

## Anger Awareness for Women



### The Women's Center

Many emotions contribute to daily life – sometimes it is easy to handle life with ease while at other times it is easy to become angry during stressful situations. During this program we will explore the patterns involved with emotions, discuss the positive elements of anger, as well as discover ways to express anger appropriately and constructively. Support group available.

No. of Weeks: 7 weeks  
 Date: Wednesdays, January 27 – March 10  
 Time: 7:00 – 9:30 PM  
 Location: The Women's Center, 127 Park St, NE, Vienna  
 Cost: \$175  
 Phone: 703-281-2657  
 E-mail: [programs@thewomenscenter.org](mailto:programs@thewomenscenter.org)

## Manejo del Enojo Para las Mujeres



### The Women's Center

Through a variety of exercises and group discussions, participants in this program will learn how to monitor, express and resolve angry feelings more effectively. Reduced fee is available for low-income participants.

No. of Weeks: 8 weeks  
 Date: Wednesdays, March 10 – April 28  
 Time: 7:00 – 8:30 PM  
 Location: 133 Park St, Rm 9, NE, Vienna  
 Cost: \$80  
 Contact: Vittoria Grant: 703-281-2657 x 402  
 E-mail: [programs@thewomenscenter.org](mailto:programs@thewomenscenter.org)

## Power Tools for Power Struggles



### Parent Encouragement Program (PEP)

Nobody wins a power struggle between a parent and child. This workshop is geared for parents of children ages 4 to 14 and will focus on the causes of power struggles and the tools that can prevent them.

Date: Wednesday, February 3  
 Time: 7:30 – 9:30 PM  
 Location: Capital Area Pediatrics, Ashburn Village Shopping Plaza, Ste 189, Ashburn  
 Cost: \$30/person; \$45/couple  
 Contact: Robbye Fox: 703-242-8824  
 E-mail: [PEPOffice@aol.com](mailto:PEPOffice@aol.com)

## Using Consequences: Effective Discipline Without Punishment



### Parent Encouragement Program (PEP)

When children misbehave, parents often resort to punishment or rewards to motivate better behavior. Learn how to use natural and logical consequences, instead of punishment or rewards, in order to create a more cooperative and respectful home life. This workshop is geared for parents of children ages 4 to 14.

Date: Tuesday, March 9  
 Time: 7:30 – 9:30 PM  
 Location: Capital Area Pediatrics, Ashburn Village Shopping Plaza, Ste 189, Ashburn  
 Cost: \$30/person; \$45/couple  
 Contact: Robbye Fox: 703-242-8824  
 E-mail: [PEPOffice@aol.com](mailto:PEPOffice@aol.com)

## Helping Kids Take Responsibility for School Stuff



### Parent Encouragement Program (PEP)

Learn how to teach children to be motivated to plan ahead and take responsibility for school work and their belongings. This workshop is geared for parents of children ages 5 to 14.

Date: Tuesday, February 23  
 Time: 7:30 – 9:30 PM  
 Location: Church of the Good Shepherd  
 2351 Hunter Mill Rd, Vienna,  
 Cost: \$30/person, \$45/couple  
 Contact: Robbye Fox: 703-242-8824  
 E-mail: [PEPOffice@aol.com](mailto:PEPOffice@aol.com)

## Defusing Sibling Rivalry



Parent Encouragement Program (PEP)



This workshop will focus on why kids fight and what parents can do to reduce sibling rivalry, while working to foster better sibling relationships. This workshop is perfect for parents with children of any age.

Date: Thursday, March 18  
Time: 7:30 – 9:30 PM  
Location: Church of the Good Shepherd  
2351 Hunter Mill Rd, Vienna,  
Cost: \$30/person, \$45/couple  
Contact: Robbye Fox: 703-242-8824  
E-mail: PEPOffice@aol.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 first Thursday & Saturday of each 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

## 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  
Website: www.mbctyson.org/access

## Breakaway

McLean Bible Church



Breakaway is an Access Saturday respite care program designed for children and young adults with special needs, ages 2 to 25, who are living at home. The program is by reservation only and includes activities, crafts and music. All new families must participate in an intake process prior to participation.

No. of Weeks: Ongoing (1–2 Saturdays/month)  
Date: January 9 & 23; February 13 & 27;  
March 13 & 27; April 17  
Time: 10:00 AM – 3:00 PM  
Location: McLean Bible Church  
8925 Leesburg Pike, Vienna  
Cost: \$20 first child;  
\$10 each additional child with special needs  
Contact: Stephanie Reding: 703-770-8654  
E-mail: stephanie.reding@mcleanbible.org  
Website: http://mbctyson.org/access

## Breakout

McLean Bible Church



Breakout is an Access Friday respite care program designed especially for families of children with special needs and their siblings, ages 2 to 16, who are living at home. The program is by reservation only and includes activities, crafts and music. All new families must participate in an intake process prior to participation.

No. of Weeks: Ongoing (1–2 Fridays/month)  
Date: January 8 & 15; February 5 & 12;  
March 12 & 26; April 9 & 30  
Time: 6:30 – 10:00 PM  
Location: McLean Bible Church  
8925 Leesburg Pike, Vienna  
Cost: \$15 first child; \$5 each additional sibling  
Contact: Stephanie Reding: 703-770-8654  
E-mail: stephanie.reding@mcleanbible.org  
Website: http://mbctyson.org/access

## ADAPT: Anger & Domestic Abuse Prevention and Treatment



Fairfax-Falls Church Community Services Board  
(CSB)

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

## Other Parenting Programs / LOUDOUN

### Break Out

McLean Bible Church - Loudoun Campus



Breakout is an Access Friday respite care program designed especially for families of children with special needs and their siblings, ages 2 to 16, who are living at home. The program is by reservation only and includes activities, crafts and music. All new families must participate in an intake process prior to participation.

No. of Weeks: Ongoing (1 Friday/month)  
 Date: January 29, February 26, March 19 & April 16  
 Time: 6:30 – 10:00 PM  
 Location: McLean Bible Church – Loudoun Campus, 44180 Riverside Pkwy, Lansdowne  
 Cost: \$15 first child; \$5 each additional sibling  
 Contact: Wendy Melcher: 703-770-8661  
 E-mail: wendy.melcher@mcleanbible.org  
 Website: <http://mbcloudoun.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 and conflict between children and siblings, with recognition of influences from outside forces. Classes are offered in both English and Spanish. For the current class schedule, visit [www.pwcgov.org/parenting](http://www.pwcgov.org/parenting).

No. of Weeks: 3 weeks  
 Date: Visit [www.pwcgov.org/parenting](http://www.pwcgov.org/parenting)  
 Time: 7:00 – 9:00 PM  
 Location: Government buildings in Manassas and Woodbridge  
 Cost: \$40  
 Contact: Julie Stiles (English): 703-792-6288  
 (Spanish): 703-792-5940

## 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. Program provided in both English and Spanish.

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

## Couples Workshop: FIT Relationships Program



The Granato Group

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 weeks  
 Time: 6:30 – 9:30 PM  
 Location: Different locations in DC Metropolitan area  
 Cost: Free  
 Contact: JoAnn Ornelas: 571-722-1552

## 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, 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](mailto: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 takes place September through June and serves children ages 3 to 5. Program staff 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 (CSB)



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 from age 0 to 3 that has a qualifying 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 is available in any language, including American Sign Language.

Contact: Robin Crawley: 703-746-3350  
 E-mail: [robin.crawley@alexandriava.gov](mailto:robin.crawley@alexandriava.gov)

## 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 5 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: George Washington Middle School  
1005 Mt Vernon Ave  
3rd Floor (Rm A324), Alexandria  
Cost: Free to Alexandria City residents  
Phone: 703-706-4639

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

Location: 421 King St, Ste 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](http://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: Jeanette: 703-739-5856

## 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). Bilingual (English/Spanish) staff is available.

Hours: Tuesday, Wednesday & Friday,  
8:00 AM – 4:30 PM;  
Monday & Thursday, 8:00 AM – 5:30 PM  
Location: Arlandria Health Center  
3804 Executive Ave D-1, Alexandria  
Cost: Free  
Contact: Eduardo Mantilla-Torres: 703-535-5418  
Fax: 703-535-3087

## 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, Wednesday & 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 – 5:30 PM;  
Tuesday, Wednesday & Friday, 8:00 AM – 4:30 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, Tuesday, Thursday & Friday,  
9:00 AM – 5:00 PM;  
Wednesday, 9:00 AM – 6:00 PM  
Location: 3802 Executive Ave D-1, Alexandria  
Cost: Sliding scale fee  
Phone: 703-535-7930  
Fax: 703-535-7950

**Child Health / Pediatric Clinic**



Alexandria Health Department



The Alexandria Health Department provides acute health services on a walk-in basis to eligible 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. Physicals for day care and school entrance for children 11 years and younger are also provided. 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: 703-838-4414

**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 for 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

**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 staff speaks 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

**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, sponsors workshops and parent support groups 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

**Community Resources / ARLINGTON**

**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) is staff available.

Date/Time: Weekly, biweekly or monthly home visits  
(depending on level of need)  
Location: 3401 Columbia Pike, Ste 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



PIE is a 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, Ste 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 St;  
**Columbia Pike Library**, 816 S Walter Reed Dr;  
**Gates of Ballston**, 4108 4th St, Arlington  
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 (CSB)

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

### 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 – Thursday, 8:30 AM – 7:00 PM;  
Friday, 8:00 AM – 5:00 PM;  
Saturday, 9:00 AM – 3:30 PM  
Location: 11230 Waples Mill Rd, Ste105, 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 up 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):  
703-388-1393

## Hope in Northern Virginia



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

Hours: Monday – Wednesday, 9:30 AM – 3:00 PM;  
Wednesday, 7:00 – 9:30 PM;  
Friday & Saturday, 9:30 AM – 12:00 PM  
Location: 610 Park Ave, Falls Church  
Cost: Free  
Contact: 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 level 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, Apt T-2, Springfield  
Contact: 703-644-0000

### Culmore Family Resource Center

Hours: Call for details  
Location: 3304 B Culmore Ct, Falls Church  
Contact: 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, Ste 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, Rm 10, Falls Church  
 English/Spanish: 703-208-8017  
 Arabic, English, French: 703-208-8069  
 Korean: 703-876-5273

### **Lake Anne-Reston**

11484 Washington Plaza West  
 Ste 310, Reston  
 Arabic, French, English, Spanish:  
 703-668-0583

### **South County Government Center**

8350 Richmond Hwy, Rm 123, Alexandria  
 English, Spanish, Twi: 703-704-6002

Cost: Free  
 Website: <http://www.fcps.edu/cco/fam/>

## 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: Elaine Waldron: 703-924-4512  
 E-mail: [Elaine.waldron@fcps.edu](mailto:Elaine.waldron@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](mailto:prc@fcps.edu)

## The Arc of Northern Virginia

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: 703-532-3214  
 Email: [info@thearcofnova.org](mailto:info@thearcofnova.org)  
 Website: [www.thearcofnova.org](http://www.thearcofnova.org)

## 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: 8:00 AM – 4:00 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

## Community Resources / LOUDOUN

### Infant & Toddler Connection of Loudoun

Loudoun Community Services Board (CSB)  
 ITC provides early intervention services for families, infants and toddlers (birth through age 2) who have a diagnosed handicapping condition, suspected delay in development or atypical development. Children with vision and hearing impairments can also be served in this program. 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: 906 Trailview Blvd, Ste A, Leesburg  
 Cost: Free evaluation; insurance and sliding fee scale for services  
 Contact: 703-777-0561  
 TDD: 703-777-0377

## Community Resources / 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 and therapy/education services available. Bilingual (English/Spanish) staff is available.

Date/Time: Monday – Friday, 8:30 AM – 5:30 PM  
Location: 7987 Ashton Ave, Ste 231, Manassas  
Cost: Free evaluation; insurance and sliding fee scale for services  
Contact: 703-792-7879  
Email: vheuple@pwcgov.org

### Healthy Families Prince William



Northern Virginia Family Service



Healthy Families is a voluntary program for first-time parents (from pregnancy through children up to 5 years old) 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 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](http://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, Ste 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)

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[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)

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