

PUBLISHED BY:

SCAN

Building hope for children & families
in Northern Virginia

What is the Parent Connection?

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

If your agency has programs that you would like added into the listing, 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.

An electronic version of this publication is also available on the SCAN website, www.scanva.org, under "Parent Education."

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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/SPRING 2012

Parenting Classes / ALEXANDRIA

The ABCs of Parenting



SCAN of Northern Virginia

The ABCs of Parenting program covers topics such as: child development, praise and empathy, building your child's self-esteem, family rules, age-appropriate discipline, alternatives to spanking and family stress management.

No eligibility requirements. Registration is required. Class includes a healthy meal, childcare for children ages 0 to 4, a children's program with a yoga component for children ages 5 and older, weekly raffles and educational materials. Class is offered in both English and Spanish.



No. of Weeks: 8 weeks
 Date: **English:** Thursdays, February 9 – March 29 (Registration begins January 9)
Spanish: Thursdays, April 19 – June 7 (Registration begins March 19)
 Time: 6:00 – 8:30 PM
 Location: First Assembly of God Church, 700 W Braddock Rd, Alexandria
 Cost: Free
 Contact: Sam Poyta: 703-820-9001
 Email: spoyta@scanva.org
 Website: www.scanva.org

Fathers in Touch



Capital Youth Empowerment Program

This parenting class for fathers includes three supervised visitation activities (one per month). The goals of the program are to educate fathers, increase positive interaction with their children, and develop positive communication skills. Dinner is served at each class. Registration is required. Call early as class fills quickly! All services are free.

No. of Weeks: 12 weeks
 Date: Tuesdays, February 7 – April 24
 Time: 6:30 – 9:00 PM
 Location: Charles Houston Recreation Center, 901 Wythe St, Alexandria
 Cost: Free
 Contact: Erick King: 202-321-8704
 Email: eking@cyep.org
 Website: www.cyep.org

FOCUS: Educating and Empowering Parents in Custody & Visitation Cases



Alexandria Court Service Unit

Juvenile and Domestic Relations District Court Ordered program for parents and guardians involved in custody and visitation cases.

No. of Weeks: 2 weeks
 Date: January 23 & 30; February 27 & March 5; April 2 & 9; May 7 & 14; June 11 & 18
 Time: 3:30 – 6:15 PM
 Location: Alexandria Courthouse, 520 King St, Alexandria
 Cost: Free
 Contact: Elaine M. Butkiewicz: 703-746-4144
 Email: elaine.butkiewicz@alexandriava.gov
 Website: www.alexandriava.gov/courtservice

Parenting Classes / ARLINGTON

Parenting with Success



Arlington Department of Human Services, Child & Family Services Division, Parent Education Program



This court-approved parenting class, offered in both English and Spanish, is geared for parents of children ages 0 to 18. All parents must be referred. Class is limited to Arlington families only and childcare is provided.

No. of Weeks: 8 weeks
 Date: Tuesdays, February 28 – April 24; May 1 – June 19
 Time: 6:30 – 8:30 PM
 Location: Arlington Department of Human Services 2100 Washington Blvd, Lower Lvl, Arlington Free
 Cost: Free
 Contact: Cheryl Fuentes: 703-228-1551
 Email: cfuentes@arlingtonva.us
 Website: www.arlingtonva.us (Parenting Resources)

Strengthening Families Program



Arlington County Department of Human Services



An interactive program for youth ages 10 to 14 and their parents that covers issues such as goal setting, stress, peer pressure and building upon family strengths. Class is provided in both English and Spanish. Priority is given to Arlington County residents. Program includes dinner and childcare.

No. of Weeks: 7 weeks
 Date/Location: Call for details
 Cost: Free
 Contact: Jennifer Landis-Santos: 703-228-1108
 Email: jlandis@arlingtonva.us
 Website: www.strengtheningfamiliesarlington.com

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
 Contact: Marilyn Faris Scholl: 703-228-2700
 Website: www.apsva.us/teenageparenting

Parent Expectations Support Achievement (PESA) Classes

Edu-Futuro (Educación Para Nuestro Futuro)



During this SPANISH ONLY program, parents learn strategies to motivate and improve their child's academic performance, strengthen parent-child communication and improve family relationships. Childcare and snacks will be provided.

No. of Weeks: 6 weeks
 Date/Time: Call for details
 Location: Arlington County Public Schools
 Cost: Free
 Contact: Elizabeth Clavel: 703-228-8442
 Email: elizabeth@edu-futuro.org
 Website: www.edu-futuro.org

Parenting Classes / FAIRFAX/FALLS CHURCH

Nurturing Parenting Program



Fairfax County Department of Family Services, Child Abuse Prevention Services



The Parent Education Program offers classes throughout Fairfax County in both English and Spanish to help strengthen families through support and education for parents with children from birth to age 18. All classes are free for Fairfax County residents and include childcare, dinner, 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 in Fairfax County
 Cost: Free
 Contact: Cheryl Keiper (English): 703-324-7691
 Mario Prada (Spanish): 703-324-7405
 Website: www.fairfaxcounty.gov/dfs/ParentingResource

Fortaleciendo la Familia



Hispanics Against Child Abuse and Neglect (HACAN)



This parenting program in SPANISH ONLY is intended to teach families parenting skills and techniques to enable them to become effective listeners, and to establish loving, trusting relationships without violence. 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
 Email: info@hacan.org
 Website: www.hacan.org

Co-Parenting: Two Parents, Two Homes



Fairfax County Public Schools, Family and School Partnerships



Co-Parenting: Two Parents, Two Homes is a four-hour class 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.

Date: 4x/month in English;
 1x/month in Spanish (call for schedule)
 Time: Saturdays, 8:30 AM – 12:30 PM;
 Tuesdays, 8:30 AM – 12:30 PM
 or 12:30 – 4:30 PM
 Location: 2334 Gallows Rd, Dunn Loring
 Cost: \$40/person; \$60/couple
 Contact: Susie Johnson: 703-204-4343
 Email: susie.johnson@fcps.edu

Strengthening Your Parenting Skills



Fairfax County Public Schools, Family and School Partnerships

Strengthening Your Parenting Skills is a ten-hour parenting skills class for parents or guardians of children infant to eleven years old. The class focuses on basic knowledge for more effective parenting. Topics covered include: Child Safety, Positive Discipline, Child Development, Communication and Setting Limits and Boundaries. (Offered in English, Spanish or Korean.)

No. of Weeks: 4 weeks
 Date/Time: **English:** Tuesdays, January 10 – January 31: 7:00 – 9:30 PM; Thursdays, March 1 – March 22: 7:00 – 9:30 PM; Thursdays, April 26 – May 17: 7:00 – 9:30 PM
Spanish: Wednesdays, January 19 – February 8: 7:00 – 9:30 PM; March 21 – April 18: 7:00 – 9:30 PM; May 23 – June 13: 7:00 – 9:30 PM
Korean: Tuesdays & Thursdays, April 10, 12, 17 & 19: 6:30 – 9:00 PM
 Location: 2334 Gallows Rd, Dunn Loring
 Cost: \$60/person; \$90/couple
 Contact: Susie Johnson: 703-204-4343
 Email: susie.johnson@fcps.edu

Parenting Teens



Fairfax County Public Schools, Family and School Partnerships

The 12-hour Parenting Teens class will help parents learn strategies to communicate more effectively with children 12 to 18 years old. Topics include: developing responsibility, growing independence, decision making, improving self-esteem, curfews, school work and discipline. (Offered in English or Spanish.)

No. of Weeks: 6 weeks
 Date: **English:** Wednesdays, January 11 – February 15; Tuesdays, April 10 – May 15
Spanish: Tuesdays, February 7 – March 13; May 8 – June 12
 Time: 7:00 – 9:00 PM
 Location: 2334 Gallows Rd, Dunn Loring
 Cost: \$85/person; \$125/couple (includes \$15 book)
 Contact: Susie Johnson: 703-204-4343
 Email: susie.johnson@fcps.edu

Becoming a Love & Logic Parent



Fairfax County Department of Family Services

Love & Logic is a parenting philosophy that promotes raising responsible, respectful children who are fun to be around. Emphasis is on empathy and natural consequences.

No. of Weeks: 6 weeks
 Date: TBD
 Time: TBD
 Location: Pennino Building
 12011 Government Center Pkwy, Fairfax
 Cost: Free
 Contact: Anne Goldberg: 703-324-7153
 Email: anne.goldberg@fairfaxcounty.gov

Fathers in Touch



Capital Youth Empowerment Program

This parenting class for fathers includes three supervised visitation activities (one per month). The goals of the program are to educate fathers, increase positive interaction with their children and develop positive communication skills. Dinner is served at each class. Registration is required. Call early as class fills quickly! All services are free.

No. of Weeks: 12 weeks
 Date: Thursdays, February 9 – April 26
 Location: TBD
 Time: 6:30 – 9:00 PM
 Cost: Free
 Contact: Erick King: 202-321-8704
 Email: eking@cyep.org
 Website: www.cyep.org

Fortaleciendo la Familia



Northern Virginia Family Service, Multicultural Human Services



Fortaleciendo la Familia is a SPANISH ONLY parenting program geared for parents with children ages 0 to 16. Childcare is provided.

No. of Weeks: 10 weeks
 Date: Wednesdays, March 7 – May 12
 Time: 6:00 – 8:00 PM
 Location: 6400 Arlington Blvd, Ste 110, Falls Church
 Cost: \$10
 Contact: Lidia M. Gonzales: 703-533-3302 x105
 Email: lgonzales@nvfs.org

Fortaleciendo la Familia



The Granato Group's Federal Leadership Institute



This evidence-based program offered in SPANISH ONLY is geared for children ages 10 to 14 and their caregivers. This program aims to improve parental nurturing and limit-setting skills, improve communication skills for parents and youth and encourage youth pro-social skills and development.

No. of Weeks: 7 weeks
 Date/Location: Call for details
 Cost: Free
 Contact: Kathy Rocha: 703-636-1200
 Email: kathy.rocha@granatogroup.com
 Website: www.granatogroup.com

Parenting with Love & Logic Educational Series



Autumnleaf Group, Inc.

This program is designed to help parents learn how to raise children who are self-confident, responsible and able to think on their own.

No. of Weeks: 2 half-day sessions
 Date/Time: Varies
 Location: 8983 Hersand Dr, Ste 2, Burke
 Cost: \$150/couple
 Contact: 703-658-7103
 Email: info@adoptattach.com
 Website: www.autumnleafgroup.com

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! Program is 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
 Contact: 703-771-3973
 Email: nurturingprogram@lcsj.org

Parenting Classes / PRINCE WILLIAM

STEP - Systematic Training for Effective Parenting



Virginia Cooperative Extension Virginia Cooperative Extension,
 Knowledge for the Commonwealth Prince William County

This program is for parents of young children (birth to age 5) or school-age children (ages 6 to 12) who want to better understand their children's behavior. The class will focus on how parents can build self-esteem, implement effective discipline and help children learn how to cooperate and communicate. Classes are offered in both English and Spanish. Pre-registration is required.

No. of Weeks: 6 weeks
 Date: Call or check website
 Time: 7:00 – 9:00 PM
 Location: Various locations in Prince William County
 Cost: \$40
 Contact: Julie Stiles (English): 703-792-6288
 (Spanish): 703-792-5940
 Email: jstiles@pwcgov.org
 Website: www.pwcgov.org/parenting

When Families Get Angry



Virginia Cooperative Extension Virginia Cooperative Extension,
 Knowledge for the Commonwealth Prince William County

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. Classes are offered in both English and Spanish. Pre-registration is required.

No. of Weeks: 3 weeks
 Date: Call or check website
 Time: 7:00 – 9:00 PM
 Location: Various locations in Prince William County
 Cost: \$40
 Contact: Julie Stiles (English): 703-792-6288
 (Spanish): 703-792-5940
 Email: jstiles@pwcgov.org
 Website: www.pwcgov.org/parenting

Juvenile Justice Parenting Program



Virginia Cooperative Extension Virginia Cooperative Extension,
 Knowledge for the Commonwealth Prince William County

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 & Spanish. Pre-registration is required.

Woodbridge

Location: Ferlazzo Government Building
 15941 Donald Curtis Dr, Woodbridge
 Date: **English:** Wednesdays,
 February 8 – March 28; May 2 – June 27
Spanish: Thursdays, May 10 – June 28
 Time: Youth: 5:30 – 6:30 PM; Parents: 7:30 – 9:30 PM

Manassas

Location: Sudley North Government Building
 8033 Ashton Ave, Manassas
 Date: **English:** Tuesdays,
 November 22 – January 24; March 6 – May 1
Spanish: Thursdays, February 9 – March 29
 Time: Youth: 5:30 – 6:30 PM; Parents: 7:30 – 9:30 PM

No. of Weeks: 8 weeks
 Cost: \$40
 Contact: Julie Stiles (English): 703-792-6288
 (Spanish): 703-792-5940
 Email: jstiles@pwcgov.org
 Website: www.pwcgov.org/parenting

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. This program offers a valuable way to gain parenting tools and skills, meet other parents and learn about valuable community resources through periodic workshops. Registration is open and ongoing. A children's program is available.

No. of Weeks: Ongoing
 Date: Mondays
 Time: 6:30 – 8:00 PM
 Location: First Assembly of God Church
 700 W Braddock Rd
 (Rear Entrance-Rm 201), Alexandria
 Cost: Free
 Contact: Sam Poyta: 703-820-9001
 Email: spoyta@scanva.org
 Website: www.scanva.org

Juntos por el Cambio



Building hope for children & families in Northern Virginia

SCAN of Northern Virginia

SCAN's Educational Parent Support Group in SPANISH ONLY offers parenting education, support and resources on a weekly, ongoing basis. The program offers a valuable way to gain parenting tools and skills, meet other parents and learn about valuable community resources through periodic workshops. Registration is open and ongoing. A children's program is available.



No. of Weeks: Ongoing
Date: Tuesdays
Time: 7:00 – 8:30 PM
Location: Call for details
Cost: Free
Contact: Sam Poyta: 703-820-9001
Email: spoyta@scanva.org
Website: www.scanva.org

Women's Domestic Violence Support Group



Department of Community & Human Services, Domestic Violence Program

These confidential weekly support groups, designed for women who are survivors of domestic violence or are currently in an abusive relationship, provide a valuable way to: understand the impact of violence on themselves and their relationships, gain tools to keep them safe and empowered and share their experiences with others. Alexandria City residents only. Childcare provided for English support group. (Offered in English or Spanish).



English (Tuesdays)

No. of Weeks: 8 week closed group
Time: 7:00 – 8:30 PM
Location: Call for location
Cost: Free
Contact: Sofia Fraser: 703-746-4911

Spanish (Tuesdays)

No. of Weeks: Ongoing
Time: 2:00 – 3:00 PM
Location: Call for location
Cost: Free
Contact: Sofia Fraser: 703-746-4911

New Moms Group



Inova HealthSource

This drop-in group is perfect to meet new friends and talk about the challenges and joys of being a new mom. An experienced maternal-infant health educator facilitates the informal discussion. Pre-registration is not required.

No. of Weeks: Ongoing
Date: Tuesdays
Time: 12:45 – 2:45 PM
Location: Inova Alexandria Hospital
4320 Seminary Rd, Alexandria
Cost: Free
Contact: 1-855-My-Inova (toll free)

TC Williams Teen Parent Group



Alexandria City Public Schools,
TC Williams High School

TC Futures is an afterschool meeting for expecting and parenting teens where they can share information with other teen parents related to positive parenting and gather useful resources. English with limited Spanish translation available if needed.



No. of Weeks: Ongoing during school year
(September – May)
Time: 2:45 – 4:00 PM
(excused 15 min. early from classes)
Location: TC Williams High School
3330 King St, Alexandria
Cost: Free
Contact: Valerie Talford: 703-836-7896

Support Group for Families of Children in Special Education



Alexandria City Public Schools, Anne R. Lipnick
Parent Resource Center

Parents are wonderful sources of support for each other. Meet with other parents whose children have a wide range of disabilities for sharing and problem solving. Childcare services available with advanced notice.



No. of Weeks: Ongoing during the school year
Date: Thursdays
Time: 10:00 AM – 12:00 NOON
Location: Jefferson Houston School
1501 Cameron St, Alexandria
Cost: Free
Contact: 703-824-6750
Email: Monica Sanjur: monica.sanjur@acps.k12.va.us
Johnathan Harris: jonathan.harris@acps.k12.va.us
Website: <http://www.acps.k12.va.us/student-services/prc/>

Parent Support Groups / ARLINGTON

Parent Connection



Greenbrier Learning Center

These bilingual (English/Spanish) workshops offer information on topics that range from parent education to financial literacy, in addition to providing support to the immigrant and refugee community.



Cost: Free
Contact: 703-963-1632
Email: brenda@greenbrierlearning.org
Website: www.greenbrierlearning.org

Virginia Gardens Community Center

No. of Weeks: Ongoing
Date: Tuesdays
Time: 6:30 – 8:00 PM
Location: 1710 S Taylor St, Basement, Arlington

Greenbrier Baptist Church

No. of Weeks: Ongoing
Date: Two Mondays/month
Time: 6:30 – 8:00 PM
Location: 5401 7th Rd S, 3rd floor, Arlington

Columbia Grove Community Center

No. of Weeks: Ongoing
Date: One Wednesday/month
Time: 6:30 – 8:00 PM
Location: 1010 S Frederick St, Arlington

Postpartum Support Group



[Postpartum Support Virginia](#)

Postpartum Support Virginia offers support groups for new and expectant mothers experiencing depression and/or anxiety. Meet with other women who are experiencing a tough transition to motherhood while gaining support, understanding, encouragement and resources.

No. of Weeks: Ongoing
 Date: Second & Fourth Wednesday of each month
 Time: 10:30 AM – 12:00 NOON
 Location: Virginia Hospital Center
 Women and Infant Health Lobby
 1700 North George Mason Dr, Arlington
 Cost: Free
 Contact: Adrienne Griffen: 703-243-2904
 Email: info@postpartumva.org
 Website: www.postpartumva.org

Juntos



[Arlington County Department of Human Services, Child and Family Services](#)



Weekly support group in SPANISH 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: Mondays
 Time: 7:00 – 8:30 PM
 Location: Arlington Department of Human Services
 2100 Washington Blvd, 3rd floor, Arlington
 Cost: Free
 Contact: Paul Lennon: 703-228-1523
 Email: plennon@arlingtonva.us

Parent Support Groups / FAIRFAX/FALLS CHURCH

Padres Unidos



[SCAN of Northern Virginia](#)



SCAN's Educational Parent Support Group in SPANISH ONLY offers parenting education, support and resources on a weekly, ongoing basis. The program offers a valuable way to gain parenting tools and skills, meet other parents and learn about valuable community resources. Registration is open and ongoing. A children's program is available.

No. of Weeks: Ongoing
 Date: Thursdays
 Time: 6:30 – 8:00 PM
 Location: Call for details
 Cost: Free
 Contact: Sam Poyta: 703-820-9001
 Email: spoyta@scanva.org
 Website: www.scanva.org

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: 5400 Shawnee Rd, Ste 101, Alexandria
 Cost: Free
 Email: kchaudhry@umfs.org

Alexandria International 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. A youth support group for ages 12 to 18 will meet at the same time as the family support group. Childcare is available with RSVP.

No. of Weeks: Ongoing
 Date: Third Thursday of each month
 Time: 7:00 – 8:30 PM
 Location: 5400 Shawnee Rd, Ste 101, Alexandria
 Cost: Free
 Contact: Patty Pearson: 703-307-9095
 Email: pattylpearson@yahoo.com

New Moms Group



[Inova HealthSource](#)

This drop-in group is perfect to meet new friends and talk about the challenges and joys of being a new mom. An experienced maternal-infant health educator facilitates the informal discussion. Pre-registration is not required.

Cost: Free
 Contact: 1-855-My-Inova (toll free)

[Franconia Alliance Church](#) (Mondays)

No. of Weeks: Ongoing
 Time: 12:00 – 2:00 PM
 Location: 6315 Beulah St, Alexandria

[Inova Fair Oaks Hospital](#) (Wednesdays)

No. of Weeks: Ongoing
 Time: 11:00 AM – 12:00 NOON
 Location: 3700 Building, Joseph Stewick Dr, Fairfax

[Inova Fairfax Hospital](#) (Thursdays)

No. of Weeks: Ongoing
 Time: 11:00 AM – 12:00 NOON
 Location: HealthSource
 2700 Prosperity Ave, Ste 100 Fairfax, Rm 5

Grandparents/Kinship Support Group



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

This program is for grandparents or other relatives who are raising relative children. Each group is facilitated by a social worker and meets 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.

Cost: Free
Contact: Mary Shepherd: 703-204-4340
Kim Karlinchak: 703-324-7694
TTY: 703-449-1186

Pennino Building

No. of Weeks: Ongoing
Date: Two Tuesdays/month (call to confirm)
Time: 7:00 – 8:30 PM
Location: 12011 Government Center Pkwy, Fairfax

Bryant Alternative HS

No. of Weeks: Ongoing
Date: Two Thursdays/month (call to confirm)
Time: 6:30 – 8:00 PM
Location: 2709 Popkins Ln, Rm 28 & 29 (Adult Ed entrance), Alexandria

Postpartum Support Group



Postpartum Support Virginia

Postpartum Support Virginia offers support groups for new and expectant mothers experiencing depression and/or anxiety. Meet with other women who are experiencing a tough transition to motherhood while gaining support, understanding, encouragement and resources.

No. of Weeks: Ongoing
Date: First & Third Tuesday of each month
Time: 7:30 – 9:00 PM
Location: Inova HealthSource, 2700 Prosperity Dr, Fairfax
Cost: Free
Contact: Benta Sims: 703-244-9232
Email: j-bsims@comcast.net
Website: www.postpartumva.org

Access Parent Support Group



McLean Bible Church

Access Parent Support Group offers support and encouragement for parents of children with special needs. Registration is required. Childcare is available with reservation.

Sundays

Date: January 29; February 26;
March 25; April 29; May 27; June 24
Time: 12:30 – 1:30 PM
Location: 8925 Leesburg Pike, Rm 1410, Vienna
Contact: Jackie Mills-Fernald: 703-770-2942
Email: jackie.millsfernald@mcleanbible.org

Thursdays

Date: January 5 & 12; February 2 & 16; March 1,
15, & 29; April 12 & 26; May 10 & 24; June 7
Time: 10:00 AM – 12:00 NOON
Location: 8925 Leesburg Pike, Vienna
Contact: Fran Smith: 703-770-4393
Email: fran.smith@mcleanbible.org
Cost: Free
Website: www.mbctyson.org/access

Parent Support Groups / LOUDOUN

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: Third Tuesday of each month
Time: 10:00 AM – 12:00 NOON
Location: Call or email for location
Cost: Free
Contact: Lisa Mathey: 703-941-9008 x351
Email: lmathey@umfs.org

Familias Saludables de MotherNet



INMED-MotherNet Loudoun

This open and educational parent group in SPANISH ONLY focuses primarily on money management. Childcare is provided.

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

Postpartum Support Group



Postpartum Support Virginia

Postpartum Support Virginia offers support groups for new and expectant mothers experiencing depression and/or anxiety. Meet with other women who are experiencing a tough transition to motherhood while gaining support, understanding, encouragement and resources. Pre-registration is required.

No. of Weeks: Ongoing
Date: Second & Fourth Wednesday of each month
Time: 1:00 – 2:30 PM
Location: Inova Loudoun Hospital / Cornwall Campus
224 Cornwall St NW, Leesburg
Cost: Free
Contact: Leslie McKeough: 703-909-9877
Email: lamckeough@gmail.com
Website: www.postpartumva.org

Parent Support Groups / PRINCE WILLIAM

Adolescent Dual Diagnosis Program



National Counseling Group, Inc.
This highly individualized and comprehensive outpatient program integrates both mental health and substance abuse treatment services for adolescents. The program focuses on life skills, self-esteem, communication, anger management and family relationships. A parent group is offered during the second hour of group and focuses on support, positives/negatives of the week and information about the teen's group participation.

No. of Weeks: Ongoing
Date: Tuesdays
Time: 6:00 – 8:00 PM
Location: 9301 Forest Point Circle, Manassas
Cost: \$150/group; \$200/assessment
Contact: Marie Thomas: 703-257-5997
Email: marie.thomas@nationalcounselinggroup.com
Website: www.nationalcounselinggroup.com

Autism Parent Support Group



The Arc of Greater Prince William
The parent-run autism support group is for parents raising a child on the autism spectrum. Childcare is available. (Can arrange for Spanish interpreter with one week's notice).

No. of Weeks: Ongoing
Date: Last Tuesday of every month
Time: 7:00 – 9:00 PM
Location: Muriel Humphrey Center
13505 Hillendale Drive, Woodbridge
Cost: Free
Contact: Jan Russell: 703-730-3124
Email: jrussell@arcgpw.org
Website: www.arcgpw.org

Playgroups / ALEXANDRIA

Open Time Center Playgroups



The Campagna Center, Early Head Start
These playgroups are for children ages 0 to 3 and their caregivers. Each session includes several activities for the child and caregiver to explore together as well as a parent education topic. Playgroups are open for three hours for families to drop in. Families of children with disabilities are strongly encouraged to attend. Registration is required.

Cora Kelly (Mondays)

Date: January 30; February 27; March 26;
April 30; May 21
Time: 10:00 AM – 1:00 PM
Location: Cora Kelly Recreation Center
25 W Reed Ave, Alexandria

The Center for Alexandria's Children (Fridays)

Date: January 20; February 17; March 16;
April 20; May 18
Time: 10:00 AM – 1:00 PM
Location: The Center for Alexandria's Children (CAC)
1900 N Beaugard St, Ste 200, Alexandria
Cost: Free
Contact: Latoshia Pinckney: 703-224-2378
Email: lpinckney@campagnacenter.org

Developmental Playgroups



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



Playgroups focus on the importance of learning through play and the key role parents play in their child's development. Developmental playgroups provide a social environment for children ages 0 to 5 with developmentally appropriate activities. No registration is necessary. Playgroups do not meet during the month of August or during the winter holidays (December 18 – January 13).

Cost: Free
Contact: Susan K Britton: 703-746-6018
Email: sbritton@centerforalexandriaschildren.org

Play to Learn (English)

No. of Weeks: Ongoing
(does not meet January 3 & 10 or April 3)
Date: Tuesdays
Time: 10:00 – 11:30 AM
Location: Durant Center, 1605 Cameron St, Alexandria

Play, Learn & Grow Together (English)

No. of Weeks: Ongoing
(does not meet January 5 & 12 or April 5)
Date: Thursdays
Time: 10:00 – 11:30 AM
Location: The Center for Alexandria's Children (CAC),
1900 N Beaugard St, Ste 200, Alexandria

Chiquitos (Spanish/English)

No. of Weeks: Ongoing
(does not meet January 6 & 13 or April 6)
Date: Fridays
Time: 10:00 – 11:30 AM
Location: Four Mile Run Community Center
4109 Mount Vernon Ave, 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.

Tower 2000 (Mondays)

No. of Weeks: Ongoing
Time: 9:30 – 10:30 AM
Location: 5800 Quantrell Ave (Community Rm)
Alexandria
Cost: Free
Contact: Mari Clemson: 703-746-6029
Email: margaret.clemson@alexandriava.gov

Beatley Library (Wednesdays)

No. of Weeks: Ongoing
Time: Participants may pick ONE group to attend.
10:15 – 11:00 AM or 11:15 AM – 12:00 NOON
Location: 5005 Duke St (Large Mtg Rm), Alexandria
Cost: Free
Contact: Arika VanBrunt: 703-746-6015
Email: arika.vanbrunt@alexandriava.gov

Parent Infant Education (PIE) Program Playgroup



Department of Community
and Human Services (DCHS)

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.

Lee Rec Center (Wednesdays)

No. of Weeks: Ongoing
Time: 10:00 – 11:30 AM
Location: 1108 Jefferson St, Alexandria
Cost: Free
Contact: Patricia Eitemiller: 703-746-3388
Email: patricia.eitemiller@alexandria.gov
If new, please call or email in advance.

Cora Kelly Rec Center (Fridays)

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

Playgroups / ARLINGTON

Project Family / Proyecto Familia



ARLINGTON
VIRGINIA

Arlington County Department of
Human Services

An early childhood parent education program for parents/caregivers from pre-birth to age 4 whose mission is to optimize children's growth and development, and to promote positive parenting skills and health education. Bilingual (English/Spanish) staff is available. Please call for schedule information.

No. of Weeks: Ongoing
Date: Most classes are 10 months
Time: Morning and Early Afternoon
Location: **Campbell Elementary School**
737 Carlin Springs Rd, Arlington;
Carlin Springs Elementary School
5995 S 5th Rd, Arlington;
Claremont Elementary School
4700 S Chesterfield Rd, Arlington;
Columbia Pike Library
816 S Walter Reed Dr, Arlington;
Gates of Ballston, 4108 4th St, Arlington;
Harvey Hall Community Center
850 S Greenbrier St, Arlington;
Hoffman Boston Elementary School
141 S Queen St, Arlington;
Key Elementary School
2300 Key Blvd, Arlington
Cost: Free
Contact: Gloria Starr: 703-228-1549
Email: gstarr@arlingtonva.us

Playgroups / FAIRFAX/FALLS CHURCH

ABC Play and Learn Developmental Program



Family Services Network

Free developmental playgroups for children ages 0 to 5 and their parents or caregivers. The program aims to promote parenting skills and help parents prepare their children for success in school. Programs are conducted in both English and Spanish.

No. of weeks: 8 weeks
Date: Mondays & Fridays
Location: Woodrow Wilson Library
6101 Knollwood Dr, Falls Church
Time: 10:00 AM – 12:00 NOON
Cost: Free
Contact: Astrid Gamez: 703-867-1973
Email: agamez2@verizon.net

Other Parenting Programs/ALEXANDRIA

Healthy Families



Northern Virginia Family Service

Healthy Families is a home-visiting program that supports expectant and new parents with children from birth to age 5, providing parent education, information on child health and development, developmental screenings and linkage to community resources. Multilingual staff is available (English/Spanish/Amharic/Tigrinya/Arabic/Hindi/Russian/Kyrgyz).

Date/Time: Weekly, biweekly or monthly home-visits (depending on level of need)
Location: 5249 Duke St, Ste 308, Alexandria
Cost: Free
Contact: 571-748-2840
Email: gsalmeron@nvfs.org
Website: www.nvfs.org/hfalexandria

ACPS Parent Workshops



Alexandria City Public Schools, ELL

PROGRAM Supporting English Language Learning

ACPS ELL Office offers 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/Location: TBD, call for details
Cost: Free
Contact: Margaret Lorber: 703-461-4084
Email: margaret.lorber@acps.k12.va.us

It's Never Too Early or Too Late to Talk to Your Kids: Preventing Risky Behaviors



Alexandria Campaign on Adolescent Pregnancy

This workshop is for parents and caregivers with children of all ages. Participants will learn more about teen pregnancy, substance abuse and gang involvement, why kids get involved in risky behaviors, what can be done to prevent these behaviors and how to talk with your child about these issues.

Date/Location: As requested
Cost: Free
Contact: Becky Griesse: 703-746-5030
Email: rebecca.griesse@alexandriava.gov
Website: www.KeepIt360.org

Parent Leadership Training Institute of Alexandria (PLTI)



PLTI trains parents to learn the local government process and become leaders advocating for our community's children. The program includes sessions on community building, leadership, civics, practical democracy skills and public speaking. Each participant also completes a community project. PLTI provides dinner and childcare. Translation services provided when necessary. Please apply online or contact Fay Slotnick for an application.

No. of Weeks: 20 weeks
 Date: November – April
 Time: 5:30 – 9:30 PM
 Location: Minnie Howard 9th Grade Center
 3801 W Braddock Rd, Alexandria
 Cost: Free
 Contact: Fay Slotnick: 703-739-0233
 Email: info@plti-alex.org
 Website: www.plti-alex.org

Sibling Class



Inova HealthSource
HEALTHSOURCE An interactive class for parents with their children ages 3 to 7 who are expecting a new brother or sister. Siblings talk about what it means to be a big brother or sister and work on a gift for the new baby. Please bring a baby picture of big brother or sister to class.

Date: Offered monthly
 Time: Varies
 Location: Inova Alexandria Hospital
 4320 Seminary Rd, Alexandria
 Cost: \$30/registration (1 child & 1 parent)
 Contact: 1-855-My-Inova (toll free)

Other Parenting Programs / ARLINGTON

Healthy Families



Northern Virginia Family Service
 Healthy Families is a home-visiting program that supports expectant and new parents with children from birth to age 5, providing parent education, information on child health and development, developmental screenings and linkage to community resources. Multilingual staff is available (English/Spanish/Amharic/Tigrinya/Arabic/Hindi/Russian/Kyrgyz).

Date/Time: Weekly, biweekly or monthly home-visits (depending on level of need)
 Location: 1801 North George Mason Dr, Arlington
 Cost: Free
 Contact: 571-748-2760
 Email: rleblanc@nvfs.org
 Website: www.nvfs.org/hfarlington

“Raising Teens” Videos & 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. All materials are available upon request.

Cost: Free
 Contact: Mary Ann Moran: 703-228-1671
 Email: mmoran@arlingtonva.us
 Website: www.arlingtonpartnershipforyouth.org

4th Annual “Your Child’s Development: An Information and Resource Fair for Parents and Caregivers of Infants and Toddlers”



Arlington Early Intervention Interagency Coordinating Council (AEIICC) Members include Arlington Dept. of Public Health, PIE Program; Dept. of Human Services; Arlington Public Schools ChildFind and others.
 Resources and information from over twenty community groups along with two workshops on child development.

Date: Saturday, February 25
 Time: 9:30 AM – 12:30 PM
 Location: Walter Reed Community Center
 2909 S 16th St, Arlington
 Cost: Free
 Contact: Cheryl Fuentes: 703-228-1551
 Email: cfuentes@arlingtonva.us
 Website: www.arlingtonfamilies.com

The Berkeley Community Center

AHC Inc.

Parenting Workshop Classes for elementary-aged students; Learn tips to help your child succeed at home, read their report cards, work on basic math skills and achieve reading success.

No. of Weeks: Once every 2 months throughout school year
 Date: Mondays (February, April, June)
 Time: 6:30 PM
 Location: 2910 S Glebe Rd, Arlington
 Cost: Free
 Contact: 703-684-3952
 Email: palley@ahcinc.org

Other Parenting Programs / FAIRFAX/FALLS CHURCH

TransParenting



Northern Virginia Family Service
 This one-day workshop guides parents through the transformative process of looking at divorce and separation through the eyes of a child. When facing the end of a marriage or intimate partnership, adult skills in parenting become ‘clouded’ by emotional distress. This course helps parents discover their individual path towards healing, allowing for increased energy, confidence and growth in their parent-child relationship. This program meets the parent education guidelines developed by the Supreme Court of Virginia.

Date: Saturdays, 1/14 & 1/28; 2/11 & 2/25; 3/10 & 3/24; 4/7 & 4/21; 5/5 & 5/19; 6/2 & 6/16
 Time: 9:00 AM – 1:00 PM
 Location: 10455 White Granite Dr, Ste 100, Oakton
 Cost: \$50/person
 Contact: 571-748-2500
 Email: transparenting@nvfs.org
 Website: www.nvfs.org

Healthy Families Fairfax



Fairfax County Department of Family Services, Fairfax County Department of Health, Northern Virginia Family Services, Reston Interfaith & United Community Ministries



Healthy Families is a voluntary home-visiting program for first-time parents (from pregnancy up to age 3) who are referred because they are in need of extra parenting support. Family support workers educate participating families about child development, screen children for developmental delays and provide referrals to community agencies for additional support. Bilingual (English/Spanish) staff is available.

Date/ Location: Call for details
Cost: Free
Contact: **Falls Church** (Nancy Newman): 703-533-5317
Mt. Vernon/Lee (Irma Dobber): 703-704-6794
Reston/Herndon (Jeanine Gravette): 703-787-4908
South County (Janel Dancy): 703-704-7005
Springfield (Judith Reggiardo): 703-388-1393
Website: <http://www.fairfaxcounty.gov/dfs/children/youth/hff-preparing-for-parenthood.htm>

Embracing Relaxation for Wellbeing



Inner Circle Center



Relaxation - One of the most important aspects of health and wellness, yet something often sacrificed due to busy schedules and life's demands. Simple techniques can reduce stress, tension and anxiety, and improve energy and sleep, helping parents be more available for their kids.

No. of Weeks: 1 week
Date: January 16
Time: 11:00 AM – 1:00 PM
Location: Inner Circle Center
120 Beulah Road NE, Ste 201, Vienna
Cost: \$40
Contact: 703-624-4644
Email: megan@meganmaccutcheon.com
Website: www.meganmaccutcheon.com

Building Self-Esteem for Women



Inner Circle Center

Learn techniques to help build self-esteem and develop a more positive identity. Gain insight into how self-esteem impacts all facets of life, including relationships, parenting and career. This educational workshop will help you learn how to better care for yourself to achieve a healthier, happier you.

No. of Weeks: 5 weeks
Date: Mondays, March 5 – April 2
Time: 11:00 AM – 1:00 PM
Location: Inner Circle Center
120 Beulah Road NE, Ste 201, Vienna
Cost: \$150
Contact: 703-624-4644
Email: megan@meganmaccutcheon.com
Website: www.meganmaccutcheon.com

Parent Workshops



Fairfax County Public Schools, Family and School Partnerships



Tuition rate discount applies when you enroll in more than one class offered by FCPS or based on financial need.

Time: 7:00 – 9:30 PM
Location: 2334 Gallows Rd, Dunn Loring
Cost: \$20/person; \$35/couple
Contact: Susie Johnson: 703-204-4343
Email: susie.johnson@fcps.edu

Successful Single Parenting

Being a single parent can be both challenging and rewarding. Network with other single parents and discuss strategies to more effectively balance work and home and turn a challenge into a win/win.

Date: Thursday, January 26 or Thursday, April 19

Never Married with Children

Whether you are in a relationship or have never lived with the other 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.

Date: Tuesday, February 7 or Tuesday, June 12

Dads Matter

Dads serve as a positive role model for both sons and daughters. Join other dads to learn and share positive fathering strategies. Topics include: identifying roles and goals, understanding the difference between influence and control, recognizing what children need and developing a support system.

Date: Thursday, February 16 or Wednesday, May 16

Talk More...Fight Less

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.

Date: Thursday, February 23 or Thursday, May 17

Step Parenting and the Blended Family (Yours...Mine...Ours!)

Forming a new family can be stressful for everyone involved, both parents and children alike. Join other parents for a lively discussion on communication, problem solving strategies, parenting styles, approaches to discipline and stress management.

Date: Tuesday, March 6 or Thursday, June 14

Stress: How Much Is Too Much?

It seems as if stress in our lives is unavoidable. From juggling work, family and school issues to dealing with an unexpected crisis, stress can affect our relationships as well as our physical and mental health. Learn strategies to manage stress in your family.

Date: Wednesday, April 25

Family Abuse – What Is It and What Can You Do About It?



The Women's Center

Education regarding the dynamics involved in abusive relationships, including physical and sexual violence, threats of violence, emotional and psychological intimidation, verbal abuse, economic and financial control, spiritual abuse and destruction of property. Discover what resources are available for legal and emotional support.

No. of Weeks: 1 week
 Date: March 20 & April 17
 Time: 6:30 – 9:30 PM
 Location: 127 Park Street NE, Rm 28, Vienna
 Cost: Free
 Contact: 703-281-4928 x 276
 Email: programs@thewomenscenter.org
 Website: www.thewomenscenter.org

Am I Normal?



Granato Counseling Services

This group is geared for mothers and their daughters and fathers and their sons. This group is designed to increase communication about growing up between parents and their children ages 9 to 13. Both children and adults are guaranteed to learn something new about themselves, each other and the human body.

No. of Weeks: 5 weeks
 Date/Time: TBD
 Location: Mount Vernon Counseling Associates
 8101 Hinson Farm Rd, Ste 117, Alexandria
 Cost: \$60/session
 Contact: Meladie Gey-Burke: 703-606-5964
 Email: meladie@geyburke.com
 Website: <http://Therapists.PsychologyToday.com/rms/105448>

Kids, Birds and Bees



Granato Counseling Services

This series of workshops is designed to help parents of children ages 2 to 10 answer questions like, "Where do babies come from?" and "How do I keep my child safe?"

No. of Weeks: 3 workshops
 Date/Time: TBD
 Location: Mount Vernon Counseling Associates,
 8101 Hinson Farm Rd, Ste 117, Alexandria
 Cost: \$60/session
 Contact: Meladie Gey-Burke: 703-606-5964
 Email: meladie@geyburke.com
 Website: <http://Therapists.PsychologyToday.com/rms/105448>

Sibling Class



Inova HealthSource

An interactive class for parents with their children ages 3 to 7 who are expecting a new brother or sister. Siblings talk about what it means to be a big brother or sister and work on a gift for the new baby. Please bring a baby picture of big brother or sister to class.

Date/Time: Offered monthly; time varies
 Location: **Inova Fair Oaks Hospital**
 3700 Building, Joseph Siewick Dr, Fairfax
Inova Fairfax Hospital
 3300 Gallows Rd, Falls Church
 Cost: \$30/registration (1 child & 1 parent)
 Contact: 1-855-My-Inova (toll free)

Soothing Touch Infant Massage



Inova HealthSource

Parents learn easy and effective massage techniques to promote bonding, relieve discomfort and stimulate baby. Classes are structured for parents to attend with their pre-crawling babies.

Date: Offered monthly
 Time: Varies
 Location: Inova Fair Oaks Hospital
 3700 Building, Joseph Siewick Dr, Fairfax
 Cost: \$80/registration (1 child & 1 parent)
 Contact: 1-855-My-Inova (toll free)

Break Out



McLean Bible Church



Break Out is an Access Friday evening 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.

Date: Fridays, January 6 & 20; February 3 & 24;
 March 2 & 16; April 27; May 4; June 8 & 22
 Time: 6:30 – 10:00 PM
 Location: McLean Bible Church
 8925 Leesburg Pike, Vienna
 Cost: \$15 for first child;
 \$5 for each additional sibling
 Contact: Aundrea Foster: 703-770-3832
 Email: aundrea.foster@mcleanbible.org
 Website: <http://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.

Date: Saturdays, January 21 & 28;
February 11 & 25; March 10 & 24; April 14;
May 5 & 19; June 2 & 16
Time: 10:00 AM – 3:00 PM
Location: McLean Bible Church
8925 Leesburg Pike, Vienna
Cost: \$20 for first child; \$10 for each
additional child with special needs
Contact: Aundrea Foster: 703-770-3832
Email: aundrea.foster@mcleanbible.org
Website: <http://mbctyson.org/access>

Community Lecture Series



McLean Bible Church

Access Ministry sponsors monthly lectures throughout the school year on disability issues with experts from the DC area. These workshops are designed for parents, families and professionals and are open to the public free of charge.

No. of Weeks: Monthly
Date: January 30; February 27; March 19; May 14
Time: 7:30 – 9:00 PM
Location: McLean Bible Church, 8925 Leesburg Pike
Vienna, Community Rm A or B
Cost: Free
Contact: Jackie Mills-Fernald: 703-770-2942
Email: jackie.millsferald@mcleanbible.org
Website: <http://mbctyson.org/access>

ADAPT: Anger & Domestic Abuse Prevention and Treatment



Fairfax-Falls Church Community Services
Board (CSB)

ADAPT is a Virginia state-certified domestic violence program for voluntary and court-ordered men and women who are seeking to address their own abusive or hurtful behaviors. The course teaches skills in regulating emotions, particularly anger, through healing core underlying issues of resentment, anxiety and depression. Program is offered in both English and Spanish but is limited to Fairfax County residents. Registration is required.

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

Positive Discipline Workshops & Classes



PARENTING
playgroups

Parenting Playgroups

Where Parents Learn and Children Play

This program will provide parents of children ages 1 to 10 with techniques to improve their parenting including: age-appropriate discipline, how to help children express their emotions in order to avoid 'meltdowns,' the role of consequences, the importance of consistency and how to diffuse difficult situations such as temper tantrums and power struggles. Fewer battles, better listening, more peace!

Date: January 2 – February 27
Time: Call for times
Location: 246 A West Broad St, Falls Church
Cost: \$288.00

Positive Discipline

In this one day workshop "bootcamp", you'll learn how to use techniques to instill positive, healthy behaviors. The Positive Discipline Workshop will help parents learn: various ways to approach discipline situations with your child, methods to help your child express their emotions without "melting down", specific language to effectively solve discipline exchanges, the role of consequences in discipline situations, the importance of consistent response from parents and how to diffuse potentially difficult situations such as tantrums and power struggles.

Date: February 4
Time: 9:00 – 3:00 PM
Location: 6161 Fuller Ct, Alexandria

Date: March 24
Time: 9:00 – 3:00 PM
Location: 246 A West Broad St, Falls Church

Cost: \$75.00
Contact: 703-922-0044
Email: programs@parentingplaygroups.com
Website: www.parentingplaygroups.com

Other Parenting Programs / LOUDOUN

Break Out



MCLEAN BIBLE CHURCH

McLean Bible Church,
Loudoun Campus



Break Out 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.

Date: Fridays, January 13; February 10;
March 9; April 13; May 4; June 8
Time: 6:30 – 10:00 PM
Location: McLean Bible Church – Loudoun Campus
44180 Riverside Pkwy, Lansdowne
Cost: \$15 for first child;
\$5 for each additional sibling
Contact: Wendy Melcher: 703-770-8661
Email: wendy.melcher@mcleanbible.org
Website: <http://mbcloudoun.org/access>

Other Parenting Programs / PRINCE WILLIAM

Healthy Families



Northern Virginia Family Service

Healthy Families is a home-visiting program that supports expectant and new parents with children from birth to age 5, providing parent education, information on child health and development, developmental screenings and linkage to community resources. Multilingual staff is available (English/Spanish/Amharic/Tigrinya/Arabic/Hindi/Russian/Kyrgyz).



Date/Time: Weekly, biweekly or monthly home-visits (depending on level of need)
 Location: 4379 Ridgewood Center Dr, Woodbridge & 10056 Dean Dr, Manassas
 Cost: Free
 Contact: Heather Crichfield: 571-748-2743
 Email: hcrichfield@nvfs.org
 Website: <http://www.nvfs.org/hfprincewilliam>

Community Resources / ALEXANDRIA

Parent Infant Education (PIE) Program



Department of Community & Human Services

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

Community Resources / ARLINGTON

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 any language as needed.



Location: Arlington Department of Human Services
 2100 Washington Blvd, 2nd Flr, Arlington
 Cost: Eligibility determination, assessment for planning and service coordination are free of charge; sliding scale fee for additional services.
 Contact: Margaret Jones: 703-228-1630
 E-mail: mjones1@arlingtonva.us

Arlington Families

Arlington Department of Human Services,
 Child & Family Services Division

Welcome to Arlington Families—a website that links parents and caregivers to valuable online resources about what's happening for families in Arlington. Find a playground, meet other parents in a workshop, learn about school options, discover something fun to do over the weekend or get connected to practical parenting ideas.

Website: www.arlingtonfamilies.com

Special Education Parent Resource Center



Arlington Public Schools

The PRC provides information and support to parents, especially those with children who have special needs, to help families 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 the lending library, subscribe to a monthly newsletter and access the website. PRC staff members speak English and Spanish, and can provide translation for speakers of additional languages upon request.

Hours: Monday – Friday, 8:30 AM – 4:00 PM
 (please call before visiting)
 Location: Clarendon Education Center
 2801 Clarendon Blvd, Ste 312, Arlington
 Cost: Free
 Contact: Kathleen Donovan: 703-228-7239
 Email: kdonovan@arlington.k12.va.us
 Website: www.apsva.us/prc

Community Resources / FAIRFAX/FALLS CHURCH

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.

Time: Pre-school & Kindergarten: 1 – 1.5 hrs;
 1st – 6th Grade: 2 – 2.5 hrs
 Date/Location: If interested, please call to request date and location
 Cost: Free in Fairfax County
 Contact: Tsehay Elias: 703-324-7459
 Email: tsehay.elias@fairfaxcounty.gov

Infant & Toddler Connection of Fairfax-Falls Church



Fairfax-Falls Church Community Services Board (CSB)

ITC offers developmental assessments 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 within Fairfax County. Bilingual (English/Spanish) staff is available. Interpretation services are provided for any language as needed.

Hours: Daytime/Weekday appointments
Location: Child's home or daycare setting
Cost: Free assessment; sliding scale fee for services
Contact: 703-246-7121
Website: www.fairfaxcounty.gov/csb/itc

Community Resources / LOUDOUN

Infant & Toddler Connection of Loudoun



Loudoun Community Services Board (CSB)

ITC is an early intervention program for children ages 0 to 3 with developmental delays, diagnosed handicapping conditions or atypical development. Eligible children receive services at home or in daycare. Therapy and developmental services are available. Bilingual (English/Spanish) staff is available. Interpretation services are provided for any language as needed.

Date/Time: Monday – Friday; daytime appointments
Location: 906 Trailview Blvd, Ste A, Leesburg
Cost: Sliding fee scale; insurance and Medicaid accepted
Contact: 703-777-0561

Community Resources / PRINCE WILLIAM

Infant & Toddler Connection of Prince William, Cities of Manassas & Manassas Park



Prince William County Community Services

ITC is an early intervention program providing physical, occupational and speech therapy; early childhood special education; and vision and hearing consultative services to eligible children from birth to age 2. Bilingual (English/Spanish) staff is available. Interpretation services are provided for any language as needed.

Date/Time: Monday – Friday, 8:30 AM – 5:00 PM
Location: 7987 Ashton Ave, Ste 231, Manassas (most services provided in home)
Cost: Free determination of eligibility; insurance and sliding fee scale for therapy & education services
Contact: 703-792-7879
Email: vheuple@pwcgov.org

SCAN'S ONLINE PARENT RESOURCE CENTER

www.scanva.org/PRC

Do you know parents or professionals who could use more information about tough parenting issues? SCAN offers a series of downloadable fact sheets in ENGLISH and SPANISH on many parenting topics including:

- Advocating for Your Child in School
- Attachment & Bonding
- Balancing Parenthood and Work
- Bullying
- Cultural Sensitivity
- Divorce
- Childcare
- Conflict Resolution
- Domestic Violence
- Family Stress
- Grandparents Raising Grandchildren
- Healthy Relationships
- Inappropriate Touching
- Internet Safety for Children
- Mental Health
- Obesity in Children
- Parenting Can Be Tough
- Positive Discipline
- Preventing Child Abuse and Neglect
- Self Esteem
- Sexual Abuse
- Sleep for Children
- Stress for Children & Adults
- Summer Safety Tips
- Supervision Guidelines

We're also proud to announce a new series of fact sheets on topics developed exclusively for Spanish-speaking families at www.scanva.org/esp:

- La Reunificación Familiar (Family Reunification – when family members immigrate in stages)
- Eligiendo Cuidado De Calidad Para Nuestros Hijos (Choosing Quality Childcare)
- La Crianza de los Hijos en los Estados Unidos (Raising Children in the US)
- Las Rutinas y la Diversión Familiar (Family Routines and Family Fun)
- Los Padres como Educadores (Parents as Educators)
- Los Padres Eficaces y la Adolescencia (Effective Parenting of Adolescents)

To learn more—or to browse more fact sheets, radio shows, and more resources on these parenting topics—please visit www.scanva.org/PRC today!

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