

**Are your kids stressing you out?  
Are you having trouble getting them to listen?  
Are you frustrated about how to get your  
family under control?**



**YOU'RE NOT ALONE!**

**Make your life easier!**

**Whether you're dealing with toddler tantrums or a defiant teenager... join **SCAN's Parent Connection** group where you can share your experiences and learn useful tips that can help make your important job as a parent less stressful!**

**Every Tuesday**

**6:30 – 8:00 PM**

**Sacramento Neighborhood Center**

**8792E Sacramento Dr**

**Alexandria, VA 22309**

**FREE Children's Program Provided!!**

No eligibility requirements. No pre-registration required.  
First time participants will fill out a registration sheet on-site.  
For more information, please call Shannon May at 703-820-9001.



<http://www.scanva.org/parentnurturing.htm>

Offered to the community with the support of  
Fairfax County Consolidated  
Community Funding Pool.

**SCAN**

Building hope for children & families  
in Northern Virginia

## JOYCE D. RAWLINGS Parent Support Group Facilitator

Hello! My name is Joyce D. Rawlings. I am a Parent Support Group Facilitator working through SCAN, a non-profit organization based in Alexandria, VA. I have been coming to the Sacramento Neighborhood Center every Tuesday from 6:30 - 8:00 PM since September 2, 2008.



We have been learning and sharing concerns about schools, personal development, discipline, conflict resolution, motivating and encouraging ourselves as parents and how we do these things with our children.

I have been active and involved in a number of community, civic, City Council, school committees and events. I have been active in P.T.As; I have held positions at Communities in Schools, Head Start, Residential Youth Services, and Bryant Alternative School. Currently I am a Program Coordinator for the Family Resource Learning Center in Alexandria located in public housing.

I lived in Washington, DC before moving to Alexandria but I have lived in Alexandria for 30 years. I have 3 sons and have been a foster parent to a total of 8 children. All attended Alexandria schools. My oldest son, Donnell, served in the Air Force for 6 years; he is now a comedian/actor. You may have seen him on Comic View, The Wire, The Corner, Law and Order, Dave Chappell Show and for 20 seconds in Spider Man 2 (smile). Dwayne, my second son, has a degree from Brown University and a Law degree from Georgetown Law School and my youngest son, Dawud, teaches in the Alexandria public school system. They all have inherited a love for children—wonder where that came from (smile). And of course, don't let me forget my wonderful daughter-in-laws, Diane and Tameka. Last but not least my 2 grand-daughters and 1 grandson:

Sheala, Amena and Dusan.

I shared all of the above, not to brag or boast, but to show that even though I am a single mother and have raised sons alone, they did not become negative statistics. I often worked 2 or 3 jobs at once, but it did not make me a "no show parent" at events, school meetings or community and athletic activities. At times it was difficult juggling the time and making the sacrifices such as not taking vacation days in order to save those day in case I needed to show up at school conferences or meetings; going to work sick because I had to save my leaves in case the boys got sick; not getting things for myself because the boys needed things for school. As I look back, there is nothing I would have traded because all the sacrifices have paid off tremendously in the outcome of their lives.

I am so excited about working with the Sacramento Center and SCAN as partners in your children's education and your life's journey. I look forward to connecting with past families and developing relationships with new families in the public schools and assisting you in your community. Come together for the benefit ourselves, our children, our family and our larger community.

See you at the Sacramento Neighborhood Center on  
Tuesday from 6:30 - 8:00 PM!