

PUBLISHED BY:

SCAN

Building hope for children & families
in Northern Virginia

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

This publication is available on the SCAN website at scanva.org by clicking on "Parent Education" or you can click [here](#).

If your agency has programs that you would like included, or if you would like to learn more, please contact SCAN at 703-820-9001 or send an email to info@scanva.org.

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LOOK FOR THESE ICONS:

 Program offered
in **Spanish**

 **Childcare** or **Children's
Program** provided

 **One-Time** only event

Parent Connection

A RESOURCE GUIDE to PARENT EDUCATION

SUMMER/FALL 2014

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 family meal, childcare for children ages 0 to 4, a children's program with yoga component for children ages 5 and older, weekly raffles and educational materials. Class is offered in both English and Spanish.

SCAN
Building hope for children & families
in Northern Virginia

No. of Weeks: 8 weeks
Date: **English:** September 4 – October 23
Spanish: February 5 – March 26 (2015)
Time: 6:00 – 8:30 PM
Location: First Assembly of God Church, 700 W Braddock Rd, Alexandria
Cost: Free
Contact: Zayda Galvez: 703-820-9001
Email: zgalvez@scanva.org
Website: www.scanva.org

Reunificacion de la Familia Inmigrante

SCAN of Northern Virginia and FACE



This 3-workshop series in Spanish will help immigrant families who have reunified with their children after years of separation. Using the Families Reunite curriculum, the workshops will help parents and their teens, pre-teens and children open up about the challenges of reuniting as a family, develop healthy family communication around the sense of loss and frustration, and prepare the whole family for working together in the challenges of family life. No eligibility requirements. Childcare provided.

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in Northern Virginia

No. of Weeks: 3 weeks
Date: October 1, 8 & 15
Time: 6:30 – 8:00 PM
Location: Brookside FACE Center, 601 Four Mile Run Trail, Alexandria
Cost: Free
Contact: For registration call FACE: 703-824-6865 or register online at www.acps.k12.va.us/face-centers;
For information about workshops, call Zayda Galvez: 703-820-9001
Email: zgalvez@scanva.org
Website: www.scanva.org

Family Links: Nurturing Parenting for Teens

SCAN of Northern Virginia

SCAN partners with TC Williams High School and the DreamDog Foundation to offer a facilitator-led parent education class and support group during school hours for expecting and parenting teens where they can gain useful resources and learn nurturing and positive parenting skills. TC Williams High School students only.

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Building hope for children & families
in Northern Virginia

No. of Weeks: Ongoing during school year
Location: TC Williams High School, 3330 King St, Alexandria
Cost: Free
Contact: David Wynne: 703-824-6878
Email: david.wynne@acps.k12.va.us

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, starting September 2
 Time: 6:30 – 9:00 PM
 Location: Charles Houston Recreation Center
 901 Wythe St, Alexandria
 Cost: Free
 Contact: Everette "Boobie" Mitchell: 240-676-7903
 Email: emitchell@cyep.org
 Website: www.cyep.org

Parenting Classes / ARLINGTON

Strengthening Families Program

Arlington County

A fun and engaging opportunity for all Arlington Families with youth ages 10 to 14 to come together to talk about drugs and alcohol, stress, communication, and setting appropriate limits. SFP is an evidence based curriculum and includes a FREE catered dinner and childcare for children under the age of 10.




No. of Weeks: 7
 Date: Ongoing
 Time: 6:00 – 8:30 PM
 Location: Arlington County, varies
 Cost: Free
 Contact: 703-228-1108
 Email: jlandis@arlingtonva.us
 Website: www.StrengtheningFamiliesArlington.com

Parenting Classes / FAIRFAX/FALLS CHURCH

Reunificacion de la Familia Inmigrante

SCAN of Northern Virginia and Carl Sandburg Middle School


 This workshop series in Spanish will help immigrant families who have reunified with their children after years of separation. Using the Families Reunite curriculum, the workshops will help parents and their teens, pre-teens and children open up about the challenges of reuniting as a family, develop healthy family communication around the sense of loss and frustration, and prepare the whole family for working together in the challenges of family life. No eligibility requirements. Childcare provided.



No. of weeks: 4 weeks
 Date: November 10, 17, 24 & December 1
 Time: 6:00 – 8:00 PM
 Location: Carl Sandburg Middle School
 8428 Fort Hunt Rd, Alexandria
 Cost: Free
 Contact: Zayda Galvez: 703-820-9001
 Email: zgalvez@scanva.org
 Website: www.scanva.org

Reunificacion de la Familia Inmigrante

SCAN of Northern Virginia

 This workshop series in Spanish will help immigrant families who have reunified with their children after years of separation. Using the Families Reunite curriculum, the workshops will help parents and their teens, pre-teens and children open up about the challenges of reuniting as a family, develop healthy family communication around the sense of loss and frustration, and prepare the whole family for working together in the challenges of family life. No eligibility requirements. Childcare provided.



No. of Weeks: 4 Mondays
 Dates: September 15, 22, 29; October 6
 Time: 6:00 – 8:00 PM
 Location: Mount Vernon High School
 8515 Old Mt Vernon Rd, Alexandria
 Cost: Free
 Contact: Zayda Galvez
 Phone: 703-820-9001
 Email: zgalvez@scanva.org
 Website: www.scanva.org

Parenting Education Program

Fairfax County Department of Family Services,

Child Abuse Prevention Services

The Parenting 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 24 weeks depending on the curriculum.



No. of Weeks: 12, 13 or 24 weeks
 Date/Time: One weekday evening/week, 5:30 – 8:00 PM
 Location: Various locations throughout Fairfax County
 Cost: Free
 Contact: Cheryl Keiper (English): 703-324-7691
 Natalie Bailey (African-American focus): 703-324-3617
 Mario Prada (Spanish): 703-324-7405
 Website: www.fairfaxcounty.gov/dfs/ParentingResource

Dads Matter

Fairfax County Public Schools, Family and School Partnerships

Research has shown that when dads are involved in their child's education, test scores go up and the dropout rate goes down. Dads serve as a positive role model for both sons and daughters. Join with 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.



No. of Weeks: One 2 ½-hour evening session
 Date: Tuesday, October 14
 Time: 7:00 – 9:30 PM
 Location: 2334 Gallows Road, Dunn Loring
 Cost: \$20/person (Discounts available for multiple classes or financial need)
 Contact: Susie Johnson 703-204-4343
 Email: susie.johnson@fcps.edu
 Webpage: www.fcps.edu/ccofam/resources/classes/

Co-Parenting: Two Parents, Two Homes

Fairfax County Public Schools, Family and School Partnerships

This class is designed to assist parents in focusing on the responsibilities of parenting from separate households and in keeping children out of the middle as they negotiate custody, visitation, child support or divorce. (Offered in English and Spanish.) This class meets the parent education guidelines developed by the Supreme Court of Virginia.



No. of Weeks: One 4-hour daytime session (Saturday morning or Tuesday afternoon) OR two 2-hour sessions in the evening
 Date: 3-4x/month in English, 1x/month in Spanish
 Please call for the schedule
 Time: Saturdays, 8:30 AM – 12:30 PM; Tuesdays, 12:30 – 4:30 PM; Evening (2 sessions), 7:00 – 9:00 PM
 Location: 2334 Gallows Road, Dunn Loring
 Cost: \$40/person, \$60/couple (Discounts available for multiple classes or financial need.)
 Contact: Susie Johnson (English): 703-204-4343 Giovanni Fernandez (Spanish): 703-204-4304
 Email: susie.johnson@fcps.edu
 Website: www.fcps.edu/ccofam/resources/classes/

Strengthening Your Parenting Skills (In Spanish and Korean only)

Fairfax County Public Schools, Family and School Partnerships

Strengthening Your Parenting Skills is a 10-hour parenting skills class for parents or guardians of children, infants to 11 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 Spanish or Korean.



No. of Weeks: Four 2½-hour evening sessions
 Date/Time: **Spanish (Thursdays)** November 20 & December 4, 11, 18 7:00 – 9:30 PM
Korean (Wednesdays & Fridays) November 12, 14, 19, 21 6:30 – 9:00 PM
 Location: 2334 Gallows Road, Dunn Loring
 Cost: \$60/person, \$90/couple (Discounts available for multiple classes or financial need)
 Contact: Susie Johnson 703-204-4343
 Email: susie.johnson@fcps.edu
 Website: www.fcps.edu/ccofam/resources/classes/

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.



Date/Time: **Spanish (Wednesdays)** September 10, 17, 24 & October 1, 8, 15 7:00 – 9:00 PM
English (Wednesdays) November 5, 12, 19 & December 3, 10, 17 7:00 – 9:00 PM
 Time:
 Location: 2334 Gallows Road, Dunn Loring
 Cost: \$85/person; \$125/couple (cost includes one \$15 book; discounts available for multiple classes or financial need)
 Contact: Susie Johnson 703-204-4343
 Email: susie.johnson@fcps.edu
 Webpage: www.fcps.edu/ccofam/resources/classes/

Positive Parenting of Birth to 5 Year Olds

Fairfax County Public Schools, Family and School Partnerships

The 12-hour class is designed for parents or guardians of infants, toddlers and preschoolers. The class focuses on basic knowledge for more effective parenting. Topics include: child safety, enhancing early learning, healthy brain development, positive discipline, building self-confidence, and social/emotional development.



No. of Weeks: Six 2-hour evening sessions
 Date: October 28, November 4, 11, 18 & December 2, 9
 Time: 7:00 – 9:00 PM
 Location: 2334 Gallows Road, Dunn Loring
 Cost: \$70/person; \$110/couple (Discounts available for multiple classes or financial need)
 Contact: Susie Johnson 703-204-4343
 Email: susie.johnson@fcps.edu
 Website: www.fcps.edu/ccofam/resources/classes/

Active Parenting of 5 to 12 Year Olds

Fairfax County Public Schools, Family and School Partnerships

The 12-hour class is for parents of elementary school-aged children. Parents discuss effective parenting strategies and explore ways to raise responsible, cooperative children. Topics include: communication, responsibility, misbehavior and consequences, respect, school success, and decision making.



No. of Weeks: Six 2-hour evening sessions.
 Date: September 16, 23, 30 & October 7, 14, 21
 Time: 7:00 – 9:00 p.m.
 Location: 2334 Gallows Road, Dunn Loring
 Cost: \$85/person; \$125/couple (cost includes one \$15 book; discounts available for multiple classes or financial need)
 Contact: Susie Johnson 703-204-4343
 Email: susie.johnson@fcps.edu
 Website: www.fcps.edu/ccofam/resources/classes/



Fortaleciendo la Familia

Northern Virginia Family Service, Multicultural Human Services



Strengthening Families is a SPANISH –SPEAKING ONLY parenting program geared for parents with children ages 0 to 15. Children's support group and childcare is provided.



No. of Weeks: 10 weeks
 Date: October 8 – December 17
 Time: 6:00 – 8:00 PM
 Location: 6400 Arlington Blvd, Ste 110, Falls Church
 Cost: \$10
 Contact: Lidia M. Gonzales: 571-748-2814
 Email: lgonzales@nvfs.org
 Website: www.nvfs.org



PEP I: Parenting 5 to 12 Year Olds

Parent Encouragement Program (PEP)

Do you wonder how to raise your children to be responsible, respectful and trustworthy—all while getting dinner on the table? Do you worry about cyberspace, peer pressure and other facts of modern life? Parenting, while it brings much joy, is hard work. This class for parents of children 5-12 will make it easier and more satisfying by giving you a sound framework for positive parenting and proven skills to correct whining, backtalk, defiance and a whole range of misbehavior. Learn proven ways to be closer and have more fun as a family while also motivating your children to be more cooperative, self-disciplined and successful.



No. of Weeks: 8 Fridays
 Date: September 26 – December 5 (no class 10/31, 11/14, 11/28)
 Time: 9:30 – 11:30 AM
 Location: Montessori School of McLean
 1711 Kirby Rd, McLean
 Cost: \$255/person; \$229.50/member
 Phone: 301-929-8824
 Email: office@PEPparent.org
 Website: www.PEPparent.org



Parent Project® Class

Fairfax County Public Schools, Family and School Partnerships



Parent Project® is about empowering parents and transforming teens. Parents learn and practice specific prevention and intervention strategies for destructive behaviors, including how to build a positive relationship with their child and cut down on arguing. Parents become preventers of gang affiliation, alcohol and drug use. Results show in a teen's mood and behavior: school attendance and academic performance improve. Final two sessions focus on families that are reunifying after a long separation.



No. of Weeks: 12 Thursdays
 Date/Time: September 18, 25 & October 2, 9, 16, 23 (6:00 – 9:00 PM)
 October 30 & November 6, 13, 20 & December 4, 11 (6:00 – 8:00 PM)
 Location: Annandale High School in Clausen Hall
 4700 Medford Dr, Annandale
 Cost: Free
 Contact: Dinora Gonzalez: 703-642-4370
 Email: Dinora.gonzalez@fcps.edu or mdmateus@fcps.edu
 Website: www.fcps.edu/ccofam

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, 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: Locations throughout 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, 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.



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

Woodbridge

Location: Ferlazzo Government Building
 15941 Donald Curtis Dr, Woodbridge
 Time: Parents: 7:30 – 9:30 PM; Youth: 5:30 – 6:30 PM

Manassas

Location: Sudley North Government Building
 8033 Ashton Ave, Manassas
 Time: Parents: 7:30 – 9:30 PM; Youth: 5:30 – 6:30 PM



When Families Get Angry

Virginia Cooperative Extension, 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: Locations throughout 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

Virginia Cooperative Extension
Knowledge for the Commonwealth

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: 12:00 NOON – 1:30 PM
Location: Inova Alexandria Hospital
4320 Seminary Rd, Alexandria
Cost: Free
Phone: 703-698-2441
Email: healthsource@inova.org
Website: www.inovahealthsource.org



Parent Support Groups / ALEXANDRIA



Padres de Hoy

SCAN of Northern Virginia and FACE

Children are always changing, always taking parents by surprise. Starting this fall a group of Spanish speaking parents will meet to discuss/share their parenting experiences with facilitator, Ruth Roberts, who has experience teaching and helping parents achieve more effective parenting skills. For families with children from birth to teen age years



No. of Weeks: Ongoing
Date: Wednesdays starting October 22
Time: 6:30 – 8:00 PM
Location: Brookside FACE Center
601 Four Mile Run Trail, Alexandria
Cost: Free
Contact: For registration call FACE: 703-824-6865
or register online at
www.acps.k12.va.us/face-centers
For information about the program,
call Zayda Galvez: 703-820-9001
Email: zgalvez@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 please. Childcare provided for English support group. Offered in English or Spanish.



English (Tuesdays)

No. of Weeks: Ongoing
Time: 7:00 – 8:30 PM
Location: Call for location
Cost: Free
Contact: 703-746-4911

Spanish (Tuesdays)

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

Parents Empowered

SCAN of Northern Virginia and FACE

These weekly drop-in sessions welcome all Alexandria parents who want help managing family life and supporting their children's success. Join the facilitator to talk about how to manage children's behavior, setting limits, creative ideas for positive discipline, family rules and avoiding frustration in modern-day parenting.



No. of weeks: Ongoing
Date: Tuesdays starting October 7
Time: 6:00 – 7:30 PM
Location: ARHA of Alexandria
Ladrey Hi-Rise, 300 Wythe St, Alexandria
Cost: Free
Contact: For registration call FACE: 703-824-6865
or register online at
www.acps.k12.va.us/face-centers
For info call Zayda Galvez: 703-820-9001
Email: zgalvez@scanva.org
Website: www.scanva.org



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.



No. of Weeks: Ongoing
Date/Time: TBD
Location: Call for updated information
Cost: Free
Contact: Janelle Duttonhoffer, 703-379-6488 x 101
janelle.duttonhoffer@greenbrierlearning.org
Website: www.greenbrierlearning.org

Parent Support Groups / FAIRFAX/FALLS CHURCH



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
 Contact: Rob Kitchel
 Phone: 703-941-9008 x 311
 E-mail: rkitchel@umfs.org

Prospective Foster Parent Information Session

United Methodist Family Services (UMFS)

The free information session is on-going and is open to anyone who might be interested in learning more about becoming a foster parent in Virginia.



No. of weeks: Ongoing
 Date: Last Wednesday of the month
 Time: 6:30 – 7:30 PM
 Location: 5400 Shawnee Road, Ste 101, Alexandria
 Cost: Free
 Contact: Mary Miller: 703-941-9008
 Email: mmiller@umfs.org

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.



Franconia Alliance Church (Mondays)

Time: 12:00 NOON – 1:30 PM
 Location: 6315 Beulah St, Alexandria

Inova Fair Oaks Hospital (Wednesdays)

Time: 11:00 AM – 12:30 PM
 Location: 3580 Joseph Siewick Dr, Conference Rm C

Inova Fairfax Hospital (Thursdays)

Time: 11:00 AM – 12:30 NOON
 Location: Inova HealthSource, 2700 Prosperity Ave Ste 100, Fairfax

Cost: Free
 Phone: 703-698-2441
 Email: healthsource@inova.org
 Website: www.inovahealthsource.org



Grandparents/Kinship Support Groups

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.



Oakton Library

No. of Weeks: Ongoing
 Date: Two Tuesdays/month (call to confirm)
 Time: 7:00 – 8:30 PM
 Location: 10304 Lynnhaven Place, Oakton

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 40 & 41 (Adult Ed entrance), Alexandria
 Cost: Free
 Contact: Mary Shepherd: 703-204-4340
 Kim Karlinchak: 703-324-7694
 TTY: 711



Access Parent Support Group

McLean Bible Church

Access Parent Support Group is for mothers of children with special needs, where they can come together for support and encouragement through prayer and fellowship. Registration is required. Childcare is available by reservation.



No. of Weeks: Twice/month
 Date: August 10, 31; September 14, 28; October 12, 26; November 16, 30; December 14
 Time: 12:30 – 1:30 PM
 Location: McLean Bible Church, 8925 Leesburg Pike Rm 1410, Vienna
 Cost: Free
 Contact: Isabelle Brugere: 703-770-2971
 Email: isabelle.brugere@mcleanbible.org
 Childcare reservations: Jackie Janssen: jacqueline.janssen@mcleanbible.org
 Website: www.accessministrymbc.org

Access Moms' Small Group

McLean Bible Church

This program is designed for mothers of children with disabilities and allows them to come together to share life with one another, discuss God's Word and interesting authors, and enjoy time with other moms; and, the best part is these moms can relate to the daily activities at home, in school, and with God.



No. of Weeks: Bi-weekly on Thursdays
 Date: September 11, 25; October 9, 23; November 6, 20; December 4, 18
 Time: 10:00 AM – 12:00 PM
 Location: McLean Bible Church 8925 Leesburg Pike, Room 1605, Vienna
 Cost: Free
 Contact: Isabelle Brugere 703-770-2971
 Email: isabelle.brugere@mcleanbible.org
 Website: AccessMinistryMBC.org

Domestic Violence Women's Support Group "Entre Nosotras"

NVFS- Multicultural Human Services

"Entre Nosotras" is a 12-week program for Spanish-speaking victims with children. There is a children's support group (for ages 7-15), and childcare is provided.



No. of Weeks: 12 weeks (Thursdays)
Date: August 7– October 30
Time: 6:00- 8:00 PM
Location: 6400 Arlington Blvd, Falls Church
Cost: Free
Contact: Lidia M. Gonzales
Phone: 571-748- 2814
Email: lgonzales@nvfs.org
Website: www.nvfs.org

Parent Support Groups / LOUDOUN

Educational/Support Groups

INMED Partnerships for Children

Provide the Loudoun Latino community with education on topics such as health, parenting, personal finance, and local resources to strengthen families.



No. of Weeks: Ongoing
Date: Fridays
Time: 5:00 – 7:00 PM
Location: Douglass Community Center
407 E Market St, Multipurpose Rm, Leesburg
Cost: Free
Contact: 703-729-4951 x212
Email: cfernandez@inmed.org
Website: www.inmed.org

Access Moms' Small Group

McLean Bible Church

This program is designed for mothers of children with disabilities and allows them to come together to share life with one another to discuss God's Word and interesting authors, and enjoy time with other moms; and, the best part is these moms can relate to the daily activities at home, in school, and with God.



No. of Weeks: Bi-weekly on Wednesdays
Date: September 10, 24; October 8, 22; November 5, 19; December 3, 17, 31
Time: 10:00 AM – 12:00 PM
Location: Sterling
Cost: Free
Contact: Isabelle Brugere 703-770-2971
Email: isabelle.brugere@mcleanbible.org
Website: AccessMinistryMBC.org

Parent Support Groups / PRINCE WILLIAM

Autism Parent Support Group

The Arc of Greater Prince William



Monthly parent support group for parents/caregivers of children on the autism spectrum.



No. of Weeks: Monthly
Date: Meets the 4th Tuesday of the month
Time: 7:00 – 9:00 PM
Location: Muriel Humphrey Center
13505 Hillendale Dr, Woodbridge
Cost: Free but must register
Contact: Jan Russell: 703-730-3124
Email: jrussell@arcgpw.org
Website: www.arcgpw.org

Playgroups / ALEXANDRIA



Learn and PlayGroup

Center for Alexandria's Children

Learn and Playgroups serve families with children 0-5 years old in Alexandria. Come to playgroups to make friends, get connected to resources and play together! Registration is free but required. Sites and dates vary; contact for more information.



No. of Weeks: 8 – 15 weeks
Date: September 8 – December 15
Time: Call for information
Location: Center for Alexandria's Children
1900 N Beaugard St, Alexandria
Cost: Free
Contact: Laura Ruth 703- 746-6091
Email: lruth@centerforalexandriaschildren.org
Website: www.centerforalexandriaschildren.org

Open Time Playgroups



The Campagna Center

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. Families of children with disabilities are strongly encouraged to attend. Registration is required.



No. of Weeks: 6 weeks
Date: September 24, October 5, November 12, 19, December 10, 17
Time: 10:30 AM – 12:30 PM
Location: Cora Kelly Recreation Center
25 W Reed Ave, Alexandria
Cost: Free
Contact: 571-238-2103
Email: dsmith@campagnacenter.org

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 please.



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@alexandriava.gov
 If new, please call or e-mail in advance.

Playgroups / ARLINGTON

Project Family (Parents and Children Learning Together)

 Arlington County Department of Human Services,
 Child and Family Services Division

Project Family is an early childhood and parent education program for parents and children ages infant to five years. Parents and children together enjoy free play, circle time, music, reading, and exploring time. Most classes are in English and Spanish. Classes are offered at various locations throughout Arlington. Ongoing, open registration on a space available basis. Open to Arlington families only.



No. of Weeks: Ongoing; parents may attend 2x/week.
 Dates: September 8 – December 19
 Time: Mornings or afternoons, varies by site
 Location: Arlington Mill Community Center and other locations; contact for schedule
 Cost: Free for Arlington residents
 Contact: Cheryl Fuentes: 703-228-1549
 Email: Cfuentes@arlingtonva.us
 Website: www.arlingtonfamilies.com

Other Parenting Resources / ALEXANDRIA

The Defiant Child

SCAN of Northern Virginia and FACE

Are you tired of your child talking back or refusing to cooperate. Do you feel like you are sometimes at your wits end to manage your child's behavior? This workshop is for you. Come learn effective strategies for motivating your child, establishing firm rules and consequences, and engaging your child in cooperative family efforts. Come and learn how you can change your child's behavior and have a happier child. Happier parents HAVE happier children.



Location: 1501 Cameron St, Alexandria
 Date: November 6
 Times: 6:00 – 8:00 PM
 Cost: Free
 Contact: For registration, call FACE: 703-824-6865 or visit www.acps.k12.va.us/face-centers
 For info, call Zayda Galvez: 703-820-9001
 Email: zgalvez@scanva.org
 Website: www.scanva.org

Preparing my Child for Safe Relationships

SCAN of Northern Virginia and FACES

Parents are never ready for when their children start showing interest in dating, and we certainly don't want our children's only examples of dating relationships to be what they see on television. SCAN presents two workshops for parents on preparing our children for healthy relationships. Opening communication with our children now around what a healthy relationship looks like and knowing the warning signs of unhealthy dating relationships are key to our children's future safety and happiness.



G.W. Middle School

Location: 1005 Mt Vernon Ave, Alexandria
 Date: Thursday, October 23
 Time: 6:30 – 8:00 PM
 Cost: Free

Hammond Middle School

Location: 4646 Seminary Rd, Alexandria
 Dates: Thursday, March 12
 Time: 6:30 – 8:00 PM
 Cost: Free

Contact: For registration call FACE: 703-824-6865 or register online at www.acps.k12.va.us/face-center
 For information about workshops, call Zayda Galvez: 703-820-9001
 Email: zgalvez@scanva.org
 Website: www.scanva.org

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 3, providing parent education, information on child health and development, developmental screenings and linkage to community resources. Multilingual staff is available (English/Spanish/Hindi/Russian/Kyrgyz/Punjabi/Urdu).



Date/Time: Weekly, biweekly or monthly home-visits (depending on level of need)
 Cost: Free
 Location: 5249 Duke St, Ste 308, Alexandria
 Contact: Maria Gonzalez: 571-748-2851
 Email: mgonzalez@nvfs.org
 Website: www.nvfs.org/hfalexandria



ACPS Parent Workshops for Newcomers

Alexandria City Public Schools, ELL PROGRAM

Supporting English Language Learning



ACPS ELL Office offers Newcomer Orientations for parents and guardians 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: Offered 3 times a month at various locations, call for details

Cost: Free

Contact: Margaret Lorber: 703-619-8332

Email: margaret.lorber@acps.k12.va.us

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

These workshops are for parents and caregivers with children of all ages. Participants will learn more about teen pregnancy; substance use 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

Alexandria Campaign on Adolescent Pregnancy

Contact: Lisette Torres: 703-746-3130

Email: lisette.torres@alexandriava.gov

Website: www.keepit360.org

Substance Abuse Prevention Coalition of Alexandria

Contact: Noraine Buttar: 703-746-3670

Email: noraine.buttar@alexandriava.gov

Website: www.preventitalalexandria.org

Gang Prevention Community Task Force

Contact: Mike Mackey: 703-746-4144

Email: mike.mackey@alexandriava.gov

Website: www.alexandriava.gov/gangprevention



Parent Leadership Training Institute of Alexandria (PLTI)



The Parent Leadership Training Institute of Alexandria seeks to enable parents to become leading advocates for children. PLTI's cornerstones are respect, validation, and a belief that when the tools of democracy are understood, the public will become active participants in communities.



No. of Weeks: 20 weeks

Date: Classes begin with an all-day retreat on Saturday, November 2 and continue Friday evenings for 20 weeks following the ACPS school calendar

Time: 5:30 – 9:30 PM

Location: Minnie Howard Campus of TC Williams HS
3801 W Braddock Rd, Alexandria

Cost: Free

Contact: Adrienne Fikes: 703-739-0233

Email: info@plti-alex.org

Website: www.plti-alex.org

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: Offer monthly

Time: Varies

Location: Inova Alexandria Hospital
4320 Seminary Rd, Alexandria

Cost: \$30/registration (1 child & 1 parent)

Phone: 703-698-2441

Email: healthsource@inova.org

Website: www.inovahealthsource.org

Child Passenger Safety Education Classes

Inova Regional Trauma Center

Come to the Inova Car Seat Clinic and learn from a certified child passenger safety technician on proper seat use. Topics include: do's and don'ts of car seats, proper installation techniques, and trouble-shooting problems with your seat. You do not need to sign up in advance or be a current Inova patient. Please bring your child's car seat if possible.



Date: Tuesdays

Time: 3:00 – 4:00 PM

Location: Inova Alexandria Hospital, 3 OB Conf Rm
4320 Seminary Rd, Alexandria

Cost: Free

Phone: Linda Watkins: 703-776-3259

Email: linda.watkins@inova.org



Family and Community Engagement (FACE) Center Workshop Series



Alexandria City Public Schools

The FACE Centers offer a wide range of workshops varying in themes from bullying to computer training. Bring the whole family for a fun and educational night! Free childcare and light snacks are provided. Interpretation is also available upon request (multiple languages).



No. of Weeks: Ongoing

Date: Varies with location

Time: 6:30 – 8:00 PM

Location: Various Alexandria City Public Schools

Cost: Free

Contact: Krishna J. Leyva: 703-824-6865

Email: Krishna.Leyva@acps.k12.va.us

Website: www.acps.k12.va.us/face-centers/



Infant and Toddler Connection of 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 qualifying diagnosed medical condition, or 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

Email: robin.crawley@alexandriava.gov

Resource Mothers

Northern Virginia Urban League

Resource Mothers Program is designed to provide support and intervention services to pregnant and parenting teens in Alexandria and Fairfax County. Our comprehensive program will help teens between the ages of 13-19 and their babies get a healthy and successful start.



Northern Virginia
Urban League

No. of Weeks: Ongoing
Date/Time: Weekly, biweekly or monthly home-visits
Location: 1315 Duke Street, Alexandria
Cost: Free
Contact: Valerie Talford: 703-836-7896
Email: v.talford@nvul.org
Website: www.nvul.org

Other Parenting Resources / ARLINGTON

Arlington Families

Arlington Dept. of Human Services,
Child and Family Services Division, Parent Education Program

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! Arlington Families brings you all this and more! Visit www.arlingtonfamilies.com today! Current workshop and class schedule available at www.arlingtonfamilies.com



Cost: Free
Contact: Cheryl Fuentes: 703-228-1549
Email: Cfuentes@arlingtonva.us

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 3, providing parent education, information on child health and development, developmental screenings and linkage to community resources. Multilingual staff is available (English/Spanish/Hindi/Russian/Kyrgyz/Punjabi/Urdu/Amharic).



Date/Time: Weekly, biweekly or monthly home-visits (depending on level of need)
Location: 5249 Duke St. Suite 308. Alexandria VA
Cost: Free
Contact: Luz Trujillo 571-748-2849
Email: ltrujillo@nvfs.org
Website: www.nvfs.org/hfarlington

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 Floor, Arlington
Cost: Eligibility determination, assessment and service coordination are free of charge; sliding scale fee for additional services
Contact: Margaret Jones: 703-228-1630
Email: mjones@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! Arlington Families brings you all this and more! Current workshop and class schedule available at www.arlingtonfamilies.com



Cost: Free
Contact: Cheryl Fuentes: 703-228-1551
Email: cfuentes@arlingtonva.us
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: Syphax Education Center
2110 Washington Blvd, Ste 158, Arlington
Cost: Free
Contact: Kathleen Donovan: 703-228-7239
Email: kathleen.donovan@apsva.us
Website: www.apsva.us/prc

Transition Bootcamp

The Arc of Northern Virginia

The Transition Series provides educational programming in the following areas: special needs trusts, Medicaid Waivers, government benefits, legal authority, employment, housing, transportation, recreation, post secondary education opportunities, future planning, and advocacy. Registration and an application is required.



No. of Weeks: Please see below
Date: September 20, October 18, November 22
Time: 8:30 AM – 3:00 PM
Location: Marymount University
1000 N. Glebe Rd, Arlington
Cost: FREE
Contact: Diane Monnig
Phone: 703-532-3214 x118
Email: DMonnig@thearcofnova.org
Website: www.thearcofnova.org

Other Parenting Resources / FAIRFAX/FALLS CHURCH

TransParenting Seminar

Northern Virginia Family Service

This 4 hour seminar is an educational program that helps parents lessen the negative impact of divorce on their children by focusing on separation as seen through the eyes of children. This program meets the parent education guidelines developed by the Supreme Court of Virginia. Open to parents from Arlington, Alexandria, Fairfax, Loudoun, Prince William.



Date: Ongoing-Saturdays
Time: 9:00 AM - 1:00 PM
Location: Northern Virginia Family Service
10455 White Granite Dr, Suite 100, Oakton
Cost: \$50/person
Contact: 571-748-2500
E-mail: transparenting@nvfs.org
Website: www.nvfs.org/transparenting

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
3600 Joseph Siewick Dr, Fairfax
Inova Fairfax Hospital
3300 Gallows Rd, Falls Church
Cost: \$30/registration (1 child & 1 parent)
Phone: 703-698-2441
Email: healthsource@inova.org
Website: www.inovahealthsource.org



Breakaway

McLean Bible Church

Breakaway is an Access Saturday respite care program designed for children and young adults with special needs ages 2-25, 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: August 23; September 6, 27; October 4, 25; November 8; December 13
Time: 10:00 AM – 3:00 PM
Location: McLean Bible Church
8925 Leesburg Pike, Vienna
Cost: \$20 for the first child and \$10 for each additional child with special needs
Contact: Erica Peters, 703-770-8654
Email: erica.peters@mcleanbible.org
Website: mbctyson.org/breakaway



Break Out

McLean Bible Church

Break Out is an Access Friday-night respite care program designed especially for families of children with special needs and their siblings ages 2-16, 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: August 22; September 12; October 3, 17; November 7, 14; December 5
Time: 6:30 – 10:00 PM
Location: McLean Bible Church TYSONS
8925 Leesburg Pike, Vienna
Cost: \$15 for first child and \$5 for each sibling
Contact: Erica Peters, 703-770-8654
Email: erica.peters@mcleanbible.org
Website: mbctyson.org/breakout

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: September 8; October 6; November 3; December 1
Time: 7:30 – 9:00 PM
Location: McLean Bible Church, Community Room B (confirm on website)
8925 Leesburg Pike, Vienna
Cost: Free
Contact: Erin Roundtree, 703-770-2938
Email: erin.roundtree@mcleanbible.org
Website: mbctyson.org/ACLS

Child Passenger Safety Education Classes

Inova Regional Trauma Center

Come to the Inova Car Seat Clinic and learn from a certified child passenger safety technician on proper seat use. Topics include: do's and don'ts of car seats, proper installation techniques, and trouble-shooting problems with your seat. You do not need to sign up in advance or be a current Inova patient. Please bring your child's car seat if possible. Appointments for car seat checks are made following the classes. Car Seat Checks will be conducted on Thursday.



Date: Tuesdays and Thursdays
Time: 11:30 AM – 12:30 PM
Location: Inova Fairfax Hospital
Family Centered Care Unit
3300 Gallows Rd, Falls Church
Cost: Free
Contact: Linda Watkins: 703-776-3259
Email: linda.watkins@inova.org

The Parent Resource Center

Fairfax County Public Schools

The FCPS Parent Resource Center (PRC) helps parents and educators support student success. Attend a free workshop, request a confidential consultation or tour our extensive library of resources! Visit www.fcps.edu/kit to receive all the latest news and information- just check Parent Resource Center!



Dunn Loring

Hours: Monday – Friday, 8:00 AM – 4:00 PM
Location: 2334 Gallows Rd, Rm 105, Dunn Loring

Alexandria-Fairfax County

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

Cost: Free
Contact: Elaine McCall : 703- 204-3941
E-mail: elaine.mccall@fcps.edu
Website: www.fcps.edu/ccp/prc

Parent Education Advocacy Training Center (PEATC)

PEATC builds positive futures for Virginia's children by working collaboratively with families, schools and communities in order to improve opportunities for excellence in education and success in school and community life. Our special focus is children with disabilities. We offer workshops on various special education topics. Serves Arlington/Alexandria/Fairfax/Loudoun/Prince William. Workshops vary in times and location.



Cost: FREE
Contact: 703-923-0010
Email: partners@peatc.org
Website: www.peatc.org

Pláticas

Parent Educational Advocacy Training Center (PEATC)

PEATC builds positive futures for Virginia's children by working collaboratively with families, schools and communities. Our special focus is children with disabilities. In these monthly meetings, we will discuss special education topics relevant to parents.



No. of Weeks: 4 weeks
Date: September 9, October 14, November 18, December 9
Time: 7:00 – 8:30 PM
Location: 100 N. Washington Street, Suite 234
Falls Church
Cost: FREE
Contact: Daniela Ancalle, 703-923-0010
E-mail: ancalle@peatc.org
Website: www.peatc.org

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
Phone: 703-246-7121
Website: www.fairfaxcounty.gov/csb/itc

Lunch Bunch

The Arc of Northern Virginia

Lunch Bunch is a program that is ongoing. It is designed to be an information sharing session to help families navigate the complex disability systems. Informal and over your lunch hour.



No. of Weeks: Ongoing, every other Tuesday
Date: See website for details
Time: 12:00 – 2:00 PM
Location: The Arc of Northern Virginia
2755 Hartland Road, Suite 200 Falls Church
Cost: Free
Contact: Lucy Beadnell
Phone: 703-532-3214 x116
Email: lbeadnell@thearcfnova.org
Website: www.thearcfnova.org

Special Needs Trust Program

The Arc of Northern Virginia

The Arc of Northern Virginia's Special Needs Trust program works with families and individuals with disabilities on planning for the future while not affecting their eligibility for government benefits.



No. of Weeks: Ongoing
Date: Call for appointment
Time: 9:00 AM – 4:30 PM
Location: 2755 Hartland Road, Suite 200
Falls Church, VA 22043
Cost: Initiation fee
Contact: Tia Marsili
Phone: 703-532-3214 x 115
E-mail: TMarsili@thearcofnova.org
Website: www.thearcofnova.org



Family Learning Program

Literacy Council of Northern Virginia

Beginning English (ESOL) classes for families. Childcare provided for children 2 years and older. In-person registration is required.



No. of Weeks: 12

Crestwood Elementary School

Date: September 10 (Registration) – December 15
Time: 9:00 – 11:00 AM
Location: 6010 Hanover Avenue, Springfield

Herndon Fortnightly Library

Date: September 9 (Registration) – December 16
Time: 6:30 – 8:30 PM
Location: 768 Center Street, Herndon

Hollin Hall Senior Center

Date: September 15 (Registration) – December 15
Time: 6:00 – 8:00 PM
Location: 1500 Shenandoah Rd, Alexandria

Neighborhood Resource Center

Date: September 11 (Registration) – December 16
Time: 9:30 – 11:30 AM
Location: 1086 Elden Street, Herndon

Cost: \$60
Contact: Carisa Pineda
Email: familylearning@lcnv.org
Website: www.lcnv.org

Prospective Foster Parent Information Session

United Methodist Family Services (UMFS)

The free information session is on-going and is open to anyone who might be interested in learning more about becoming a foster parent in Virginia.



No. of weeks: Ongoing
Date: Last Wednesday of the month
Time: 6:30 – 7:30 PM
Location: 5400 Shawnee Rd, Suite 101, Alexandria
Cost: Free
Contact: Mary Miller: 703-941-9008
Email: mmiller@umfs.org



Making Sense of the Assessment Group

Formed Families Forward

Understanding your Child's Special Education Evaluation webinar. All jurisdictions.



Date: Monday, November 10
Time: 6:30 – 7:30 PM
Location: Webinar
Cost: Free
Contact: 703-539-2904
Email: info@formedfamiliesforward.org
Website: <https://attendee.gotowebinar.com/register/4105740605305866242>
OR www.formedfamiliesforward.org

Other Parenting Resources / LOUDOUN



Break Out

McLean Bible Church – Loudoun Campus

Break Out is an Access Friday-night respite care program designed especially for families of children with special needs and their siblings ages 2-16, 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: August 22, September 26, October 24, November 21, December 5
Time: 6:30 – 10:00 PM
Location: McLean Bible Church
44180 Riverside Pkwy, Lansdowne
Cost: \$15 for first child, \$5 for each sibling
Contact: Wendy Melcher: 703-770-8661
Email: wendy.melcher@mcleanbible.org
Website: mbcloudoun.org/breakout



Access Moms' Coffee & Connect

McLean Bible Church

Coffee & Connect is a time for mothers of children with special needs to step back from life to enjoy refreshments and sharing with each other in a safe and caring environment. RSVP is appreciated.



No. of Weeks: Monthly
Date: August 16, September 20, October 25, November 15 (confirm on website)
Time: 10:00 AM – 12:00 Noon
Location: Leesburg
Cost: Free
Contact: Isabelle Brugere 703-770-2971
E-mail: isabelle.brugere@mcleanbible.org
Website: mbcloudoun.org/coffeeandconnect

**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
 Phone: 703-777-0561

**Hocus Focus:****Evening trainings on executive function and behavior in foster, adoptive and kinship families**

Formed Families Forward, with Loudoun County DFS and Loudoun County Public Schools Parent Resource Center



Part 1: October 7 “I’ve got a kid who...!” Why does your child behave that way? Explore and understand core skills associated with managing emotion & behavior. We’ll look at the executive functioning skills that children use all the time at play, at home, and in school and look at why mastering these skills is a challenge for some children. Learn about school and community resources available to your family.

Part 2: October 14 “So, what can I do now...?” How can families support children’s appropriate behaviors? This evening, we will share specific strategies for recognizing triggers, preventing problems and addressing challenging conflicts. Gain behavioral techniques and tools to prevent and intervene in potential conflicts.

No. of Weeks: 2
 Date: Tuesdays, October 7 & 14
 Time: 6:30 – 8:30 PM
 Location: Mason Enterprise Center, 1st Floor Conf, 202 Church St. SE, Leesburg
 Cost: Free
 Contact: Formed Families Forward: 703-539-2904
 E-mail: info@formedfamiliesforward.org
 Website: www.formedfamiliesforward.org

Other Parenting Resources / 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 3, providing parent education, information on child health and development, developmental screenings and linkage to community resources. Multilingual staff is available (English/Spanish).



Date/Time: Weekly, biweekly or monthly home-visits (depending on level of need)
 Location: 10056 Dean Dr, Manassas
 Cost: Free
 Contact: Mandi Fisher: 571-748-2608
 Email: mfisher@nvfs.org
 Website: www.nvfs.org/hfprincewilliam

Special Education Parent Resource Center

Prince William County Public Schools

Our mission is to assist parents and families of children with special needs to become active participants in their child’s education through information, empowerment, and encouragement. Our services include parent support, information and referral to community resources, problem-solving strategies, lending library, workshops and seminars, and parent newsletter.

No. of Weeks: September to August
 Date: Monday – Friday
 Time: 8:00 AM – 4:30 PM, evenings by appt
 Location: Kelly Leadership Center
 14715 Bristow Road, Manassas
 Cost: All services are offered free of charge
 Contact: Mary Jo Howarth 703-791-7438
 E-mail: howartmj@pwcs.edu
 Website: www.pwcs.edu (select Community Resources, Select Parent Resource Center)

**Infant & Toddler Connection of Prince William**

Prince William County Community Services

ITC is an early intervention program for children from birth to 3 year’s old with developmental delays, diagnosed handicapping conditions or atypical development. Eligible children are seen in their home and community. Intervention staff coaches the caregiver in strategies to use throughout their normal routines to help the child and family meet their goals. Bilingual staff available.



Date/Time: Monday – Friday, 8:00 AM – 6:00 PM
 Location: 7987 Ashton Ave, Ste 231, Manassas (most services provided in home)
 Cost: Free determination of eligibility; insurance and sliding fee scale for services provided by therapy and education staff
 Phone: Virginia Heuple: 703-792-7879
 Email: vheuple@pwccgov.org



Effective Parenting Strategies

The Arc of Greater Prince William/Prince William County Schools
Parent Resource Center

Parents experiencing significant behavioral issues with their children often seek out their pediatricians who then defer to therapists. These play therapists and child psychotherapists must be well-equipped with practical and effective discipline measures and parenting strategies with which to guide parents in addressing their children's behaviors. This workshop for both parents and professionals will be based on the work of Betty Lou Bettner (Adlerian Psychology), Garry Landreth (A.C.T. Model), Becky Bailey (Conscious Discipline), and others; participants will learn how to apply Adlerian principles in the play therapy process. Sonia Hinds is the founder and Executive Director of Chesapeake Beach Professional Seminars and the founder and director of Barstow Acres Children's Center, a non-profit that provides children's mental health services. Open to all jurisdictions.



Date: October 7
Time: 7:00 – 9:00 PM
Location: 13505 Hillendale Dr, Woodbridge
Cost: Free but must preregister
Contact: Jan Russell: 703-730-3124
Email: jrussell@arcgpw.org
Website: www.arcgpw.org



Circle of Support Conference

The Arc of Greater Prince William

A conference for families of children with special needs and the professionals who work with them. Open to all jurisdictions



Date: November 8
Time: 8:00 AM – 3:30 PM
Location: Hylton High School
14051 Spriggs Road, Woodbridge
Cost: \$40 for parents on or before October 1,
\$50 after October 1
Other charges may apply;
scholarships available
Contact: Jan Russell: 703-730-3124
Email: jrussell@arcgpw.org
Website: www.arcgpw.org

*Looking for fact sheets, tips
& more on parenting topics?*

[Click here](#) to browse our online
PARENT RESOURCE CENTER
at www.scanva.org/prc



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for child & family advocates
and professionals.



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follow SCAN on Facebook
at facebook.com/scanva

[Click here](#) to listen to recent
Parenting Today shows
that have aired on local
ClearChannel radio stations.



[Click here](#) to follow SCAN's 2014
Northern Virginia Child Abuse
Prevention Campaign