

PUBLISHED BY:

SCAN

Building hope for children & families
in Northern Virginia

The **Parent Connection Resource Guide** 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 online 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.

IN THIS ISSUE:

[Parenting Classes 1](#)

[Parent Support Groups 5](#)

[Playgroups 7](#)

[Parenting Resources 9](#)

LOOK FOR THESE ICONS:



Program offered in **Spanish** or other language



Childcare or **Children's Program** provided



One-Time only event

Parent Connection

A PARENT EDUCATION RESOURCE GUIDE FOR SERVICE PROVIDERS IN NORTHERN VIRGINIA

SUMMER/FALL 2015

Parenting Classes / ALEXANDRIA



The ABCs of Parenting

SCAN of Northern Virginia



The 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.

SCAN
Building hope for children & families
in Northern Virginia

No. of weeks: 8 weeks
Date: Spanish: August 27 to October 15
(registration starts July 20)
Time: 6:00 – 8:30 p.m.
Location: First Assembly of God Church, 700 W Braddock Rd, Alexandria, VA 22302
Cost: Free
Contact: Zayda Galvez at 703-820-9001
Email: zgalvez@scanva.org
Website: www.scanva.org
Language(s): **SPANISH**

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. Available to TC Williams High School students only.

SCAN
Building hope for children & families
in Northern Virginia

No. of weeks: Ongoing during the school year
Location: TC Williams High School, 3330 King St, Alexandria, VA 22302
Cost: Free
Contact: David Wynne at 703-824-6878
Email: david.wynne@acps.k12.va.us
Website: www.scanva.org
Language(s): **ENGLISH**

Strengthening Families Program (ages 10-14)

SCAN of Northern Virginia partners with ACPs' Family And Community Engagement (FACE) Office and the Alexandria Department of Community & Human Services, Center for Children and Families to offer a facilitator-led parent education class for parents with children in middle school.

Learning to Live • Loving to Learn
ACPS
Alexandria City Public Schools

No. of weeks: 7
Date: Sept. 23 – Nov. 4
Time: 6:00 – 8:30 PM
Location: Hammond Middle School, 4646 Seminary Rd, Alexandria, VA 22304
Cost: Free
Contact: Zayda Galvez at 703-820-9001
Email: zgalvez@scanva.org
Website: www.scanva.org
Language(s): **ENGLISH & SPANISH**

Parenting Classes / ARLINGTON



Strengthening Families Program (ages 10-14)

Arlington County



An opportunity for Arlington families with youth ages 10 to 14 to come together, have fun, and improve communication skills by talking about topics like peer pressure, stress, substance use prevention, and setting appropriate limits. SFP is an evidence-based curriculum and includes free dinner and childcare for children under the age of 10.



No. of weeks: 7
 Date: Ongoing
 Time: 6:30 – 8:30 p.m.
 Location: Arlington County, varies
 Cost: Free
 Contact: Carisa Pineda at 703-228-1108
 Email: cpineda@arlingtonva.us
 Website: www.StrengtheningFamiliesArlington.com
 Language(s): **ENGLISH & SPANISH**

Parenting Classes / FAIRFAX/FALLS CHURCH

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 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 2½ -hour evening session
 Date: Oct. 13
 Time: 7:00 – 9:30 p.m.
 Location: 2334 Gallows Rd, Dunn Loring, VA 22027
 Cost: \$20.00 per person
 (Reduced rates offered for financial need)
 Contact: Susie Johnson at 703-204-4343
 Email: susie.johnson@fcps.edu
 Website: www.fcps.edu/is/fam/resources/classes/
 Language(s): **ENGLISH**



Parenting Education Program

Fairfax County Department of Family Services,



Child Abuse Prevention Services

The 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. Classes 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 24 weeks
 Date: One weekday evening per week
 Time: 5:30 – 8:00 p.m.
 Location: Various locations in Fairfax County
 Cost: Free
 Contact: 703-324-7691 (English)
 Natilie Bailey (African-American focus)
 at 703-324-3617
 Mario Prada (Spanish) at 703-324-7405
 Website: www.fairfaxcounty.gov/dfs/
 /ParentingResource
 Language(s): **ENGLISH AND SPANISH**



Co-Parenting: Two Parents, Two Homes

Fairfax County Public Schools, Family and School Partnerships

The program is a 4-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.



No. of weeks: One 4-hour daytime session
 Date: This class is offered 3 to 4 times per month in English and once a month in Spanish. Please call for the schedule.
 Time: 8:30 a.m. – 12:30 p.m. or 12:30 – 4:30 p.m.
 Location: 2334 Gallows Rd, Dunn Loring, VA 22027
 Cost: \$40.00 per person/\$60.00 per couple
 (Reduced rates available for financial need)
 Contact: Susie Johnson at 703-204-4343 (English)
 Kathy Dedrick at 703-204-4351 (Spanish)
 Email: susie.johnson@fcps.edu
 Website: www.fcps.edu/is/fam/resources/classes/
 Language(s): **ENGLISH & SPANISH**



Strengthening Your Parenting Skills (in Spanish and Korean)

Fairfax County Public Schools, Family and School Partnerships

This is a 10-hour parenting skills class for parents or guardians of children (up to 11 years of age.) 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.



No. of weeks: Four 2½-hour evening sessions
 Date: Fall Classes TBD
 Time: **Spanish:** 7:00 – 9:30 p.m.
Korean: 6:30 – 9:00 p.m.
 Location: 2334 Gallows Rd, Dunn Loring, VA 22027
 Cost: \$60.00 per person/\$90.00 per couple
 (Discounts are available if you take more than one class or qualify for financial need.)
 Contact: Susie Johnson at 703-204-4343
 Email: susie.johnson@fcps.edu
 Website: www.fcps.edu/is/fam/resources/classes/
 Language(s): **SPANISH & KOREAN**



Parenting Teens (in English and Spanish)

Fairfax County Public Schools, Family and School Partnerships

The 12-hour class will help parents learn strategies on how 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.



No. of weeks: Six 2-hour evening sessions
 Date: **Spanish:** Thursdays: Sept. 24 & Oct. 1, 8, 15, 22, 29
English: Tuesdays: Sept. 22, 29 & Oct. 6, 13, 20, 27
 Time: 7:00 – 9:00 pm
 Location: 2334 Gallows Rd, Dunn Loring, VA 22027
 Cost: \$85.00 per person/\$125.00 per couple
 Cost includes one \$15.00 book
 (Discounts are available if you take more than one class or qualify for financial need.)
 Contact: Susie Johnson at 703-204-4343
 Email: susie.johnson@fcps.edu
 Website: www.fcps.edu/is/fam/resources/classes/
 Language(s): **ENGLISH & SPANISH**

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, social/emotional development and kindergarten readiness.



No. of weeks: Six 2-hour evening sessions
 Date: Tuesdays: Nov. 3, 10, 17, 24 & Dec. 1, 8
 Time: 7:00 – 9:00 p.m.
 Location: 2334 Gallows Rd, Dunn Loring, VA 22027
 Cost: \$70.00 for one/\$110.00 per couple (Discounts are available if you take more than one class or for financial need.)

Contact: Susie Johnson at 703-204-4343
 Email: susie.johnson@fcps.edu
 Website: www.fcps.edu/is/fam/resources/classes/
 Language(s): **ENGLISH**

Active Parenting of 5 to 12 Year Olds

Fairfax County Public Schools, Family and School Partnerships

This 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: Wednesdays: Sept. 30 & Oct. 7, 14, 21, 28 & Nov. 4
 Time: 7:00 – 9:00 p.m.
 Location: 2334 Gallows Rd, Dunn Loring, VA 22027
 Cost: \$85.00 per person/\$125.00 per couple. Cost includes one \$15.00 book (Discounts are available if more than one class is taken or for financial need.)

Contact: Susie Johnson at 703-204-4343
 Email: susie.johnson@fcps.edu
 Website: www.fcps.edu/is/fam/resources/classes/
 Language(s): **ENGLISH**

Families Reunite: Immigrant Family Reunification Parenting Class

Family and School Partnerships, Fairfax County Public Schools

Families Reunite is offered in Spanish or English for parents who have recently reunited with their child(ren) after a long separation. Led by a native Spanish-speaking facilitator and accompanied by a 42-page parent guide, it is an interactive class that walks the parents through a process of reconnecting with their children, thus establishing a stronger family unit. Children are invited to participate with their parents for the last session. Parent and child booklet available for free. Order by e-mailing contact below.



No. of weeks: Three 3-hour sessions
 Dates: Various dates throughout school year
 Time: 6:00 – 9:00 p.m.
 Location: Various school buildings
 Cost: Free
 Contact: Maria Mateus at 703-204-4342
 Email: mdmateus@fcps.edu
 Website: www.fcps.edu/is/fam/resources/classes/
 Language(s): **ENGLISH & SPANISH**

Fortaleciendo la Familia

NVFS Multicultural Center


Strengthening Families is a program for Spanish-speaking parents with children ages 0 to 15. Childcare is provided.



No. of weeks: 10 weeks
 Date: Wednesdays, Oct. 7 – Dec. 16
 Time: 6:00 – 8:00 p.m.
 Location: 6400 Arlington Blvd., Suite 110 Falls Church, VA 22042
 Cost: \$10 per class
 Contact: Aline Stevenson at 571-748-2800
 Email: astevenson@nvfs.org
 Website: www.nvfs.org
 Language(s): **SPANISH**

Parenting 5 to 12 Year Olds – PEP I

Parent Encouragement Program (PEP)

This class will make parenting  *Educating parents. Enriching families.* easier and much more satisfying by giving you a sound framework for positive parenting and proven skills to correct whining, backtalk, defiance and the whole range of misbehavior. You'll grow closer and have more fun as a family while also motivating your children to be more cooperative, self-disciplined and successful.


No. of weeks: 10 weeks
First Session:
 Date: Sept. 29 – Nov. 24 (skips Nov. 3)
 Time: 12:00 – 2:00 pm
 Location: Starbucks Conference Room 9863 Georgetown Pike, Great Falls, VA 22066

Second Session:
 Date: Oct. 1 – Nov. 19
 Time: 9:15 – 11:15 am
 Location: Montessori School of McLean 1711 Kirby Road, McLean, VA 22101
 Cost: \$255 per session, 10% discount for PEP members

Contact: PEP at 703-242-8824
 Email: office@pepparent.org
 Website: www.PEPparent.org
 Language(s): **ENGLISH**

Why Don't My Kids Listen to Me?

Parent Encouragement Program (PEP)

Are you tired of saying the same things over and over and  *Educating parents. Enriching families.* getting no response? Do you find yourself giving in to your kids' demands and/or yelling at them? Learn how to gain your children's cooperation without nagging, bribing or yelling. For parents of children age 2½ – 18.

No. of weeks: 1 week
 Date: Sept. 19
 Time: 1:00 – 2:30 pm
 Location: Montessori School of McLean 1711 Kirby Road, McLean, VA 22101

Cost: Free
 Contact: PEP at 703-242-8824
 Email: office@pepparent.org
 Website: www.PEPparent.org
 Language(s): **ENGLISH**

**Parenting Education Programs**

Fairfax County

The Parenting Education Programs teach positive and effective ways parents can interact with their children at every age and stage of development. Childcare and dinner are provided.



No of weeks: 12 or 24 weeks

For parents of children ages 0-4**Hope Lutheran Church**

Dates: Oct. 21 – April 27
 Location: 4604 Ravensworth Rd, Annandale, VA 22003
 Contact: Raiza Barraza 703-324-7745
 Email: raycelly.barraza@fairfaxcounty.gov
 Language(s): **ENGLISH**

For parents of children ages 5-11**St. Andrew's Lutheran Church**

Dates: Sept. 15 – Dec. 16
 Location: 14640 Soucy Place, Centerville, VA 20120
 Contact: Debi Hackney at 703-324-7790
 Email: debi.hackney@fairfaxcounty.gov
 Language(s): **ENGLISH**

Heritage Fellowship Church

Dates: Sept. 14 – Dec. 14
 Location: 2501 Fox Mill Road, Reston, VA 20191
 Contact: Natalie Bailey at 703-324-3617
 Email: natalie.bailey@fairfaxcounty.gov
 Language(s): **ENGLISH**

St. Mark's Episcopal Church (SPANISH)

Date: Sept. 16 – Dec. 16
 Location: 6744 S Kings Hwy, Alexandria, VA 22310
 Contact: Mario Prada at 703-324-7405
 Email: mario.prada@fairfaxcounty.gov
 Language(s): **ENGLISH & SPANISH**

For parents of children ages 12-17**Mt. Vernon Presbyterian Church**

Dates: Sept. 21 – Dec. 14
 Location: 2001 Sherwood Hall Ln
 Alexandria, VA 22306
 Contact: Janet Little at 703-324-7501
 Email: alba.quinones@fairfaxcounty.gov
 Language(s): **ENGLISH**

St. Mark's Lutheran Church

Dates: Sept. 22 – Dec. 15
 Location: 5800 Backlick Rd, Springfield, VA 22150
 Contact: Alba Quinones at 703-324-7310
 Email: alba.quinones@fairfaxcounty.gov
 Language(s): **ENGLISH**

Cost: Free
 Website: www.fairfaxcounty.gov/dfs/childreneyouth/nurturingparenting.htm

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.



No. of weeks: Ongoing
 Date: Saturdays
 Time: 9:00 a.m. – 1:00 p.m.
 Location: 10455 White Granite Dr, Suite 100
 Oakton, VA 22124
 Cost: \$50.00
 Contact: 571-748-2500
 Email: transparenting@nvfs.org
 Website: www.nvfs.org/transparenting
 Language(s): **ENGLISH**

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!

No. of weeks: 6 – 8 weeks
 Date/Time: Call for details
 Location: 105 E Market St, Leesburg, VA 20176
 Cost: Free
 Contact: 703-771-3973
 Email: nurturingprogram@lcsj.org
 Language(s): **ENGLISH & SPANISH**

Parenting Classes / PRINCE WILLIAM**STEP - Systematic Training for Effective Parenting**

Virginia Cooperative Extension, Prince William County

This program is for parents of **Virginia Cooperative Extension** young children (birth to age **Knowledge for the Commonwealth** 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. Pre-registration is required.

No. of weeks: 6 weeks
 Date: Call or check website
 Time: 7:00 – 9:00 p.m.
 Location: Various locations in Prince William County
 Cost: \$40
 Contact: Julie Stiles (English) at 703-792-6288
 Spanish speakers call 703-792-5940
 Email: jstiles@pwcgov.org
 Website: www.pwcgov.org/parenting
 Language(s): **ENGLISH & SPANISH**



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. Pre-registration is required.

No. of weeks: 8 weeks
Date: Call or check website
Time: Parents: 7:30 – 9:30 p.m.
Youth: 5:30 – 6:30 p.m.
Location: Ferlazzo Government Building
15941 Donald Curtis Dr
Woodbridge, VA 22192
Cost: \$40
Contact: Julie Stiles at 703-792-6288
Spanish speakers call 703-792-5940
Email: jstiles@pwcgov.org
Website: www.pwcgov.org/parenting
Language(s): **ENGLISH & SPANISH**

Virginia Cooperative Extension
Knowledge for the Commonwealth



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. Pre-registration is required.

No. of weeks: 3 weeks
Date: Call or check website
Time: 7:00 – 9:00 p.m.
Location: Various locations in Prince William County
Cost: \$40
Contact: Julie Stiles at 703-792-6288
Spanish speakers call 703-792-5940
Email: jstiles@pwcgov.org
Website: www.pwcgov.org/parenting
Language(s): **ENGLISH & SPANISH**

Virginia Cooperative Extension
Knowledge for the Commonwealth

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 a facilitator who has experience teaching and helping parents achieve more effective parenting skills. For families with children from birth to teenage years.

No. of weeks: Ongoing, Wednesdays
Date: Resumes Oct. 7
Time: 6:30 – 8:00 p.m.
Location: Brookside FACE Center
601 Four Mile Run Trail, Alexandria, VA 22305
Cost: Free
Contact: For [registration](#) call the FACE center at 703-824-6865 or register online at www.acps.k12.va.us/face-centers
For [information](#) about the program, call Zayda Galvez at 703-820-9001
Email: zgalvez@scanva.org
Website: www.scanva.org
Language(s): **SPANISH**



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, set limits, develop creative ideas for positive discipline, family rules and avoiding frustration in modern-day parenting.

No. of weeks: Ongoing
Date: Call for start date
Time: 6:00 – 7:30 p.m.
Location: TBD
Cost: Free
Contact: For [registration](#) call the FACE center at 703-824-6865 or register online at www.acps.k12.va.us/face-centers
For [information](#) about the program, call Zayda Galvez at 703-820-9001
Email: zgalvez@scanva.org
Website: www.scanva.org
Language(s): **ENGLISH**



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 themselves safe and empowered and share their experiences with others. Alexandria City residents only please. Childcare provided for English support group.

No. of weeks: Ongoing
Date: Tuesdays
Time: **English:** 7:00 – 8:30 p.m.
Spanish: 2:00 – 3:00 p.m.
Location: Call for location
Cost: Free
Contact: English speakers call 703-746-4911
Soffia Fraser (Spanish) at 703-746-4911
Language(s): **ENGLISH & SPANISH**



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 – 1:30 p.m.
Location: Inova Alexandria Hospital
4320 Seminary Rd, Alexandria, VA 22304
Cost: Free
Phone: 703-698-2441
Email: healthsource@inova.org
Website: www.inovahealthsource.org
Language(s): **ENGLISH**



Parent Support Groups / ARLINGTON

Parent Connection

Greenbrier Learning Center

These bilingual 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 at 703-379-6488x101
 Email: janelle.duttonhoffer@greenbrierlearning.org
 Website: www.greenbrierlearning.org
 Language(s): **ENGLISH & SPANISH**

Parent Support Groups / FAIRFAX/FALLS CHURCH

Access Parent Support Group

McLean Bible Church

Access Parent Support Group is for parents 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 only.



No. of weeks: Twice/month
 Date: Aug. 16 & 30; Sept. 13 & 27; Oct. 11 & 25; Nov. 8 & 22; Dec. 13
 Time: 12:30 – 1:30 p.m.
 Location: McLean Bible Church, Room 1410
 8925 Leesburg Pike, Vienna, VA 22182
 Cost: Free
 Contact: Isabelle Brugere at 703-770-2971
 Childcare Reservations: Jackie Mills-Fernald,
 jackie.millsferald@mcleanbible.org
 isabelle.brugere@mcleanbible.org
 Email: isabelle.brugere@mcleanbible.org
 Website: www.AccessMinistryMBC.org
 Language(s): **ENGLISH**

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

Franconia Alliance Church (Mondays)

Time: 12:00 – 1:30 p.m.
 Location: 6315 Beulah St, Alexandria, VA 22310

Inova Fair Oaks Hospital (Wednesdays)

Time: 11:00 a.m. – 12:30 p.m.
 Location: 3580 Joseph Siewick Dr, Conf. Room C,
 Fairfax, VA 22033

Inova Fairfax Hospital (Thursdays)

Time: 11:00 AM – 12:30 p.m.
 Location: 2700 Prosperity Ave, Suite 100
 Fairfax, VA 22031

Cost: Free
 Contact: 703-698-2441
 Email: healthsource@inova.org
 Website: www.inovahealthsource.org
 Language(s): **ENGLISH**

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. The group is facilitated by a social worker and generally 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.



No. of weeks: Ongoing
 Date: Aug. 13; Sept. 3; Sept. 17; Oct. 1; Oct. 22; Nov. 5; Nov. 19; Dec. 10
 Time: 6:30 – 8:00 p.m.
 Location: 2709 Popkins Ln, Alexandria, VA 22306
 (Adult Ed entrance, Rooms 40 & 41)
 Cost: Free
 Contact: Karin Welling at 703-204-4340/703-204-4328
 Kim Karlinchak at 703-324-5447
 TTY: 711
 Language(s): **ENGLISH**

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, 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: Sept. 10 & 24; Oct. 8 & 22; Nov. 5 & 19; Dec. 3 & 17
 Time: 10:00 a.m. – 12:00 p.m.
 Location: Room 1605, 8925 Leesburg Pike
 Vienna, VA 22182
 Cost: Free
 Contact: Isabelle Brugere at 703-770-2971
 Email: isabelle.brugere@mcleanbible.org
 Website: www.AccessMinistryMBC.org
 Language(s): **ENGLISH**

Entre Nosotras

NVFS Multicultural Center

This program is a domestic violence women's support group for Spanish-speaking victims. Childcare is provided.



No. of weeks: Ongoing
 Date: Mondays and Thursdays
 Time: Call for times
 Location: 6400 Arlington Blvd, Falls Church, VA 22042
 Cost: Free
 Contact: Aline Stevenson at 571-748-2800
 Email: astevenson@nvfs.org
 Website: www.nvfs.org
 Language(s): **SPANISH**



Manejo de Enojo Para Mujeres

NVFS Multicultural Center



The Women's Anger Management Program is geared for Spanish-speaking women. Childcare is provided.



No. of weeks: Ongoing
Date: Mondays
Time: 6:00 – 8:00 p.m.
Location: 6400 Arlington Blvd, Suite 110 Falls Church, VA 22042
Cost: \$10 per class
Contact: Aline Stevenson at 571-748-2800
Email: astevenson@nvfs.org
Website: www.nvfs.org
Language(s): **SPANISH**

Youth and Young Adults: Stronger Together Peer Support Group

Formed Families Forward

Teens and adults meet twice monthly in our Fairfax office. Parents and Caregivers meet separately.

No. of weeks: Twice monthly
Date: Resumes Oct. 2015
Time: 6:30 – 8:00 p.m.
Location: Formed Families Forward office 4031 University Dr, Suite 100, Fairfax, 22030
Cost: Free
Contact: Kelly Henderson at 703-539-2904
Email: kelly.henderson@formedfamiliesforward.org
Website: www.formedfamiliesforward.org
Language(s): **ENGLISH**

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

Douglass Community Center

Date: 1st & 3rd Fridays
Time: 5:00 – 7:00 p.m.
Location: 407 E Market St, Multipurpose Rm, Leesburg

INMED's Family & Youth Opportunity Center

Date: 2nd & 4th Fridays
Location: 21630 Ridgetop Cir, Ste. 130, Sterling, VA 20166

Cost: Free
Contact: 571-465-5999
Email: cfernandez@inmed.org
Website: www.inmed.org
Language(s): **SPANISH**

Access Moms' Small Group (English)

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, 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: Check website
Time: 10:00 a.m. – 12:00 p.m.
Location: Call for specific location in Sterling, VA
Cost: Free
Contact: Isabelle Brugere at 703-770-2971
Email: isabelle.brugere@mcleanbible.org
Website: www.AccessMinistryMBC.org
Language(s): **ENGLISH**

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: 4th Tuesday of the month
Time: 7:00 – 9:00 p.m.
Location: Muriel Humphrey Center 13505 Hillendale Dr, Woodbridge, VA 22193
Cost: Free but must register
Contact: Jan Russell at 703-730-3124
Email: jrussell@arcgpw.org
Website: www.arcgpw.org
Language(s): **ENGLISH & SPANISH***
*by pre-arrangement

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/Time: Varies, call for information
Location: Center for Alexandria's Children 1900 N Beauregard St, Alexandria, VA 22311; Other Alexandria locations include Ramsay Rec Center, 5650 Sanger Ave; Cora Kelly Rec Center, 25 W Reed Ave; The Pavilion at Mark Center, 5708 Merton Ct; New Brookside Apartment Bldg, 601 Four Mile Run; The Brent Place Apartment Bldg, 375 S Reynolds St
Cost: Free
Contact: Laura Ruth at 703- 746-6091
Email: lruth@centerforalexandriaschildren.org
Website: www.centerforalexandriaschildren.org
Language(s): **ENGLISH & SPANISH**



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: Call for information
 Time: 10:30 a.m. – 12:30 p.m.
 Location: Cora Kelly Recreation Center
 25 W Reed Ave, Alexandria, VA 22305
 Cost: Free
 Contact: 571-238-2103
 Email: dsmith@campagnacenter.org
 Language(s): **ENGLISH & SPANISH**

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
 Date: Wednesdays
 Time: 10:00 – 11:30 a.m.
 Location: Lee Recreation Center, 1108 Jefferson St,
 Alexandria, VA 22314
 Cost: Free
 Contact: Patricia Eitemiller at 703-746-3388
 Email: patricia.eitemiller@alexandriava.gov
 If new, please call or e-mail in advance.
 Language(s): **ENGLISH**

Playgroups / ARLINGTON



Project Family (Parents and Children Learning Together)

Arlington Dept. of Human Services,
Child and Family Services Division

Project Family is parents and children from newborn to age five learning together! Project Family supports and empowers strong families by enhancing the parenting skills of Arlington parents, providing opportunities to connect with neighbors and make new friends, linking parents to community resources and information, and equipping children with preschool and kindergarten school readiness skills. Most classes are in English and Spanish. Classes are offered at various locations throughout Arlington. Ongoing, open-registration on a space available basis. Call for current schedule.



No. of weeks: Ongoing; parents may attend 2x/week
 Dates: Call for dates
 Time: Mornings or afternoons, varies by site
 Location: Arlington Mill Community Center
 909 S. Dinwiddie St, Arlington, VA 22204
 Other locations also available
 Cost: Free (must live in Arlington)
 Contact: Cheryl Fuentes at 703-228-1549
 Email: cfuentes@arlingtonva.us
 Website: www.arlingtonfamilies.com
 Language(s): **ENGLISH, SPANISH & AMHARIC**

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



No. of weeks: Weekly, biweekly or monthly home-visits
 (depending on level of need)
 Time: Varies by appointment
 Location: 5249 Duke St, Suite 308
 Alexandria, VA 22304
 Cost: Free
 Contact: Maria Gonzalez at 571-748-2851
 Email: mgonzalez@nvfs.org
 Website: www.nvfs.org/hfalexandria
 Language(s): **ENGLISH, SPANISH, HINDI, RUSSIAN,
KYRGYZ, PUNJABI & URDU**



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.



No. of weeks: Offered 3 times a month
Date: Call for details
Time: Call for details
Location: Various locations, call for details
Cost: Free
Contact: Margaret Lorber at 703-619-8332
Email: margaret.lorber@acps.k12.va.us
Language(s): **INTERPRETATION** available upon request

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.



Location: As requested
Cost: Free
Language(s): **ENGLISH**

Alexandria Campaign on Adolescent Pregnancy

Contact: Lisette Torres at 703-746-3130
Email: lissette.torres@alexandriava.gov
Website: www.keept360.org

Substance Abuse Prevention Coalition of Alexandria

Contact: Noraine Buttar at 703-746-3670
Email: noraine.buttar@alexandriava.gov
Website: www.preventitalexandria.org

Gang Prevention Community Task Force

Contact: Mike Mackey at 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 in November and continue Friday evenings for 20 weeks following the ACPS school calendar. Schedule with full list of dates is available on the website
Time: 5:30 – 9:30 p.m.
Location: Minnie Howard Campus of TC Williams HS 3801 W Braddock Rd, Alexandria, VA 22302
Cost: Free
Contact: Adrienne Fikes at 703-739-0233
Email: info@plti-alex.org
Website: www.plti-alex.org/schedule.html
Language(s): **ENGLISH & SPANISH**

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.

No. of weeks: Ongoing
Date: Monthly
Time: Varies
Location: Inova Alexandria Hospital 4320 Seminary Rd, Alexandria, VA 22304
Cost: \$30/registration (1 child & 1 parent)
Phone: 703-698-2441
Email: healthsource@inova.org
Website: www.inovahealthsource.org
Language(s): **ENGLISH**

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.

No. of weeks: Ongoing
Date: Tuesdays
Time: 3:00 – 4:00 p.m.
Location: Inova Alexandria Hospital 3 OB Conference Room 4320 Seminary Rd, Alexandria, VA 22304
Cost: Free
Phone: Linda Watkins at 703-776-3259
Email: linda.watkins@inova.org
Language(s): **ENGLISH**



Family and Community Engagement (FACE) Center Workshop Series

Alexandria City Public Schools



FACE stands for Family and Community Engagement. The goal of the FACE Center is to provide opportunities and resources for students, families, and community members to participate in activities relevant to the academic achievement of ACPS students. The FACE Center offers the opportunity to integrate relevant after-school activities for students with workshops and resources for parents and community members aimed at improving ACPS students' academic achievement. FACE also offers a one-stop shop for families and the community to obtain information and support on educational and other issues. Monthly workshops and parenting classes are offered at several locations for the whole family. Free interpretation, childcare and light refreshments are offered with registration.

No. of weeks: Ongoing (September to June)
Date: Varies with location
Time: 6:30 – 8:00 p.m.
Location: Various Alexandria City Public Schools
Cost: Free
Contact: Krishna J. Leyva at 703-824-6865
Email: Krishna.Leyva@acps.k12.va.us
Website: www.acps.k12.va.us/face-centers/
Language(s): **ENGLISH & INTERPRETATION***
*Interpretation is available upon request (multiple languages)

h Infant and Toddler Connection of Alexandria

Parent Infant Education (PIE) Program, Alexandria Department of Community & Human Services

The 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 who 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.



Contact: Robin Crawley at 703-746-3350
 Email: robin.crawley@alexandriava.gov
 Language(s): **TRANSLATION & INTERPRETATION***
 * Available in any language, including American Sign Language

Other Parenting Resources / ARLINGTON

Arlington Families Website

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! Current workshop and class schedule available at www.arlingtonfamilies.com



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

h 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.



No. of weeks: Ongoing
 Date: Weekly, biweekly or monthly home-visits (depending on level of need)
 Time: Varies
 Location: 5249 Duke St, Suite 308 Alexandria, VA 22304
 Cost: Free
 Contact: Luz Trujillo at 571-748-2849
 Email: ltrujillo@nvfs.org
 Website: www.nvfs.org/hfarlington
 Language(s): **ENGLISH, SPANISH, HINDI, RUSSIAN, KYRGYZ, PUNJABI, URDU & AMHARIC**

h 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, VA 22204
 Cost: Eligibility determination, assessment for planning and service coordination are free; sliding scale fee for additional services
 Contact: Margaret Jones at 703-228-1640
 Email: mjones@arlingtonva.us
 Language(s): **INTERPRETATION** available for any language as needed

h Special Education Parent Resource Center (PRC)

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.



Dates: Monday – Friday
 Times: 8:30 a.m. – 4:00 p.m. (please call before visiting)
 Location: Syphax Education Center
 2110 Washington Blvd, Suite 158
 Arlington, VA 22204
 Cost: Free
 Contact: Kathleen Donovan at 703-228-7239
 Email: kathleen.donovan@apsva.us
 Website: www.apsva.us/prc
 Language(s): **ENGLISH, SPANISH & INTERPRETATION** in other languages as needed

Other Parenting Resources / FAIRFAX/FALLS CHURCH

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: Offered monthly
 Time: Time varies
 Location: **Inova Fair Oaks Hospital**
 3600 Joseph Siewick Dr, Fairfax, VA 22033
Inova Fairfax Hospital
 3300 Gallows Rd, Falls Church, VA 22042
 Cost: \$30/registration (1 child & 1 parent)
 Phone: 703-698-2441
 Email: healthsource@inova.org
 Website: www.inovahealthsource.org

Breakaway (English)

McLean Bible Church

Breakaway is an Access Saturday day 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: Aug. 29; Sept. 5 & 26; Oct. 10;
Nov. 7 & 21; Dec. 12

Time: 10:00 a.m. – 3:00 p.m.

Location: McLean Bible Church TYSONS
8925 Leesburg Pike, Vienna 22182

Cost: \$20 for the first child and \$10 for each additional child with special needs

Contact: Erica Peters at 703-770-8654

Email: erica.peters@mcleanbible.org

Website: www.mcleanbible.org/breakaway

Language(s): **ENGLISH**



Break Out (English)

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: Aug. 28; Sep. 4 & 11; Oct. 9 & 23;
Nov. 6; Dec. 11

Time: 6:30 – 10:00 p.m.

Location: McLean Bible Church TYSONS
8925 Leesburg Pike, Vienna 22182

Cost: \$15 for the first child and \$5 for each sibling

Contact: Erica Peters at 703-770-8654

Email: erica.peters@mcleanbible.org

Website: www.mcleanbible.org/breakout

Language(s): **ENGLISH**



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: Check website
Time: 7:30 – 9:00 p.m.
Location: McLean Bible Church TYSONS, Community Room B, 8925 Leesburg Pike, Vienna 22182 (confirm on website)

Cost: Free

Contact: Erin Roundtree at 703-770-2938

Email: erin.roundtree@mcleanbible.org

Website: www.mcleanbible.org/ACLs

Language(s): **ENGLISH**



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, VA 22042

Cost: Free

Contact: Linda Watkins at 703-776-3259

Email: linda.watkins@inova.org

Language(s): **ENGLISH**



The Parent Resource Center

Fairfax County Public Schools (FCPS)

The FCPS Parent Resource Center (PRC) helps parents and educators support student success. Attend a free workshop, request a confidential consultation or check out materials in our extensive library of resources! We provide support for all students, especially those with learning challenges, special needs and disabilities.

Location: Dunn Loring

Dates: Monday – Friday

Time: 8:00 a.m. – 4:00 p.m.

Location: 2334 Gallows Rd, Room 105
Dunn Loring, VA 22027

Cost: Free

Contact: Elaine McCall at 703-204-3941

Email: elaine.mccall@fcps.edu

Website: www.fcps.edu/dss/osp/prc/index.shtml

Language(s): **ENGLISH & INTERPRETERS**



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.

Date/Time: Varies, call for information

Location: Varies, call for information

Cost: Free

Contact: 703-923-0010

Email: partners@peatc.org

Website: www.peatc.org

Language(s): **ENGLISH & SPANISH**



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. Please visit our Facebook page to know more details about our sessions and Cafecito meetings as well.



No. of weeks: Monthly
 Date: Sept. 16, Oct. 21, Nov. 17, Dec. 15
 Time: 7:00 - 8:30 p.m.
 Location: 100 N Washington St, Suite 234
 Falls Church, VA 22046
 Cost: FREE
 Contact: Arianna Sweeney at 703-923-0010
 Email: sweeney@peatc.org
 Website: www.peatc.org
 Language(s): **SPANISH**

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.



Date: Weekdays
 Time: Daytime 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
 Language(s): **INTERPRETATION** services are provided for any language as needed.

Brain Based Approaches to Fetal Alcohol Spectrum Disorder and Neurobehavioral Conditions

Formed Families Forward



Date: 4 evening sessions in October and November, 2 on site and 2 via webinar
 Location: Formed Families Forward
 4031 University Dr, Suite 100
 Fairfax, VA 22030
 Contact: Kelly Henderson at 703-539-2904
 Email: kelly.henderson@formedfamiliesforward.org
 Website: www.formedfamiliesforward.org
 Language(s): **ENGLISH**

Trauma Awareness Training for Families and Professional Partners

Formed Families Forward

This evening training is designed for foster, adoptive and other parents and kinship caregivers who are raising children and youth with special needs, AND teachers and other professionals who work with their children. Presented by the Trauma Informed Care Team of the Partnership for A Healthier Fairfax, the training will cover: signs and types of trauma, how trauma effects families and educators, Understanding your role in working with children, youth and families impacted by trauma effective communication and collaboration practices for educators and families working together to provide trauma-informed care



Date: Oct. 27
 Time: 6:30 PM – 8:30 PM
 Location: Formed Families Forward
 4031 University Dr, Suite 100
 Fairfax, VA 22030
 Contact: Kelly Henderson at 703-539-2904
 Email: kelly.henderson@formedfamiliesforward.org
 Website: www.formedfamiliesforward.org
 Language(s): **ENGLISH**

Other Parenting Resources / LOUDOUN

Break Out (English)

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 Friday/month)
 Date: Aug. 21; Sep. 18; Oct. 16; Nov. 20; Dec. 11
 Time: 6:30 – 10:00 PM
 Location: McLean Bible Church LOUDOUN:
 44180 Riverside Pkwy, Lansdowne, VA 20176
 Cost: \$15 for the first child and \$5 for each sibling
 Contact: Wendy Melcher at 703-770-8661
 Email: wendy.melcher@mcleanbible.org
 Website: www.mcleanbible.org/breakout
 Language(s): **ENGLISH**

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: Aug. 22; Sep. 19; Oct. 24; Nov. 14
 Time: 10:00 a.m. – 12:00 p.m.
 Location: Call for specific location in Leesburg, VA
 Cost: Free
 Contact: Isabelle Brugere at 703-770-2971
 Email: isabelle.brugere@mcleanbible.org
 Website: www.mcleanbible.org/coffeeandconnect
 Language(s): **ENGLISH**

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.



Date: Monday – Friday
Time: Daytime appointments
Location: 906 Trailview Blvd, Suite A
Leesburg, VA 20175
Cost: Sliding fee scale; insurance
and Medicaid accepted
Phone: 703-777-0561
Language(s): **ENGLISH, SPANISH & INTERPRETATION** services are provided for any language as needed.

Mobile Hope Loudoun

Mobile Hope Association

Dedicated to children and young adults, 21 years of age and younger. To provide essential needs and services to those living in Loudoun County.

No. of weeks: Mobile Hope is open year round, but follows the Loudoun County Public Schools for closings and delays.
Date/Time: Monday – Thursday, 9:00 a.m. – 4:00 pm
Friday, 9:00 a.m. – 12:00 p.m.
Location: 31 Sycolin Road, SE Leesburg, VA 20176
Cost: Free
Contact: Staff at 703-771-1400
Email: donna@mobilehopeloudoun.org
Website: www.mobilehopeloudoun.org
Language(s): **ENGLISH & SPANISH**

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 (English/Spanish) staff is available. Serves Prince William County, the City of Manassas and the City of Manassas Park.



Date: Weekly, biweekly or monthly home-visits (depending on level of need)
Time: Varies
Location: 10056 Dean Dr, Manassas, VA 20110
Cost: Free
Contact: Mandi Fisher at 571-748-2608
Email: mfisher@nvfs.org
Website: www.nvfs.org/hfprincewilliam
Language(s): **ENGLISH & SPANISH**

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: Sept. – Aug.
Date: Monday – Friday
Time: 8:00 a.m. – 4:30 p.m.
Evenings by appointment
Location: Kelly Leadership Center
14715 Bristow Road, Manassas, VA 20112
Cost: Free
Contact: Mary Jo Howarth at 703-791-7438
Email: howartmj@pwcs.edu
Website: www.pwcs.edu (Select Community Resources > Parent Resource Center)
Language(s): **ENGLISH & TRANSLATION** in other languages is available.

Infant & Toddler Connection of Prince William

Prince William County Community Services

ITC is an early intervention program for children from birth to 3 years of age 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.



No. of weeks: Ongoing
Date: Monday – Friday
Time: 8:00 a.m. – 6:00 p.m.
Location: 7987 Ashton Ave, Suite 231
Manassas, VA 20109
(most services provided in home)
Cost: Free determination of eligibility; insurance and sliding fee scale for services provided by therapy and education staff
Virginia Heuple at 703-792-7879
Phone: Virginia Heuple at 703-792-7879
Email: vheuple@pwcgov.org
Language(s): **ENGLISH & BILINGUAL (SPANISH)** staff available.

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

No. of weeks: 1 week
Date: Nov. 7
Time: 8:00 a.m. – 3:30 p.m.
Location: Hylton High School, 14051 Spriggs Road, Woodbridge, VA 22193
Cost: \$40 for parents before October 1, \$50 after October 1; other charges may apply; scholarships available
Jan Russell at 703-730-3124
Contact: Jan Russell at 703-730-3124
Email: jrussell@arcgppw.org
Website: www.arcgppw.org
Language(s): **ENGLISH & SPANISH***
*by prearrangement, others may also be available with prearrangement

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

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



[Click here](#) to follow SCAN on Twitter at twitter.com/SCANofNOVA

[Click here](#) to subscribe to CONNECTIONS, our NEW & IMPROVED blog for child & family advocates and professionals.

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



[Click here](#) to follow SCAN's 2015 Northern Virginia Child Abuse Prevention Campaign



[Click here](#) to follow SCAN on Facebook at facebook.com/scanva