

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](http://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](mailto:info@scanva.org).

## IN THIS ISSUE:

### LOOK FOR THESE ICONS:



Program offered  
in **Spanish** or other  
language



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



**One-Time** only event

# Parent Connection

A RESOURCE GUIDE to PARENT EDUCATION

WINTER/SPRING 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:** Feb. 5 to March 26 (registration starts Jan. 5)  
**English:** April 16 to June 4 (registration starts March 5)  
Time: 6:00 – 8:30 p.m.  
Location: First Assembly of God Church, 700 W Braddock Rd, Alexandria  
Cost: Free  
Contact: Zayda Galvez at 703-820-9001  
E-mail: [zgalvez@scanva.org](mailto:zgalvez@scanva.org)  
Website: [www.scanva.org](http://www.scanva.org)  
Language(s): **ENGLISH AND 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  
Cost: Free  
Contact: David Wynne at 703-824-6878  
Email: [david.wynne@acps.k12.va.us](mailto:david.wynne@acps.k12.va.us)  
Website: [www.scanva.org](http://www.scanva.org)  
Language(s): **ENGLISH**

### 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 provided. Registration is required. Call early as class fills quickly!



No. of weeks: 12 weeks  
Date: Tuesdays, starting Feb. 2  
Time: 6:30 – 9:00 p.m.  
Location: Charles Houston Recreation Center, 901 Wythe St, Alexandria  
Cost: Free  
Contact: Everette "Boobie" Mitchell at 240-676-7903  
E-mail: [emitchell@cyep.org](mailto:emitchell@cyep.org) or [boobie4747@hotmail.com](mailto:boobie4747@hotmail.com)  
Website: [www.cyep.org](http://www.cyep.org)  
Language(s): **ENGLISH**

## 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 free dinner and childcare for children under the age of 10.



No. of weeks: 7  
Date: Ongoing  
Time: 6:00 – 8:30 p.m.  
Location: Arlington County, varies  
Cost: Free  
Contact: 703-228-1108  
E-mail: jlandis@arlingtonva.us  
Website: StrengtheningFamiliesArlington.com  
Language(s): **ENGLISH AND 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 2 ½ -hour evening session  
Date: Thursday, March 19 and Tuesday, June 16  
Time: 7:00 – 9:30 p.m.  
Location: 2334 Gallows Rd, Dunn Loring  
Cost: \$20.00 per person  
(Reduced rates offered for financial need)  
Contact: Susie Johnson at 703-204-4343  
E-mail: susie.johnson@fcps.edu  
Webpage: www.fcps.edu/ccofam/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: Cheryl Keiper (English) at 703-324-7691  
Natiele 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: Saturday morning (8:30 a.m. – 12:30 p.m.) or weekday afternoon (12:30 – 4:30 p.m.)  
Location: 2334 Gallows Rd, Dunn Loring  
Cost: \$40.00 per person/ \$60.00 per couple  
(Reduced rates available for financial need)  
Contact: Susie Johnson at 703-204-4343 (English)  
Alex Lopez at 703-204-4304 (Spanish)  
E-mail: susie.johnson@fcps.edu  
Webpage: www.fcps.edu/ccofam/resources/classes/  
Language(s): **ENGLISH AND SPANISH**

### **Strengthening Your Parenting Skills**

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 2 ½-hour evening sessions  
Date: **Spanish:** Thursdays: March 19, 26 & April 9, 16  
**Korean:** TBD (sometime in April)  
Time: Spanish: 7:00 – 9:30 p.m.  
Korean: 6:30 – 9:00 p.m.  
Location: 2334 Gallows Rd, Dunn Loring  
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  
E-mail: Susie.johnson@fcps.edu  
Webpage: www.fcps.edu/ccofam/resources/classes/  
Language(s): **SPANISH AND KOREAN**



## Parenting Teens

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: Feb. 5, 12, 19, 26 & March 5, 12, 2015  
**English:** Wednesdays: April 15, 22, 29 & May 6, 13, 20, 2015  
Time: 7:00 – 9:00 p.m.  
Location: 2334 Gallows Rd, Dunn Loring  
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  
E-mail: Susie.johnson@fcps.edu  
Webpage: www.fcps.edu/cco/fam/resources/classes/  
Language(s): **ENGLISH AND 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, and social/emotional development and kindergarten readiness.



No. of weeks: Six 2-hour evening sessions.  
Date: Wednesdays: Feb. 25 & March 4, 11, 18, 25 & April 8  
Time: 7:00 – 9:00 p.m.  
Location: 2334 Gallows Rd, Dunn Loring  
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  
E-mail: Susie.johnson@fcps.edu  
Webpage: www.fcps.edu/cco/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 (session 1): Jan. 7, 14, 21, 28 & Feb. 4, 11 and  
Wednesdays (session 2): May 27 & June 3, 10, 17, 24 & July 1  
Time: 7:00 – 9:00 p.m.  
Location: 2334 Gallows Rd, Dunn Loring  
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 you qualify for financial need.)  
Contact: Susie Johnson at 703-204-4343  
E-mail: Susie.johnson@fcps.edu  
Webpage: www.fcps.edu/cco/fam/resources/classes/  
Language(s): **ENGLISH**



## Parents Raising Safe Kids Program

Family Services Network, Inc.

The program uses curriculums that teaches parents and caregivers of children (0 to 10 years of age) how to raise safe kids, build strong families and have stable nurturing homes. Participants in the program will learn why children behave the way they do, how to understand and control anger, positive ways to discipline children, and the impact of electronic media on children's behaviors. At the end of the eight weeks, participants receive a diploma.



No. of weeks: 8 weeks  
Date: TBD  
Time: For dates, times and location please check the website or call  
Cost: Free  
Contact: Astrid Gamez at 703-867-1973  
E-mail: agamez@familyservicesnetwork.org  
Website: www.familyservicesnetwork.org  
Language(s): **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, Feb. 4 - April 8  
Time: 6:00 – 8:00 p.m.  
Location: 6400 Arlington Blvd, Ste 110  
Falls Church  
Cost: \$10 per class  
Contact: Lidia M. Gonzales at 571-748-2814  
E-mail: lgonzales@nvfs.org  
Website: www.nvfs.org  
Language(s): **SPANISH**

## Parenting 5 to 12 Year Olds - PEP I

### Parent Encouragement Program

This class teaches a positive, results-based approach to  *Educating parents. Enriching families.* parenting that will enable you to handle problem behaviors now and prevent them in the future. Rediscover the joy of parenting as you raise your children to be capable, cooperative and responsible.

No. of weeks: 8 weeks  
 Date: Jan. 13 – March 3  
 Time: 12:00 – 2:00 p.m.  
 Location: Starbucks Conference Room  
 9863 Georgetown Pk, Great Falls  
 Cost: \$255.00  
 Contact: Antoinette Kranenburg at 703-242-8824  
 E-mail: office@pepparent.org  
 Website: www.PEPparent.org  
 Language(s): **ENGLISH**

## 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. Parents learn how to build a positive relationship with their child and cut down on the 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. Last two class sessions focus on families that are reunifying with their children after a long separation.



No. of weeks: 12  
 Date: TBD  
 Time: TBD  
 Location: TBD  
 Cost: Free  
 Contact: Dinora Gonzalez at 703-642-4370  
 or 703-204-4342  
 E-mail: Dinora.gonzalez@fcps.edu  
 or mdmateus@fcps.edu  
 Website: www.fcps.edu/ccofam  
 Language(s): **SPANISH**

## 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.



Date: Saturdays  
 Time: 9:00 a.m. – 1:00 p.m.  
 Location: Northern Virginia Family Service  
 10455 White Granite Dr, Ste 100, Oakton  
 Cost: \$50.00  
 Contact: 571-748-2500  
 E-mail: 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 to 8 weeks  
 Date: Call for details  
 Time: Call for details  
 Location: 105 E Market St, Leesburg  
 Cost: Free  
 Contact: 703-771-3973  
 E-mail: www.nurturingprogram@lcsj.org  
 Language(s): **ENGLISH AND SPANISH**

## 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. 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: \$40.00  
 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 AND 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  
 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 AND SPANISH**





## 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: \$40.00  
Contact: Julie Stiles (English) at 703-792-6288  
Spanish speakers call 703-792-5940  
Email: jstiles@pwcgov.org  
Website: www.pwcv.gov.org/parenting  
Language(s): **ENGLISH AND SPANISH**

## 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.



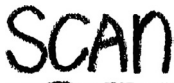
No. of weeks: Ongoing  
Date: Wednesdays  
Time: 6:30 – 8:00 p.m.  
Location: Brookside FACE Center  
601 Four Mile Run Trail, Alexandria  
Cost: Free  
Contact: For registration call FACE at 703-824-6865 or visit [www.acps.k12.va.us/face-centers](http://www.acps.k12.va.us/face-centers)  
For information about the program, call Zayda Galvez at 703-820-9001  
E-mail: 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, setting limits, creative ideas for positive discipline, family rules and avoiding frustration in modern-day parenting.



No. of weeks: Ongoing  
Date: Tuesdays  
Time: 6:00 – 7:30 p.m.  
Location: ARHA of Alexandria  
322 Tancil Ct, Alexandria  
Cost: Free  
Contact: For registration call FACE at 703-824-6865 or visit [www.acps.k12.va.us/face-centers](http://www.acps.k12.va.us/face-centers)  
For information about the sessions, 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 them 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 group** at 7:00 – 8:30 p.m.  
**Spanish group** at 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 AND 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  
Cost: Free  
Phone: 703-698-2441  
Email: [healthsource@inova.org](mailto:healthsource@inova.org)  
Website: [www.inovahealthsource.org](http://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: TBD  
Time: Call for information  
Location: Call for updated information  
Cost: Free  
Contact: Janelle Duttenhoffer at 703-379-6488 x 101  
Email: [Janelle.duttenhoffer@greenbrierlearning.org](mailto:Janelle.duttenhoffer@greenbrierlearning.org)  
Website: [www.greenbrierlearning.org](http://www.greenbrierlearning.org)  
Language(s): **ENGLISH AND 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 a month  
 Date: Jan. 11, 25; Feb. 8, 22; March 8, 29; April 12, 26; May 17, 31; June 14, 28  
 Time: 12:30 – 1:30 p.m.  
 Location: McLean Bible Church  
 8925 Leesburg Pk, Vienna (Room 1410)  
 Cost: Free  
 Contact: Isabelle Brugere at 703-770-2971;  
 Childcare Reservations: Jackie Janssen  
 isabelle.brugere@mcleanbible.org;  
 jacqueline.janssen@mcleanbible.org  
 E-mail:  
 Website: www.AccessMinistryMBC.org  
 Language(s): **ENGLISH**



### 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 p.m.  
 Location: 5400 Shawnee Rd, Ste 101, Alexandria  
 Cost: Free  
 Contact: Rob Kitchel  
 Phone: 703-941-9008 x 311  
 Email: rkitchel@umfs.org  
 Language(s): **ENGLISH**



### Prospective Foster Parent Information Session

United Methodist Family Services (UMFS)

The free information session is ongoing 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 p.m.  
 Location: 5400 Shawnee Rd, Suite 101  
 Alexandria  
 Cost: Free  
 Contact: 703-941-9008  
 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

### Inova Fair Oaks Hospital (Wednesdays)

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

### Inova Fairfax Hospital (Thursdays)

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

Cost: Free  
 Phone: 703-698-2441  
 E-mail: 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. 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.



No. of weeks: Ongoing  
 Date: Jan. 8, 22; Feb. 12, 26;  
 March 12, 23; May 14, 28; June 11  
 Time: 6:30 – 8:00 p.m.  
 Location: 2709 Popkins Ln, Alexandria  
 (Adult Ed entrance, Room 40 & 41)  
 Cost: Free  
 Contact: Mary Shepherd at 703-204-4340  
 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: Jan. 1, 15, 29; Feb. 12, 26; March 12, 26;  
 April 9, 23; May 7, 21; June 4  
 Time: 10:00 a.m. – 12:00 p.m.  
 Location: McLean Bible Church  
 8925 Leesburg Pk, Vienna (Room 1605)  
 Cost: Free  
 Contact: Isabelle Brugere at 703-770-2971  
 E-mail: isabelle.brugere@mcleanbible.org  
 Website: 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  
Cost: Free  
Contact: Aline Stevenson at 571-748-2800  
Email: [astevenson@nvfs.org](mailto:astevenson@nvfs.org)  
Website: [www.nvfs.org](http://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, Ste 110, Falls Church  
Cost: \$10 per class  
Contact: Lidia M. Gonzales: 571-748-2814  
Email: [lgonzales@nvfs.org](mailto:lgonzales@nvfs.org)  
Website: [www.nvfs.org](http://www.nvfs.org)  
Language: **SPANISH**

## 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 p.m.  
Location: Douglass Community Center  
407 E Market St, Leesburg  
(Multipurpose Room)  
Cost: Free  
Contact: 703-729-4951  
Email: [cfernandez@inmed.org](mailto:cfernandez@inmed.org)  
Website: [www.inmed.org](http://www.inmed.org)  
Language(s): **SPANISH**

## 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  
Date: Wednesdays: Jan. 14, 28; Feb. 11, 25; March 11, 25; April 8, 22; May 6, 20; June 3 10:00 a.m. – 12:00 p.m.  
Time: 10:00 a.m. – 12:00 p.m.  
Location: Sterling  
Cost: Free  
Contact: Isabelle Brugere at 703-770-2971  
Email: [isabelle.brugere@mcleanbible.org](mailto:isabelle.brugere@mcleanbible.org)  
Website: [www.AccessMinistryMBC.org](http://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: Meets the 4th Tuesday of the month  
Time: 7:00 – 9:00 p.m.  
Location: Muriel Humphrey Center  
13505 Hillendale Dr, Woodbridge  
Cost: Free but must register  
Contact: Jan Russell: 703-730-3124  
Email: [jrussell@arcgpw.org](mailto:jrussell@arcgpw.org)  
Website: [www.arcgpw.org](http://www.arcgpw.org)  
Language(s): **ENGLISH, SPANISH** (by prearrangement)

## 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: Jan. 5 – June 26  
Time: Varies, call for information  
Location: Center for Alexandria's Children  
1900 N Beauregard St, Alexandria  
Cost: Free  
Contact: Laura Ruth 703- 746-6091  
Email: [lruth@centerforalexandriaschildren.org](mailto:lruth@centerforalexandriaschildren.org)  
Website: [www.centerforalexandriaschildren.org](http://www.centerforalexandriaschildren.org)  
Language(s): **ENGLISH AND 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  
 Date: Call for information  
 Time: 10:30 a.m. – 12:30 p.m.  
 Location: Cora Kelly Recreation Center  
 25 W Reed Ave, Alexandria  
 Cost: Free  
 Contact: 571-238-2103  
 E-mail: dsmith@campagnacenter.org  
 Language(s): **ENGLISH**

**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 Rec Center, 1108 Jefferson St, Alexandria  
 Cost: Free  
 Contact: Patricia Eitemiller: 703-746-3388  
 patricia.eitemiller@alexandriava.gov  
 E-mail: \*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 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: Call or visit website for information  
 Time: Mornings or afternoons, varies by site  
 Location: Arlington Mill Community Center  
 and other locations  
 Cost: Free. Must live in Arlington.  
 Contact: Cheryl Fuentes at 703-228-1549  
 E-mail: Cfuentes@arlingtonva.us  
 Website: www.arlingtonfamilies.com  
 Language(s): **ENGLISH AND SPANISH**

**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, Ste 308, Alexandria  
 Cost: Free  
 Contact: Maria Gonzalez: 571-748-2851  
 E-mail: 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 information  
 Time: Call for information  
 Location: Various locations, call for details  
 Cost: Free  
 Contact: Margaret Lorber at 703-619-8332  
 E-mail: 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: 703-746-3130  
 E-mail: lisette.torres@alexandriava.gov  
 Website: www.keptit360.org

**Substance Abuse Prevention Coalition of Alexandria**


Contact: Noraine Buttar: 703-746-3670  
 E-mail: noraine.buttar@alexandriava.gov  
 Website: www.preventitalalexandria.org

**Gang Prevention Community Task Force**

Contact: Mike Mackey: 703-746-4144  
 E-mail: 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 continues 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  
Cost: Free  
Contact: Adrienne Fikes: 703-739-0233  
E-mail: info@plti-alex.org  
Website: www.plti-alex.org/schedule.html  
Language(s): **ENGLISH AND 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  
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 4320 Seminary Rd, Alexandria (3 OB Conference Room)  
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

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.



No. of weeks: Ongoing  
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  
E-mail: Krishna.Leyva@acps.k12.va.us  
Website: www.acps.k12.va.us/face-centers/  
Language(s): **ENGLISH**. Interpretation is also available upon request (multiple languages).

## Infant and Toddler Connection of Alexandria

### Parent Infant Education (PIE) Program

#### 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 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.



Contact: Robin Crawley at 703-746-3350  
E-mail: robin.crawley@alexandriava.gov  
Language(s): Translation and interpretation is available in **ANY LANGUAGE**, including American Sign Language.

## Northern Virginia Urban League

### Resource Mothers


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.



No. of weeks: Ongoing  
Date/Time: Weekly, biweekly or monthly home-visits  
Location: 1315 Duke St, Alexandria  
Cost: Free  
Contact: 703-836-2858  
Website: www.nvul.org  
Language(s): **ENGLISH AND SPANISH**

## Other Parenting Resources / ARLINGTON

### **Your Child's Development 2015: A Resource and Information Fair**

 **Arlington Early Intervention Interagency Coordinating Council (AEIICC)**

This 7th annual fair, which includes workshops on (1) social and emotional development in children aged 0-5 years and (2) early brain development, will provide Arlington families and caregivers who work with infants and preschoolers information and resources to better meet the needs of children. Arlington County agencies and community non-profit groups will be onsite to provide information about their programs and services.

No. of weeks: 1  
Date: Feb. 28  
Time: 9:00 a.m. -12:30 p.m.  
Location: Walter Reed Community Center  
2909 16th St South, Arlington  
Cost: Free  
Contact: Genny Baldelomar at 703-228-1631  
E-mail: gbaldelomar@arlingtonva.us  
Website: arlington2015resourcefair.eventbrite.com  
Language(s): **ENGLISH AND SPANISH**  
(simultaneous interpretation)

### **Arlington Families**

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

Welcome to Arlington Families is 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, and 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](http://www.arlingtonfamilies.com) today! Current workshop and class schedule available at [www.arlingtonfamilies.com](http://www.arlingtonfamilies.com)



Cost: Free  
Contact: Cheryl Fuentes at 703-228-1549  
E-mail: cfuentes@arlingtonva.us  
Language(s): **ENGLISH**

### **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, Ste 308, Alexandria  
Cost: Free  
Contact: Luz Trujillo at 571-748-2849  
Email: ltrujillo@nvfs.org  
Website: [www.nvfs.org/hfarlington](http://www.nvfs.org/hfarlington)  
Language(s): **ENGLISH, SPANISH, HINDI, RUSSIAN, KYRGYZ, PUNJABI, URDU, AMHARIC**

### **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 Dept of Human Services  
2100 Washington Blvd, 2nd Flr, Arlington  
Cost: Eligibility determination, assessment for planning and service coordination are free of charge; sliding scale fee for additional services  
Contact: Margaret Jones at 703-228-1640  
E-mail: mjones@arlingtonva.us  
Language(s): Interpretation available for **ANY LANGUAGE** as needed

### **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, Ste 158, Arlington  
Cost: Free  
Contact: Kathleen Donovan: 703-228-7239  
E-mail: kathleen.donovan@apsva.us  
Website: [www.apsva.us/prc](http://www.apsva.us/prc)  
Language(s): **ENGLISH, SPANISH**, and interpretation on **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  
Inova Fairfax Hospital  
3300 Gallows Rd, Falls Church  
Cost: \$30.00/registration (1 child & 1 parent)  
Phone: 703-698-2441  
Email: [healthsource@inova.org](mailto:healthsource@inova.org)  
Website: [www.inovahealthsource.org](http://www.inovahealthsource.org)

## Breakaway

### 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: Jan. 24; Feb. 14, 28; March 28; April 4; May 9, 23; June 13  
Time: 10:00 a.m. – 3:00 p.m.  
Location: McLean Bible Church  
8925 Leesburg Pk, Vienna  
Cost: \$20.00 for the first child and \$10.00 for each additional child with special needs  
Contact: Erica Peters at 703-770-8654  
E-mail: erica.peters@mcleanbible.org  
Website: www.mbctyson.org/breakaway  
Language(s): **ENGLISH**

## 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: Jan. 9, 23; Feb. 27; March 6, 27; April 3; May 8; June 5  
Time: 6:30 – 10:00 p.m.  
Location: McLean Bible Church  
8925 Leesburg Pk, Vienna  
Cost: \$15.00 for the first child and \$5.00 for each sibling  
Contact: Erica Peters at 703-770-8654  
E-mail: erica.peters@mcleanbible.org  
Website: www.mbctyson.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: Jan. 12; Feb. 2; March 2; May 4  
Time: 7:30 – 9:00 p.m.  
Location: McLean Bible Church, Community Room B (confirm on website)  
8925 Leesburg Pk, Vienna  
Cost: Free  
Contact: Erin Roundtree at 703-770-2938  
E-mail: erin.roundtree@mcleanbible.org  
Website: www.mbctyson.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 a.m. – 12:30 p.m.  
Location: Inova Fairfax Hospital, Family Centered Care Unit, 3300 Gallows Rd, Falls Church  
Cost: Free  
Contact: Linda Watkins at 703-776-3259  
E-mail: 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 tour our extensive library of resources! Visit [www.fcps.edu/kit](http://www.fcps.edu/kit) to receive all the latest news and information.



### Dunn Loring

Dates: Monday – Friday  
Time: 8:00 a.m. – 4:00 p.m.  
Location: 2334 Gallows Rd, Dunn Loring (Room 105)

### Alexandria-Fairfax County

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

Cost: Free  
Contact: Elaine McCall at 703- 204-3941  
E-mail: elaine.mccall@fcps.edu  
Website: [www.fcps.edu/cco/prc](http://www.fcps.edu/cco/prc)  
Language(s): **ENGLISH AND SPANISH**

## 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: Varies, call for information  
Time: Varies, call for information  
Location: Varies, call for information  
Cost: Free  
Contact: 703-923-0010  
E-mail: partners@peatc.org  
Website: [www.peatc.org](http://www.peatc.org)  
Language(s): **ENGLISH AND SPANISH**

## ñ 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: 6 weeks  
 Date: Jan. 13, Feb. 17, Mar. 10, April 14, May 12, June 9  
 Time: 7:00 - 8:30 p.m.  
 Location: 100 N Washington St, Ste 234, Falls Church  
 Cost: Free  
 Contact: Daniela Ancalle at 703-923-0010  
 E-mail: ancalle@peatc.org  
 Website: www.peatc.org  
 Language(s): **SPANISH**

## ñ Infant & Toddler Connection of Fairfax-Falls Church (ITC logo) (S)

### 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.

## Lunch Bunch

### The Arc of Northern Virginia

The program is designed to be an information sharing session to help families navigate the complex disability systems. Informal and during your lunch hour.



No. of weeks: Ongoing (every other Tuesday)  
 Date: See website for details  
 Time: 12:00 - 2:00 p.m.  
 Location: The Arc of Northern Virginia  
 2755 Hartland Rd, Ste 200, Falls Church  
 Cost: Free  
 Contact: Lucy Beadnell  
 Phone: 703-532-3214 Ext #116  
 E-mail: lbeadnell@thearcofnova.org  
 Website: www.thearcofnova.org  
 Language(s): **ENGLISH**

## 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: 52  
 Date: Ongoing call for appointment  
 Time: 9:00 a.m. - 4:30 p.m.  
 Location: 2755 Hartland Rd, Ste 200, Falls Church  
 Cost: Initiation fee  
 Contact: Tia Marsili  
 Phone: 703-532-3214 Ext #115  
 E-mail: TMarsili@thearcofnova.org  
 Website: www.thearcofnova.org/  
 Language(s): **ENGLISH**

## ñ 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

Location: **Crestwood Elementary School**  
 6010 Hanover Ave, Springfield  
 Date: Jan. 14, 21 (Registration) - May 20 (Last Day)  
 Time: 9:00-11:00 a.m.

Location: **Herndon Fortnightly Library**  
 768 Center Street, Herndon  
 Date: Jan. 22 (Registration) - May 26 (Last Day)  
 Time: 6:30-8:30 p.m.

Location: **Hollin Hall Senior Center**  
 1500 Shenandoah Rd, Alexandria  
 Date: Jan. 14 (Registration) - June 3 (Last Day)  
 Time: 6:00-8:00 p.m.

Location: Neighborhood Resource Center  
 1086 Elden Street, Herndon  
 Date: Jan. 20, 21 (Registration) - June 4 (Last Day)  
 Time: 9:30- 11:30 a.m.

Cost: \$60  
 Contact: Carisa Pineda  
 Email: familylearning@lcnv.org  
 Website: www.lcnv.org  
 Language(s): **ALL LANGUAGES**



## Prospective Foster Parent Information Session

United Methodist Family Services (UMFS)

The free information session is ongoing 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 p.m.  
Location: UMFS, 5400 Shawnee Rd, Ste 101, Alexandria  
Cost: Free  
Contact: Mary Miller at 703-941-9008  
Email: mmiller@umfs.org  
Language(s): **ENGLISH**

## Youth and Young Adults: Stronger Together Peer Group

Formed Families Forward

Stronger Together groups bring together youth and young adults who have lived experiences in mental health, special education, court systems and other youth/young adult serving systems.



No. of weeks: 14  
Date: Every other Thursday:  
January 8, 22; February 5, 19  
March 5, 19; April 9, 23 and May 7, 21  
Time: 6:30 – 8:00 p.m.  
Location: 4031 University Dr, Fairfax  
Cost: Free, including parking  
Contact: Kelly Henderson at 703-539-2904  
E-mail: Kelly.henderson@formedfamiliesforward.org  
Website: www.formedfamiliesforward.org  
Language(s): **ENGLISH**

## Learning, Healing and Helping: The Role of Educators & Other Caring (logo)

Adults in Attachment - Informed Care  
Formed Families Forward

Join other educators, social service, school security, counseling and other child-serving professionals for a day-long workshop on understanding attachment and trauma, the impact on student's success, and strategies for positively addressing the disturbing and disruptive behaviors and emotions that result from trauma and disrupted attachment. Presenters will include Dr. Allison Sampson-Jackson and attachment counselor Karen Chaudhry.



No. of weeks: 1 day  
Date: Feb. 10  
(weather make-up date, Feb. 24)  
Time: 8:30 a.m. – 4:00 p.m.  
Location: 4031 University Dr, Fairfax  
Cost: See website for registration fee information (Parking is free)  
Contact: Kelly Henderson at 703-539-2904  
Email: info@formedfamiliesforward.org  
Website: www.formedfamiliesforward.org  
Language(s): **ENGLISH**

## Managing the Mid-Year Muddle Webinar

Formed Families Forward

A panel of experienced foster, adoptive and kinship caregivers raising children with special needs share their suggestions for surviving the mid-school year muddle!



No. of weeks: 1 night  
Date: Jan. 12  
Time: 6:30 – 8:00 p.m.  
Location: Webinar. Visit website for access.  
Cost: Free  
Contact: Kelly Henderson at 703-539-2904  
E-mail: info@formedfamiliesforward.org  
Website: www.formedfamiliesforward.org  
Language(s): **ENGLISH**

## Life Planning Tools (logo)

The Arc of Northern Virginia

An in-depth session on Medicaid Waivers, Guardianship, Social Security benefits, and/or Trusts for people with intellectual and developmental disabilities and their families.



No. of weeks: One day session  
Date: Jan. 31  
Time: 8:00 a.m. – 2:00 p.m.  
Location: The Arc of Northern Virginia  
2755 Hartland Rd, Ste 200, Falls Church  
Cost: Free  
Contact: Lucy Beadnell at 703-208-1119 x116  
Email: Lucy.beadnell@TheArcofNoVA.org  
Website: www.thearcofnova.org  
Language(s): **ENGLISH**

## Other Parenting Resources / LOUDOUN

### 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  
Date: One Friday a month: Jan. 16; Feb. 20; March 20; Apr. 10; May 15; June 5  
Time: 6:30 – 10:00 p.m.  
Location: McLean Bible Church  
44180 Riverside Pkwy, Lansdowne  
Cost: \$15 for the first child  
\$5 for each sibling  
Contact: Wendy Melcher at 703-770-8661  
Email: wendy.melcher@mcleanbible.org  
Website: www.mbcloudoun.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: Jan. 24; Feb. 21; Mar. 21; Apr. 25; May 16; June 20 (confirm on website)  
 Time: 10:00 a.m. – 12:00p.m.  
 Location: Leesburg  
 Cost: Free  
 Contact: Isabelle Brugere at 703-770-2971  
 E-mail: isabelle.brugere@mcleanbible.org  
 Website: www.mbcloudoun.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, Ste A, Leesburg  
 Cost: Sliding fee scale; insurance and Medicaid accepted  
 Phone: 703-777-0561  
 Language(s): Bilingual (**ENGLISH/SPANISH**) staff is available. Interpretation services are provided for **ANY LANGUAGE** as needed.

## 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). Serves Prince William county, the City of Manassas and Manassas Park.



Date: Weekly, biweekly or monthly home-visits (depending on level of need)  
 Time: Varies  
 Location: 10056 Dean Dr, Manassas  
 Cost: Free  
 Contact: Mandi Fisher: 571-748-2608  
 Fax: 703-392-0052  
 E-mail: mfisher@nvfs.org  
 Website: www.nvfs.org/hfprincewilliam  
 Language(s): **ENGLISH AND 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: Aug. – June (School Year)  
 Date: Monday – Friday  
 Time: 8:00 a.m. – 4:30 p.m. Evenings by appointment  
 Location: Kelly Leadership Center  
 14715 Bristow Rd, Manassas  
 Cost: Free  
 Contact: Mary Jo Howarth at 703-791-7438  
 E-mail: howartmj@pwcs.edu  
 Website: www.pwcs.edu (Select "Community Resources" then select "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.



Date: Monday – Friday  
 Time: 8:00 a.m. – 6:00 p.m.  
 Location: 7987 Ashton Ave, Suite 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  
 E-mail: vheuple@pwcgov.org  
 Language(s): Bilingual (**ENGLISH/SPANISH**) staff available

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



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



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