

Parent Connection

A PARENT EDUCATION RESOURCE GUIDE FOR SERVICE PROVIDERS IN NORTHERN VIRGINIA

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.

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LOOK FOR THESE ICONS:



Program offered
in **Spanish** or other
language(s)



Childcare or **Children's
Program** provided



One-Time only event

WINTER/SPRING 2018

PLEASE NOTE: SCAN of Northern Virginia is not responsible for planning, hosting or managing the diverse programs listed in this guide, except those listed as sponsored by SCAN. Most have been submitted by external community organizations and agencies and changes and/or cancellations can occur. Please use the contact information in each listing for more information.

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.



No. of weeks: 8
Date: Thursdays, February 1 – March 22 (registration opens January 4)
Time: 6:00 – 8:30 p.m.
Location: First Assembly of God Church
700 West Braddock Rd., Alexandria, VA 22302
Cost: Free
Contact: Alice Clark at 703-820-9001 ext. 105
E-mail: aclark@scanva.org
Website: www.scanva.org
Language(s): **SPANISH**



Strengthening Families Program (ages 6 - 11)

SCAN of Northern Virginia and ACPS FACE

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 elementary school (ages 6 – 11).



No. of weeks: 14
Date: Wednesdays, January 31 – May 9
Time: 6:00 – 8:30 p.m.
Location: Brent Place, 375 S Reynolds St, Alexandria, VA 22304
Cost: Free
Contact: Alice Clark at 703-820-9001 ext. 105
E-mail: aclark@scanva.org
Website: 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
 Date: Tuesdays, January 2 - March 20
 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
 Email: emitchell@cyep.org
 or boobie4747@hotmail.com
 Website: www.cyep.org
 Language(s): **ENGLISH**

Parent Encouragement Program (PEP)

The Parent Encouragement Program (PEP) is a nonprofit, educational organization established in 1982, providing classes, events and other educational resources to parents and all who care for children, toddlers through teens.



No. of weeks: Varies
 Date: Various dates throughout the year
 Time: Mornings and evenings
 Location: 10100 Connecticut Ave
 Kensington, MD 20895 is main office
 Cost: From \$35 per workshop to \$250
 Contact: Antoinette Kranenburg at 301-929-8824
 E-mail: office@pepparent.org
 Website: www.pepparent.org
 Language(s): **ENGLISH**

Baby Care

Inova Health Source

A must-have class for expectant parents or parents adopting a newborn. A skilled instructor introduces baby care basics and walks parents through hands-on practice. Topics include: what to expect from your new infant, holding and swaddling, feeding, bathing and diapering, sleeping and safety



No. of weeks: One Session; Class held regularly
 Date: Various dates throughout the year
 Time: Varies, 3 hours
 Location: Inova Alexandria Hospital
 4320 Seminary Rd, Alexandria, VA 22304
 Cost: \$79 per person
 Contact: Inova HealthSource at 703-698-2441
 E-mail: childbirtheducation@inova.org
 Website: <http://www.inovahealthsource.org/childbirth-education>
 Language(s): **ENGLISH**

Parenting Classes / ARLINGTON

Strengthening Families Program (9th graders)

Arlington County Child & Family Services



Parents/caregivers and youth participate together to have fun and improve communication skills through discussions and activities on coping with stress, setting goals, establishing appropriate limits, and resisting peer pressure and substance abuse. SFP is an evidence-based curriculum and includes free dinner and childcare.



Cost: Free
 Contact: Lainie Morgan at 703-228-1529
 E-mail: lmorgan@arlingtonva.us
 Website: www.strengtheningfamiliesarlington.com
 Language(s): **ENGLISH & SPANISH**

Campbell Elementary School (for 1st – 3rd graders)

No. of weeks: 14
 Date: Thursdays, February 1 – May 17
 Time: 6:00 – 8:15 p.m.
 Location: 737 S Carlin Springs Rd, Arlington, VA 22204

Gunston Middle School (for 6th – 8th graders)

No. of weeks: 7
 Date: Wednesdays, April 4 – May 16, 2018
 Time: 6:00 – 8:15 p.m.
 Location: 2700 S Lang St, Arlington, VA 22206

Parent Encouragement Program (PEP)

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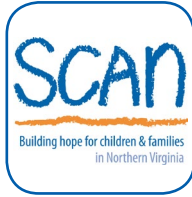


No. of weeks: Varies
 Date: Various dates throughout the year
 Time: Mornings and evenings
 Location: 10100 Connecticut Ave
 Kensington, MD 20895 is main office
 Cost: From \$35 per workshop to \$250
 Contact: Antoinette Kranenburg at 301-929-8824
 E-mail: office@pepparent.org
 Website: www.pepparent.org
 Language(s): **ENGLISH**

Parenting Classes / FAIRFAX/FALLS CHURCH

Strengthening Families Program (ages 10-14)
SCAN of Northern Virginia

An evidence based program for parents and youth ages 10 to 14. The family will learn to improve their communication skills, learn about substance abuse prevention and setting appropriate limits. Both the parent and middle school age child need to attend the class.



No. of weeks: 8
 Cost: Free
 Contact: Alice Clark at 703-820-9001 ext. 105
 E-mail: aclark@scanva.org
 Website: www.scanva.org

Key Middle School

Date: Tuesdays, February 27 – April 24
 Time: 6:00 – 8:30 p.m.
 Location: 6402 Franconia Rd, Springfield, VA 22150
 Language(s): **SPANISH**

Falls Church High School

Date: Thursdays, April 5 – May 31
 Time: 6:00 – 8:30 p.m.
 Location: 7521 Jaguar Trail, Falls Church, VA 22042
 Language(s): **ENGLISH**

Poe School

Date: TBD
 Time: 6:00 – 8:30 p.m.
 Location: 7000 Cindy Ln, Annandale, VA 22003
 Language(s): **SPANISH**

PARTICIPA...in my education
Edu-Futuro

A course originally developed by APS and adopted by Edu-Futuro in 2010 that teaches immigrant parents how to navigate the school system in order to support and advocate more effectively for their children's schooling. Parents who have gone through PARTICIPA consistently rate its workshops very highly, and many of the immigrant parents who are active in PTAs or countywide committees have gone through the program. Dinner and childcare provided.



No. of weeks: 7
 Date/Time: Contact for details
 Location: Various locations throughout the school year
 Cost: Free
 Contact: Maria Mateus at 703-924-8316
 E-mail: Maria@Edu-Futuro.org
 Website: www.edu-futuro.org
 Language(s): **SPANISH**

Strengthening Families Program

Edu-Futuro
 Dinner and childcare provided.

No. of weeks: 7
 Date/Location: Contact for details
 Cost: Free
 Contact: Maria Mateus at 703-924-8316
 E-mail: Maria@Edu-Futuro.org
 Website: www.edu-futuro.org
 Language(s): **SPANISH**



Families Reunite

Edu-Futuro
 Dinner and child care provided.

No. of weeks: 3
 Date/Location: Contact for details
 Cost: Free
 Contact: Maria Mateus at 703-924-8316
 E-mail: Maria@Edu-Futuro.org
 Website: www.edu-futuro.org
 Language(s): **SPANISH**



Parenting and Divorce— Parent Education Seminar

Northern Virginia Community College
 This court-mandated seminar fulfills the legislative requirements for parties to any petition where a child's custody, visitation, or support is contested.

No. of weeks: One 4-hour session
 Date: January 20, February 24, March 24, April 28
 Time: 9:30 a.m. – 1:30 p.m.
 Location: Annandale Campus, 8333 Little River Trnpg Annandale, VA 22003
 Cost: \$50
 Contact: 703-323-3168
 Website: www.nvcc.edu/workforce
 Language(s): **ENGLISH**



Co-Parenting: Two Parents, Two Homes

Fairfax County Public Schools,
Family and School Partnerships

This class assists 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 session.
Date/Time: This class is offered three times per month in ENGLISH and once a month in SPANISH. Please call for the schedule.
Location: 2334 Gallows Rd, Dunn Loring, VA 22027
Cost: \$40 per person/\$60 per couple (Reduced rates available for financial need)
Contact: Ann Warshauer at 703-204-4344 (ENGLISH) or 703-204-4351 (SPANISH)
E-mail: alwarshauer@fcps.edu
Webpage: www.fcps.edu search "parenting classes"
Language(s): **ENGLISH & SPANISH**

Dads Matter

Fairfax County Public Schools,
Family and School Partnerships

This two and a half hour, one-session class is for fathers only. The class focuses on the benefits to children (both boys and girls) when they have a positive relationship with Dad. Join other dads to learn and discuss effective fathering strategies. Topics include: your role and goals in fathering the different ways that dads and moms parent, strategies for working with your co-parent, how to develop a support system, and the difference between influence and control.



No. of weeks: One 2 ½ hour evening session
Date: Please call for schedule
Location: 2334 Gallows Rd, Dunn Loring, VA 22027
Cost: \$20 per person (Reduced rates offered for financial need.)
Contact: Ann Warshauer at 703-204-4344
E-mail: alwarshauer@fcps.edu
Webpage: www.fcps.edu search "parenting classes"
Language(s): **ENGLISH**

Parent Encouragement Program (PEP)

The Parent Encouragement Program (PEP) is a nonprofit, educational organization established in 1982, providing classes, events and other educational resources to parents and all who care for children, toddlers through teens.



No. of weeks: Varies
Date: Various dates throughout the year
Time: Mornings and evenings
Location: 10100 Connecticut Ave
Kensington, MD 20895 is main office
Cost: From \$35 per workshop to \$250
Contact: Antoinette Kranenburg at 301-929-8824
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 difficult teen behaviors. They learn how to build a positive relationship with their child and prevent gang affiliation, alcohol and drug use. Results show in a teen's mood and behavior, school attendance and academic performance improve. A trained facilitator teaches the class in SPANISH.



No. of Weeks: Ten, 3-hour sessions
Dates: Various dates throughout school year
Time: 6:00 – 9:00 p.m.
Location: Varies
Cost: Free
Contact: Ligia Díaz at 703-204-4342
E-mail: lddiaz@fcps.edu
Website: www.parentproject.com
Language(s): **SPANISH**

Families Reunite: Immigrant Family Reunification Parenting Class

Family and School Partnerships, Fairfax County Public Schools

In alignment with our mission to engage families, we offer Families Reunite (FR), a nine-hour program that walks the parents through a process of reconnecting with their children after years of separation due to migration. The ultimate goal is to establish a stronger family unit and contribute to students' success in school. FR is an interactive class led by a native SPANISH speaking facilitator and accompanied by a 42-page parent guide. Children are invited to participate with their parents for the last session.



Reconnecting Families guides (set of three) are also available in ENGLISH and SPANISH for practitioners to give to, or use with, families who are unable to attend classes. (\$1 each)

No. of Weeks: Three, 3-hour sessions
 Dates: Various dates throughout school year
 Time: 6:00 – 9:00 p.m.
 Location: Varies
 Cost: Free
 Contact: Ligia Díaz at 703-204-4342
 E-mail: ldiaz@fcps.edu
 Website: www.fcps.edu/is/fam/reunification
 Language(s): **SPANISH & ENGLISH**

Father Engagement Program

Fairfax County



Fathers, like mothers, play a significant role in their children's psychological and emotional development. When fathers are actively involved, children are less likely to experience: mental illness, juvenile delinquency, youth sexual activity, teenage pregnancy, substance use, childhood poverty, and high school dropout. The Father Engagement Unit sponsors parenting classes to enhance fathers' parenting and fathering skills, and to promote and celebrate the importance of fathers in Fairfax County. Pre-registration is required.



No. of weeks: 12
 Date/Location: Varies, contact for details
 Cost: Free
 Contact: Bennie Herron at 703-324-7308, Champana Bernard at 703-324-3611, or Noelia Privado 703-324-9449 (Spanish)
 E-mail: Bennie.Herron@fairfaxcounty.gov
 Website: www.fairfaxcounty.gov/familyservices/children-youth/father-engagement
 Language(s): **SPANISH & ENGLISH**

Parenting Education Programs

Fairfax County



Parents and children increase their understanding of other's feelings and learn healthy ways to express those feelings. Parents learn how to encourage desirable behaviors in their children, learn ways to discipline without using physical punishment, build self-concept and self-esteem, and learn more ways to have fun as a family. All classes provide childcare.



No. of weeks: Varies
 Cost: Free for Fairfax County residents

For parents with children ages 0-4:

Main Street Development Center

Date: Mondays, January 29 – May 14
 Time: 5:30 – 8:00 p.m.
 Location: 4401 Sideburn Rd. Fairfax, VA 22030
 Contact: Raiza Barraza at 703-324-7745
 Language(s): **SPANISH**

St. Luke's Episcopal Church

Date: Wednesdays, February 21 – April 25
 Time: 5:30 – 8:00 p.m.
 Location: 8009 Fort Hunt Rd Alexandria, VA 22308
 Contact: Lisa Payne-Chesley at 703-324-7734
 Language(s): **ENGLISH**

Grace Presbyterian Church

Date: Thursdays, June 7 – August 30
 Time: 5:30 – 8:00 p.m.
 Location: 7434 Bath St Springfield, VA 22150
 Contact: Janet Little at 703-324-7501 or Raiza Barraza at 703-324-7745
 Language(s): **ENGLISH**

For parents with children ages 5-11:

Fairfax Church of Christ

Date: Mondays, January 29 – May 7
 Time: 5:30 – 8:00 p.m.
 Location: 3901 Rugby Rd., Fairfax, VA 22033
 Contact: Debi Hackney at 703-324-7790 or Lisa Payne-Chesley at 703-324-7737
 Language(s): **ENGLISH**

Grace Presbyterian Church

Date: Thursdays, February 22 – May 24
 Time: 5:30 – 8:00 p.m.
 Location: 7434 Bath St Springfield, VA 22150
 Contact: Mario Prada at 703-324-7405 or Janet Little at 703-324-7501
 Language(s): **SPANISH**

St. Andrew's Lutheran Church

Date: Tuesdays, February 20 – May 22, 2018
 Time: 5:30 – 8:00 p.m.
 Location: 14640 Soucy Pl Centreville, VA 22309
 Contact: Debi Hackney at 703-324-7790
 Language(s): **ENGLISH**

Falls Church Presbyterian Church

Date: Wednesdays, June 6 – August 29
 Time: 5:30 – 8:00 p.m.
 Location: 225 W Broad St Falls Church, VA 22046
 Contact: Mario Prada at 703-324-7405
 or Alba Quinones at 703-324-7310
 Language(s): **SPANISH**

For parents with children ages 12-18:**Mt. Vernon Presbyterian Church**

Date: Mondays, January 22 – April 30
 Time: 5:30 – 8:00 p.m.
 Location: 2001 Sherwood Hall Ln Alexandria, VA 22309
 Contact: Marcus Garr at 703-324-7737
 or Natalie Bailey at 703-324-3671
 Language(s): **ENGLISH**

Willston Multicultural Center

Date: Tuesdays, February 13 – May 29
 Time: 5:30 – 8:00 p.m.
 Location: 6131 Willston Dr Falls Church, VA 22044
 Contact: Alba Quinones at 703-324-7310
 or Natalie Bailey at 703-324-3671
 Language(s): **SPANISH**

TransParenting (transitional parenting)**Northern Virginia Family Service**

This seminar educates parents in helping their children adjust to the divorce/separation of their parents. Topics include: understanding the child's perspective; how age and developmental stages of a child affects his/her understanding of the split; managing co-parenting with an uncooperative parent; keeping the child out of the middle. This seminar meets guidelines of the Supreme Court of Virginia.



No. of weeks: One 4-hour session
 Date: Offered twice a month; please call or check website for the schedule
 Time: Saturday morning, 9:00 a.m. – 1:00 p.m.
 Location: 10455 White Granite Dr, Oakton, VA 22124
 Cost: \$50 per person
 Contact: 571-748-2500
 Email: gnaider@nvfs.org
 Website: www.nvfs.org
 Language(s): **ENGLISH** (other languages may bring a translator)

Grandparenting Classes**Inova Health Source**

This class encourages participants to refresh their memory on infant care, learn about important parenting updates and safety practices, and discuss ways to support the new family, even from a distance.



No. of weeks: One Session; Class held regularly
 Date: Varies
 Time: Varies, 2 hours
 Location: Inova HealthSource
 2700 Prosperity Ave, Fairfax, VA 22031 &
 Inova Fair Oaks Hospital
 3580 Joseph Siewick Dr, Fairfax, VA 22033
 Cost: \$39 per person
 Contact: Inova HealthSource at 703-698-2441
 Email: childbirtheeducation@inova.org
 Website: <http://inovahealthsource.org/childbirth-education>
 Language(s): **ENGLISH**

Baby Care**Inova Health Source**

A must-have class for expectant parents or parents adopting a newborn. A skilled instructor introduces baby care basics and walks parents through hands-on practice. Topics include: what to expect from your new infant, holding and swaddling, feeding, bathing and diapering, sleeping and safety.



No. of weeks: One Session; Class held regularly
 Date: Various dates throughout the year
 Time: Varies, 3 hours
 Location: Inova HealthSource
 2700 Prosperity Ave, Fairfax, VA 22031 &
 Inova Fair Oaks Hospital
 3580 Joseph Siewick Dr, Fairfax, VA 22033
 Cost: \$79 per person
 Contact: Inova HealthSource at 703-698-2441
 Email: childbirtheeducation@inova.org
 Website: <http://inovahealthsource.org/childbirth-education>
 Language(s): **ENGLISH**

Parenting Classes / LOUDOUN



Parenting Strategies

Loudoun Nurturing Parenting Program



FREE courses cover a wide variety of positive parenting strategies to help families create a more nurturing home. Children are encouraged to attend class sessions with parent(s). During course, children are in age appropriate classes learning appropriate relationship and communication skills. Childcare is provided for infants and toddlers.



No. of weeks: 6 - 8
 Date: Varies
 Time: Call for details
 Location: 105 E Market St, Leesburg, VA 20176
 Cost: Free
 Contact: Rebecca Thompson at 703-771-3973 ext. 27
 E-mail: rebecca.thompson@lcsj.org
 Website: www.lcsj.org/services/
 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 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: 7
 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
 E-mail: 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
 Date: Call or check website
 Time: Parents: 7:30 – 9:30 p.m.,
 Youth: 5:30 – 6:30 p.m.
 Location: Manassas and Woodbridge
 Cost: \$40
 Contact: Julie Stiles at 703-792-6288
 SPANISH speakers call 703-792-5940
 Email: jstiles@pwcgov.org
 Website: pwcgov.org/parenting
 Language(s): **ENGLISH & 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.



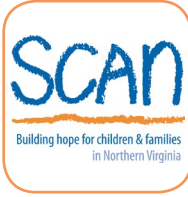
No. of weeks: 3
 Date: Call or check website
 Time: 7:00 – 9:00 .p.m.
 Location: Various locations in Prince William County
 Cost: \$40
 Contact: Julie Stiles at 703-792-6288
 SPANISH speakers call 703-792-5940
 Website: pwcgov.org/parenting
 Language(s): **ENGLISH & SPANISH**

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 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
 Date: Wednesdays, resumes January 24
 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 Alice Clark at 703-820-9001 ext. 105
 E-mail: aclark@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, and develop creative ideas for positive discipline, family rules and avoiding frustration in modern-day parenting.



No. of weeks: Ongoing
 Date: Mondays, resumes January 22
 Time: 6:00 – 7:30 p.m.
 Location: ARHA Main Building
 1st floor conference room
 401 Wythe St. Alexandria, VA 22314
 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 Alice Clark at 703-820-9001 ext. 105
 E-mail: aclark@scanva.org
 Website: www.scanva.org
 Language(s): **ENGLISH**

Monthly Support Group for Parents of Young Children Receiving Special Education Services (Preschool-First Grade)

Alexandria City Public Schools

Please join for support, strategies and conversation.



No. of weeks: Ongoing
 Date: January 9, February 6, March 6, April 3, May 1 and June 5
 Time: 9:30 - 10:45 a.m.
 Location: Minnie Howard Campus
 T. C. Williams High School, Room 134
 3801 W. Braddock Rd, Alexandria, VA 22302
 Cost: Free
 Contact: Janet Reese or Courtney Davis at 703-824-0129
 E-mail: janet.reese@acps.k12.va.us or courtney.davis@acps.k12.va.us
 Website: <https://www.acps.k12.va.us/prc>
 Language(s): **ENGLISH**, interpreter services are available with prior notice

Monthly Support Group for Parents of Students with Moderate to Severe Disabilities

Alexandria City Public Schools

Please join for support, strategies and conversation.



No. of weeks: Ongoing
 Date: January 10, February 14, March 14, April 11, May 9 and June 13
 Time: 9:30 - 10:45 a.m.
 Location: Minnie Howard Campus
 T. C. Williams High School, Room 134
 3801 W. Braddock Rd, Alexandria, VA 22302
 Cost: Free
 Contact: Janet Reese or Courtney Davis at 703-824-0129
 Email: janet.reese@acps.k12.va.us or courtney.davis@acps.k12.va.us
 Website: <https://www.acps.k12.va.us/prc>
 Language(s): **ENGLISH**, interpreter services are available with prior notice



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: 8
 Date/Location: Call for details
 Cost: Free
 Contact: 703-746-4911
 Language(s): **ENGLISH & SPANISH**

Parent Support Groups / ARLINGTON



Project Family: Parents and Children Learning Together



Arlington DHS, 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 bilingual 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
 Date: Call or check website for details.
 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
 E-mail: Cfuentes@arlingtonva.us
 Website: www.arlingtonfamilies.com
 Language(s): **ENGLISH, SPANISH & AMHARIC**

Parent Support Groups / FAIRFAX/FALLS CHURCH



Grandparents/Kinship Support Groups

Fairfax County Department of Family Services and Fairfax County Public Schools, Family and 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: Usually 1st and 3rd Wednesdays of each month (January 10 & 24; February 14 & 28; March 14; April 11 & 25; May 9 & 23; June 6)
 Time: 6:30 – 8:00 p.m.
 Location: South County Center
 8350 Richmond Hwy, Alexandria, VA 22309
 (Room 220 for all dates except February 14 and April 11: Room 217)
 Cost: Free
 Contact: Kim Karlinchak at 703-324-5447 or Kathi Sheffel at 571-423-4332;
 Website: <http://fairfaxcounty.gov/dfs/kinship>;
<https://www.fcps.edu/resources/family-engagement/kinship-care-support>
 Language(s): **ENGLISH**



Access Ministry 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: Designated Sundays
 Date: Contact for details
 Time: 12:30 – 1:30 p.m.
 Location: McLean Bible Church, Room 1410
 8925 Leesburg Pike, Vienna, VA 22182

Cost: Free
 Contact: Isabelle Smith at 703-770-2971
 Email: isabelle.smtih@mcleanbible.org;
 Childcare Reservations: Gabby Peters,
gabby.peters@mcleanbible.org

Website: <https://www.mcleanbible.org/connect/parent-support-group>

Language(s): **ENGLISH**

Access Moms' Small Groups

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: January 4 & 18, February 1 & 15,
 March 1, 15 & 29, April 12 & 26,
 May 10 & 24, June 7
 Time: 10:00 a.m. – 12:00 p.m.
 Location: 8925 Leesburg Pike, Vienna, VA 22182
 (Room 1605)

Cost: Free
 Contact: Isabelle Smith at 703-770-2971
 Email: isabelle.smith@mcleanbible.org
 Website: <https://www.mcleanbible.org/connect/access-moms-small-groups-tysons>

Language(s): **ENGLISH**

Stronger Together Peer Support Group

Formed Families Forward

Our 2017-2018 groups are held twice monthly in Fairfax. Groups are facilitated by professional clinicians. Parents, caregivers and guardians have their own group meeting at the same time in the same building. New members welcome anytime! Snacks included! See the website listed below for information on specific dates and details on how to register.



No. of weeks: 16
 Date: Tuesdays through May 2018
 Check website for dates
 Time: 6:30 – 8:00 p.m.
 Location: 4031 University Drive, Fairfax, VA 22030
 Cost: Free
 Contact: 703-539-2904
 E-mail: whitney.emerson@formedfamiliesforward.org
 Website: www.formedfamiliesforward.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 educator facilitates the informal discussion. Pre-registration is not required.



No. of weeks: Ongoing
 Cost: Free
 Contact: Inova HealthSource at 703-698-2441
 Email: childbirtheducation@inova.org
 Website: <http://inovahealthsource.org/childbirth-education>
 Language(s): **ENGLISH**

Falls Church

Date: Thursdays
 Time: 11:00 a.m. – 12:30 p.m.
 Location: Inova HealthSource, 2700 Prosperity Ave
 Suite 100, Fairfax VA 22031 (Classroom 7)

Fair Oaks

Date: Wednesdays
 Time: 11:00 a.m. – 12:30 p.m.
 Location: Inova Fair Oaks Hospital Campus
 Cancer Center Building
 3580 Joseph Siewick Dr., Fairfax, VA 22033
 (Conference Room C)

Franconia/Springfield

Date: Tuesdays
 Time: 12:00 – 1:30 p.m.
 Location: Inova HealthPlex-Franconia/Springfield
 6355 Walker Lane, Alexandria, VA 22310

New Moms Return to Work 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 educator facilitates the informal discussion. Pre-registration is not required.



No. of weeks: Ongoing
 Date: Every 2nd Saturday
 Time: 10:00 – 11:30 a.m.
 Location: Inova HealthSource, 2700 Prosperity Ave Suite 100, Fairfax VA 22031 (Classroom 8)
 Cost: Free
 Contact: Inova HealthSource at 703-698-2441
 E-mail: childbirtheducation@inova.org
 Website: <http://inovahealthsource.org/childbirth-education>
 Language(s): **ENGLISH**

Parent Support Groups / LOUDOUN

Access Moms' Small Group

McLean Bible Church

Access Ministry recognizes the need for moms to have a place to go and grow in God's Word while connecting with other women who have children with special needs. This exciting group allows moms to come together and share life with one another to discuss God's Word and interesting books, as well as enjoy time with other moms. The best part is these moms can relate to the daily activities at home, in school and with God.



No. of weeks: First and third Wednesdays of every month during the school year
 Date: Check website
 Time: 10:00 a.m. – 12:00 p.m.
 Location: Sterling, VA
 Cost: Free
 Contact: Isabelle Smith at 703-770-2971
 Email: isabelle.smith@mcleanbible.org
 Website: <https://www.mcleanbible.org/connect/access-moms-small-group-loudoun>
 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: Saturdays (Once a month)
 Time: 10:00 a.m. – 12:00 p.m.
 Location: Private home in Leesburg, contact for details
 Cost: Free
 Contact: Virginia Aicken 703-723-5701
 E-mail: isabelle.smith@mcleanbible.org
 Website: www.mcleanbible.org/coffeeandconnect
 Language(s): **ENGLISH**

INMED 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/Location: Call for more information
 Cost: Free
 Contact: Coralie Fernandez at 571-465-5999
 E-mail: cfernandez@inmed.org
 Website: www.inmed.org
 Language(s): **SPANISH**

Parent Support Groups / PRINCE WILLIAM

IN Autism Parent Support Group

The Arc of Greater Prince William



A parent-facilitated support group that offers support and resources to parents and other caregivers of children on the autism spectrum; free childcare available by pre-registration one week in advance.



No. of Weeks: Ongoing
 Date: Monthly, generally the 4th Tuesday of each month
 Time: 7:00 – 8:30 p.m.
 Location: The Arc of Greater Prince William 13505 Hillendale Dr, Woodbridge, VA 22193
 Cost: Free
 Contact: Jan Toone Russell at 703-730-3124
 E-mail: jrussell@arcgpw.org
 Website: www.arcgpw.org
 Language(s): **ENGLISH, SPANISH** interpreters available if prearranged one week prior to meeting

**ACTS Sexual Assault Services**

If your child has been sexually abused, he/she is counting on you for support. That means finding ways to deal with your feelings and reactions to the abuse that doesn't interfere with your child's welfare. Individual counseling and support groups can help.

No. of Weeks: Ongoing
 Date & Time: Call for details
 Location(s): Manassas and/or Dumfries
 Cost: Free
 Contact: Maggie Perez at 703-497-1192
 E-mail: ldeutsch@actspwc.us
 Website: www.actspwc.org
 Language: **ENGLISH & SPANISH**

Quantico New Parent Support ProgramMarine Corps Community Services

The New Parent Support Program (NPSP) is a voluntary strength-based parent education program which is delivered through education and support, secondary prevention, intensive home visitation services, parent support groups, and the ability to link parents to appropriate referrals and resources. Program eligibility is offered to all Marines, other military service members, family member who are expectant parents and parents of children from birth to five years of age. The NPSP Home Visitors (HV) are Registered Nurses, Licensed Clinical Social Workers, and Licensed Marriage and Family Therapists who specialize in newborn care, in infant/child development and parent education.

No. of Weeks: Monday - Friday
 Date & Time: Call for details
 Location(s): 2034 Barnett Ave, Little Hall, Lower Level, Quantico, VA 22134
 Cost: Free service for military card holders (active/retired)
 Contact: 703-784-4248
 E-mail: mccsquanticonpsp@usmc-mccs.org
 Website: quantico.usmc-mccs.org/index.cfm/marine-family/behavioral-health-program/new-parent-support-program-npsp/
 Language: **ENGLISH**

Playgroups / ALEXANDRIA

Learn & PlayGroups

The Center for Alexandria's Children

Learn & 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: January – June, 2018
Time: Varies, call for information
Location: Center for Alexandria's Children
1900 N. Beaugard St, Alexandria, VA 22311
& other locations in Alexandria
Cost: Free
Contact: Susan Britton at 703-746-6018
E-mail: susan@alexandriaskids.org
Website: alexandriaskids.org
Language(s): **ENGLISH & SPANISH**

Materials Playgroup - Animal Action!

UpCycle Creative Reuse Center

Children build, experiment and play with open-ended, repurposed objects and art materials.



No. of Weeks: 5
Date: Wednesdays or Thursdays
January 10 - February 7
or January 11 - February 8
Time: 10:00 - 11:30 a.m.
Location: Durant Arts Center, 1605 Cameron St
Alexandria, VA 22314
Cost: \$150/session, assistance available
Contact: Kelley Organek at 703-861-8705
E-mail: info@upcyclecrc.org
Website: www.upcyclecrc.org/materials-playgroup
Language(s): **ENGLISH (SPANISH-speaking teacher)**

Materials Playgroup - Light and Sound

UpCycle Creative Reuse Center

Children build, experiment and play with open-ended, repurposed objects and art materials.



No. of Weeks: 6
Date: Wednesdays or Thursdays
February 14 - March 21
or February 15 - March 22
Time: 10:00 - 11:30 a.m.
Location: Durant Arts Center, 1605 Cameron St
Alexandria, VA 22314
Cost: \$180/session, assistance available
Contact: Kelley Organek at 703-861-8705
E-mail: info@upcyclecrc.org
Website: www.upcyclecrc.org/materials-playgroup
Language(s): **ENGLISH (SPANISH-speaking teacher)**

Materials Playgroup

UpCycle Creative Reuse Center

Children build, experiment and play with open-ended, repurposed objects and art materials.



No. of Weeks: 6
Date: Wednesdays or Thursdays
April 4 - May 9 or April 5 - May 10
Time: 10:00 - 11:30 a.m.
Location: Durant Arts Center, 1605 Cameron St
Alexandria, VA 22314
Cost: \$180/session, assistance available
Contact: Kelley Organek, 703-861-8705
E-mail: info@upcyclecrc.org
Website: www.upcyclecrc.org/materials-playgroup
Language(s): **ENGLISH (SPANISH-speaking teacher)**

Playgroups / ARLINGTON

Project Family: Parents and Children Learning Together

Arlington DHS, 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 or check website for details.
Time: Mornings or afternoons, varies by site.
Location: Arlington Mill Community Center
909 S. Dinwiddie Street, Arlington
Other locations also available
Cost: Free, must live in Arlington
Contact: Cheryl Fuentes at 703-228-1549
Website: arlingtonfamilies.com
Language(s): **ENGLISH, SPANISH & AMHARIC**

Playgroups / FAIRFAX/FALLS CHURCH

Break Out

McLean Bible Church

Break Out is Access Ministry's fun Friday night respite care program for children with special needs and their siblings aged 2-15. Break Out is held on designated Friday evenings from 6:30-10 pm and allows parents much-needed breaks. Activities include games, crafts, music, snacks, movies and much more! Pediatric nurses are on site to administer medicines and handle pertinent medical issues. Break Out is staffed by volunteers from McLean Bible Church and the community.



No. of weeks: Ongoing
 Date: Designated Fridays
 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
 E-mail: erica.peters@mcleanbible.org
 Website: www.mcleanbible.org/connect/break-out
 Language(s): **ENGLISH**

Break Away

McLean Bible Church

Breakaway is Access Ministry's fun Saturday respite care program for children with special needs aged 2-25 who are living at home. This is a great time for parents to focus on the typically-developing siblings, run errands or have a time to rest. Activities include special shows, field trips, games, crafts, movies, music and even a moon bounce! Pediatric nurses are on site to administer medicines and handle pertinent medical issues. Breakaway is staffed by volunteers from McLean Bible Church and the community.



No. of weeks: Ongoing
 Date: Designated Saturdays
 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
 E-mail: erica.peters@mcleanbible.org
 Website: www.mcleanbible.org/connect/breakaway
 Language(s): **ENGLISH**

ñ Vamos a Gozar: Spanish Preschool Playgroup!

Fun playgroup for kids of all ages! Playgroup normally includes new Spanish vocabulary through songs, activities, story time, and an art project.

No. of weeks: Ongoing
 Date/Location: Contact for details
 Cost: Varies based on number of sessions
 Contact: 703-822-5776
 E-mail: melaniefroemke@gmail.com
 Website: <https://squareup.com/store/melanie-froemke/>
 Language(s): **SPANISH**

Playgroups / LOUDOUN

Break Out

McLean Bible Church

Break Out is Access Ministry's fun Friday night respite care program for children with special needs and their siblings aged 2-15. Break Out is held on designated Friday evenings from 6:30-10 pm and allows parents much-needed breaks. Activities include games, crafts, music, snacks, movies and much more! Pediatric nurses are on site to administer medicines and handle pertinent medical issues. Break Out is staffed by volunteers from McLean Bible Church and the community.



No. of weeks: Ongoing
 Date: Designated Fridays
 Time: 6:30 – 10:00 p.m.
 Location: McLean Bible Church LOUDOUN
 44180 Riverside Pkwy, Lansdowne, VA 20176
 Cost: \$15 for the first child, \$5 for each sibling
 Contact: Wendy Melcher at 703-770-8661
 E-mail: wendy.melcher@mcleanbible.org
 Website: mcleanbible.org/breakout
 Language: **ENGLISH**

Playgroups / PRINCE WILLIAM

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 Saturday/month)
 Date: August 19; September 23; October 14;
 November 11; December 16
 Time: 10:00 a.m. – 3:00 p.m.
 Location: McLean Bible Church PRINCE WILLIAM
 10002 Battleview Pkwy, Manassas, VA 20109
 Cost: \$20 first child, \$10 each additional child
 Contact: Kayla Underwood at 703-639-2000 x 3435
 E-mail: kayla.underwood@mcleanbible.org
 Website: mcleanbible.org/breakaway
 Language(s): **ENGLISH**

Other Parenting Resources / ALEXANDRIA

1-800-CHILDREN

Prevent Child Abuse Virginia

Parenting is a Hard Job... We're Here to Help. 800-CHILDREN is a toll-free, statewide helpline. Calls are answered by trained experienced professionals.

No. of Weeks: Ongoing
Date: Mondays – Saturdays
Time: 8:00 a.m. – 9:00 p.m.
Location: Virtual
Cost: Free
Contact: 800-244-5373
E-mail: 800children@pcav.org
Website: pcav.org
Language(s): **ENGLISH, SPANISH**-speaking callers can request help in Spanish and a Spanish speaker will call them back.

The Anne R Lipnick Special Education Parent Resource Center

Alexandria City Public Schools

The ACPS Parent Resource Center offers support groups, parent trainings, a lending library, and information on resources in the community. They also meet individually to help parents understand their child's special education services and also support parents with the challenges that accompany raising a child with a disability.



No. of Weeks: Ongoing
Date: Monday – Friday
Time: 8:30 a.m. – 3:30 p.m.
Location: T.C. Williams High School
3801 W. Braddock Rd, Alexandria, VA 22302
Minnie Howard Campus (Room 134)
Cost: Free
Contact: Janet Reese or Courtney P. Davis
at 703-824-0129
E-mail: janet.reese@acps.k12.va.us
or courtney.davis@acps.k12.va.us
Language(s): **ENGLISH & SPANISH**

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: 4401 Ford Ave, Alexandria, VA 22302
Cost: Free
Contact: 571-748-2629
E-mail: varaujo@nvfs.org
or ewillingham@nvfs.org
Website: nvfs.org/our-services/early-childhood-development/healthy-families/
Language(s): **ENGLISH, SPANISH, AMHARIC & ARABIC**

Sibling Classes

Inova HealthSource

The Sibling Class provides an interactive way for children ages 3 to 7 to prepare for and understand what it means to expect a new brother or sister. The class touches on what it means to be a big brother or sister, and allows the sibling to work on a craft gift for the new baby.



No. of weeks: One session; class held regularly
Date/Time: Varies, 1 hour
Location: Inova Alexandria Hospital
4320 Seminary Rd, Alexandria, VA 22304
Cost: \$29 per child
Contact: Inova HealthSource at 703-698-2441
E-mail: childbirtheeducation@inova.org
Website: inovahealthsource.org/childbirth-education
Language(s): **ENGLISH**

Childbirth Preparation Classes

Inova HealthSource

Inova HealthSource provides a variety of classes that are devoted to helping families prepare for the birth of a baby. These classes include Childbirth Express, Childbirth Preparation, 9 Months in 90 Minutes, and Twins, Triplets, & More.



No. of weeks: Varies
Date/Time: Varies
Location: Inova Alexandria Hospital
4320 Seminary Rd, Alexandria, VA 22304
Cost: Varies
Contact: Inova HealthSource at 703-698-2441
E-mail: childbirtheeducation@inova.org
Website: inovahealthsource.org/childbirth-education
Language(s): **ENGLISH**

Understanding Birth eClass

[Inova HealthSource](#)

This class is ideal for those expectant parents who can't attend an on-site childbirth class due to work schedules, time constraints, or medical conditions. The childbirth eClass will help you understand pregnancy, learn about labor, see how the stages of labor unfold, and discover helpful comfort techniques.

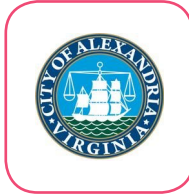


No. of weeks: Ongoing
 Date/Time: On your schedule
 Location: Online
 Cost: \$99
 Contact: Inova HealthSource at 703-698-2441
 E-mail: childbirtheeducation@inova.org
 Website: inovahealthsource.org/childbirth-education
 Language(s): **ENGLISH**

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.



Location: 4480 King St, 5th Floor
 Alexandria, VA 22302
 Contact: Robin Crawley at 703-746-3350
 E-mail: robin.crawley@alexandriava.gov
 Language(s): **TRANSLATION & INTERPRETATION**
 available in any language, including American Sign Language

Other Parenting Resources / ARLINGTON

1-800-CHILDREN

[Prevent Child Abuse Virginia](#)

Parenting is a Hard Job... We're Here to Help. 800-CHILDREN is a toll-free, statewide helpline. Calls are answered by trained experienced professionals.

No. of Weeks: Ongoing
 Date: Mondays – Saturdays
 Time: 8:00 a.m. – 9:00 p.m.
 Location: Virtual
 Cost: Free
 Contact: 800-244-5373
 E-mail: 800children@pcav.org
 Website: pcav.org
 Language(s): **ENGLISH, SPANISH**-speaking callers can request help in Spanish and a Spanish speaker will call them back.

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: 4401 Ford Ave, Suite 303
 Alexandria, VA 22302
 Cost: Free
 Contact: 571-748-2711
 E-mail: mtesfaye@nvfs.org
 or ewillingham@nvfs.org
 Website: nvfs.org/our-services/early-childhood-development/healthy-families/
 Language(s): **ENGLISH, SPANISH, HINDI, PUNJABI, URDU & AMHARIC**

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!



Cost: Free
 Contact: Cheryl Fuentes at 703-228-1551
 E-mail: cfuentes@arlingtonva.us
 Website: arlingtonfamilies.com

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: Sequoia 2, 2110 Washington Blvd Suite 350, Arlington, VA 22204
 Cost: Eligibility determination and assessment for planning and service coordination are free; sliding scale fee for additional services
 Contact: 703-228-1640
 E-mail: ldavidson@arlingtonva.us
 Language(s): **INTERPRETATION** available for any language as needed

Special Education Parent Resource Center (PRC)

[Arlington Public Schools](#)

The PRC's purpose is to provide parents the support and information they need as they work with the school system to identify and meet their child's unique learning needs. The PRC offers support and assistance, a lending library, a parent newsletter, parent training workshops, and serves as an information and referral source for families and staff members.



No. of weeks: Ongoing
 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
 E-mail: kathleen.donovan@apsva.us
 Website: apsva.us/prc
 Language(s): **ENGLISH, SPANISH & INTERPRETATION** in other languages as needed

Other Parenting Resources / FAIRFAX/FALLS CHURCH

1-800-CHILDREN

[Prevent Child Abuse Virginia](#)

Parenting is a Hard Job... We're Here to Help. 800-CHILDREN is a toll-free, statewide helpline. Calls are answered by trained experienced professionals.

No. of Weeks: Ongoing
 Date: Mondays – Saturdays
 Time: 8:00 a.m. – 9:00 p.m.
 Location: Virtual
 Cost: Free
 Contact: 800-244-5373
 E-mail: 800children@pcav.org
 Website: pcav.org
 Language(s): **ENGLISH, SPANISH**-speaking callers can request help in Spanish and a Spanish speaker will call them back.

LifeSkills Training for Middle Schoolers

Formed Families Forward

During our six week program, teens will learn communication skills, to make good decisions, to avoid drug and alcohol use, and to be more confident. Pizza included! This program is provided in conjunction with the Partners in Prevention Fund of Fairfax County and the Parks and Recreation Department.



No. of Weeks: 6 weeks
 Date: Wednesdays, January 31- March 14
 (no meeting on 2/14)
 Time: 5:15 - 6:45 p.m.
 Location: Stacy C. Sherwood Community Center
 3740 Old Lee Highway, Fairfax
 Cost: FREE
 Contact: 703-539-2904
 E-mail: whitney.emerson@formedfamiliesforward.org
 Website: www.formedfamiliesforward.org
 Language(s): **ENGLISH**

Mindfully Managing Stress: Proven Tools for Reducing Stress and Taking Care of Yourself While Taking Care of Others

Formed Families Forward

Caring for children and youth with special needs can be exhausting! Join other adoptive and foster parents and caregivers for an evening of information and support. Joy Koeppen, LCSW, a local mental health therapist, will share tips based on her own experiences.



No. of Weeks: One time event
 Date: Monday, January 8
 Time: 6:30 - 8:00 p.m.
 Location: 4031 University Drive, Suite 100, Fairfax
 Cost: FREE
 Contact: 703-539-2904
 E-mail: whitney.emerson@formedfamiliesforward.org
 Website: www.formedfamiliesforward.org
 Language(s): **ENGLISH**

What Legal Paperwork do Kinship Caregivers Need?

Formed Families Forward

Grandparents and family members caring for children and youth often experience hurdles when enrolling children in school, dealing with financial and medical matters, and other issues that may require legal paperwork. Becky Wolozin of the Legal Aid Justice Center will offer advice.



No. of Weeks: One time event
 Date: Tuesday, January 9
 Time: 2:00pm - 4:00 p.m.
 Location: 4031 University Drive, Suite 100, Fairfax
 Cost: FREE
 Contact: 703-539-2904
 E-mail: whitney.emerson@formedfamiliesforward.org
 Website: www.formedfamiliesforward.org
 Language(s): **ENGLISH**

Professional Workshop: From Trauma to Resiliency: Building Trauma-Informed Schools and Communities

Formed Families Forward

The principles of trauma-responsive care and student social and emotional health will be addressed - providing participants with the tools to create systemic changes promoting environments conducive to the learning needs of all students. Participants will learn essential elements of trauma-responsive care and how to apply it within school culture.



No. of Weeks: One time event
 Date: Friday, April 6
 Time: 8:00 a.m. - 12:30 p.m.
 Location: 4031 University Dr, Suite 100, Fairfax
 Cost: \$45.00
 Contact: 703-539-2904
 E-mail: whitney.emerson@formedfamiliesforward.org
 Website: www.formedfamiliesforward.org
 Language(s): **ENGLISH**



Spring Forward Family Fun Day

Formed Families Forward



Our annual family fun day for foster, kinship and adoptive families is a can't miss event! Join us for a morning of learning for parents and caregivers followed by an afternoon of fun for the whole family. Childcare available.



No. of Weeks: One time event
Date: Saturday, April 7
Time: 9:30 a.m. - 3:00 p.m.
Location: Providence Community Center
3001 Vaden Drive, Fairfax
Cost: \$5 per person (ages 3+)
to cover provided lunch
Contact: 703-539-2904
E-mail: whitney.emerson@formedfamiliesforward.org
Website: www.formedfamiliesforward.org
Language(s): **ENGLISH**



Reducing Anxiety in the Classroom: Tools and Strategies for Families and Educators

Formed Families Forward

Join Formed Families Forward to fill your toolbox with strategies for reducing your child's anxiety in the classroom. Corliss Gillespie, LPC with Happy Minds Counseling and Consulting, will provide parenting tips and ideas for your child's IEP to make their time in the classroom more enjoyable.



No. of Weeks: One time event
Date: Monday, February 5
Time: 6:30 - 8:00 p.m.
Location: 4031 University Drive, Suite 100, Fairfax
Cost: FREE
Contact: 703-539-2904
E-mail: whitney.emerson@formedfamiliesforward.org
Website: www.formedfamiliesforward.org
Language(s): **ENGLISH**

Sibling Classes

Inova HealthSource

The Sibling Class provides an interactive way for children ages 3 to 7 to prepare for and understand what it means to expect a new brother or sister. The class touches on what it means to be a big brother or sister, and allows the sibling to work on a craft gift for the new baby.



No. of weeks: One session; Class held regularly
Date: Varies
Time: Varies, 1 hour
Location: Inova Fairfax Hospital
3300 Gallows Rd, Falls Church, VA 22042,
Inova Fair Oaks Hospital
3600 Joseph Siewick Dr, Fairfax, VA 22033
Cost: \$29 per child
Contact: Inova HealthSource at 703-698-2441
E-mail: childbirtheeducation@inova.org
Website: <http://inovahealthsource.org/childbirth-education>
Language(s): **ENGLISH**



Healthy Families Fairfax

Fairfax County's Department of Family Services and Health Department,
Northern Virginia Family Service,
United Community Ministries

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. Bilingual staff is available.



No. of weeks: Ongoing
Date: Weekly, biweekly or monthly home-visits (depending on level of need)
Time: Varies
Location: 4 locations in Fairfax County (Annandale, Reston, South County, Springfield)
Cost: Free
Contact: 703-324-8510
Website: <https://www.nvfs.org/our-services/early-childhood-development/healthy-families/>

The Parent Resource Center

Fairfax County Public Schools (FCPS)

Providing resources, workshops and consultations to support the success of all students, including those with learning challenges, special needs and disabilities. Free parent workshops and lending library. Visit our website for all the details and follow us on social media.



No. of weeks: All year
 Date: Monday – Friday
 Time: 8:00 a.m. – 4:00 p.m.
 Location: Dunn Loring Center for Parent Services
 2334 Gallows Road, Room 105
 Dunn Loring, VA 22027
 Cost: Free
 Contact: 703-204-3941
 E-mail: prc@fcps.edu
 Website: <https://www.fcps.edu/resources/family-engagement/parent-resource-center>
 Language(s): **ENGLISH & SPANISH**

13th Annual Special Education Conference

FCPS Parent Resource Center

Each year our keynote presenters draw a wide audience of parents, educators, preservice teachers, and community members eager to hear latest research, strategies, and trends in the education of students with learning challenges, special needs, and disabilities. This year's conference focuses on building inclusive practices to support development of 21st century skills and Portrait of a Graduate (POG) attributes for students with learning challenges, special needs, and disabilities.



No. of weeks: One time event
 Date: Saturday, April 21
 Time: 8:00 a.m. – 2:30 p.m.
 Location: Hayfield Secondary School
 7630 Telegraph Rd, Alexandria, VA 22315
 Cost: Free
 Contact: 703-204-3941
 E-mail: prc@fcps.edu
 Website: <https://www.fcps.edu/spedconference2018>
 Language(s): **ENGLISH**

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/Location: Varies, call for information
 Cost: Free
 Contact: 703-923-0010
 E-mail: partners@peatc.org
 Website: www.peatc.org
 Language(s): **ENGLISH & 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
 Contact: 703-246-7121
 E-mail: itcinfo@fairfaxcounty.gov
 Website: <https://www.fairfaxcounty.gov/community-services-board/infant-toddler-connection>
 Language(s): **INTERPRETATION** services are provided for any language as needed.

Sibling Classes

Inova HealthSource

The Sibling Class provides an interactive way for children ages 3 to 7 to prepare for and understand what it means to expect a new brother or sister. The class touches on what it means to be a big brother or sister, and allows the sibling to work on a craft gift for the new baby.



No. of weeks: One session; Class held regularly
 Date/Time: Varies
 Location: Inova HealthSource
 2700 Prosperity Ave, Fairfax, VA 22031
 & Inova Fair Oaks Hospital
 3580 Joseph Siewick Dr, Fairfax, VA 22033
 Cost: \$29
 Contact: Inova HealthSource at 703-698-2441
 E-mail: childbirtheeducation@inova.org
 Website: <http://inovahealthsource.org/childbirth-education>
 Language(s): **ENGLISH**

Childbirth Preparation Classes

Inova HealthSource

Inova HealthSource provides a variety of classes that are devoted to helping families prepare for the birth of a baby. These classes include Childbirth Express, Childbirth Preparation, 9 Months in 90 Minutes, and Twins, Triplets, & More.



No. of weeks: Varies but classes are held regularly
 Date/Time: Varies
 Location: Inova HealthSource
 2700 Prosperity Ave, Fairfax, VA 22031
 & Inova Fair Oaks Hospital
 3580 Joseph Siewick Dr, Fairfax, VA 22033
 Cost: Varies
 Contact: Inova HealthSource at 703-698-2441
 E-mail: childbirtheeducation@inova.org
 Website: <http://inovahealthsource.org/childbirth-education>
 Language(s): **ENGLISH**

Understanding Birth eClass

Inova HealthSource

This class is ideal for those expectant parents who can't attend an on-site childbirth class due to work schedules, time constraints, or medical conditions. The childbirth eClass will help you understand pregnancy, learn about labor, see how the stages of labor unfold, and discover helpful comfort techniques.



No. of weeks: Ongoing
 Date/Time: On your schedule
 Location: Online
 Cost: \$99
 Contact: Inova HealthSource at 703-698-2441
 E-mail: childbirtheeducation@inova.org
 Website: <http://inovahealthsource.org/childbirth-education>
 Language(s): **ENGLISH**

Other Parenting Resources / LOUDOUN

1-800-CHILDREN

Prevent Child Abuse Virginia

Parenting is a Hard Job...We're Here to Help. 1-800-CHILDREN is a toll-free, statewide helpline. Calls are answered by trained experienced professionals.

No. of Weeks: Ongoing
 Date: Mondays – Saturdays
 Time: 8:00 a.m. – 9:00 p.m.
 Location: Virtual
 Cost: Free
 Contact: 800-244-5373
 E-mail: 800Children@pcav.org
 Website: www.pcav.org
 Language(s): **ENGLISH, SPANISH**-speaking callers can request help in Spanish and a Spanish speaker will call them back.

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, 8:30 – 5:00 p.m.
 Location: 906 Trailview Blvd SE, 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 LoudounMobile Hope Association

Dedicated to children and young adults, 24 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: Appointments available Tuesday – Thursday, 10:00 a.m. – 3:00 p.m.

Location: 741 Miller Drive, Suite F Leesburg, VA 20175

Cost: Free

Contact: Staff at 703-771-1400

E-mail: donna@mobilehopeloudoun.org

Website: www.mobilehopeloudoun.org

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

Other Parenting Resources / PRINCE WILLIAM

1-800-CHILDRENPrevent Child Abuse Virginia

Parenting is a Hard Job...We're Here to Help. 1-800-CHILDREN is a toll-free, statewide helpline. Calls are answered by trained experienced professionals.

No. of Weeks: Ongoing

Date: Mondays – Saturdays

Time: 8:00 a.m. – 9:00 p.m.

Location: Virtual

Cost: Free

Contact: 800-244-5373

E-mail: 800Children@pcav.org

Website: www.pcav.org

Language(s): **ENGLISH, SPANISH**-speaking callers can request help in Spanish and a Spanish speaker will call them back.

Parent Workshop on Beneficial Uses of Certified Therapeutic Grade Essential OilsThe Arc of Greater Prince William

Essential oils and their benefit to different body systems, mostly for those on the autism spectrum



No. of Weeks: 1 time

Date: February 6

Time: 7:00 – 8:30 p.m.

Location: The Arc of Greater Prince William
13505 Hillendale Dr
Woodbridge, VA 22193

Cost: Free

Contact: Jan Toone Russell at 703-730-3124

E-mail: jrussell@arcgpw.org

Website: www.arcgpw.org

Language(s): **ENGLISH, SPANISH** interpretation available if pre-arranged one week prior to meeting

ACTS Sexual Assault Services

If your child has been sexually abused, he/she is counting on you for support. That means finding ways to deal with your feelings and reactions to the abuse that doesn't interfere with your child's welfare. Individual counseling and support groups can help.

No. of Weeks: Ongoing

Date & Time: Call for details

Location(s): Manassas and/or Dumfries

Cost: Free

Contact: Maggie Perez at 703-497-1192

E-mail: lteutsch@actspwc.us

Website: www.actspwc.org

Language: **ENGLISH & SPANISH**

New Parent Support Program NPSPMarine Corps Community Services MCCS Quantico

The New Parent Support Program (NPSP) is an voluntary strength-based parent education program which is delivered through education and support, secondary prevention, intensive home visitation services, parent support groups, and the ability to link parents to appropriate referrals and resources. Program eligibility is offered to all Marines, other military service members, family member who are expectant parents and parents of children from birth to five years of age. The NPSP Home Visitors (HV) are Registered Nurses, Licensed Clinical Social Workers, and Licensed Marriage and Family Therapists who specialize in newborn care, in infant/child development and parent education.

No. of Weeks: Monday – Friday

Time: 8:00 a.m. – 4:30 p.m.

Location: 2034 Barnett Ave, Little Hall, Lower Level Quantico, VA 22134

Cost: Free

Contact: Office at 703-784-4248, Fax at 703-784-4328

E-mail: mccsqanticonpsp@usmc-mccs.org

Healthy FamiliesNorthern Virginia Family Service

Healthy Families is a home-visiting program that supports expectant and new parents with children from birth to age 4, 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.



No. of weeks: Ongoing

Date: Weekly, biweekly or monthly home-visits (depending on level of need)

Time: Varies

Location: 10056 Dean Dr., Manassas, VA 20110

Cost: Free

Contact: 571-748-2743 or 571-748-2850

E-mail: ngomez@nvfs.org or enielsen@nvfs.org

Website: <https://www.nvfs.org/our-services/early-childhood-development/healthy-families/>

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

n 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 their child and family meet their goals.

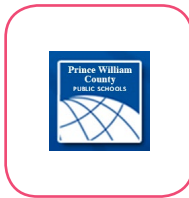


No. of weeks: Ongoing
 Date: Monday – Friday
 Time: 8:00 a.m. – 6:00 p.m.
 Location: 7987 Ashton Avenue, Suite 231
 Manassas VA 20109
 (most services provided in home)
 Cost: Free determination of eligibility; insurance and sliding fee scale for services provided by therapy and education staff
 Contact: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

n Special Education Parent Resource Center

Prince William County Public Schools

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



No. of weeks: September – August
 Date: Monday – Friday
 Time: 8:00 a.m. – 4:30 p.m.,
 hours by appointment
 Location: Kelly Leadership Center
 14715 Bristow Rd, Manassas, VA 20112
 Cost: Free
 Contact: Mary Jo Howarth at 703-791-7438
 Email: howartmj@pwcs.edu
 Website: www.pwcs.edu (Select Community >
 Parent Resource Center)
 Language(s): **ENGLISH & TRANSLATION** in other
 languages is available

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

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



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



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