

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



Childcare or **Children's Program** provided



One-Time only event

Parent Connection

A PARENT EDUCATION RESOURCE GUIDE FOR SERVICE PROVIDERS IN NORTHERN VIRGINIA

WINTER/SPRING 2017

Parenting Classes / ALEXANDRIA

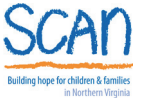


The ABCs of Parenting

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.



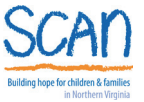
No. of weeks: 8 weeks
Date: February 16 – April 6 (registration opens January 16)
Time: 6:00 – 8:30 p.m.
Location: First Assembly of God Church, 700 W. Braddock Rd, Alexandria, VA 22302
Cost: Free
Contact: Alice Clark at 703-820-9001 ext. 105
E-mail: aclark@scanva.org
Website: www.scanva.org
Language(s): **SPANISH**



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.



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



Strengthening Families Program (ages 6-11)

SCAN of Northern Virginia and 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 middle school (ages 10 – 14).



No. of weeks: 14 weeks
Date: Tuesdays, February 28 – June 6
Time: 5:30 – 8:00 p.m.
Location: William Ramsay Elementary School, 5700 Sanger Ave, Alexandria, VA 22311
Cost: Free
Contact: Alice Clark at 703-820-9001 ext. 105
E-mail: aclark@scanva.org
Website: www.scanva.org
Language(s): **SPANISH**

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.

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 February 7
 Time: 6:30 – 9:00 p.m.
 Location: Charles Houston Recreation Center
 901 Wythe St, Alexandria, VA 22314
 Cost: Free
 Contact: Everette “Boobie” Mitchell at 240-676-7903
 E-mail: emitchell@cyep.org
 or boobie4747@hotmail.com
 Website: www.cyep.org
 Language(s): **ENGLISH**

Parent Encouragement Program (PEP)

PEP offers a range of parenting classes for parents of toddlers to teens in Northern Virginia, DC and Maryland. All parents face changes and challenges as they raise their children, and PEP can help. Please check the schedule at PEPparent.org for a class near you.



No. of weeks: Ranges from 1 to 8 weeks
 Date: Dates are offered throughout the week
 Time: Classes are offered during the day and in the evening
 Location: Locations vary
 Cost: Varies from \$35 per workshop to \$259 for an 8-week class
 Contact: PEP office at 301-929-8824
 E-mail: office@pepparent.org
 Website: www.pepparent.org
 Language(s): **ENGLISH**

Grandparenting Classes

Inova HealthSource

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/Time: Varies, class is 2 hours in length
 Location: Inova Alexandria Hospital
 4320 Seminary Rd, Alexandria, VA 22304
 Cost: \$39 per person
 Contact: Inova HealthSource at 703-698-2441
 E-mail: childbirtheducation@inova.org
 Website: inovahealthsource.org/childbirth-education
 Language(s): **ENGLISH**

Parenting Classes / ARLINGTON

Strengthening Families Program (ages 10-14) Arlington County

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



No. of weeks: 7 weeks
 Date: February 22 – April 5
 Time: 6:00 – 8:00 p.m.
 Location: Gunston Middle School
 2700 S. Lang St, Arlington, VA 22206
 Cost: Free
 Contact: Carisa Pineda, 703-228-1108
 E-mail: cpineda@arlingtonva.us
 Website: strengtheningfamiliesarlington.com
 Language(s): **ENGLISH & SPANISH**

Parent Encouragement Program (PEP)

PEP offers a range of parenting classes for parents of toddlers to teens in Northern Virginia, DC and Maryland. All parents face changes and challenges as they raise their children, and PEP can help. Please check the schedule at PEPparent.org for a class near you.



No. of weeks: Ranges from 1 to 8 weeks
 Date: Dates are offered throughout the week
 Time: Classes are offered during the day and in the evening
 Location: Locations vary
 Cost: Varies from \$35 per workshop to \$259 for an 8-week class
 Contact: PEP office 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 and FCPS



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: 7 weeks
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, March 7 – April 25
Time: 6:00 – 8:30 p.m.
Location: 6402 Franconia Rd, Springfield, VA 22150
Language(s): **SPANISH**

Poe Middle School

Date: Thursdays, April 20 – June 1
Time: 6:00 – 8:30 p.m.
Location: 7000 Cindy Ln, Annandale, VA 22003
Language(s): **SPANISH**

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
Dates: Offered three 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, VA 22027
Cost: \$40 per person/\$60 per couple (Reduced rates available for financial need)
Contact: 703-204-4343 (English) or 703-204-4305 (Spanish)
E-mail: susie.johnson@fcps.edu
Website: fcps.edu/resources/family-engagement/parenting-classes
Language(s): **ENGLISH & SPANISH**

Parent Project

Fairfax County Public Schools Family and School Partnership

In 8 sessions, parents learn and practice specific prevention and intervention strategies in order to avoid destructive behavior. For parents of teenagers from ages 11 to 20.



No. of weeks: 8 weeks
Date: Call for details
Time: Usually from 6:00 – 9:00 p.m.
Locations: Varies
Cost: \$15 for the book
Website: fcps.edu/is/fam/reunification.shtml
Contact: Ligia Diaz at 703-204-4342
E-mail: ldiaz@fcps.edu
Language(s): **SPANISH**

Dads Matter

Fairfax County Public Schools, Family and School Partnerships

Research has shown that when dads are involved in their child's education, test scores go up and the dropout rate goes down. Dads serve as a positive role model for both sons and daughters. Join with other dads to learn and share positive fathering strategies. Topics include: Identifying roles and goals, understanding the difference between influence and control, recognizing what children need, and developing a support system.



No. of weeks: One 2½-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: 703-204-4343
E-mail: susie.johnson@fcps.edu
Website: fcps.edu/resources/family-engagement/parenting-classes
Language(s): **ENGLISH**

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
Dates: January 28, February 25, March 25, April 29, May 19
Time: 9:30 a.m. – 1:30 p.m.
*May 19: 2:00 – 6:00 p.m.
Location: Annandale Campus
8333 Little River Tpk, Annandale, VA 22003
Cost: \$50
Contact: 703-323-3168
Website: www.nvcc.edu/workforce
Language(s): **ENGLISH**

Parent Encouragement Program (PEP)

PEP offers a range of parenting classes for parents of toddlers to teens in Northern Virginia, DC and Maryland. All parents face changes and challenges as they raise their children, and PEP can help. Please check the schedule at PEPparent.org for a class near you.



No. of weeks: Ranges from 1 to 8 weeks
 Date: Dates are offered throughout the week
 Time: Classes are offered during the day and in the evening
 Location: Locations vary
 Cost: Varies from \$35 per workshop to \$259 for an 8-week class
 Contact: PEP office at 301-929-8824
 E-mail: office@pepparent.org
 Website: www.pepparent.org
 Language(s): **ENGLISH**

Families Reunite: Immigrant Family Reunification Parenting Class

Family and School Partnerships, Fairfax County Public Schools

Families Reunite is offered in Spanish or English (also in other languages per previous request) for parents who have recently reunited with their child(ren) after a long separation. Families Reunite led by a native Spanish speaking facilitator and accompanied by a 42-page parent guide, is an interactive class that walks the parents through a process of reconnecting with their children, thus establishing a stronger family unit. Children are invited to participate with their parents for the last session.



No. of Weeks: 3 weeks
 Dates: Various dates throughout school year
 Time: 6:00 – 9:00 p.m.
 Location: Various school buildings
 Cost: Free
 Contact: Ligia Díaz at 703-204-4342
 E-mail: lldiaz@fcps.edu
 Website: fcps.edu/is/fam/reunification.shtml
 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.



Cost: Free

For parents with children ages 0-4

No. of weeks: 24 weeks

Main Street Development Center

Date: Mondays, January 23 – June 26
 Time: 5:30 – 8:00 p.m.
 Location: 4401 Sideburn Rd, Fairfax, VA 22030
 Contact: Raiza Barraza at 703-324-7745
 Language(s): **SPANISH**

For parents with children ages 5-11

No. of weeks: 13 weeks

Fairfax Church of Christ

Date: Mondays, January 23 – May 1
 Time: 5:30 – 8:00 p.m.
 Location: 3901 Rugby Rd, Fairfax, VA 22033
 Contact: Natalie Bailey at 703-324-3617 or Debi Hackney at 703-324-7790
 Language(s): **ENGLISH**

Columbia Baptist Church

Date: Mondays, March 6 – June 19
 Time: 5:30 – 8:00 p.m.
 Location: 3245 Glen Carlyn Rd, Falls Church, VA 22041
 Contact: Alba Quinones at 703-324-7310
 Language(s): **SPANISH**

Grace Presbyterian Church

Date: Thursdays, February 9 – May 11
 Time: 5:30 – 8:00 p.m.
 Location: 7434 Bath St, Springfield, VA 22150
 Contact: Janet Little at 703-324-7501
 Language(s): **ENGLISH**



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
 E-mail: childbirtheducation@inova.org
 Website: inovahealthsource.org/childbirth-education
 Language(s): **ENGLISH**



Parenting Strategies for the Young Child

Loudoun Nurturing Parenting Program

FREE Course covers 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: 9 weeks
 Date: March 15 – May 17
 Time: 9:30 – 11:00 a.m.
 Location: 105 E Market St, Leesburg VA, 20176
 Cost: Free
 Contact: Cortney Thomas at 703-771-3973 ext. 27
 E-mail: Cortney.thomas@lcsj.org
 Website: lcsj.org/services/
 Language(s): **ENGLISH**



Parenting Strategies for the School Aged Child (ages 5-11)

Loudoun Nurturing Parenting Program

FREE Course covers 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. Dinner is provided



No. of Weeks: 9 weeks
 Date: March 16 - May 18
 Time: 5:30 – 8:00 p.m.
 Location: 105 E Market St, Leesburg, VA 20176
 Cost: Free
 Contact: Cortney Thomas at 703-771-3973 ext. 27
 E-mail: Cortney.thomas@lcsj.org
 Website: lcsj.org/services/
 Language(s): **ENGLISH**

Parenting Classes / LOUDOUN



Parenting Strategies

Loudoun Nurturing Parenting Program



FREE Course covers 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. Dinner is provided.



No. of weeks: 9 weeks
 Date: January 11 – March 8
 Time: 5:30 – 8:00 p.m.
 Location: 105 E Market St, Leesburg, VA 20176
 Cost: Free
 Contact: Cortney Thomas at 703-771-3973 ext. 27
 E-mail: Cortney.thomas@lcsj.org
 Website: lcsj.org/services/
 Language(s): **SPANISH**



Parenting Strategies for the Pre-Teen

Loudoun Nurturing Parenting Program

FREE Course covers a wide variety of positive parenting strategies specific to raising the pre-teen in order 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.



No. of Weeks: 6 weeks
 Date: January 12 – February 23
 Time: 6:00 – 7:30 p.m.
 Location: 105 E Market St, Leesburg, VA 20176
 Cost: Free
 Contact: Cortney Thomas at 703-771-3973 ext. 27
 E-mail: Cortney.thomas@lcsj.org
 Website: lcsj.org/services/
 Language(s): **ENGLISH**



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 weeks
 Date: Call or check website
 Time: 7:00 – 9:00 p.m.
 Location: Various locations in Prince William County
 Cost: \$40
 Contact: Julie Stiles (English) at 703-792-6288
 Spanish speakers call 703-792-5940
 E-mail: jstiles@pwcgov.org
 Website: pwcgov.org/parenting
 Language(s): **ENGLISH & SPANISH**

Juvenile Justice Parenting Program

Virginia Cooperative Extension

This program is for families of adolescents and pre-adolescents, ages 12 to 17, who display at-risk behaviors and are in danger of becoming court involved. Pre-registration is required.



No. of weeks: 8 weeks
 Date: Call or check website
 Time: Parents: 7:30 – 9:30 p.m.
 Youth: 5:30 – 6:30 p.m.
 Location: Ferlazzo Government Building
 15941 Donald Curtis Dr
 Woodbridge, VA 22192
 Cost: \$40
 Contact: Julie Stiles at 703-792-6288
 Spanish speakers call 703-792-5940
 E-mail: 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 weeks
 Date: Call or check website
 Time: 7:00 – 9:00 p.m.
 Location: Various locations in Prince William County
 Cost: \$40
 Contact: Julie Stiles at 703-792-6288
 Spanish speakers call 703-792-5940
 E-mail: jstiles@pwcgov.org
 Website: www.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. In this group, 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 18
 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: 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 23
 Time: 6:00 – 7:30 p.m.
 Location: ARHA Main Bldg, 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: scanva.org
 Language(s): **ENGLISH**

Women's Domestic Violence Support Group

Department of Community & Human Services,

Domestic Violence Program



These confidential weekly support groups, designed for women who are survivors of domestic violence or are currently in an abusive relationship, provide a valuable way to understand the impact of violence on themselves and their relationships, gain tools to keep themselves safe and empowered and share their experiences with others. Alexandria City residents only please. Childcare provided for English support group.



No. of weeks: 8 weeks
Date/Time: Call for details
Location: Call for location
Cost: Free
Contact: 703-746-4911
Language(s): **ENGLISH & SPANISH**

New Moms Group

[Inova HealthSource](#)

This drop-in group is perfect to meet new friends and talk about the challenges and joys of being a new mom. An experienced maternal-infant educator facilitates the informal discussion. Pre-registration is not required.



No. of weeks: Ongoing
Date: Tuesdays
Time: 12:00 – 1:30 p.m.
Location: InovaHealthPlex-Franconia/Springfield, 6355 Walker Ln, Alexandria, VA 22310
Main floor classroom
Cost: Free
Contact: Inova HealthSource at 703-698-2441
Email: childbirtheducation@inova.org
Website: inovahealthsource.org/childbirth-education
Language(s): **ENGLISH**

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: January – April
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: 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: January 12 & 26, February 9 & 23, March 9 & 23, April 6 & 20, May 4 & 18, and June 8
Time: 6:30 – 8:00 p.m.
Location: 2709 Popkins Ln, Alexandria, VA 22306 (Adult Ed Entrance, Rooms 40 & 41)
Cost: Free
Contact: Shannon Anderson at 703-204-4340 or Kim Karlinchak at 703-324-5447, TTY:711
Website: fairfaxcounty.gov/dfs/kinship
Language(s): **ENGLISH**



Access Ministry Parent Support Group

McLean Bible Church

Our vision is to provide an open door and a safe place for parents of children or adults with special needs to share their pain, loss, anger, frustration, etc., with others who understand and care, using God's Word for hope, encouragement and inspiration. Join us for a time of healing and encouragement through fellowship, Scripture, prayer and support.



No. of weeks: Twice/month
 Date: January 8 & 22, February 5 & 19, March 5 & 19, April 2 & 23, May 7 & 21, June 4 & 18
 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
 E-mail: isabelle.smtih@mcleanbible.org
 For childcare reservations:
 gabby.peters@mcleanbible.org
 Website: accessministrymbc.org
 Language(s): **ENGLISH**

Fairfax Access Moms' Small Group

McLean Bible Church

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 women can relate to the daily activities at home, in school and with God.



No. of weeks: Bi-weekly on Thursdays
 Date: Check Website
 Time: 10:00 a.m. – 12:00 p.m.
 Location: 8925 Leesburg Pk, Vienna, VA 22182
 Room 1605
 Cost: Free
 Contact: Isabelle Smith at 703-770-2971
 E-mail: isabelle.smith@mcleanbible.org
 Website: mcleanbible.org/accessmsg-tysons
 Language(s): **ENGLISH**

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: inovahealthsource.org/childbirth-education
 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
 E-mail: childbirtheeducation@inova.org
 Website: 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

Youth and Young Adults: Stronger Together Peer Support Groups

Formed Families Forward



We are planning for our 201-17 groups, held twice monthly in Fairfax city. Groups are facilitated by professional clinicians. Parents, caregivers and guardians have their own group meeting at the same time in the same building. Our 2015-16 group was a huge success. Please plan to join us!

No. of weeks: 16 weeks
 Date: October, 2016 - May, 2017
 Time: 6:30 – 8:00 PM
 Location: 4031 University Dr, Fairfax, VA, 22030
 Cost: \$5 per session /family; reimbursed in May
 Contact: Kelly Henderson at 703-539-2904
 E-mail: kelly.henderson@formedfamiliesforward.org
 Website: www.formedfamiliesforward.org
 Language(s): **ENGLISH**

Parent Support Groups / LOUDOUN

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: Ongoing
Date: First and third Wednesdays during the school year
Time: 10:00 a.m. – 12:00 p.m.
Location: 44180 Riverside Pkwy, Leesburg, VA 20176
Cost: Free
Contact: Isabelle Smith at 703-770-2971
E-mail: isabelle.Smith@mcleanbible.org
Website: mcleanbible.org/accessmsg-loudoun
Language(s): **ENGLISH**

Access Moms' Coffee & Connect

McLean Bible Church



Access Moms, please join us for a time of encouragement, refreshments, prayer and sharing with other moms of individuals with special needs in a safe, caring environment.

No. of weeks: Monthly
Date: January 28, February 25, March 25, April 22, May 20, June 24
Time: 10:00 a.m. – 12:00 p.m.
Location: Call for specific location in Leesburg, VA
Cost: Free
Contact: Virginia Aicken at 703-723-5701
E-mail: vaicken@verizon.net
Website: mcleanbible.org/coffeeandconnect
Language(s): **ENGLISH**



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

Parent Support Groups / PRINCE WILLIAM



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
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: 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: 703-497-1192 (English)
or Maggie Perez (Spanish)
at 703-497-1192 ext. 704
E-mail: ldeutsch@actspwc.us
Website: actspwc.org
Language: **ENGLISH & SPANISH**

Playgroups / ALEXANDRIA

Learn and PlayGroup

Center for Alexandria's Children

Learn and PlayGroup serves 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 3 – April 7
 Time: Varies, call for information
 Location: Center for Alexandria's Children
 1900 N. Beauregard St, Alexandria, VA 22311
 Locations of other playgroup sites:
Ramsay Recreation Center
 5650 Sanger Avenue, Alexandria, VA 22311
Cora Kelly Recreation Center
 25 W Reed Avenue, Alexandria, VA 22305
The Pavilion at Mark Center
 5708 Merton Court, Alexandria, VA 22311
New Brookside Apartment Building
 601 Four Mile Run, Alexandria, VA 22305
The Brent Place Apartment Building
 375 S Reynolds Street, Alexandria, VA 22304
 Cost: Free
 Contact: Laura Ruth at 703- 746-6091
 E-mail: laura@alexandriaskids.org
 Website: alexandriaskids.org
 Language(s): **ENGLISH & SPANISH**

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: January – August
 Time: Mornings or afternoons, varies by site
 Location: Arlington Mill Community Center
 909 S. Dinwiddie Street, Arlington, VA
 Other locations also available
 Cost: Free, must live in Arlington
 Contact: Cheryl Fuentes at 703-228-1549
 E-mail: cfuentes@arlingtonva.us
 Website: arlingtonfamilies.com
 Language(s): **ENGLISH, SPANISH & AMHARIC**

Playgroups / FAIRFAX/FALLS CHURCH

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: August 27, September 10, October 8, December 10
 Time: 10:00 a.m. – 3:00 p.m.
 Location: 8925 Leesburg Pk, Vienna, VA 22120
 Cost: \$20 first child, \$10 each additional child
 Contact: Erica Peters at 703-770-8654
 E-mail: erica.peters@mcleanbible.org
 Website: mcleanbible.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: Check website
 Time: 6:30 – 10:00 p.m.
 Location: McLean Bible Church TYSONS
 8925 Leesburg Pk, Vienna, VA 22102
 Cost: \$15 for first child, \$5 for each sibling
 Contact: Erica Peters at 703-770-8654
 E-mail: erica.peters@mcleanbible.org
 Website: mcleanbible.org/breakout
 Language(s): **ENGLISH**

Playgroups / 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 (1 Friday/month)
 Date: Check website
 Time: 6:30 – 10:00 p.m.
 Location: McLean Bible Church LOUDOUN
 44180 Riverside Pkwy, Lansdowne, VA 20176
 Cost: \$15 for first child, \$5 for each sibling
 Contact: Wendy Melcher at 703-770-8661
 E-mail: wendy.melcher@mcleanbible.org
 Website: mcleanbible.org/breakout
 Language(s): **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: Check website
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. 1-800-CHILDREN is a toll-free, statewide helpline. Calls are answered by trained, experienced professionals.

No. of Weeks: Ongoing
Date: Mondays – Saturdays
Time: 9:00 a.m. – 9:00 p.m.
Location: Virtual
Cost: Free
Contact: Julie Rivnak-McAdam
E-mail: circleofparents@pcav.org
Website: pcav.org
Language(s): **ENGLISH & SPANISH**
(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: Mondays – Friday
Time: 8:30 a.m. – 3:30 p.m.
Location: Room 134, Minnie Howard Campus
T.C. Williams High School
3801 W. Braddock Rd, Alexandria, VA 22302
Cost: Free
Contact: Janet Glore 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 4, providing parent education, information on child health and development, developmental screenings and linkage to community resources. Multilingual staff is available. 

No. of weeks: Weekly, biweekly or monthly home-visits (depending on level of need)
Time: Varies by appointment
Location: 5249 Duke St, Suite 308
Alexandria, VA 22304
Cost: Free
Contact: Virginia Araujo at 571-748-2629
E-mail: varaujo@nvfs.org
Website: nvfs.org/hfalexandria
Language(s): **ENGLISH, SPANISH, HINDI, AMHARIC, ARABIC, PUNJABI & URDU**

Mayor's Campaign to End Bullying "Bully Free Starts With Me!"

[City of Alexandria](#)

Bullying is the most common form of violence in our society. More than 70 percent of young people nationwide say they have seen bullying in their schools, and 30 percent have admitted to bullying others. In Alexandria the Mayor's Campaign to End Bullying ("Bully Free Starts With Me!") has worked with residents, youth leaders, community organizations, City agencies, and the Alexandria City Public Schools to increase awareness of the negative effects of bullying and to prevent bullying among Alexandria's youth.



No. of Weeks: Ongoing
Time: 3:00 – 6:00 p.m. (varies)
Location: Recreation Centers and ACPS Schools
Cost: Free
Contact: Mac Slover at 703-746-5407
E-mail: Mac.Slover@alexandriava.gov
Website: alexandriava.gov/EndBullying
Language(s): **ENGLISH** (bilingual members on committee)

Alexandria Safe Place

[City of Alexandria](#)


Alexandria Safe Place is a community program in where youth in crisis can get immediate help with 24-hour access. It is a network of sites and resources sustained by qualified agencies, trained volunteers and businesses. Alexandria Safe Place is a safety net for youth that focuses on intervention and prevention.



No. of Weeks: Ongoing
Time: 24 hours
Location: RPCA Neighborhood Recreation Centers, Fire Stations, Libraries & Ruby Tucker Family Center
Cost: Free
Contact: Michael Johnson, Alexandria's National Safe Place Coordinator at 703.746.5571
E-mail: michael.johnson@alexandriava.gov or Mac.Slover@alexandriava.gov
Website: alexandriava.gov/recreation/info/default.aspx?id=51726
Language(s): **ENGLISH** (bilingual members on committee)


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 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**


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 and continue Friday evenings following 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
T.C. Williams High School
3801 W Braddock Rd, Alexandria, VA 22302
Cost: Free
Contact: Adrienne Fikes at 703-739-0233
Email: info@plti-alex.org
Website: plti-alex.org/schedule.html
Language(s): **ENGLISH & SPANISH**

Family and Community Engagement Center (FACE) Workshop Series

[Alexandria City Public Schools](#)

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

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

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

These workshops are for parents and caregivers with children of all ages. Participants will learn more about teen pregnancy; substance use and gang involvement; why kids get involved in risky behaviors; what can be done to prevent these behaviors; and how to talk with your child about these issues.

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

Alexandria Campaign on Adolescent Pregnancy

Contact: Lisette Torres at 703-746-3130
Email: lisette.torres@alexandriava.gov
Website: keplt360.org

Substance Abuse Prevention Coalition of Alexandria

Contact: Whitney Chao at 703-746-3670
Email: whitney.chao@alexandriava.gov
Website: preventitalalexandria.org

Gang Prevention Community Task Force

Contact: Joe Regotti at 703-746-3670
Email: joe.regotti@alexandriava.gov
Website: alexandriava.gov/gangprevention

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 Alexandria Hospital
4320 Seminary Rd, Alexandria, VA 22304
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: Inova Alexandria Hospital
4320 Seminary Rd, Alexandria, VA 22304
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. 1-800-CHILDREN is a toll-free, statewide helpline. Calls are answered by trained, experienced professionals.

No. of Weeks: Ongoing
Date: Mondays – Saturdays
Time: 9:00 a.m. – 9:00 p.m.
Location: Virtual
Cost: Free
Contact: Julie Rivnak-McAdam
E-mail: circleofparents@pcav.org
Website: pcav.org
Language(s): **ENGLISH & SPANISH**
(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: 5249 Duke St, Suite 308, Alexandria, VA 22304
Cost: Free
Contact: Meron Tesfaye at 571-748-2706 or Elizabeth Willingham at 571-748-2712
E-mail: mtesfaye@nvfs.org or ewillingham@nvfs.org
Website: nvfs.org/hfarlington
Language(s): **ENGLISH, SPANISH, HINDI, PUNJABI & AMHARIC**

**Your Child's Development 2016: A Resource and Information Fair**Arlington Early Intervention Interagency Coordinating Council

This 9th annual fair provides resources and information from several County agencies and community organizations. The two topics for this year's workshops are "Nurturing Positive Adult-Child Interactions" and "Helping Children Handle Stress and Trauma." Coffee and refreshments will be provided.

Date: Saturday, February 25
 Time: 9:00 a.m. – 12:30 p.m.
 Location: Kenmore Middle School
 200 S. Carlin Springs Rd, Arlington, VA 22204
 Cost: Free
 Contact: Lisa Abbin at 703-228-1196
 E-mail: labbin@arlingtonva.us
 Website: arlingtonresourcefair.com
 Language(s): **ENGLISH & SPANISH**

Arlington Families WebsiteArlington 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
 Email: 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: Leah Davidson at 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. 1-800-CHILDREN is a toll-free, statewide helpline. Calls are answered by trained, experienced professionals.

No. of Weeks: Ongoing
 Date: Mondays – Saturdays
 Time: 9:00 a.m. – 9:00 p.m.
 Location: Virtual
 Cost: Free
 Contact: Julie Rivnak-McAdam
 E-mail: circleofparents@pcav.org
 Website: pcav.org
 Language(s): **ENGLISH & SPANISH**
 (Callers can request help in Spanish and a Spanish speaker will call them back.)

Healthy Families FairfaxFairfax County DFS and Health Department, Northern Virginia Family Service, and 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: 703-246-8450
 Website: fairfaxcounty.gov/d



The Parent Resource Center

Fairfax County Public Schools (FCPS)

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



Date: Monday – Friday
Time: 8:00 a.m. – 4:00 p.m.
Location: 2334 Gallows Rd, Room 105
Dunn Loring, VA 22027
Cost: Free
Contact: E laine McCall at 703-204-3941
E-mail: prc@fcps.edu
Website: fcps.edu/dss/osp/prc/index
Language(s): **ENGLISH & INTERPRETERS**



Parent Education Advocacy Training Center (PEATC)

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



Date/Location: Varies, call for information
Cost: Free
Contact: 703-923-0010
Email: partners@peatc.org
Website: www.peatc.org
Language(s): **ENGLISH & SPANISH**

Access 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: January 9, February 13, March 6, May 1
Time: 7:30 – 9:00 p.m.
Location: McLean Bible Church TYSONS
Community Room B
8925 Leesburg Pike, Vienna 22182
Cost: Free
Contact: Emily Johnson at 703-770-2938
E-mail: emily.johnson@mcleanbible.org
Website: mcleanbible.org/ACLS
Language(s): **ENGLISH**



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: FFCCSB-ITCIntake@fairfaxcounty.gov
Website: fairfaxcounty.gov/csb/itc
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: Varies
Time: Varies
Location: Inova HealthSource
2700 Prosperity Ave, Fairfax, VA 22031
Inova Fair Oaks Hospital
3580 Joseph Siewick Dr., Fairfax, VA 22033
Cost: \$90
Contact: Inova HealthSource at 703-698-2441
E-mail: childbirtheeducation@inova.org
Website: inovahealthsource.org/childbirth-education
Language(s): **ENGLISH**

Childbirth Education Classes

Inova HealthSource

Inova HealthSource provides a variety of childbirth education classes devoted to helping families prepare for the care of their newborn. These classes include Baby Care, Baby Care for Dads, Breastfeeding, 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
Contact: Inova HealthSource at 703-698-2441
E-mail: childbirtheeducation@inova.org
Website: inovahealthsource.org/childbirth-education
Language(s): **ENGLISH**

Fairfax 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
 Contact: Inova HealthSource at 703-698-2441
 E-mail: childbirtheducation@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: [Inova HealthSource](#)
 2700 Prosperity Ave, Fairfax, VA 22031
[Inova Fair Oaks Hospital](#)
 3580 Joseph Siewick Dr., Fairfax, VA 22033
 Cost: \$90
 Contact: Inova HealthSource at 703-698-2441
 E-mail: childbirtheducation@inova.org
 Website: inovahealthsource.org/childbirth-education
 Language(s): **ENGLISH**

Advanced Youth Leadership Training

[Formed Families Forward](#)


NAMI of Virginia invites youth and young adults to its northern Virginia regional training. Develop leadership skills and learn to help other teens and young adults. Formed Families Forward hosts the training in Fairfax.

No. of weeks: One-time event, over two days
 Date: February 11-12
 Time: Saturday, 10:00 a.m. – 5:00 p.m.
 Sunday, 10:00 a.m. – 2:00 p.m.
 Location: 4031 University Dr., Fairfax VA 22030
 Cost: Free
 Contact: Kelly Henderson at 703-539-2904
 E-mail: info@formedfamiliesforward.org
 Website: formedfamiliesforward.org
 Language(s): **ENGLISH**



Spring Forward Formed Family Fun Day

[Formed Families Forward](#)


Our annual celebration of foster, adoptive and kinship families,  Spring Forward offers professional and personal development for parents and caregivers while children and youth enjoy supervised activities. Lunch is provided and the day concludes with a family fun fair with activities, games, face painting, and balloon artistry. Keynote presenter this year is Dr. Bruce Thyer, author of Science and Pseudoscience in Social Work Practice, sharing what really works for tough kids!

No. of weeks: One-time event
 Date: April 29
 Time: 9:00 a.m. – 3:00 p.m.
 Location: Providence Community Center
 3001 Vaden Dr, Fairfax VA 22031
 Cost: \$10 per family or less
 Contact: Kelly Henderson at 703-539-2904
 E-mail: info@formedfamiliesforward.org
 Website: formedfamiliesforward.org/
 Language(s): **ENGLISH**



Securing a Future for Formed Families Webinar

[Formed Families Forward](#)

Join us for the first of our “March Madness Media” webinar series.  Tia Marsili of The Arc of Northern Virginia will share strategies for supported decision making and guardianship. Long range financial planning strategies including special needs trusts will be addressed as well.

No. of weeks: One-time event
 Date: March 2
 Time: 7:00 – 8:30 p.m.
 Location: Webinar, access from anywhere
 Cost: Free
 Contact: Kelly Henderson at 703-539-2904
 E-mail: info@formedfamiliesforward.org
 Website: formedfamiliesforward.org
 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: 9:00 a.m. – 9:00 p.m.
 Location: Virtual
 Cost: Free
 Contact: Julie Rivnak-McAdam
 E-mail: circleofparents@pcav.org
 Website: pcav.org
 Language(s): **ENGLISH & SPANISH**
 (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: Johanna VanDoren-Jackson
 at 703-777-0561
 Language(s): **ENGLISH, SPANISH
 & INTERPRETATION** services are
 provided for any language as needed.

Mobile Hope Loudoun

Mobile Hope Association

Dedicated to children and young adults, 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: Monday – Thursday, 9:00 a.m. – 4:00 p.m.,
 Friday, 9:00 a.m. – 12:00 p.m.
 Location: 31 Sycolin Road, SE Leesburg, VA 20175
 Cost: Free
 Contact: Staff at 703-771-1400
 E-mail: donna@mobilehopeloudoun.org
 Website: mobilehopeloudoun.org
 Language(s): **ENGLISH & SPANISH**

The Power of Play: A Relationship-Based Approach to Improving Behavior

Formed Families Forward

Loudoun County Public Schools' Parent Resource Services and



Formed Families Forward are pleased to host DeAnna Hight, LCSW and Play Therapist, who will share the importance of play for young children and its potential for all children, including those with special needs and trauma histories

No. of weeks: One-time event
 Date: January 19
 Time: 6:30 – 8:30 PM
 Location: LCPS Administrative Bldg
 21000 Education Ct, Ashburn, VA 20148
 Cost: Free
 Contact: Kelly Henderson at 703-539-2904
 E-mail: info@formedfamiliesforward.org
 Website: formedfamiliesforward.org
 Language(s): **ENGLISH**

Other Parenting Resources / PRINCE WILLIAM

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: 9:00 a.m. – 9:00 p.m.
 Location: Virtual
 Cost: Free
 Contact: Julie Rivnak-McAdam
 E-mail: circleofparents@pcav.org
 Website: pcav.org
 Language(s): **ENGLISH & SPANISH**
 (Callers can request help in Spanish and a Spanish speaker will call them back.)

ACTS Sexual Assault Services

Though sexual violence is a traumatic and life-altering experience, recovery is possible. ACTS offers individual counseling for children, adolescents and adults and support groups for teens and adults. Committed to helping ALL victims and their loved ones, services are confidential and free.

No. of Weeks: Ongoing
 Date & Time: Call for details
 Location(s): Manassas and/or Dumfries
 Cost: Free
 Contact: 703-497-1192 (English) or
 Maggie Perez (Spanish)
 at 703-497-1192 ext. 704
 E-mail: lteutsch@actspwc.us
 Website: actspwc.org
 Language: **ENGLISH & SPANISH**

New Parent Support Program NPSP

Marine Corps Community Services MCCS Quantico

The New Parent Support Program (NPSP) is an intensive prevention and outreach program that offers in-home visits, parenting education, support groups, and information and referral for the Marine Corps community who are expecting a child or who are parenting young children up to six years of age. The New Parent Support Program is comprised of a team of Registered Nurses Licensed, Clinical Social Workers and Licensed Marriage and Family Therapists who are experienced in newborn care, 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 Families

Northern 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/Time: Weekly, biweekly or monthly home-visits
 (depending on level of need)
 Location: 10056 Dean Dr, Manassas, VA 20110
 Cost: Free
 Contact: Natalie Gomez or Elizabeth Nielsen
 at 571-748-2687
 E-mail: ngomez@nvfs.org or enielsen@nvfs.org
 Website: nvfs.org/hfprincewilliam
 Language(s): **ENGLISH & SPANISH**

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 Ave, Ste 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: pwcgov.org
 Language(s): **ENGLISH & SPANISH**

Special Education Parent Resource Center

Prince William County Public Schools

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



Date: September – August, Monday – Friday
 Time: 8:00 a.m. – 4:30 p.m., by appointment
 Location: Kelly Leadership Center
 14715 Bristow Road, Manassas, VA 20112
 Cost: Free
 Contact: Mary Jo Howarth at 703-791-7438
 Email: howartmj@pwcs.edu
 Website: www.pwcs.edu
 (Select Community > 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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