

# Parent Connection

## A Resource Guide for Parents & Service Providers in Northern Virginia

WINTER/SPRING 2020

**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.

**SCAN**  
of Northern Virginia

Main Office  
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Alexandria, VA 22304

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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 SCAN's website ([www.scanva.org](http://www.scanva.org)) by clicking on "Family Programs" or you can click [here](#).

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

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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

## Parenting Classes / ALEXANDRIA CITY



### The Nurturing Parenting Program

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 13 – April 2, 2020 (registration opens January 6)  
Time: 6:00 – 8:30 p.m.  
Location: TBD, Alexandria, VA 22302  
Cost: FREE  
Contact: Yolonda Thompson at 703-820-9001 ext. 109  
Email: [ythompson@scanva.org](mailto:ythompson@scanva.org)  
Website: [www.scanva.org](http://www.scanva.org)  
Language(s): **SPANISH**



Continued...



### Strengthening Families Program (ages 6-11)

SCAN of Northern Virginia

An evidence-based program for parents and youth ages 6 to 11. The family will learn to improve their communication skills, learn about substance abuse prevention and setting appropriate limits. Both the parent and elementary school age child must attend the class. Class includes a family meal, childcare for children ages 0 to 5, a children's program for children ages 5 and older, weekly raffles and educational materials.

No. of weeks: 14  
 Date: Mondays, January 27 – May 18, 2020  
 Time: 5:30 – 8:00 p.m.  
 Location: ARHA Building, 401 Wythe Street, Alexandria, VA 22314  
 Cost: FREE  
 Contact: Yolonda Thompson at 703-820-9001 ext. 109  
 Email: [ythompson@scanva.org](mailto:ythompson@scanva.org)  
 Website: [www.scanva.org](http://www.scanva.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/Time: Various, 3-hour classes throughout the year  
 Location: Inova Alexandria Hospital, 4320 Seminary Rd, Alexandria, VA 22304  
 Cost: \$79 per person  
 Contact: Inova HealthSource at 703-698-2441  
 Email: [childbirtheeducation@inova.org](mailto:childbirtheeducation@inova.org)  
 Website: [www.inovahealthsource.org/childbirth-education](http://www.inovahealthsource.org/childbirth-education)  
 Language(s): **ENGLISH**



## Parenting Classes / ARLINGTON



### Strengthening Families 10-14

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

Strengthening Families Program/Programa Fortaleciendo la Familia (PFF) is a 7-week fun, interactive workshop for students and parents/caregivers to enhance their skills in: Communication, Goal-setting, Peer pressure resistance, Positive management of stress and emotions, Joint-family problem solving, Positive discipline, and Having FUN!

No. of weeks: 7

#### February-March

Date: Wednesdays, February 12 – March 25, 2020  
 Time: 6:00-8:30pm  
 Location: Swanson Middle School, 5800 N Washington Blvd, Arlington, VA 22205

#### April-June

Date: Wednesdays, April 22 – June 3, 2020  
 Time: 6:00 – 8:30pm  
 Location: Barrett Elementary School, 4401 N Henderson Rd, Arlington, VA 22203

Cost: FREE  
 Contact: Leonardo Espina, 703-228-1549  
 Email: [lespina@arlingtonva.us](mailto:lespina@arlingtonva.us)  
 Website: <https://family.arlingtonva.us/sfp/>  
 Language(s): **ENGLISH & SPANISH**





### Strengthening Families 10-14

#### Edu-Futuro

Workshop series that uses a video-based prevention interventions designed by Iowa State University to reduce adolescent substance use and other problematic behaviors in youth 10 to 14 years of age. Childcare and food are provided.

No. of weeks: 7  
 Date: Thursdays, February 20 – April 2, 2020  
 Time: 6:00 – 8:30 p.m.  
 Location: APAH @ Gilliam Place, 918 S. Lincoln St., Arlington, VA 22204  
 Cost: FREE  
 Contact: Olga Oliveros at 703- 228-2564  
 Email: [olga@edu-futuro.org](mailto:olga@edu-futuro.org)  
 Website: [www.edu-futuro.org](http://www.edu-futuro.org)  
 Language(s): **ENGLISH**



### Padres Comprometidos/Committed Parents

#### Edu-Futuro

Developed by UnidosUS and offered for parents of middle and high school students that strengthens school/parent relationships and helps parents more effectively communicate with their teens and them “college ready.” Childcare and food are provided.

No. of weeks: 7

#### Kenmore Middle School

Date: Wednesdays, February 19 – April 1, 2020  
 Time: 6:00 – 8:00 p.m.  
 Location: Kenmore Middle School, 200 S. Carlin Springs Rd, Arlington, VA 22204)

#### Dorothy Hamm Middle School

Date: Thursdays, February 20 – April 2, 2020  
 Time: 6:30 – 8:30 p.m.  
 Location: Dorothy Hamm Middle School, 4100 Vacation Ln, Arlington, VA 22207

Cost: FREE  
 Contact: Olga Oliveros at 703- 228-2564  
 Email: [olga@edu-futuro.org](mailto:olga@edu-futuro.org)  
 Website: [www.edu-futuro.org](http://www.edu-futuro.org)  
 Language(s): **SPANISH**



### PARTICIPA...In my Education

#### Edu-Futuro

Offered for parents of elementary school children that teaches them how to navigate the school system in order to support and advocate more effectively for their children's education. Childcare and food are provided.

No. of weeks: 7  
 Date: Thursdays, April 16 – June 4, 2020  
 Time: 6:00 – 8:00 p.m.  
 Location: APAH @Columbia Hills - 1000 S. Frederick St, Arlington, VA 22204  
 Cost: FREE  
 Contact: Olga Oliveros at 703- 228-2564  
 Email: [olga@edu-futuro.org](mailto:olga@edu-futuro.org)  
 Website: [www.edu-futuro.org](http://www.edu-futuro.org)  
 Language(s): **ENGLISH**





### ARC REFLECTIONS Trauma-Informed Curriculum for Kinship Caregivers

Fairfax County Department of Family Services

This program is for grandparents and other relatives who are raising relative children. The training focuses on learning to help children regulate their emotions, feel connected, and build strengths. Fred dinner is provided for the entire family. There will be separate activities and games for children ages 0-17. Pre-registration is required.

No. of weeks: 9  
 Date: Thursdays, February 27 – April 30, 2020  
 Time: 6:30 – 8:30 p.m.  
 Location: James Lee Community Center, 2855 Annandale Rd, Falls Church, VA 22042  
 Cost: FREE, but must pre-register  
 Contact: Mary Elizabeth Fleming, 703-246-4653  
 Email: KFI@FairfaxCounty.gov  
 Website: [www.fairfaxcounty.gov/familyservices/children-youth/kinship-family-institute](http://www.fairfaxcounty.gov/familyservices/children-youth/kinship-family-institute)  
 Language(s): **ENGLISH**; call to schedule language interpreting



### 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. Class includes a family meal, childcare for children ages 2 to 9 and educational materials.

No. of weeks: 8  
 Date: Wednesdays, February 19 – April 15, 2020  
 Time: 6:00 – 8:30 p.m.  
 Location: Glasgow Middle School, 4101 Fairfax Parkway, Alexandria, VA 22312  
 Cost: FREE  
 Contact: Yolonda Thompson at 703-820-9001 ext. 109  
 Email: [ythompson@scanva.org](mailto:ythompson@scanva.org)  
 Website: [www.scanva.org](http://www.scanva.org)  
 Language(s): **SPANISH**



### Parenting and Navigating Tween and Teen Years

SCAN of Northern Virginia

This series teaches parents of teens (11+) important skills for combating risk factors for substance use and abuse. The program uses a risk-focus approach to reduce family conflict and child behavior problems.

No. of weeks: 7  
 Date: February 13 – March 26, 2020  
 Time: 9:00 – 11:00 a.m.  
 Location: Riverside Elementary School, 8410 Old Mt Vernon Rd, Alexandria, VA 22309  
 Cost: FREE  
 Contact: Yolonda Thompson at 703-820-9001 ext. 109  
 Email: [ythompson@scanva.org](mailto:ythompson@scanva.org)  
 Website: [www.scanva.org](http://www.scanva.org)  
 Language(s): **ENGLISH**





### Parenting and Navigating the Tween and Teen Years

SCAN of Northern Virginia

This series teaches parents of teens (11+) important skills for combating risk factors for substance use and abuse. The program uses a risk-focus approach to reduce family conflict and child behavior problems.

No. of weeks: 7  
 Date: Wednesdays, February 5 – March 18, 2020  
 Time: 6:00 – 8:30 p.m.  
 Location: Poe Middle School, 7000 Cindy Ln, Annandale, VA 22003  
 Cost: FREE  
 Contact: Yolonda Thompson at 703-820-9001 ext. 109  
 Email: [ythompson@scanva.org](mailto:ythompson@scanva.org)  
 Website: [www.scanva.org](http://www.scanva.org)  
 Language(s): **SPANISH**



### Strengthening Families 10-14

Edu-Futuro

Workshop series that uses a video-based prevention interventions designed by Iowa State University to reduce adolescent substance use and other problematic behaviors in youth 10 to 14 years of age. Childcare and food are provided.

No. of weeks: 7  
 Date: Mondays, March 16- April 27, 2020  
 Time: 6:00 – 8:30 p.m.  
 Location: Mission Center AUMC, 7901 Heritage Drive, Annandale, VA 22003  
 Cost: FREE  
 Contact: Olga Oliveros at 703- 228-2564  
 E-mail: [olga@edu-futuro.org](mailto:olga@edu-futuro.org)  
 Website: [www.edu-futuro.org](http://www.edu-futuro.org)  
 Language(s): **SPANISH**



### Padres Comprometidos/Committed Parents

Edu-Futuro

Developed by UnidosUS and offered for parents of middle and high school students that strengthens school/parent relationships and helps parents more effectively communicate with their teens and them “college ready.” Childcare and food are provided.

No. of weeks: 7  
 Date: Mondays, March 2 - April 20, 2020  
 Time: 6:00 – 8:00 p.m.  
 Location: Oakton High School, 2900 Sutton Rd, Vienna, VA 22181  
 Cost: FREE  
 Contact: Maria Mateus at 703-228-2564  
 Email: [maria@edu-futuro.org](mailto:maria@edu-futuro.org)  
 Website: [www.edu-futuro.org](http://www.edu-futuro.org)  
 Language(s): **SPANISH**



### Families Reunite

Edu-Futuro

The program is designed to help both parents and their children to adjust again as families after separations of often several years. Childcare and food provided.

No. of weeks: 3  
 Date: Wednesdays, March 4 – March 18, 2020  
 Time: 6:00 – 9:00 p.m.  
 Location: Hutchison Elementary School, 13209 Parcher Ave, Herndon, VA 20170  
 Cost: FREE  
 Contact: Maria Mateus at 703-228-2564  
 E-mail: [maria@edu-futuro.org](mailto:maria@edu-futuro.org)  
 Website: [www.edu-futuro.org](http://www.edu-futuro.org)  
 Language(s): **SPANISH**





### Families Reunite

#### Edu-Futuro

The program is designed to help both parents and their children to adjust again as families after separations of often several years. Childcare and food provided.

No. of weeks: 3  
 Date: Thursdays, March 12 – March 26, 2020  
 Time: 6:00 – 9:00 p.m.  
 Location: Mason Crest Elementary School, 3705 Crest Dr, Annandale, VA 22003  
 Cost: FREE  
 Contact: Maria Mateus at 703-228-2564  
 Email: maria@edu-futuro.org  
 Website: [www.edu-futuro.org](http://www.edu-futuro.org)  
 Language(s): **SPANISH**



### PARTICIPA...In my Education

#### Edu-Futuro

Offered for parents of elementary school children that teaches them how to navigate the school system in order to support and advocate more effectively for their children's education. Childcare and food are provided.

No. of weeks: 7  
 Date: Thursdays, April 16 – June 4, 2020  
 Time: 6:00 – 8:00 p.m.  
 Location: Hutchison Elementary School, 13209 Parcher Ave, Herndon, VA 20170  
 Cost: FREE  
 Contact: Maria Mateus at 703-228-2564  
 Email: maria@edu-futuro.org  
 Website: [www.edu-futuro.org](http://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  
 Dates: January 25, February 29, March 28, and April 25  
 Time: 9:30 a.m. – 1:30 p.m.  
 Location: Annandale Campus, 8333 Little River Turnpike, Annandale, VA 22003  
 Cost: \$50  
 Contact: 703-323-3168  
 Webpage: [www.nvcc.edu/workforce](http://www.nvcc.edu/workforce)  
 Language(s): **ENGLISH**



### \*Two Parents, Two Homes

#### Northern Virginia Mediation Service (NVMS)

Learn about and share with others your experience in the challenges of parenting from separate homes, the challenges this poses for your child, how to be more involved in your child's life, how to improve communication between you and your child's other parent, the many ways to communicate with your child, and ways to prevent and resolve conflicts. Both parents are not required to attend but may take the class together if they would like. This class is offered free of charge to parents with open Division of Child Support Enforcement cases by the Virginia Department of Social Services.

No. of weeks: One 4-hour session  
 Dates: Saturdays, check website for dates  
 Time: 9:00 a.m. – 1:00 p.m.  
 Location: Location will be provided after registration. Phone registration only.  
 Cost: FREE to parents with open Division of Child Support Enforcement cases  
 Contact: 703-865-7263  
 Webpage: [www.nvms.us](http://www.nvms.us), search for programs, court referral/co-parenting  
 Language(s): **ENGLISH & 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: This class is offered three times per month in ENGLISH and once a month in SPANISH. Please call for the schedule.
- Time: Call for dates and times
- 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](mailto:alwarshauer@fcps.edu)
- Webpage: [www.fcps.edu](http://www.fcps.edu) search "parenting classes"
- Language(s): **ENGLISH & SPANISH**



### Parent Project

Family and School Partnerships, Fairfax County Public Schools

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. Visit Parent Project® website for more information: [www.parentproject.com/](http://www.parentproject.com/). Childcare is provided.

- No. of weeks: Three, 3-hour sessions
- Dates: Various dates throughout school year
- Time: Please call for dates, times, locations
- Location: Various FCPS schools and Dunn Loring Center
- Cost: FREE
- Contact: Paulina Hildago at 703-204-4342
- E-mail: [PCHidalgo@fcps.edu](mailto:PCHidalgo@fcps.edu)
- Website: [www.fcps.edu/resources/family-engagement/immigrant-family-reunification-program](http://www.fcps.edu/resources/family-engagement/immigrant-family-reunification-program)
- Language(s): **SPANISH**



### Families Reunite: Immigrant Family Reunification Parenting Class

Family and School Partnerships, Fairfax County Public Schools

In alignment with FCPS's mission to engage families, they 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. Childcare is provided. 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: Please call for dates, times and locations
- Location: Various FCPS schools and Dunn Loring Center
- Cost: FREE
- Contact: Paulina Hildago at 703-204-4342
- E-mail: [PCHidalgo@fcps.edu](mailto:PCHidalgo@fcps.edu)
- Website: [www.fcps.edu/resources/family-engagement/immigrant-family-reunification-program](http://www.fcps.edu/resources/family-engagement/immigrant-family-reunification-program)
- Language(s): **SPANISH**



## 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 and one orientation meeting  
 Date: Tuesdays, February 4 – April 28, 2020  
 Time: 6:00 – 8:30 p.m.  
 Location: Gum Springs Community Center, 7100 Fordson Rd, Alexandria, VA 22306  
 Cost: FREE  
 Contact: Bennie Herron at 703-324-7308, Mercedes Alonzo at 703-324-7677 (Spanish) or Champana Bernard at 703-324-3611  
 Email: [Bennie.Herron@fairfaxcounty.gov](mailto:Bennie.Herron@fairfaxcounty.gov)  
 Website: [www.fairfaxcounty.gov/familyservices/children-youth/father-engagement](http://www.fairfaxcounty.gov/familyservices/children-youth/father-engagement)  
 Language(s): **SPANISH & ENGLISH**



## TransParenting Seminar

### Northern Virginia Family Service

The TransParenting seminar provides strategies to help divorcing parents shift attention to their children's needs. Its ultimate goal is to help children cope with their parents' separation. A certificate is issued the day of the class. This seminar meets Supreme Court of Virginia requirements. If a parenting class has been court-ordered, please check with legal counsel that this is the correct parenting class for you.

No. of weeks: One 4-hour session  
 Date: January 12, January 26, February 16, March 9, and March 30  
 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: [oaktonreception@nvfs.org](mailto:oaktonreception@nvfs.org)  
 Website: [www.nvfs.org](http://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: \$49 per person  
 Contact: Inova HealthSource at 703-698-2441  
 Email: [childbirtheducation@inova.org](mailto:childbirtheducation@inova.org)  
 Website: [www.inovahealthsource.org/childbirth-education](http://www.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 Fair Oaks Hospital 3600 Joseph Siewick Dr, Fairfax, VA 22033  
& Inova HealthSource, 2700 Prosperity Ave #100, Fairfax, VA 22031  
Cost: \$79 per person  
Contact: Inova HealthSource at 703-698-2441  
Email: [childbirtheeducation@inova.org](mailto:childbirtheeducation@inova.org)  
Website: [www.inovahealthsource.org/childbirth-education](http://www.inovahealthsource.org/childbirth-education)  
Language(s): **ENGLISH**



### Families Reunited

SCAN of Northern Virginia

This workshop series in Spanish will help immigrant families who have reunified with their children after years of separation. Using the Families Reunite curriculum, the workshops will help parents and their teens, pre-teens and children open up about the challenges of reuniting as a family, develop healthy family communication around the sense of loss and frustration, and prepare the whole family for working together in the challenges of family life. Childcare provided.

No. of weeks: 4  
 Date: Wednesdays, March 4 – March 25, 2020  
 Time: 6:00 – 8:30 pm  
 Location: Heritage High School, 520 Evergreen Mills Rd, Leesburg, VA 20175  
 Cost: FREE  
 Contact: Yolonda Thompson at 703-820-9001 ext. 109  
 Email: [ythompson@scanva.org](mailto:ythompson@scanva.org)  
 Website: [www.scanva.org](http://www.scanva.org)  
 Language(s): **SPANISH**



### Building Strong Families

SCAN of Northern Virginia

This workshop will help parents learn skills and tools to strengthen their families through lessons on establishing rules, overcoming and reducing conflict and managing family stress.

No. of weeks: 1  
 Date: Thursday, January 16, 2020  
 Time: 6:00 – 7:00 pm  
 Location: Ashburn Elementary School, 44062 Fincastle Dr. Ashburn, VA 20147  
 Cost: FREE  
 Contact: Yolonda Thompson at 703-820-9001 ext. 109  
 Email: [ythompson@scanva.org](mailto:ythompson@scanva.org)  
 Website: [www.scanva.org](http://www.scanva.org)  
 Language(s): **ENGLISH**



### The Nurturing Parenting Program

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: TBD in March  
 Time: 6:00 – 8:30 p.m.  
 Location: TBD, Sterling, VA  
 Cost: FREE  
 Contact: Yolonda Thompson at 703-820-9001 ext. 109  
 Email: [ythompson@scanva.org](mailto:ythompson@scanva.org)  
 Website: [www.scanva.org](http://www.scanva.org)  
 Language(s): **SPANISH**





## Parenting and Navigating Tween and Teen Years

### SCAN of Northern Virginia

This workshop series teaches parents of teens (11+) important skills for combating risk factors for substance use and abuse. The program uses a risk-focus approach to reduce family conflict and child behavior problems.

No. of weeks: 7  
 Date: TBD in March  
 Time: 6:00 – 8:30 p.m.  
 Location: TBD, Leesburg, VA  
 Cost: FREE  
 Contact: Yolonda Thompson at 703-820-9001 ext. 109  
 Email: [ythompson@scanva.org](mailto:ythompson@scanva.org)  
 Website: [www.scanva.org](http://www.scanva.org)  
 Language(s): **ENGLISH**



## 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  
 Email: [jstiles@pwcgov.org](mailto:jstiles@pwcgov.org)  
 Website: [www.pwcgov.org/parenting](http://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: 703-792-6288, SPANISH speakers call 703-792-5940  
 Email: [parenteducation@pwcgov.org](mailto:parenteducation@pwcgov.org)  
 Website: [www.pwcgov.org/parenting](http://www.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  
 Cost: \$40  
 Contact: 703-792-6288, SPANISH speakers call 703-792-5940  
 Email: [parenteducation@pwcgov.org](mailto:parenteducation@pwcgov.org)  
 Website: [www.pwcgov.org/parenting](http://www.pwcgov.org/parenting)

### Woodbridge Classes

Location: Dr. A.J. Ferlazzo Building, 15941 Donald Curtis Drive, Woodbridge VA 22191  
 Date: Wednesdays, January 8- January 22, 2020  
 Time: 7:00 – 9:00 p.m.  
 Language: **ENGLISH**

### Manassas Classes

Location: Sudley North Government Center  
 7987 Ashton Avenue, Suite 105, Manassas VA 20109  
 Date: Tuesdays February 11 – 25, 2020 (English Class)  
 Date: Thursdays, February 13 – 27, 2020 (Spanish Class)  
 Time: 7:00 – 9:00 p.m.  
 Language: **ENGLISH & SPANISH**





## Community Parent Support Group (CPSG)

City of Alexandria 18th District Court

The Community Parent Support Group a safe and supportive meeting place for parents to ask questions, get answers, and discuss topics related to youth and families.

No. of weeks: Varies  
 Date/Time: Various dates throughout the year  
 Cost: FREE  
 Contact: Percy White at 703-746-4144 or 703-919-3906  
 Email: [percy.white@alexandriava.gov](mailto:percy.white@alexandriava.gov)  
 Website: [www.alexandriava.gov/GangPrevention](http://www.alexandriava.gov/GangPrevention)  
 Language(s): **ENGLISH & SPANISH**



### Charles Houston Recreation Center

Date: February 27 and Thursday, May 28  
 Time: 7:00 – 8:30 p.m.  
 Location: 901 Wythe Street, Alexandria, VA 22314

### Leonard “Chick” Armstrong Recreation Center

Date: Thursdays, March 26 and April 23  
 Time: 7:00 – 8:30 p.m.  
 Location: 25 W Reed Avenue, Alexandria, VA 22305



## Women’s Domestic Violence Support Group

Department of Community & Human Services, Domestic Violence Program

Our confidential group meets weekly and addresses a variety of issues related to domestic violence in a caring and nurturing environment. There is also a children’s support group that meets concurrently with the women’s group. The location of both groups is confidential. Women who are residents of the City of Alexandria are eligible.

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



## Learn & PlayGroups

The Center for Alexandria’s Children

Learn & Playgroups serve families with children ages 0-5 years old in Alexandria. Our playgroups are places where children and their parents or caregivers come to have fun learning and playing together, make friends and get connected to community and school resources.

No. of weeks: 13-week Winter Session and 9-week Spring Session  
 Date: January through April 2020 and April through June 2020  
 Time: Playgroups are scheduled between 9:30 am and 12:15 pm.  
 The duration of each playgroup is 1.5 hours. Call for more information.  
 Location: Center for Alexandria’s Children, 1900 N Beauregard St. Alexandria, VA and several other locations in the city of Alexandria  
 Cost: Free, but registration is required  
 Contact: Chelsea Kinning 703-746-6045  
 Email: [chelsea@alexandriaskids.org](mailto:chelsea@alexandriaskids.org)  
 Website: [www.CenterforAlexandriasChildren.org](http://www.CenterforAlexandriasChildren.org)  
 Language(s): **ENGLISH & SPANISH**





## **Kinship Family Institute (KFI): Grandparents/Kinship Support Groups**

Fairfax County Department of Family Services

A support group for grandparents or other relatives who are raising relative children. The group is facilitated by a trained social worker and generally meets twice/month to discuss the joys and challenges of raising a child for a relative or close family friend. The program is ongoing and participants may join at any time. Free child care may be available; with inquiries, call Mary Hager: (703-324-7716) or Serita Lee (703-704-6431); 711. Pre-registration is required. A light meal will be served; is free.

No of weeks: Ongoing  
 Date: Generally 2nd and 4th Thursdays of each month, continuing into June  
 Time: 6:30 – 8:00 p.m.  
 Location: South County Center 8350 Richmond Hwy., Alexandria, VA 22309; room 220  
 Cost: FREE  
 Contact: Mary Elizabeth Fleming, 703-246-4653  
 Email: KFI@FairfaxCounty.gov  
 Website: [www.fairfaxcounty.gov/familyservices/children-youth/kinship-family-institute](http://www.fairfaxcounty.gov/familyservices/children-youth/kinship-family-institute)  
 Language(s): **ENGLISH**



## **Kinship Family Institute (KFI): Kinship Café (Dinner and Discussion/Presentation)**

Fairfax County Department of Family Services

This program is for grandparents and other relatives who are raising relative children. Kinship caregivers will share a meal and conversation or a presentation about the experiences, joys and challenges of raising children for relatives or friends. Free dinner is provided for the entire family. There will be separate activities and games for children ages 0 – 17. Pre-registration is required.

No. of weeks: Ongoing, on the 2nd Wednesday of the month  
 Date: To register, call for details  
 Time: 6:00 – 8:00 p.m.  
 Location: Mott Community Center, 12111 Braddock Road, Fairfax, VA 22030  
 Cost: FREE  
 Contact: Mary Elizabeth Fleming, 703-246-4653  
 Email: KFI@FairfaxCounty.gov  
 Website: [www.fairfaxcounty.gov/familyservices/children-youth/kinship-family-institute](http://www.fairfaxcounty.gov/familyservices/children-youth/kinship-family-institute)  
 Language(s): **ENGLISH**; call to schedule language interpreting



## **Stronger Together Peer Support Group**

Formed Families Forward

Our 2019-2020 youth and caregiver support groups are held twice monthly in Fairfax. Groups are facilitated by professional clinicians. Caregivers meet separately at the same time in the same building. New members welcome anytime! Pizza dinner included!

No. of weeks: 16  
 Date: Tuesdays through May 2020  
 Check website for dates and to register  
 Time: 6:30 – 8:00 p.m.  
 Location: 4031 University Drive, Suite 100, Fairfax, VA 22030  
 Cost: FREE, but must preregister  
 Contact: 703-539-2904  
 Email: [kelly.hernderson@formedfamiliesforward.org](mailto:kelly.hernderson@formedfamiliesforward.org)  
 Website: [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org)  
 Language(s): **ENGLISH**



### New Moms Group

Inova HealthSource

Drop in to one of our free New Moms Groups when you are ready to meet new friends and talk about the challenges and joys of being a new mom. An experienced maternal-infant health educator facilitates the informal discussion

No. of weeks: Ongoing  
 Cost: FREE  
 Contact: Inova HealthSource at 703-698-2441  
 Email: [childbirtheeducation@inova.org](mailto:childbirtheeducation@inova.org)  
 Website: [www.inovahealthsource.org/childbirth-education](http://www.inovahealthsource.org/childbirth-education)  
 Language(s): **ENGLISH**

#### Fairfax Area

Date: Thursdays  
 Time: 11:00 a.m. – 12:30 p.m.  
 Location: Inova Joan and Russell Hitt Center for Healthy Living  
 8100 Innovation Park Drive, Lower Level, Main Studio

#### 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 Ln, 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 – 11:30a.m.  
 Location: Inova Joan and Russell Hitt Center for Healthy Living  
 8100 Innovation Park Drive, Lower Level, Main Studio, Fairfax, VA 22031  
 Cost: FREE  
 Contact: Inova HealthSource at 703-698-2441  
 Email: [childbirtheeducation@inova.org](mailto:childbirtheeducation@inova.org)  
 Website: [www.inovahealthsource.org/childbirth-education](http://www.inovahealthsource.org/childbirth-education)  
 Language(s): **ENGLISH**

## Parent Support Groups / LOUDOUN



### Family Education Program

#### INMED Partnerships for Children

Spanish-language educational/support groups provide the community with education on topics such as health, parenting, personal finance, and local resources to strengthen families.

No. of weeks: Twice per month, ongoing  
Date: Fridays  
Time: 5:30 – 7:00 p.m.  
Location: INMED Family and Youth Opportunity Center  
21630 Ridgetop Cir, Sterling, VA 20166  
Cost: FREE  
Contact: Gester Pino at 571-465-2375  
Email: [gpino@inmed.org](mailto:gpino@inmed.org)  
Website: [www.opportunitycenter.us](http://www.opportunitycenter.us)  
Language(s): **SPANISH**

## Parent Support Groups / GREATER PRINCE WILLIAM



### 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: Lydia Teutsch at 703-497-1192  
Email: [lteutsch@actspwc.us](mailto:lteutsch@actspwc.us)  
Website: [www.actspwc.org](http://www.actspwc.org)  
Language(s): **ENGLISH & SPANISH**



### Quantico New Parent Support Program

#### Marine 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  
Email: [mccsquanticonpsp@usmc-mccs.org](mailto:mccsquanticonpsp@usmc-mccs.org)  
Website: [www.quantico.usmc-mccs.org/index.cfm/marine-family/behavioral-health-program/new-parent-support-program-npsp/](http://www.quantico.usmc-mccs.org/index.cfm/marine-family/behavioral-health-program/new-parent-support-program-npsp/)  
Language(s): **ENGLISH**



## Playgroups / ALEXANDRIA CITY



### Learn & PlayGroups

The Center for Alexandria's Children

Learn & Playgroups serve families with children ages 0-5 years old in Alexandria. Our playgroups are places where children and their parents or caregivers come to have fun learning and playing together, make friends and get connected to community and school resources.

No. of weeks: 13 weeks Winter Session and 9 Weeks Spring session  
Date: January through April 2020 and April through June 2020  
Time: Playgroups are scheduled between 9:30 am and 12:15 pm. The duration of each playgroup is 1.5 hours. Call for more information.  
Location: Center for Alexandria's Children: 1900 N Beauregard St. Alexandria, VA and several other locations in the city of Alexandria.  
Cost: Free, but registration is required  
Contact: Chelsea Kinning 703-746-6045  
Email: [chelsea@alexandriaskids.org](mailto:chelsea@alexandriaskids.org)  
Website: [www.CenterforAlexandriasChildren.org](http://www.CenterforAlexandriasChildren.org)  
Language(s): **ENGLISH & SPANISH**



## Playgroups / ARLINGTON



### Project Family/Proyecto Familia

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

Project Family/Proyecto Familia is a 90 min. class once a week for parents and children aged 0-5 years to come together for learning and playing. Families grow strong by learning about how to support young children's social and emotional development. Parents stay with children for the full class.

No. of weeks: 12  
Date: January 13 – April 4, 2020  
Time: Various  
Location: Arlington Mill Community Center, 909 S. Dinwiddie St, Arlington, VA 22204.  
Cost: FREE  
Contact: Leonardo Espina, 703-228-1549  
E-mail: [ProjectFamily@arlingtonva.us](mailto:ProjectFamily@arlingtonva.us)  
Website: [www.family.arlingtonva.us/project-family/](http://www.family.arlingtonva.us/project-family/)  
Language(s): **ENGLISH & SPANISH**



## Playgroups / GREATER PRINCE WILLIAM



### Family Yoga

The Arc of Greater Prince William

Yoga for parents and children with/without disabilities; features Kidding Around Yoga™

No. of Weeks: Twice monthly  
Date: January 22 & 29, February 12 & 26, March 11 & 25, April 1 & 22, May 13 & 27, June 3 & 10, 2020  
Time: 6:30 – 7:30 pm  
Location: The Arc of Greater Prince William  
13505 Hillendale Dr, Woodbridge, VA 22193  
Cost: \$5 for 1-2 people; \$10 for 3-4  
Contact: Jan Toone Russell at 703-670-4800  
Email: [jrussell@arcgpw.org](mailto:jrussell@arcgpw.org)  
Website: [www.arcgpw.org](http://www.arcgpw.org)  
Language(s): **ENGLISH**



## Family Workshops

### SCAN of Northern Virginia

Customized workshops for families seeking support in the following topics, but not limited to, positive communication, self-harm in children-ways to support, motivating teens in school, establishing rules, drugs, advocating for your child in school, crime and bullying, how to navigate kindergarten, and child development.

Date/time: Varies upon request  
 Location: Call for details  
 Contact: Yolonda Thompson at 703-820-9001 ext. 109  
 Email: [ythompson@scanva.org](mailto:ythompson@scanva.org)  
 Website: [www.scanva.org](http://www.scanva.org)  
 Language(s): **ENGLISH & SPANISH** (upon request)



## 1-800-CHILDREN

### Prevent Child Abuse Virginia

Trained parenting specialists give guidance on issues ranging from how to understand each stage of a child's development to how to reduce parental stress, strengthen the parent-child bond, access helpful community resources and contact authorities if abuse is suspected. 1-800-CHILDREN is a resource for parents from all walks of life, educational backgrounds, socioeconomic statuses and parenting orientations. Anyone that cares for children, including professionals, are encouraged to call when questions arise.

No. of Weeks: Ongoing  
 Date/Time: 24/7  
 Cost: FREE  
 Contact: 1-800-244-5373  
 Email: [800children@pcav.org](mailto:800children@pcav.org)  
 Website: [www.pcav.org](http://www.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: Weekly, biweekly or monthly home-visits (depending on level of need)  
 Time: Varies by appointment  
 Location: 4401 Ford Ave, Suite 303, Alexandria, VA 22302  
 Cost: FREE  
 Contact: 571-748-2851  
 Email: [mfisher@nvfs.org](mailto:mfisher@nvfs.org)  
 Website: [www.nvfs.org/our-services/early-childhood-development/healthy-families/](http://www.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  
 Email: [childbirtheducation@inova.org](mailto:childbirtheducation@inova.org)  
 Website: [www.inovahealthsource.org/childbirth-education](http://www.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  
 Email: [childbirtheducation@inova.org](mailto:childbirtheducation@inova.org)  
 Website: [www.inovahealthsource.org/childbirth-education](http://www.inovahealthsource.org/childbirth-education)  
 Language(s): **ENGLISH**

## Other Parenting Resources / ARLINGTON



### Family Workshops

SCAN of Northern Virginia

Customized workshops for families seeking support in the following topics, but not limited to, positive communication, self-harm in children-ways to support, motivating teens in school, establishing rules, drugs, advocating for your child in school, crime and bullying, how to navigate kindergarten, and child development.

Date/time: Varies upon request  
 Location: Call for details  
 Contact: Yolonda Thompson at 703-820-9001 ext. 109  
 Email: [ythompson@scanva.org](mailto:ythompson@scanva.org)  
 Website: [www.scanva.org](http://www.scanva.org)  
 Language(s): **ENGLISH & SPANISH** (upon request)



### 1-800-CHILDREN

Prevent Child Abuse Virginia

Trained parenting specialists give guidance on issues ranging from how to understand each stage of a child's development to how to reduce parental stress, strengthen the parent-child bond, access helpful community resources and contact authorities if abuse is suspected. 1-800-CHILDREN is a resource for parents from all walks of life, educational backgrounds, socioeconomic statuses and parenting orientations. Anyone that cares for children, including professionals, are encouraged to call when questions arise.

No. of Weeks: Ongoing  
 Date/Time: 24/7  
 Cost: FREE  
 Contact: 1-800-244-5373  
 Email: [800children@pcav.org](mailto:800children@pcav.org)  
 Website: [www.pcav.org](http://www.pcav.org)  
 Language(s): **ENGLISH** - Spanish-speaking callers can request help in **SPANISH** and a Spanish speaker will call them back.





## Healthy Families

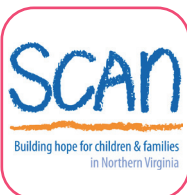
### Northern Virginia Family Service

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: 571-748-2851  
Email: [mtesfaye@nvfs.org](mailto:mtesfaye@nvfs.org) or [mfisher@nvfs.org](mailto:mfisher@nvfs.org)  
Website: [nvfs.org/our-services/early-childhood-development/healthy-families/](http://nvfs.org/our-services/early-childhood-development/healthy-families/)  
Language(s): **ENGLISH, SPANISH, URDU & AMHARIC**



## Other Parenting Resources / FAIRFAX COUNTY

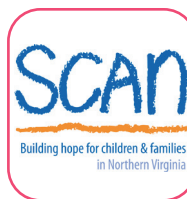


### **Building Strong Families Workshop**

#### SCAN of Northern Virginia

This interactive workshop will help parents learn skills and tools to strengthen their families through lessons on establishing rules, overcoming and reducing conflict and managing family stress.

Date/time: Tuesday, February 11, 2020  
Time: 9:30 - 11:30 am  
Location: Riverside Elementary School, 8410 Old Mt. Vernon Rd, Alexandria, VA 22309  
Contact: Meg Turkson at [mturkson@fcps.edu](mailto:mturkson@fcps.edu)  
Website: [www.scanva.org](http://www.scanva.org)  
Language(s): **ENGLISH & SPANISH**



### **Family Workshops**

#### SCAN of Northern Virginia

Customized workshops for families seeking support in the following topics, but not limited to, positive communication, self-harm in children-ways to support, motivating teens in school, establishing rules, drugs, advocating for your child in school, crime and bullying, how to navigate kindergarten, and child development.

Date/time: Varies upon request  
Location: Call for details  
Contact: Yolonda Thompson at 703-820-9001 ext. 109  
Email: [ythompson@scanva.org](mailto:ythompson@scanva.org)  
Website: [www.scanva.org](http://www.scanva.org)  
Language(s): **ENGLISH & SPANISH** (upon request)



### **1-800-CHILDREN**

#### Prevent Child Abuse Virginia

Trained parenting specialists give guidance on issues ranging from how to understand each stage of a child's development to how to reduce parental stress, strengthen the parent-child bond, access helpful community resources and contact authorities if abuse is suspected. 1-800-CHILDREN is a resource for parents from all walks of life, educational backgrounds, socioeconomic statuses and parenting orientations. Anyone that cares for children, including professionals, are encouraged to call when questions arise.

No. of Weeks: Ongoing  
Date/Time: 24/7  
Cost: FREE  
Contact: 1-800-244-5373  
Email: [800children@pcav.org](mailto:800children@pcav.org)  
Website: [www.pcav.org](http://www.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

This six week program teaches teens about communication, social skills, making good decisions, avoiding drug and alcohol use and being more confident. Pizza included! This program is provide in conjunction with the Partners in Prevention fund of Fairfax County. Please visit [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org) for further information or to register.

No. of weeks: 6  
 Date: Thursdays, January 9 – February 13, 2020  
 Time: 5:30 – 7:00 p.m.  
 Location: Stacy C. Sherwood Community Ctr, 3740 Old Lee Highway, Fairfax, VA 22030  
 Cost: FREE, but must preregister  
 Contact: 703-539-2904  
 Email: [Kelly.henderson@formedfamiliesforward.org](mailto:Kelly.henderson@formedfamiliesforward.org)  
 Website: [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org)  
 Language(s): **ENGLISH**



## Evidence-based Interventions for Children with FASD-Fetal Alcohol Spectrum Disorders, Free Webinar

Formed Families Forward

Dr. Molly N. Millians, a clinical educational specialist with the Emory Neurodevelopmental Exposure Clinic, Department of Psychiatry and Behavioral Sciences, Emory University School of Medicine will present Evidence-based Interventions for children with FASD. Please visit [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org) for further information or to register.

No. of weeks: One time event  
 Date: Thursday, January 16, 2020  
 Time: 6:30 – 8:00 p.m.  
 Location: Webinar  
 Cost: FREE, but must preregister  
 Contact: 703-539-2904  
 E-mail: [Kelly.henderson@formedfamiliesforward.org](mailto:Kelly.henderson@formedfamiliesforward.org)  
 Website: [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org)  
 Language(s): **ENGLISH**



## FASD from A Trauma Lens-Fetal Alcohol Spectrum Disorders Free Webinar

Formed Families Forward

Presenter Barb Clark who has over 25 years working with at risk youth in public schools, is an adoptive parent of a child with FASD and currently works with the North American Council on Adoptable Children(NACAC) coordinating post-adoption support will present FASD from a Trauma Lens.

No. of weeks: One time event  
 Date: Thursday, February 11, 2020  
 Time: 6:30 – 8:00 p.m.  
 Location: Webinar  
 Cost: FREE, but must preregister  
 Contact: 703-539-2904  
 E-mail: [Kelly.henderson@formedfamiliesforward.org](mailto:Kelly.henderson@formedfamiliesforward.org)  
 Website: [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org)  
 Language(s): **ENGLISH**



## Infant Development Program

Fairfax County Health Department

Provide screening services to assess your baby's development (ages 0-2) & can tell you if your child needs to see a specialist. Services provided by physical therapist, pediatrician, speech language pathologist, and nurse include evaluations, specialized teaching, referrals to other services as needed.

Date/Time: Varies  
 Location: One Clinic per week rotating amongst the existing Fairfax County Health Department Clinic District Offices; visit may be provided in home if needed  
 Cost: FREE, but must be a resident of Fairfax County and limited to children aged 0 – 2 years  
 Contact: 703-246-8450 TTY711



## Kinship Family Institute's (KFI) Website

### Fairfax County Department of Family Services

Explore the KFI's website to find services offered for Fairfax County kinship families (families raising a child for a family member or friend). Register for upcoming events, learn how to contact a kinship navigator to help find services, explore the Kinship Quick Guide of resources, find answers to frequently asked questions, and discover recently-scheduled trainings, seminars, and other events.

Cost: FREE  
 Contact: For assistance with services for kinship families, call 703-246-4KIN (4546)  
 Email: [KFI@FairfaxCounty.gov](mailto:KFI@FairfaxCounty.gov)  
 Website: [www.fairfaxcounty.gov/familyservices/children-youth/kinship-family-institute](http://www.fairfaxcounty.gov/familyservices/children-youth/kinship-family-institute)



## Computer Classes

### Edu-Futuro

Bilingual computer instruction for adults that helps parents obtain the skills necessary to find, apply for, and obtain employment to help stabilize homes and secure learning environments. Childcare and food provided.

### Robinson SS

Date: Mondays, February 24 – April 20, 2020  
 Time: 6:30 – 8:30 p.m.  
 Location: Robinson SS, 5035 Sideburn Rd, Fairfax, VA 22032

### Providence ES

Date: Tuesdays, March 3 – April 28, 2020  
 Time: 6:30 – 8:30 p.m.  
 Location: Providence ES, 3616 Jermantown Rd, Fairfax, VA 22030

### McNair ES

Date: TBD  
 Time: 6:30 – 8:30 p.m.  
 Location: McNair ES, Herndon, 2499 Thomas Jefferson Dr, Herndon, VA 20171

Cost: FREE  
 Contact: Jacqueline Smith at 703-228-2564  
 E-mail: [jacqueline@edu-futuro.org](mailto:jacqueline@edu-futuro.org)  
 Website: [www.edu-futuro.org](http://www.edu-futuro.org)  
 Language(s): **SPANISH**



## 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  
 Email: [childbirtheducation@inova.org](mailto:childbirtheducation@inova.org)  
 Website: [www.inovahealthsource.org/childbirth-education](http://www.inovahealthsource.org/childbirth-education)  
 Language(s): **ENGLISH**





### Healthy Families Fairfax

Fairfax County's Department of Family Services 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: 703-324-9729  
 Website: [www.nvfs.org/our-services/early-childhood-development/healthy-families/](http://www.nvfs.org/our-services/early-childhood-development/healthy-families/)



### The Parent Resource Center

Fairfax County Public Schools (FCPS)

The FCPS Parent Resource Center (PRC) offers a welcoming and engaging environment for parents, educators and community members to access information and resources to support the success of all students, including those with learning challenges, special needs and disabilities. Free workshops, confidential consultations and over 6,000 lending library materials available at the PRC help ensure that ALL students are inspired, engaged and thriving. Walk-in, call or email us!

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  
 Email: [prc@fcps.edu](mailto:prc@fcps.edu)  
 Website: [www.fcps.edu/resources/family-engagement/parent-resource-center](http://www.fcps.edu/resources/family-engagement/parent-resource-center)  
 Language(s): **ENGLISH & SPANISH**



### Parent Education Advocacy Training Center (PEATC)

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

Date/Time: Varies, call for information  
 Cost: FREE  
 Contact: 703-923-0010  
 Email: [partners@peatc.org](mailto:partners@peatc.org)  
 Website: [www.peatc.org](http://www.peatc.org)  
 Language(s): **ENGLISH & SPANISH**

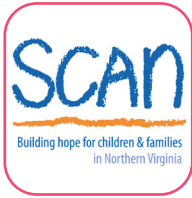


### Infant & Toddler Connection of Fairfax-Falls Church

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  
 Email: [itcinfo@fairfaxcounty.gov](mailto:itcinfo@fairfaxcounty.gov)  
 Website: [www.fairfaxcounty.gov/community-services-board/infant-toddler-connection](http://www.fairfaxcounty.gov/community-services-board/infant-toddler-connection)  
 Language(s): Interpretation services are provided for any language as needed.



## Healthy Relationships Workshop

SCAN of Northern Virginia and Ryan Bartel Foundation

This interactive workshop will discuss how to approach and communicate effectively with your teen on tough topics, such as Tobacco Use/Misuse (Vaping, Hookah, etc.), Social Media/Gaming (bullying, pressures, etc.), Sex/Sexting, and Loss/Grief. Ideal for any parent and while teens are at the FORT. Sign up required at website listed below.

Date: February 23, 2020  
 Time: 2:15 – 4:15 p.m.  
 Location: Fusion Academy, 19300 Promenade Dr #200, Leesburg, VA 20176  
 Email: [info@ryanbartelfoundation.org](mailto:info@ryanbartelfoundation.org)  
 Website: [www.ryanbartelfoundation.org/the-fort-for-parents](http://www.ryanbartelfoundation.org/the-fort-for-parents)  
 Language(s): **ENGLISH**



## Family Workshops

SCAN of Northern Virginia

Customized workshops for families seeking support in the following topics, but not limited to, positive communication, self-harm in children-ways to support, motivating teens in school, establishing rules, drugs, advocating for your child in school, crime and bullying, how to navigate kindergarten, and child development.

Date/time: Varies upon request  
 Location: Call for details  
 Contact: Yolonda Thompson at 703-820-9001 ext. 109  
 Email: [ythompson@scanva.org](mailto:ythompson@scanva.org)  
 Website: [www.scanva.org](http://www.scanva.org)  
 Language(s): **ENGLISH & SPANISH** (upon request)



## 1-800-CHILDREN

Prevent Child Abuse Virginia

Trained parenting specialists give guidance on issues ranging from how to understand each stage of a child's development to how to reduce parental stress, strengthen the parent-child bond, access helpful community resources and contact authorities if abuse is suspected. 1-800-CHILDREN is a resource for parents from all walks of life, educational backgrounds, socioeconomic statuses and parenting orientations. Anyone that cares for children, including professionals, are encouraged to call when questions arise.

No. of Weeks: Ongoing  
 Date/Time: 24/7  
 Cost: FREE  
 Contact: 1-800-244-5373  
 Email: [800children@pcav.org](mailto:800children@pcav.org)  
 Website: [www.pcav.org](http://www.pcav.org)  
 Language(s): **ENGLISH** - Spanish-speaking callers can request help in **SPANISH** and a Spanish speaker will call them back.





## Loudoun Connect: Conquering the Mid-School Blues

### Formed Families Forward

SCAN of Northern Virginia and Formed Families Forward are joining forces to bring parents and caregivers an evening of parenting strategies and problem solving around special education. Come get refreshed for the last half of the school year with new skills. We will also address common special education challenges; parents and caregivers are invited to bring IEPs or other documents and we will help navigate new solutions.

No. of weeks: One-time event  
 Date: Monday, February 24, 2020  
 Time: 6:00 – 8:30 p.m.  
 Location: Ally Advocacy Center, The Arc of Loudoun, Paxton Campus  
 601 Catoctin Circle, Ne, Leesburg, VA 20176  
 Cost: Please visit [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org) for more information  
 Contact: 703-539-2904  
 Email: [kelly.henderson@formedfamiliesforward.org](mailto:kelly.henderson@formedfamiliesforward.org)  
 Website: [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org)  
 Language(s): **ENGLISH**



## Infant & Toddler Connection of Loudoun

### Loudoun Community Services Board (CSB)

ITC is an early intervention program for children ages 0 to 3 with developmental delays, diagnosed handicapping conditions or atypical development. Eligible children receive services at home or in daycare. Therapy and developmental services are available.

Date: Monday – Friday  
 Time: Daytime appointments, 8:30 – 5:00 p.m.  
 Location: 906 Trailview Blvd SE, Suite A, Leesburg, VA 20175  
 Cost: Sliding fee scale; insurance and Medicaid accepted  
 Contact: 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 – Friday, 8:30 a.m. – 4:30 p.m.  
 Location: 741 Miller Dr SE, Suite F Leesburg, VA 20175  
 Cost: Free  
 Contact: 703-771-1400  
 Email: [donna@mobilehopeloudoun.org](mailto:donna@mobilehopeloudoun.org)  
 Website: [www.mobilehopeloudoun.org](http://www.mobilehopeloudoun.org)  
 Language(s): **ENGLISH & SPANISH**





## Family Workshops

SCAN of Northern Virginia

Customized workshops for families seeking support in the following topics, but not limited to, positive communication, self-harm in children-ways to support, motivating teens in school, establishing rules, drugs, advocating for your child in school, crime and bullying, how to navigate kindergarten, and child development.

Date/time: Varies upon request  
 Location: Call for details  
 Contact: Yolonda Thompson at 703-820-9001 ext. 109  
 Email: [ythompson@scanva.org](mailto:ythompson@scanva.org)  
 Website: [www.scanva.org](http://www.scanva.org)  
 Language(s): **ENGLISH & SPANISH** (upon request)



## 1-800-CHILDREN

Prevent Child Abuse Virginia

Trained parenting specialists give guidance on issues ranging from how to understand each stage of a child's development to how to reduce parental stress, strengthen the parent-child bond, access helpful community resources and contact authorities if abuse is suspected. 1-800-CHILDREN is a resource for parents from all walks of life, educational backgrounds, socioeconomic statuses and parenting orientations. Anyone that cares for children, including professionals, are encouraged to call when questions arise.

Date/Time: 24/7  
 Cost: FREE  
 Contact: 1-800-244-5373  
 Email: [800children@pcav.org](mailto:800children@pcav.org)  
 Website: [www.pcav.org](http://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 Raising Teenagers with Autism

The Arc of Greater Prince William

This workshop will discuss independence, self-advocacy, turning 18, sexuality, dating 101, sexual orientation/gender identity, online relationships and safety, and more. Rose Sutton will also discuss organizations that can help and mental health (red flags and where to get help).

Date: January 8, 2020 (snow date January 15)  
 Time: 7:00 – 8:30 pm  
 Location: The Arc of Greater Prince William, 13505 Hillendale Dr. Woodbridge, VA 22193  
 Cost: FREE  
 Contact: Jan Toone Russell  
 E-mail: [jrussell@arcgpw.org](mailto:jrussell@arcgpw.org)  
 Website: [www.arcgpw.org](http://www.arcgpw.org)  
 Language(s): **ENGLISH**



## Parent Workshop on Sensory Integration

The Arc of Greater Prince William

This workshop will be presented by Erin Clemens. Erin Clemens has been a pediatric occupational therapist for the past 18 years and is the owner of Pediatric Achievements in Lake Ridge, serving infants and children from birth through 21 years. She is AOTA Board Certified in Pediatrics, representing less than 1% of occupational therapists nationwide. Ms. Clemens is also the President of the Virginia Occupational Therapy Association.

Date: February 5, 2020 (snow date February 12)  
 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  
 E-mail: [jrussell@arcgpw.org](mailto:jrussell@arcgpw.org)  
 Website: [www.arcgpw.org](http://www.arcgpw.org)  
 Language(s): **ENGLISH, SPANISH** if requested at time of registration





## Arc Educational Workshops

### The Arc of Greater Prince William

Parent workshops for families of children with disabilities and the professionals who work with them.

No. of weeks: Ongoing  
 Date: March 1, April 15, May 6, and May 20, 2020  
 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  
 E-mail: [jrussell@arcgpw.org](mailto:jrussell@arcgpw.org)  
 Website: [www.arcgpw.org](http://www.arcgpw.org)  
 Language(s): **ENGLISH, SPANISH** if requested at time of registration



## Critical Decision Points for Families of Children with Disabilities

### Formed Families Forward

This workshop features the Virginia Department of Education (VDOE) Critical Decision Points training. Families will become familiar with key skills as well as important decision points during their children's educational career. Formed Families Forward is pleased to partner with the Parent Resource Center for Prince William County Schools to offer this training to NOVA families. Please visit [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org) for further information or to register.

Date: Thursday, February 20, 2020  
 Time: 9:00 a.m. – 2:00 p.m.  
 Location: Kelly Leadership Center, 14715 Bristow Rd, Manassas, VA 20112  
 Cost: FREE, but must preregister  
 Contact: 703-539-2904  
 E-mail: [Kelly.henderson@formedfamiliesforward.org](mailto:Kelly.henderson@formedfamiliesforward.org)  
 Website: [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org)  
 Language(s): **ENGLISH**



## Spring Forward Foster, Adoptive, and Kinship Family Fun Day 2020

### 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 and connection for parents and caregivers and structured outdoor experiences for school age children. Childcare available for infants and toddlers. This year's keynote presenter is Oleg Loughheed, a young adult adoptee and resiliency advocate. Come hear his inspiring story and gain skills to strengthen resiliency in your family. Please visit [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org) for further information.

Date: Saturday, May 2, 2020  
 Time: 8:30 a.m. – 2:00 p.m.  
 Location: Colgan Hall, Science and Technology Campus of George Mason University  
 10900 University Blvd. Manassas, VA 20110-2203  
 Cost: Please visit [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org) for more information  
 Contact: 703-539-2904  
 E-mail: [Kelly.henderson@formedfamiliesforward.org](mailto:Kelly.henderson@formedfamiliesforward.org)  
 Website: [www.formedfamiliesforward.org](http://www.formedfamiliesforward.org)  
 Language(s): **ENGLISH**



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