

RESOURCE GUIDE FOR CHILDREN, YOUTH AND FAMILIES 2011



City of Alexandria
Department of Community & Human Services



INTRODUCTION

The *Resource Guide for Alexandria's Children, Youth & Families* is an inventory of resources that promote youth well-being in the City of Alexandria, Virginia. It has been compiled to enhance knowledge of and access to the vast array of youth programs and services provided by City, non-profit, and community organizations for Alexandria residents. The Guide is a tool that acquaints parents and youth with educational, health, social service, and leisure-time opportunities. It is also a tool youth service professionals can use to assist families with referrals to needed supports, thereby encouraging collaboration and cooperation among youth-serving organizations.

Resources for youth of all ages, prenatal to age 21, and their families are included. The information presented is organized in accordance with the population served. Chapter I profiles programs and services for families as well as adults. Chapter II is devoted to infants and preschoolers, and Chapter III to elementary school students. The focus of Chapter IV is opportunities for middle school and high school students. For each organization listed, the contact information is provided as well as hours of operation, eligibility requirements, fees, web address, and a brief description of the service/program. The Guide is an online resource only, available on the website of the City of Alexandria.

The purpose of the Guide is to facilitate informed decision-making by parents, youth-serving professionals, and youth themselves. Information was obtained from agencies and organizations via submission or online. While every effort has been made to assure the accuracy of information, programs change. Hence, it is advised that users of the Guide contact the sponsoring organization to ensure the information is current. In the event of the need for changes to a listing or to add a listing, please contact:

*Alexandria Department of Community and Human Services
Office of Youth Services
2525 Mt. Vernon Avenue
Alexandria, VA 22301
(703) 746-5969
jacqueline.coachman@alexandriava.gov*

A listing in this Guide does not constitute an endorsement or a recommendation of any program, service, or organization. Services and programs listed have not been evaluated or assessed. The City assumes no responsibility for the actions or abilities of any non-City organizations or groups listed herein.

**RESOURCE GUIDE FOR ALEXANDRIA'S
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EDUCATION

ADULT EDUCATION

Alexandria City Public Schools

Adult and Community Education

3330 King Street, Door #1

Alexandria, VA 22302

(703) 824-6845 Fax: (703) 824-6902

<http://www.acps.k12.va.us/adulted/ace/> adulted@acps.k12.va.us

Hours: M-Th 9:00am - 9:00pm

Range of courses offered that include Information Technology, Culinary Arts, English Language Learning, Languages, Home Improvement (plumbing, electrical wiring, frame carpentry, drywall, and ceramic tile), Landlording and Financial Planning, and special interests such as landscape design, event planning, grant writing, digital video, and genealogy.

Adult High School: enables adults 18 years and over who are no longer enrolled in public education to complete the courses required to earn an Adult High School Diploma (ADP). The ADP is awarded to students who have completed a specific number of accumulated credits as opposed to the General Education Development (GED) program, which administers a seven-hour exam. Current high school seniors who need 1-3 credits in order to graduate within the current school year can attend if referred by counselor. Tuition for City of Alexandria residents: \$60 for first course and \$30 for each additional course. Tuition for non-residents: \$235 for first course and \$118 for each additional course.

Child Development Associate Credential: prepares students for completing the resource file documentation and the competencies; open to anyone interested in working in a child-care environment. Tuition for Alexandria City residents: \$75 for ten two-hour sessions; tuition for non-residents: \$100

Cosmetology: upon successful completion (usually at least four semesters or two academic years), students are eligible to take the licensing examination of the Virginia State Board of Cosmetology. Tuition for City of Alexandria residents: \$220 per semester and \$20 lab fee; tuition for non-residents: \$275 per semester

Practical Nursing Honors Program: eighteen-month program provides the training necessary to pass the state licensing examination for Licensed Practical Nurses (LPN). The first nine months are comprised of classes three hours in the morning Monday-Friday at T.C. Williams High School; the second nine months comprised of 35 hours each week in a classroom or clinical setting. Upon successful completion of the program, students are recommended by the Program Director for the LPN licensing examination given by the Virginia State Board of Nursing. Articulation agreements with local colleges facilitate continuing education to achieve license as a RN. Adult applicants must 1) hold a high school diploma or a GED certificate in the United States; 2) receive a satisfactory score on the pre-entrance examination; 3) provide evidence of good health as indicated by a physical examination; and 4) interview with a faculty member of the ACPS School of Practical Nursing. Phase I & II tuition for City of Alexandria residents: \$2,550 and \$1,235 for books, fees, uniforms and dues. Tuition for non-residents: \$3,700.

Alexandria City Public Schools

Adult Learning Center

25 South Quaker Lane

2nd Floor, Room 27

Alexandria, VA 22314

(703) 461-4179

<http://www.acps.k12.va.us/adulted/alc/>

Hours: M-F 8:30am - 4:30pm

Adult Basic Education: vocabulary, spelling, reading, math, grammar and computer literacy; M-F 8:30am - 3:00pm. No fee for city residents.

English as a Second Language (ESL): reading, writing and speaking English; M-F 8:45am - 12:00pm. Tuition for City of Alexandria residents: \$65 (plus cost of books); tuition for non-residents: \$235.

Pre GED/GED Classes Daytime Program: math, writing, grammar, social studies, science, literature; M-F 9:00am - 12:00pm and 1:00pm - 3:30pm. Tuition for City of Alexandria residents: \$65 (plus cost of books); tuition for non-residents: \$235.

Pre GED/GED Evening Classes: students pre-tested at registration to determine placement; Tuesday and Thursday from 5:30 - 8:30pm. Tuition for City of Alexandria City: \$65 (plus cost of books); tuition for non-residents: \$235.

GED Test: administered at the Adult Learning Center every Monday and Tuesday from 2:00pm - 7:30pm; \$10 for Official Pre-test and \$45 for Official Exam.

**Alexandria City Public Schools
The Family Academy**

2000 N. Beauregard Street, Suite 351

Alexandria, VA 22311

(703) 578-6265 Fax: (703) 824-6741

www.acps.k12.va.us/the-family-academy thefamilyacademy@acps.k12.va.us

Fees: None; childcare available

Empowers parents as partners, advocates and leaders in the education of their child via courses, activities, family learning events in six main strands: The Early Childhood Years, Helping Children Succeed in School, Understanding and Guiding Children, Parent Empowerment, Health & Wellness, and Places to Go ... And Fun Things To Do!.

**Alexandria Redevelopment & Housing Authority
Family Resource Learning Center**

910 Montgomery Street

Alexandria, VA 22314

(703) 739-2376 Fax (703) 739-2386

GED preparation for adults and resume assistance; father-friendly center works to assist fathers of all levels of need.

**American Red Cross
Certified Nurse Assistant Program**

105 North Washington Street

Alexandria, VA 22314

(703) 299-2506 infoalexandria@usa.redcross.org

www.alexandriaredcross.org

Fees: \$1,200 (includes \$100 nonrefundable registration fee, tuition, text books, equipment and background check)

Eligibility: must be at least 17 years old, be able to read and write English at an 8th grade level

Four-week program offers comprehensive and hands-on clinical training that prepares students for immediate employment in the health care field. Course is 120 hours and includes 40 hours of clinical experience in a medical unit. Class size limited to ten students to enable extra mentoring from the RN instructors; classroom equipped with hospital beds and medical equipment. Upon graduation, students are eligible to take the State Certified Nurse Assistant exam.

**Community Lodgings, Inc
ESL Classes**

Family Learning Center

607 Notabene Drive #1

Alexandria, VA 22305

(703) 739-5856 Fax: (703) 739-8412

www.communitylodgings.org

Broadens employment opportunities by advancing English speaking and writing skills

Early Childhood Learning Institute (ECLI)

Hopkins House

1224 Princess Street

Alexandria, VA 22314

(571) 480-4085

<http://www.hopkinshouse.org>

Hours: Saturday mornings and Wednesday evenings

Fees: \$250 tuition fee per semester or \$750 per academic year; scholarships available

Eligibility: must have a high school diploma or equivalency and the aptitude to complete college-level academic work

Upon successful completion of two-year program, participants earn a child development associate (CDA) credential, two child development certificates, 31 credits toward an Associate's Degree from Northern Virginia Community College, and a guaranteed salary of \$25,000 to \$30,000 plus benefits if employed by a local participating childcare center in the City of Alexandria, Arlington County, or Fairfax County.

**Northern Virginia Community College – Alexandria
Office of Workforce Development & Continuing Education**

Alexandria Campus, AA 230
3001 N. Beauregard Street
Alexandria, VA 22311
(703) 845-6280 Fax: (703) 845-6083
<http://www.nvcc.edu/wdce/alexandria/>

Hours: M-F 8:30am - 4:30pm

Fees: Set fee for credit courses; noncredit course fees vary

Alexandria campus and the Arlington Center for Professional Development offer open-enrollment courses that support both professional and personal enrichment; eighty instructor-led courses available online.

Training Futures

Northern Virginia Family Service

8251 Greensboro Drive
McLean, VA 22102
(703) 448-1630
http://www.nvfs.org/pages/page.asp?page_id=91695

Fee: Cost of books only

Hours: 8:00am - 4:00pm

25-week program provides computer and clerical training that prepares low-income adults for employment in business and medical offices. Training in computer skills, business English and math, keyboarding, filing, customer service, and medical terminology; trainees benefit from professional development skill building, an internship, and supported job search. Pell grant-eligible individuals are enrolled in Northern VA Community College and receive up to 18 college credits for the program.

LIBRARIES

Alexandria Library Branch Locations and Hours

Kate Waller Barrett Branch

717 Queen Street
Alexandria, VA 22314
(703) 746-1703
Hours: M 1:00pm - 9:00pm; T-Th 10:00am - 7:00pm; F 10:00am - 6:00pm; Sat 10:00am - 5:00pm

Charles E. Beatley, Jr. Central Library

5005 Duke Street
Alexandria, VA 22304
(703) 746-1702
Hours: M-Th 10:00am - 9:00pm; F 10:00am - 6:00pm; Sat 10:00am - 5:00pm; Sun 1:00pm - 5:00pm

Ellen Coolidge Burke Branch

4701 Seminary Road
Alexandria, VA 22304
(703) 746-1704
Hours: M-W 10:00am - 7:00pm; Th 1:00pm - 9:00pm; F 10:00am - 6:00pm; Sat 10:00am - 5:00pm

James M. Duncan Branch

2501 Commonwealth Avenue
Alexandria, VA 22301
(703) 746-1705
Hours: M-T 10:00am-7:00pm; W 1:00pm-9:00pm; Th 10:00am-7:00pm; F 10:00am-6:00pm; Sat 10:00am-5:00pm

Special Collections (Local History)

717 Queen Street
Alexandria, VA 22314
(703) 746-1706
Hours: M 1:00pm-9:00pm; T 2:00pm-7:00pm, W 10:00am-7:00pm; F 10:00am-6:00pm; 1st Saturday 10:00am-5:00pm

Alexandria Library Literary Programs

Books to Film Discussion Group

Beatley's Small Conference Room (703) 746-1770

Second Tuesday at 7:00pm

Readers and movie buffs gather to talk about a novel, play, short story, or work of nonfiction and the motion picture version inspired by the written tale

Duncan Book Discussion Group

Duncan Branch Library (703) 746-1705

Third Wednesday at 7:00pm

Selections are chosen by the participants and the discussion are often led by participants

Great Books Discussion Group

Beatley Central Library (703) 931-3559

Third Thursday at 7:00pm

Selections are from the Great Books Foundation series

Latin American Book Discussion Group

Beatley Central Library (703) 746-1770

Second Tuesday at 7:00pm

Program features books or short stories written by Latin American authors that have been translated into English. Discussions are conducted in English. Native Spanish speakers are welcome and the group leader is bi-lingual

"Let's Talk Books"

Barrett Branch Library (703) 746-1703

Second Monday at 7:00pm

Group that alternates discussions of fiction and nonfiction

World Short Story Discussion Group

Burke Branch Library (703) 746-1770

Fourth Tuesday or Thursday at 7:00pm

Features short stories written by authors worldwide that are included in the anthology *Art of the Short Story*

PARENTING

Alexandria Campaign for Adolescent Pregnancy (ACAP)

421 King Street, Suite 400

Alexandria, VA 22314

(703) 746-5030 Fax: (703) 838-4976

alexgetreal.com

Parent workshops on how to talk to youth about sex, love and relationships as well as materials that help parents decide when and how to start the conversation; section of website devoted to parents.

Alexandria City Public Schools

Anne R. Lipnick Parent Resource Center

Jefferson-Houston School for Arts & Academics

1501 Cameron Street, Door #4

Alexandria, VA 22314

(703) 706-4552

Workshops, support and information on special education; services free to all residents of Alexandria with children ages birth to 22, regardless of where child is enrolled in school. Lending library features information on disabilities and special needs, accommodations and adaptations, and writing an Individualized Education Program (IEP).

Alexandria City Public Schools

ELL Program Supporting English Language Learning

Ellen Coolidge Burke Branch Library, Ground Floor

4701 Seminary Road

Alexandria, VA 22304

(703) 461-6550

Hours: 8:30am - 4:30pm

Weekly parent workshops discuss how the school system works and what parents can do to help their child succeed in school. Spanish interpretation provided upon request. Children welcome; snacks provided. Call for dates and locations.

**Alexandria Juvenile & Domestic Relations District Court
Court Service Unit FOCUS Parent Education Program**

520 King Street, 1st Floor
Alexandria, VA 22314
(703) 746-4496

Hours: M-F 8:00am - 4:30pm

Educational program for parents and guardians involved in custody and/or visitation cases. Topics include the impact of conflict on children, the stages of child development, the importance of positive communication, co-parenting techniques, and the legal aspects of custody and visitation. Six-hour program offered free of charge to parents and guardians ordered to attend by the Alexandria Juvenile and Domestic Relations District Court.

**Alexandria Juvenile & Domestic Relations District Court
Court Service Unit Strengthening Families Program**

520 King Street, 1st Floor
Alexandria, VA 22314
(703) 746-4496

Hours: M-F 8:00am - 4:30pm

Evidence-based, best practices program that works with families to broaden their knowledge of the following topics: stress management, goal setting, family communication, peer pressure, problem solving, alcohol, drugs, sexuality, and positive parenting techniques. Program accepts only court ordered families.

**Alexandria Neighborhood Health Services, Inc
Family Support and Mental Health Services**

3802 Executive Avenue, #D-1
Alexandria, VA 22305
(703) 535-7930 Fax: (703) 535-7950

Hours: M, W, F 9:00am - 5:00pm T & Th 9:00am - 7:00pm

Fees: Sliding fee; income limits

Individual and family counseling, life skills training, and parenting classes

**Alexandria Redevelopment & Housing Authority
Family Resource Learning Center**

910 Montgomery Street
Alexandria, VA 22314
(703) 739-2376 Fax: (703) 739-2386

Father-friendly center offers GED preparation, resume assistance and parenting classes

**Alexandria Redevelopment & Housing Authority
Ruby Tucker Family Center**

322 Tancil Court
Alexandria, VA 22314
(703) 535-3175

Hours: M-F 9:30am - 6:30pm

Preventive services, adult enrichment, parenting classes and youth programs for residents of ARHA developments

**Alexandria System of Care Family Partner Program
"You Are Not Alone" Parent Support Group**

Center for Alexandria's Children
1900 N. Beauregard Street, Second Floor Classroom
Alexandria, VA 22311

(703) 746-6004 Fax: (703) 933-1380

<http://centerforalexandriaschildren.org> info@centerforalexandriaschildren.org

Hours: First Thursday 6:30 - 8:30pm

Free support group for parents who are stressed and/or need help; separate support group for Spanish-speaking parents.

Dinner served and child care provided; no fee

Capital Youth Empowerment Program

Fathers in Touch

1315 Duke Street

Alexandria, VA 22314

(202) 321-8704 (703) 655-8175

www.cyep.org info@cyep.org

Free twelve-week parenting class for fathers and mothers focuses on the five characteristics a father needs to be a great dad. Three supervised visitation activities promote strong relationships between fathers and their children.

Center for Alexandria's Children

"The Parent Exchange"

1900 N. Beauregard Street, Second Floor Classroom

Alexandria, VA 22311

(703) 746-6012 Fax: (703) 933-1380

http://centerforalexandriaschildren.org info@centerforalexandriaschildren.org

Hours: Third Thursday 5:30 - 7:30pm

Parents in need of support for a child that has mental health or emotional needs gain skills in effective parenting and communication. Dinner served and no registration required. Classes offered in English and Spanish

Community Lodgings, Inc.

Parent Workshops

Family Learning Center

607 Notabene Dr. #1

Alexandria, VA 22305

(703) 739-5856

www.communitylodgings.org

Hours: 2nd Wednesday of the month 6:30pm - 8:00pm (can vary)

Workshops conducted in conjunction with the ACPS bilingual parent liaisons; childcare provided. No fee

Healthy Families – Alexandria

Northern Virginia Family Service

5249 Duke Street, Suite 308

Alexandria, VA 22304

(703) 370-3223 Intake: (703) 212-1701 Fax: (703) 751-5197

www.nvfs.org www.healthyfamiliesalexandria.org

Hours: M-F 9:00am - 5:00pm Home visiting appointments; flexible schedule

Eligibility: Expectant or new parents who reside in the City of Alexandria

Free weekly home visiting services for pregnant women/teens and parents of young children that include parenting skill development, maternal and family health education, child development assessments, and referrals to early intervention, community, and emergency services. Home visitors may work with family until child reaches 5 years of age.

Hispanics Against Child Abuse & Neglect, Inc. (HACAN)

Fortaleciendo La Familia (Strengthening Families)

11230 Waples Mill Road, Suite #105

Fairfax, VA 22030

(703) 208-1550 Fax (703) 208-1540

www.hacan.org info@hacan.org

Free culturally-sensitive parenting classes for immigrant families using Spanish-language curriculum

INOVA HealthSource

Grandparenting Class

INOVA Alexandria Hospital

4320 Seminary Road

Alexandria, VA 22304

(703) 750-8800

New grandparents learn about important parenting updates and safety practices. Class also discusses ways to support the new family, even from a distance. Offered monthly, time varies. Fee of \$40 per person

INOVA HealthSource

New Moms Group

4320 Seminary Road
Alexandria, VA 22304
(703) 750-8800

Hours: Tuesday 12:45 - 2:45pm

Fee: \$5/week

Drop-in group that is facilitated by a maternal-infant health educator

INOVA HealthSource

Sibling Class

4320 Seminary Road
Alexandria, VA 22304
(703) 750-8800

Hours: Offered monthly, time varies

Fee: \$30/registration (1 child and 1 parent)

Interactive class for parents with their children ages 3-7 who are expecting a new brother or sister. Siblings talk about what it means to be a big brother or sister and work on a gift for the new baby.

Northern Virginia Family Service

TransParenting

10455 White Granite Drive #100
Oakton, VA 22124
(703) 385-3267

www.nvfs.org info@nvfs.org

Hours: Saturday 9:00am - 1:00pm

Fees: \$50 per person

Helps parents lessen the negative impact of divorce by focusing on separations from the perspective of their children; meets the parent education guidelines developed by the Supreme Court of Virginia for mandated divorce education.

Parent Educational Advocacy Training Center (PEATC)

100 N. Washington Street, Suite 234
Falls Church, VA 22046
(703) 923-0010

www.peatc.org

Hours: M-F 9:00am - 5:00pm

Parent information and training center serves families and professionals of children with disabilities in Virginia from birth to age 22; works collaboratively with families, schools and communities to improve opportunities for all children with a special focus on children with disabilities; helps families negotiate the education and service system maze, and effectively communicate the needs of their child. Comprised of three information centers:

Parent Training and Information Center for Families of Children with Disabilities: serves families of children with disabilities or suspected disabilities from birth through age 26; helps parents understand the workings of early intervention and special education; conducts leadership programs in English and Spanish.

Parent Information Resource Center: designated as Virginia's Parent Information Resource Center for all families with children from newborns to high school students.

NEXT STEPS Transition Program: provides information on opportunities for transition age youth with disabilities.

Parent Leadership Training Institute of Alexandria

Minnie Howard 9th Grade Center
3801 W. Braddock Road
Alexandria, VA 22302
(703) 739-0233

www.PLTI-ALEX.org info@PTLI-ALEX.org

Hours: 5:30 - 9:30pm November - April

Fees: None

Parents trained as leaders who advocate for children. Program of twenty weeks includes sessions on community building, leadership, civics, practical democracy skills, and public speaking; dinner, childcare, translation services provided.

Resource Mothers

Northern Virginia Urban League

1315 Duke Street
Alexandria, VA 22314
(703) 836-2858 Fax: (703) 836-8948

www.nvul.org

Hours: M-F 9:00am - 5:00pm

Free service matches pregnant teens or women experiencing problem pregnancies with a volunteer mother trained to encourage proper prenatal care, nutrition, and parenting skills. Mentors work with mothers until the child is age 2.

Stop Child Abuse Now of Northern Virginia (SCAN)

1705 Fern Street, 2nd Floor
Alexandria, VA 22302
(703) 820-9001 Fax: (703) 820-9002

www.scanva.org info@scanva.org

Hours: M-F 9:00am - 5:00pm

Parent Education Program: classes include child development, communicating physical and emotional needs, effective discipline methods, and building family cohesion.

Court Appointed Special Advocate (CASA) Program: trains community volunteers appointed by judges to speak up for children in the juvenile court system.

Public Education Program: raises public awareness of the incidence, prevention and treatment of child abuse

Stop Child Abuse Now of Northern Virginia (SCAN)

ABCs of Parenting (Los ABCs para Padres)

First Assembly of God Church (Rear Entrance)

700 W. Braddock Road

Alexandria, VA 22302

(703) 820-9001 (information) Fax: (703) 820-9002

www.scanva.org info@scanva.org

Hours: Th 6:00pm - 8:30pm

Eligibility: No eligibility or residency requirements

Eight-week session in English and Spanish on child development, self-esteem, family rules, age-appropriate discipline, and family stress management; dinner and childcare included. Registration and one-hour intake interview required.

Stop Child Abuse Now of Northern Virginia (SCAN)

Educational Parent Support Group

1st Assembly of God Church

700 West Braddock Road

Alexandria, VA 22302

(703) 820-9001 (information) Fax: (703) 820-9002

www.scanva.org info@scanva.org

Hours: M 7:00pm - 8:30pm

Eligibility: no eligibility requirements; no pre-registration required

Free weekly educational parent support group features presentations on various parenting topics by a trained facilitator followed by group discussion of such topics as child development, effective discipline, healthy communication, stress management, and conflict resolution. Free childcare for participating parents

Stop Child Abuse Now of Northern Virginia (SCAN)

Juntos Por El Cambia

Cora Kelly School Library

3600 Commonwealth Avenue

Alexandria, VA 22305

(703) 820-9001 (information) Fax: (703) 820-9002

Hours: T 7:00pm - 8:30pm

Free weekly educational parent support group for Spanish-speaking families; presentations by a trained facilitator with group discussions on such topics as child development, effective discipline, healthy communication, stress management, and conflict resolution. No fee; free childcare for participating parents

**United Methodist Family Services
PRIDE Training for Foster/Adoptive Parents**

Northern Virginia Regional Center
6335 Little River Turnpike
Alexandria, VA 22312

(703) 941-9008 Fax: (703) 750-0621

www.umfs.org atucker@umfs.org

Hours: M-F 9:00am - 5:00pm

Fees: Sliding fee; accepts insurance

Training for persons interested in becoming foster and adoptive parents; participants must attend an orientation session prior to training. Contact Adrienne Tucker at (703) 941-9008 ext 308 or atucker@umfs.org to register.

HEALTH

**Partnership for a Healthier Alexandria
Alexandria Health Department**

4480 King Street
Alexandria, VA 22302
(703) 746-4914

www.HealthierAlexandria.org

Coalition of non-profits, schools, city agencies, businesses, government and community leaders, and citizens committed to improvements in select health issues through coalition building, collaborative planning, and community action.

DENTAL CARE

**Alexandria Health Department
Dental Clinic**

4480 King Street, 1st Floor
Alexandria, VA 22302
(703) 746-4969

Eligibility: Income-eligible adults and children (ages 4 - 21)

Fees: Income-based on a sliding scale; Medicaid and Medicare accepted

Services for children include cleaning, fluoride, sealant, complete oral examinations, filling, and extraction; emergency services only for adults with exception of denture program for adults 60 years and older. By appointment only

Alexandria Neighborhood Health Services, Inc

3804 Executive Avenue, D-1
Alexandria, VA 22305
(703) 535-5418

<http://www.anhsi.org/programs/family.html>

Cleanings, x-rays, fillings and extractions provided for adults and children through a contract with the Alexandria Health Department; referrals provided for more extensive dental care needs.

**Northern Virginia Community College
Dental Hygiene Program**

Medical Education Campus
6699 Springfield Center Drive, Room 132
Springfield, VA 22150
(703) 822-6655

Hours: M-F 9:00am - 4:00pm; M-Th 6:00 - 9:00pm by appointment only

Eligibility: all welcome, particularly children over the age of 3 (must have appointment) and the medically handicapped

Fee: Nominal fee for all services

Cavity detection, periodontal examination and evaluation, scaling and polishing, fluoride application, sealants, diagnostic x-rays, home oral health care instructions, blood pressure screening, oral cancer screening, nutritional counseling

**Northern Virginia Community College
Dental Restorative Clinic**

Medical Education Campus
6699 Springfield Center Drive, Room 132
Springfield, VA 22150
(703) 822-6655

Hours: M-Th 9:00am - 4:00pm, by appointment only

Eligibility: adults with no dental insurance

Fees: Initial fee of \$75 for comprehensive examination; sliding fee scale may be available to determine total service cost
Services include diagnostic exams, x-rays, basic filings, simple extractions, root canals, partial dentures.

Northern Virginia Dental Clinic

5827 Columbia Pike, #405
Falls Church, VA 22041

(703) 820-7170

<http://www.nvds.org/northern-virginia-dental-clinic.aspx>

Hours: M-F 8:30am - 5:30pm 2nd & 4th Saturday 9:00am - 2:00pm

Eligibility: age 18 or older; income must be at or below 200% of federal poverty guidelines

Fees: Most services offered at a flat rate of \$40 per visit

Referral for the Alexandria Department of Community and Human Services required; provides comprehensive examinations (including x-rays), detailed treatment plans, oral cancer screening, fillings, oral surgery, hard and soft tissue biopsies, root canal therapy, minor gum surgery, full & partial dentures, crowns, and cleanings.

Northern Virginia Family Service

Dental Recruitment and Referral Program

10455 White Granite Drive, Suite 100
Oakton, VA 22124

(703) 219-3986

Recruits community dentists to treat clients in their offices at a reduced rate or at no cost

Smiles for Children

Virginia Department of Medical Assistance Services

600 East Broad Street
Richmond, Virginia 23219

(888) 912-3456

Eligibility: children on Medicaid, FAMIS, or FAMIS Plus

Provides coverage for diagnostic, preventive, restorative/surgical procedures, as well as orthodontia services; also provides coverage for limited medically necessary oral surgery services for adults (age 21 and older).

OUTPATIENT MEDICAL SERVICES

Alexandria Breast Cancer Walk Fund

Department of Community and Human Services

421 King Street, Suite 400
Alexandria, VA 22314

(703) 746-5030 Fax: (703) 838-4976

<http://alexandriava.gov/TheWalk> TheWalk@alexandriava.gov

Provides free mammograms for City residents who need a mammogram, but do not have insurance or whose insurance does not cover screening mammograms. After obtaining a prescription for a mammogram, contact the Walk Coordinator at (703) 746-5030 for more information as to how to access the fund. Women without a health care provider should contact the Arlandria Health Center at (703) 535-5568 to request an appointment for an exam. Ultrasound Associates Women's Imaging Center also donates twenty mammograms annually to women who are uninsured or underinsured and live in the City of Alexandria. For more information, please contact the Walk Coordinator at (703) 746-5030 or TheWalk@alexandriava.gov.

**Alexandria Department of Community and Human Services
Acute/Emergency Care Services**

720 N. Saint Asaph Street
Alexandria, VA 22314
(703) 746-3401

<http://alexandriava.gov/mhmrsa>

Fees: Payment plans available; services are not denied due to inability to pay
24-hour crisis intervention; services include outpatient mental health and substance abuse counseling, hospitalization, social detoxification, jail-based services, medication services, and a methadone program.

**Alexandria Health Department
Child Health Clinic**

4480 King Street, 2nd Floor
(703) 746-4940 Spanish Line: (703) 746-4855

Hours: Call for appointment (703) 746-4888

Eligibility: Alexandria City residency, Medicaid or uninsured

Provides routine well-child health services for infants and children through age 5 by appointment. Walk-in services for newborns and sick children; no appointment needed, but must sign in by 9:00am, M-F.

**Alexandria Health Department
Teen Wellness Center**

T.C. Williams High School
3330 King Street
Alexandria, VA 22302
(703) 746-4776

Hours: M-F 10:00am - 5:00pm

Fees: Most services free of charge. Possible fee for long-term counseling - accepts Medicaid, Medicare, insurance, payment plans. Services never refused due to an inability to pay.

Eligibility: Adolescents ages 12-19 whose parents reside in the City of Alexandria

Treatment of minor illnesses, immunizations, and physical examinations required for schools and sports, employment, and Special Olympics – written parental consent required. Pregnancy testing, diagnosis and treatment of sexually transmitted diseases; reproductive health services (including provision of birth control methods), and mental health and substance abuse counseling available without parental consent.

Alexandria Health Department

4480 King Street
Alexandria, VA 22302

Immunization Clinic: routine immunization services for children (including school and daycare entry) and adults.

Adult vaccines may have charges. M 2:00pm - 6:00pm (appointment only), T 1:00pm - 4:00pm (walk-in), and
W 8:00am - 11:00am (walk-in). (703) 746-4980

TB Clinic: Evaluation, treatment and preventive treatment programs; walk-in TB skin testing and TB risk assessment
for adults only (19 years old and older). M 1:30pm - 3:30pm; T 8:15am - 11:00am (703) 746-4960

Refugee Services: Tuberculosis screening, health history of newly arrived refugees into the country, and referrals to
other services. (703) 746-4960

STI Clinic: Free confidential screening, diagnosis, and treatment of Sexually Transmitted Infections. No appointment
or residency requirements. Walk-in clinic hours: W 4:00pm - 6:00pm (703) 746-4846

Pregnancy Testing: No residency requirement; usually a small fee, free for teens. M 2:00pm - 4:00pm; T 9:00am -
11:00am; W 2:00pm - 4:00pm (703) 746-4922

HIV/AIDS Testing: Free confidential HIV Rapid antibody testing: no appointment or eligibility requirements.
W 1:00pm - 3:00pm; Th 9:00am - 10:30am and 5:00pm - 6:30pm (703) 746-4976

Family Planning: services for women interested in pre-conceptual planning or a method of birth control that includes
complete gynecological services including lab work, pelvic examination, Pap smear and breast examination. Selected
birth control methods also provided. Call for appointment (703) 746-4922

**Alexandria Health Department
Flora Casey Health Center**

1200 N. Howard Street
Alexandria, VA 22304

(703) 746-4886 Appointment Line: (703) 746-4888 Spanish: (703) 746-4855

<http://alexandriava.gov/CaseyHealthCenter>

Hours: M-F 8:00am - 4:30pm (most services by appointment only, including prenatal eligibility)

Fees: Sliding scale; Virginia Medicaid (Health Department designated patients only) accepted

Limited range of specialty and general medical services for those determined to be medically and administratively eligible. Certain eligibility information, including but not limited to family size, income, and Alexandria residency, may be required.

Alexandria Hospital – INOVA Health Care System

4320 Seminary Road
Alexandria, VA 22304

(703) 504-3000

www.inova.org

Fees: Accepts Medicaid, Medicare, insurance.

318-bed community hospital that offers a full range of health care services; available services include a Cancer Center, Vascular Services and Interventional Radiology, a Sleep Disorder Center, and Heartburn Treatment Services.

**Alexandria Neighborhood Health Services, Inc.
Main Office, Adult Medicine & Women's Health Programs**

2 East Glebe Road
Alexandria, VA 22305

(703) 535-5568 Fax: (703) 535-1581

www.anhsi.org

Hours: M & F 7:30am - 5:00pm T, W, TH 7:30am - 7:00pm

Fees: Serves anyone regardless of income, health insurance or ability to pay

Well and sick visits for patients 19 years and older.

**Alexandria Neighborhood Health Services, Inc.
Pediatric Center**

3804 Executive Avenue, #D-1
Alexandria, VA 22305

(703) 519-1725 Fax: (703) 519-1738

Hours: M & TH 8:00am - 6:00pm T, W, F 8:00am - 5:00pm; appointment required for physical

Fees: Serves anyone regardless of income, health insurance or ability to pay.

Services for newborns to adolescents; immunizations, physicals, diagnostic screening for cognitive, physical and developmental delays, health education, parenting education and outreach, mental health services, dental services, assistance with child health insurance enrollment, and referrals to the WIC program for nutritional counseling.

Annandale Women and Family Center

2839 Duke Street
Alexandria, VA 22314

(703) 751-4702

www.awfc.net

Hours: M 9:00am - 4:00pm; T 11:00am - 7:00pm; W 10:00am - 6:00pm; Th 9:00am - 5:00pm; F 8:00am - 4:00pm;
Sat 9:00am-12:00pm

Eligibility: Men and women ages 13 - 105

Integrated medical services for internal medicine, women's health (including abortion services), and medical aesthetics; specializes in 1st trimester abortion services. Gynecology services include annual pap and breast exams, contraceptives, colposcopy, cryosurgery, menopause treatment, pregnancy testing, STD testing and treatment; staff fluent in Amharic, Indonesian, French, Spanish, Vietnamese, Farsi and Persian.

National Alliance for Hispanic Health

1501 16th Street N.W.
Washington, DC 20036
(202) 387-5000

www.hispanichealth.org

SuFamilia@hispanichealth.org

Su Familia: The National Hispanic Family Health Helpline

(866) 783-2645

La Linea Nacional Prenatal Hispana

(800) 504-7081

Northern Virginia Family Service**Alexandria Accessible Medication Program**

Arlandria Adult Health Center

2 East Glebe Road

Alexandria, VA 22305

(703) 836-0126

Eligibility: Low-income, uninsured persons of all ages with no prescription coverage

Assistance with accessing free, ongoing chronic medication directly from pharmaceutical companies

Northern Virginia Health Services Coalition

<http://novaclinics.org>

A coalition of clinics that work together to provide health care services for low-income residents of Northern Virginia; services may include women's health, primary and specialty care, mental health, physical therapy, pediatric care, medications, dental care, diagnostic testing, maternity care/prenatal care, immunizations, HIV/AIDS. Website searches for clinics that match patient's zip code, household income, insurance status, and needed health service.

Queen Street Clinic

1000 Queen Street

Alexandria, VA 22314

(703) 299-9701 Fax: (703) 299-9703

www.queenstreetclinic.com

Hours: M-F 8:00am - 3:00pm

Fees: \$75 for office visit (labs additional); Cash, VISA or MasterCard only

Medical care for men, women, and children: well-woman examinations, lab work, imaging, physicals, TB skin tests.

PREGNANCY**Alexandria Health Department**

4480 King Street, 2nd Floor

Alexandria, VA 22302

(703) 746-4922

Family Planning: preconception planning, gynecological services (including lab work), pelvic examination, Pap smear, breast examination and selected birth control methods. Call for appointment.

Pregnancy Testing: no residency requirement; usually a small fee, free for teens. M 2:00pm - 4:00 pm; T 9:00am - 11:00am; W 2:00pm - 4:00pm

Alexandria Health Department**Women, Infant and Children (WIC) Program**

4480 King Street, 2nd Floor

Alexandria, VA 22302

(703) 746-4998

Hours: By appointment only

Fees: No charge; income limit

Vouchers for nutritious food, nutrition counseling, and health information provided to pregnant, postpartum and breastfeeding women and infants and children up to 5 years old; also provides screening and referrals to other services.

**Alexandria Neighborhood Health Services, Inc.
Women's Health Program**

2 East Glebe Road
Alexandria, VA 22305

(703) 535-5568 Fax: (703) 535-1581

Hours: M & F 7:30am - 5:00pm T, W, TH 7:30am - 7:00pm

Fees: Income limit, sliding fee, accepts Medicaid

Reproductive health and childbearing including pregnancy testing, on-site gynecological services, and family planning

Alexandria Women's Health Clinic

Landmark Towers

101 S. Whiting Street, Suite 215

Alexandria, VA 22304

(703) 370-0550

Hours: M-F 9:30am - 4:30pm

www.alexandriawomenshealth.com

First trimester abortion services, non-surgical and surgical procedures, local & general anesthesia, pregnancy tests, sonograms, Depo Provera, injections, family planning, and morning after pills.

Annandale Women and Family Center

2839 Duke Street

Alexandria, VA 22314

(703) 751-4702

www.awfc.net

Hours: M 9:00am - 4:00pm; T 11:00am - 7:00pm; W 10:00am - 6:00pm; Th 9:00am - 5:00pm; F 8:00am - 4:00pm;
Sat 9:00am-12:00pm

Offers integrated medical services for internal medicine, women's health (including abortion services), and medical aesthetics; specializes in 1st trimester abortion services. Gynecology services include annual pap and breast exams and contraceptives; staff fluent in Amharic, Indonesian, French, Spanish, Vietnamese, Farsi and Persian.

Emergency Contraception Hotline

(888) NOT.2.LATE (888) 668-2528

<http://ec.princeton.edu/>

Plan B is available to males and females 17 years old and older without a prescription, over the counter at local pharmacies; also available at Teen Wellness Center at T.C. Williams High School and Planned Parenthood.

**Healthy Families – Alexandria
Northern Virginia Family Service**

5249 Duke Street, Suite 308

Alexandria, VA 22304

(703) 370-3223 Intake: (703) 212-1701 Fax: (703) 751-5197

www.nvfs.org www.healthyfamiliesalexandria.org

Hours: M-F 9:00am - 5:00pm Home visiting appointments; flexible schedule

Eligibility: Expectant or new parents who reside in the City of Alexandria

Free weekly home visiting services for pregnant women/teens and parents of young children that include parenting skill development, maternal and family health education, child development assessments, and referrals to early intervention, community and emergency services. Home visitors may work with family until child reaches 5 years of age.

HOPE in Northern Virginia, Inc.

610 Park Avenue

Falls Church, VA 22046

(703) 536-2020 Fax: (703) 241-2361

www.hopeinnova.org hopeinnova@verizon.net

Fees: No-cost appointment

Free pregnancy counseling service for any woman of any age facing a crisis pregnancy. Pregnancy counseling and assistance; free pregnancy tests; childbirth education and parenting programs; medical and legal assistance; complete adoption information; housing information and referrals; free car seats and material goods for clients on a limited basis.

Lamaze–D.C. Chapter

(703) 598-5213

www.lamaze-dc.com

Questions: M-F, 9:00am - 3:00pm

Fees: vary according to class

Classes in Early Pregnancy, Lamaze Prepared Childbirth, Infant Care, Infant Care plus CPR, Breastfeeding, Cesarean

MaRiH Center

3230-B Duke Street

Alexandria, VA 22314

(703) 370-4774 24-hour National Hotline: (800) 848-Love (5683)

www.marih.org

Hours: M-Th 10:00am - 3:00pm; Sat 10:00am - 1:00pm

Fees: None

Confidential emergency pregnancy service offering pregnancy testing, individual counseling on pregnancy-related decisions, prepared childbirth, and child care education for single parents; referrals for medical care and adoption services.

Planned Parenthood of Metropolitan Washington

370 S. Washington Street, Suite 300

Falls Church, VA 22046

(703) 533-5651 Fax: (703) 533-2064

www.plannedparenthood.org

Hours: M, Th, F 9:00am - 5:00pm; T 11:00am - 7:00pm

Eligibility: Teens, women, and men

Fee: Accepts cash, major credit cards and several types of insurance

Women's health services (including breast and cervical cancer screening), men's health services, teen pregnancy prevention programs, birth control services, abortion services, emergency contraception, LGBT services, patient education, HIV testing, STD testing and treatment, and pregnancy testing, options and services. Walk-in services include pregnancy testing, emergency contraception, and HIV testing. Depending on patient volume, walk-ins may also be accepted for STD screening, well woman exams, and starting birth control with medical history/screening. All other services require an appointment. Services offered in English and Spanish; interpretation by telephone available for other languages.

Potomac Family Planning Center

Jackson Place North

966 Hungerford Drive, Suite 24

Rockville, MD 20850

(301) 251-9124 (800) 260-CHOICE (2464) Fax: (301) 251-8581

www.potomacfamilyplanning.com

Hours: M & F 1:00pm - 3:00pm; W 9:00am - 11:30am; Sat 8:00am - 11:30am

Affordable abortions and family planning care, including pregnancy testing, birth control counseling and services, and annual exams.

Resource Mothers**Northern Virginia Urban League, Inc.**

1315 Duke Street

Alexandria VA 22314

(703) 836-2858

Hours: M-F 9:00am - 5:00pm

Fees: None

Matches pregnant teens/women experiencing problem pregnancies with a volunteer "mother" who is trained to encourage proper prenatal care, nutrition, and parenting skills; mentor may work with the mother until the child is 2 years old.

PRENATAL CARE

Alexandria Health Department

Prenatal Clinic

Casey Health Center
1200 N. Howard Street
Alexandria, VA 22304
(703) 746-4886

<http://alexandriava.gov/CaseyHealthCenter>

Hours: Call for appointment

Physicians, midwives and public health nurses provide outpatient medical management for uninsured, Medicaid-eligible, and high-risk pregnant women and teens who reside in Alexandria. Prenatal eligibility is by appointment:
(703) 746-4888

Healthy Families – Alexandria Northern Virginia Family Service

5249 Duke Street, Suite 308
Alexandria, VA 22304
(703) 370-3223 Intake: (703) 212-1701 Fax: (703) 751-5197

www.nvfs.org www.healthyfamiliesalexandria.org

Hours: M-F 9:00am - 5:00pm Home visiting appointments; flexible schedule

Eligibility: Expectant or new parents who reside in the City of Alexandria

Free weekly home visiting services for pregnant women/teens and parents of young children that include parenting skill development; maternal and family health education; child development assessments; and referrals to early intervention, community and emergency services; home visitors may work with family until child reaches 5 years of age.

Lamaze–D.C. Chapter

(703) 598-5213

www.lamaze-dc.com

Questions: M-F, 9:00am - 3:00pm

Fees: vary according to class

Classes in Early Pregnancy, Lamaze Prepared Childbirth, Infant Care, Infant Care plus CPR, Breastfeeding, Cesarean

National Hispanic Prenatal Helpline (La Linea Nacional Prenatal Hispana)

National Alliance for Hispanic Health

(800) 504-7081

www.hispanichealth.org alliance@hispanichealth.org

Hispanic consumers call from anywhere in the nation and receive a referral for prenatal care providers in their zip code. Free comprehensive bilingual prenatal guide; numerous fact sheets also available on all aspects of prenatal care

STI AND HIV/AIDS SERVICES

Alexandria Health Department

Casey Health Center

1200 North Howard Street
Alexandria, VA 22304
(703) 746-4899

Care Clinic/Dental Clinic for Persons Living with HIV: residents of the City of Alexandria; by appointment only

ADAP – AIDS Drug Assistance Program: free selective prescriptions for HIV infection

Primary Medical Care/Case Management: medical care, health guidance, dental services, nutrition counseling and supplements for persons with HIV/AIDS

**Alexandria Health Department
HIV/AIDS Testing**

4480 King Street
Alexandria, VA 22302
(703) 746-4986

Hours: W 1:00pm - 3:00pm; Th 9:00am - 10:30am, 5:00pm - 6:30pm

Eligibility: no eligibility requirements

Fees: None

Confidential walk-in HIV Rapid antibody testing; no appointment required. Spanish and Language Line

**Alexandria Health Department
Rainbow Tuesdays Clinic**

4480 King Street
Alexandria, VA 22302
(703) 746-4986

Hours: 2nd and 4th Tuesday 5:00pm - 6:30pm

Fees: None

Clinic sponsored and designed by individuals and organizations in a community partnership to address the special needs of Gay, Bisexual and Transgender persons; walk-in Chlamydia, Gonorrhea and Syphilis screening, HIV Rapid Test counseling and testing, and Hepatitis A/B (Twinrex) immunizations.

**Alexandria Health Department
STI Clinic**

4480 King Street, 2nd Floor
Alexandria, VA 22302
(703) 746-4846

Walk-in Clinic Hours: W: 4:00-6:00pm (no appointment necessary)

Free, confidential screening, diagnosis, and treatment of Sexually Transmitted Infections

**American Red Cross HIV/AIDS Education
HIV/AIDS Prevention Instructor Course**

123 N. Alfred Street
Alexandria, VA 22314
(703) 549-8300

alexandriaredcross.org

Hours: M-F 9:00am - 4:45pm

Fees: \$125

Trains individuals to educate the public regarding HIV/AIDS prevention; emphasis on education of youth and African-Americans. Curriculum includes scientific facts and terminology, psychosocial issues, and teaching strategies.

**KI Services Incorporated
HIV Testing**

3333 Duke Street
Alexandria, VA 22314
(703) 823-4401 Fax: (703) 823-4402

www.kiservices.org

Hours: T-Th 10:00am - 2:00pm

Walk-in confidential testing; no appointment required; no fees or eligibility requirements; English/Spanish

Legal Services of Northern Virginia

603 King Street, 4th Floor
Alexandria, VA 22314
(703) 684-5566 Fax: (703) 684-0946

www.legalaidhelp.org

Hours: M-F 9:00am - 5:00pm

Eligibility: Northern Virginia residents who meet income requirements

Specialized legal services for persons with HIV/AIDS with emphasis on public benefits

Northern Virginia AIDS Ministry (NOVAM)

803 West Broad Street Suite 700

Falls Church, VA 22046

(703) 533-5505 Fax (703) 533-5506

www.novam.org info@novam.org

Hours: M-F 8:30am - 4:30pm

HIV testing and direct services for those with HIV/AIDS, including recruiting and training volunteers who mentor children infected/affected by HIV/AIDS; case management that links children infected/affected by HIV/AIDS with an advocate who identifies service providers and expedites service delivery; transportation to essential medical and social services for low-income people with HIV/AIDS; and discussion forum for African-American females age 14 -30.

Northern Virginia Family Service

Housing Assistance for People Living with AIDS (HOPWA)

10455 White Granite Drive, Suite 100

Oakton, VA 22124

(703) 219-2129

Emergency assistance for rent, utilities, mortgage, security deposit, and first month's rent; long-term rental subsidy and case management

Planned Parenthood of Metropolitan Washington

370 S. Washington Street, Suite 300

Falls Church, VA 22046

(703) 533-5651 Fax: (703) 533-2064

www.plannedparenthood.org

Hours: M, Th, F 9:00am - 5:00pm; T 11:00am - 7:00pm

Walk-in HIV testing in English and Spanish for teens, women, and men; walk-ins may also accepted for STD screening.

HUMAN SERVICES

ADVOCACY

Alexandria Citizen Assistance

City Hall, Room 1900

301 King Street

Alexandria, VA 22314

(703) 746-4800 Fax: (703) 838-6426 TTY: (703) 838-5056

Hours: M-F 8:00am - 5:00pm

Responds to citizen requests for information or complaints regarding City services, maintains City's public information center, and processes all requests for documents under the Virginia Freedom of Information Act.

Alexandria Office on Human Rights

421 King Street, Suite 400

Alexandria, VA 22314

(703)746-3140 Fax (703)838-4976 Virginia Relay 711

Hours: M-F 8:00am - 5:00pm

Receives, investigates, and conciliates complaints of discrimination brought under the Alexandria Human Rights Ordinance and applicable state and federal laws; conducts legal research and analysis.

United Way of National Capital Area

8391 Old Courthouse Road, Suite 200

Vienna, VA 22182

(202) 488-2000 Fax: (703) 288-3219

www.unitedwaynca.org

Hours: M-F 8:30am - 4:30pm

Improves human services through legislative review, advocacy, and coordination; awards grants to United Way campaign participating agencies for programs and services addressing critical needs.

CHILD WELFARE, ADVOCACY & SUPPORT

Adoptions Together

457A Carlisle Drive
Herndon, VA 20170

(703) 689-0404 Fax: (703) 689-9488

www.adoptionstogether.org

Network of more than three dozen innovative services that build and strengthen families; supports children and families formed through adoption, guardianship, foster care, and kinship care with specialized services, including a lifetime of guidance, education, and counseling to ensure each family stays strong together.

Alexandria Child Assessment and Treatment Center for Health (CATCH)

4480 King Street, 4th Floor
Alexandria, VA 22302

(703) 746-3704

Hours: By appointment only

Multi-agency initiative provides health and developmental screenings for children who are at risk of abuse or neglect, in foster care, or who are homeless; comprehensive screenings for medical conditions, dental needs, immunization status, nutritional status, social-emotional needs, cognitive development and psychosocial assessments.

Alexandria Department of Community and Human Services

Child Welfare Services

2525 Mt. Vernon Avenue
Alexandria, VA 22301

(703) 746-5757 Toll-free 24-hour Virginia Child Abuse Hotline: (800) 552-7096

Hours: M-F 8:00am - 5:00pm

Adoption Services: for children who have special needs, are permanently entrusted to Family Services, and who are in need of a caring family of their own; adult adoptees who were placed through Family Services may request a records search to either non-identifying or identifying information on their birth families.

Child Protective Services: receives and investigates allegations of child abuse or neglect on a 24-hour basis; provides treatment and follow-up services to families at risk of abuse or neglect, and information on child abuse and referral services. Any who suspects a child is abused or neglected may call (703)746-5800 or the State Hot Line.

Comprehensive Services Act (CSA): representatives of child-serving agencies serve on multi-disciplinary teams that meet with at-risk youth and their families to plan services that address the unique needs of the youth. (703)746-5787

Foster Care Services provides substitute care in a licensed household for children who need care for a temporary or extended period of time, and independent living services for youth who are or were formerly in foster care.

Alexandria Court Appointed Special Advocates (CASA)

SCAN of Northern Virginia

1705 Fern Street, 2nd Floor
Alexandria, VA 22302

(703) 820-9001 Fax (703) 820-9002

www.scanva.org info@scanva.org

Hours: M-F 9:00am - 5:00pm

Trained volunteers speak on behalf of children in the juvenile court system, search for information, review records, talk to family members, teachers, and the child, and appear in court to recommend to the judge what is best for the child.

The Barker Foundation

2957 Monticello Drive
Falls Church, VA 22042

(703) 536-1827 24-Hour Crisis Pregnancy Hotline: (301) 602-7173

www.barkerfoundation.org

Assistance for women faced with an unplanned pregnancy. Free services include options counseling for pregnant women, birth fathers, and their extended families; assistance in locating medical, legal, and housing resources or other community services; support during labor, delivery, and post-partum care; and interim care for baby, if needed, while birth parents make decisions, medical needs are assessed, and/or an adoptive family is chosen. Monthly group meetings held for birth parents who chose adoption and pregnant women who are considering adoption.

Center for Alexandria's Children (CAC)

1900 N. Beaugard Street, Suite 200

Alexandria, VA 22311

(703) 746-6008

<http://www.centerforalexandriaschildren.org/>

Hours: 9:00am - 5:00pm

Prevents child maltreatment and promotes positive outcomes by providing a venue for public and private organizations to offer parent education, playgroups, and other family support programs. Coordinates the investigation, prosecution, treatment and prevention of child abuse in a safe, child-friendly facility; children receive treatment along with non-offender family members.

CrisisLink

Darkness to Light Child Sexual Abuse Helpline

2503D N. Harrison St. #114

Arlington, VA 22207

(866) FOR-LIGHT

www.crisislink.org

Hours: 24/7

Emotional support, problem-solving skills and links to community resources and information that help adults recognize and prevent child sexual abuse; free, confidential active listening, crisis de-escalation, suicide prevention, and information and referral.

CrisisLink

Into Safe Arms

2503D N. Harrison St. #114

Arlington, VA 22207

(703) 752-5262

www.crisislink.org

Hours: 24/7

To prevent unsafe baby abandonment, free confidential information provided to new mothers at risk of abandoning their infants. Provides information on designated safe, legal locations where they may leave their babies with no questions asked. Provides emotional support, problem-solving skills and links to community resources to help parents identify alternatives and to safeguard their own and their baby's health and future. Hotline is cooperative project with Into Safe Arms of Northern Virginia.

Legal Services of Northern Virginia

Law Center for Children

6066 Leesburg Pike Suite 500

Falls Church, VA 22041

(703) 778-6800 Fax: (703) 778-4790

Alexandria Office:

603 King Street, 4th Floor

Alexandria, VA 22314

(703) 684-5566 Fax: (703) 519-3838

<http://www.lsnv.org>

Hours: M-F 9:00am - 5:00pm Intake: 9:30am - 12:30pm and 1:30 - 3:30pm

Eligibility: Determined by age, family size and family income

The Family Law group of Legal Services of Northern Virginia (LSNV) handles family-related issues such as helping clients obtain custody of a child, visitation rights, and child support cases involving termination of parental rights. The Law Center of LSNV assists children and their families with adoptions, special education and school disciplinary issues, public benefits appeals, and Supplementary Security Income (SSI) for children with disabilities. Legal assistance is available in a variety of languages, including English, Chinese, Spanish and Korean.

**Northern Virginia Family Service
Foster, Respite and Adoption Service**

10455 White Granite Drive, Suite 100
Oakton, VA 22124

www.nvfs.org

Foster Parent Training and Certification: recruits, trains, certifies and support families interested in providing foster or respite care (703) 219-2184

Special Foster Care: provides therapeutic foster homes for children ages birth to 18 (703) 219-2126

Therapeutic Respite Care: provides therapeutic respite care to families for up to 30 consecutive days or 60 days per year (703) 219-2128

Adoption Services: conducts pre-adoption home studies and post-placement support; fee for service (703) 219-2184

Parent Leadership Training Institute of Alexandria

Minnie Howard 9th Grade Center

3801 W. Braddock Road

Alexandria, VA 22302

(703) 739-0233

www.PTLI-ALEX.org info@PTLI-ALEX.org

Hours: 5:30 - 9:30pm November - April

Parents trained as leaders who advocate for children. Free 20-week program includes sessions on community building, leadership, civics, practical democracy skills, and public speaking. Dinner, childcare, translation services provided

Stop Child Abuse Now of Northern Virginia (SCAN)

1705 Fern Street, 2nd Floor

Alexandria, VA 22302

(703) 820-9001 Fax (703) 820-9002

www.scanva.org info@scanva.org

Hours: M-F 9:00am - 5:00pm

Prevents child abuse and neglect via community education about the scope, nature and consequences of child abuse and neglect; provides direct parent education, and advocates for children in the community, the legislature and the courts.

United Methodist Family Services

Adoption Services

Northern Virginia Regional Center

6335 Little River Turnpike

Alexandria, VA 22312

(703) 941-9008 Fax: (703) 750-0621

www.umfs.org nova@umfs.org

Provides a range of adoption services, including facilitating adoptions arranged directly between adoptive parents and birth parents or legal guardians; experienced in the procedures prescribed for international adoptions.

Special Needs Adoption: creates permanent placements for children who are behaviorally, emotionally, or physically challenged. Target population includes children eight years of age or older, and sibling groupings needing placement together. State grant supports special needs adoption services at a minimal cost to adoptive parents.

Adoptive Family Preservation: offers services important to preserving the adoptive family following an adoption, including case management, counseling, crisis intervention, parent support groups, and children's support/activity groups; free service can be accessed by any adoptive family in Virginia regardless of origin of adoption.

United Methodist Family Services

FamilyCARE Services

Northern Virginia Regional Center

6335 Little River Turnpike

Alexandria, VA 22312

(703) 941-9008 Fax: (703) 750-0621

www.umfs.org nova@umfs.org

Wraparound Coordination: provides early intervention for families at risk of having children removed from their home. A community team identifies needs of the family and then works together to develop a Wraparound Plan that connects the family to free or low-cost services already available in the community.

Family Finding and Engagement: a diligent effort is made to identify, locate and engage families of children who currently live in out-of-home placements. Services include completion of home studies, family support services, intensive in-home services, home-based services, and family and parenting classes.

Family Stabilization Services: provides individualized, flexible in-home stabilization services that may include supervision, behavior support and management, family and parent education, and crisis management.

Respite Care: designed to provide temporary relief to caretakers, and to protect the health, safety and welfare of a child on a short-term basis (up to 29 days).

United Methodist Family Services

Treatment Foster Care

Northern Virginia Regional Center

6335 Little River Turnpike

Alexandria, VA 22312

(703) 941-9008 Fax: (703) 750-0621

www.umfs.org nova@umfs.org

Treatment foster care is foster care with structured therapeutic support. Treatment foster parent work with a team to create a home environment that is beneficial to children with special needs, such as teenagers, sibling groups, youth transitioning from more restrictive treatment environments, developmentally delayed or medically fragile youth, youth who have experienced adoption disruptions and those needed permanent care arrangements, and pregnant youth.

Virginia Department of Social Services

Child Support Enforcement Services

2900 S. Quincy Street, #320

Arlington, VA 22206

(800) 468-8894

<http://www.dss.virginia.gov/family/dcse.html>

Hours: M-F 8:00am - 5:00pm

Eligibility: Residents of, or persons whose child support agreement originated in, the City of Alexandria.

Variety of child support enforcement services including locating noncustodial parents, establishing paternity, and collecting unpaid child support

COUNSELING SERVICES

Alexandria Department of Community and Human Services

720 N. St. Asaph Street

Alexandria, VA 22314

(703) 746-3400 TTY: (703) 746-3440

<http://alexandriava.gov/mhmrsa> acsb@alexandriava.gov

Hours: M-W 8:00am - 9:00pm; Th & F 8:00am - 5:00pm

Fees: Accepts Medicaid, Medicare, insurance; payment plans available – services never refused because of the inability to pay

Mental Health Services: Individual, group and family counseling; medication management; emergency mental health services 24 hours a day; assistance with admission to hospitals for psychiatric care; in-home counseling services for the elderly and children in crisis; evaluations of children up to age 3 to assess physical and cognitive development; day support programs and residential programs; employment assistance; confidential testing for HIV, tuberculosis and hepatitis.

Youth and Family Services: Family, individual and play therapy, individual/parent counseling, case management, and information and referral; psychiatric and psychological evaluations to diagnose and monitor medication for youth; home-based counseling for families with children at risk of being placed outside the home.

Prevention and Early Intervention Services: In-school programs that discourage smoking, sex, and substance abuse, or help students manage anger and avoid violence: (703) 746-3600; Parent Infant Education activities that teach parenting skills: (703) 746-3350; community presentations: (703) 746-3473.

**Alexandria Neighborhood Health Services, Inc.
Family Support & Mental Health Services**

3802 Executive Avenue, D-1

Alexandria, VA 22305

(703) 535-7930 Fax: (703) 535-7950

Hours: M, W, F 9:00am - 5:00pm T & TH 9:00am - 7:00pm

Fees: Serves anyone regardless of income, health insurance or ability to pay

Counseling for individuals, couples and families; art/play therapy with children, support groups, and life skills training.

Living Free Health Services

4306 Evergreen Lane, Suite 204

Annandale, VA 22003

(703) 750-1292

<http://livingfreehealth.com> mwarden@livingfreehealth.com

Eligibility: ages 13 and over

Fees: Set fees; accepts insurance, major credit cards, checks, cash

Outpatient substance abuse and mental health services: mood disorders, co-dependency issues, compulsion disorders (gambling, sex, and spending), adjustment disorders including adjustment to acute/chronic illness, marital and parent-child conflict, low self-esteem, post-traumatic stress, and HIV issues.

Northern Virginia Family Service

Anger Management

10455 White Granite Drive, Suite 100

Oakton, VA 22124

(703) 219-2153

Eight-week class

Northern Virginia Family Service

Survivors of Torture and Severe Trauma (PSTT)

6400 Arlington Boulevard

Falls Church, VA 22042

(703) 533-3302 Fax: (703) 237-2083

Eligibility: Victim of an act committed by a person acting under the color of law who intended to inflict severe physical pain, severe physical suffering, and/or severe mental pain and suffering.

Assists survivors of torture as defined by the U.S. Code; provides a comprehensive range of services (mental health, medical, legal and social services); no fee.

Pastoral Counseling & Consultation Centers of Greater Washington

Washington Street United Methodist Church

115 S. Washington Street

Alexandria, VA 22314

Administrative Office: (202) 449-3789

www.pastoralcounselingdc.com

Mental health services by pastoral counselors, social workers, psychologists, and marriage/family therapists.

United Methodist Family Services of Virginia

FamilyCARE Services

Northern Virginia Regional Center

6335 Little River Turnpike

Alexandria, VA 22312

(703) 941-9008 Fax (703) 750-0621

www.umfs.org nova@umfs.org

Hours: M-F 9:00am - 5:00pm

Fees: Sliding fee; accepts insurance

Early intervention for families at risk of having children removed from their home; team develops a plan that connects the family to free or low-cost services. Children's Mental Health Program Transition Coordination (funded 100% through Medicaid for up to 90 days) available for youth transitioning out of residential treatment.

COUNSELING SUPPORT GROUPS

Alexandria Department of Community and Human Services

Adult Support Groups

720 N. St. Asaph Street
Alexandria, VA 22314
(703) 746-3400

Anger Management Group: topics include assertiveness training, anger and the family, and alternatives for expressing anger.

Dialectical Behavior Therapy: teaches skills in crisis management, reducing intense mood swings, and developing and maintaining healthy relationships.

Women's Empowerment and Recovery Group: for Latinas who are bilingual or speak only Spanish, and feel sad, depressed, angry or empty.

Men's Group: counseling and support for men living with mental illness.

Mixed Adult Group: therapy group for those depressed, lonely and disconnected.

Real Women Real Lives: weekly discussion about real issues women face today.

Women's Trauma Recovery Group: empowers women over 18 with a history of emotional, physical or sexual abuse.

Alexandria Department of Community and Human Services

Support Groups for Women

421 King Street, Suite 400
Alexandria, VA 22314
(703) 746-5030 (voice/TTY)

Women's Domestic Violence Support Group: domestic violence survivors and those currently in an abusive relationship meet weekly to address issues related to domestic violence; support group for children meets concurrently with the women's group. Support group for Spanish-speaking victims of domestic violence also available; children's program/childcare available. 24-Hour Hotline: (703) 746-4911

Sexual Assault Support Groups: support groups are offered for survivors of sexual assault, adult survivors of childhood sexual abuse, and for secondary survivors of sexual trauma. All group members must be receiving individual therapy or case management services while in the group. 24-Hour Hotline: (703) 683-7273

Laurie Mitchell Employment Center

Peer Support Group

6295 Edsall Road, Suite 175
Alexandria, VA 22312
(703) 461-3886 weekdays after 5:00 p.m. for more information
Hours: Saturday at 12:00 pm

Peer-led mental health recovery group for those who wish to balance work with mental illness, learn stress reduction techniques, and address symptoms and triggers; transportation available from South Van Dorn Metro Station.

DOMESTIC VIOLENCE

Alexandria Department of Community and Human Services

421 King Street, Suite 400
Alexandria, VA 22314
(703) 746-5030 Fax: (703) 838-4976

24-hour Hotlines: Domestic Violence (703) 746-4911; Sexual Assault: (703) 683-7273

Domestic Violence Program: services for victims of domestic violence and their children including emergency shelter, food, transportation, crisis intervention and supportive individual and group counseling, safety planning, legal advocacy, court accompaniment and systems advocacy, and prevention programs for youth and community groups.

Sexual Assault Center: services for survivors of sexual assault (rape, attempted rape, fondling, indecent exposure, etc), their family and friends, sexual harassment victims, and women and men of any age, English or non-English speaking. Trained volunteers and professional staff available 24 hours a day to provide crisis intervention and emotional support, advocacy with medical, police and court systems, short-term therapy, and group counseling.

**Alexandria Juvenile & Domestic Relations District Court
Court Service Unit Domestic Violence Services**

520 King Street, 1st Floor
Alexandria, VA 22314
(703) 746-4496

Hours: M-F 8:00am - 4:30pm

Intake Unit of the Alexandria Court Service Unit provides domestic violence services for persons seeking adult protective orders, including safety planning and referrals to community agencies for services. Informs clients of free legal services, makes referrals to the Northern Virginia Legal Services, assists clients in the reporting of unreported criminal acts of abuse, and files petitions for custody and support.

AYUDA, Inc.

1707 Kalorama Road N.W.
Washington, DC 20009
(202) 387-4848

Virginia Office:

46950 Community Plaza, Suite 213
Sterling, VA 20164
(703) 444-7009

www.ayudainc.org

Hours: M-F 9:00am - 5:00pm

Domestic Violence, Sexual Assault and Trafficking Consultations:

M-F 9:00am - 5:00pm (District of Columbia); M & W 9:00am - 5:00pm (Sterling)

Fees: free legal consultations for victims of domestic violence and sexual assault

Eligibility: men and women from around the world

Legal Services: assistance with family law and immigration services as well as Temporary and Civil Protection Orders, legal separation, divorce, child custody and visitation, child support, the modification, extension and enforcement of all of the above orders, and civil contempt for the violation of the above orders; handles criminal contempt for the criminal violation of Civil Protection orders.

Social Services: crisis intervention and comprehensive case management for victims of domestic violence and assault; assistance with securing emergency and transitional shelter, food, clothing, medical and mental health care.

Hermanas Unidas: women strengthen their communication skills and overcome the trauma of abuse. Members meet once a month on Saturdays and participate in a variety of therapeutic and educational workshops.

**Battered Women's Emergency Shelter
Alexandria Domestic Violence Program**

421 King Street, Suite 400
Alexandria, VA 22314
Domestic Violence & Stalking Hotline: (703) 746-4911

Hours: Daily, 24 hours

Confidential location provides emergency housing and food for Alexandria women and their children who have been abused or threatened with abuse; also offers court advocacy, crisis counseling, safety planning and support groups.

Emergency shelter services for men are available in an alternative location. Emergency shelter for family pets is offered through partnership with Alexandria Animal Welfare League.

**Bethany House of Northern Virginia
Bethany House Shelter Program**

6121 Lincolnia Road, Suite 303
Alexandria, VA 22312
(703) 658-9500 Fax: (703) 658-9522 TTY: (800) 828-1200

www.bhnv.org info@bhnv.org

Support for victims of domestic abuse, including a safe group living environment with a live-in house manager for 4-6 months, food and clothing, and individual on-site counseling for mothers and their children.

**Northern Virginia Family Service
Multicultural Human Services/ Domestic Violence Services**

6400 Arlington Boulevard
Falls Church, VA 22042
(703) 553-3302 ext 105

Individual and group services for domestic violence including batterer's group and women's support group.

EMERGENCY ASSISTANCE

**Alexandria Department of Human Services
Office of Community Services**

2525 Mt. Vernon Avenue
Alexandria, VA 22301
(703) 746-5901

Hours: M-F 8:00am - 5:00pm

Fees: Income limit, no charge.

Short-term/crisis services ranging from emergency shelter and housing to financial assistance for income-eligible; assistance with temporary shelter/relocation, rent, utilities, food, clothing, medications, eye exams and eyeglasses, and burials; transitional assistance to ex-prisoners returning to Alexandria after release

ALIVE! Inc.

Emergency Monetary Assistance

2723 King Street
Alexandria, VA 22303
(703) 836-2723

www.alive-inc.org alivetoo@aol.com

Assistance with emergency expenses for those referred by social service agencies and member congregations.

Catholic Charities Emergency Assistance

Christ House

131 S. West Street
Alexandria, VA 22314
(703) 548-4227 www.cdda.net

Hours: M-F 11:00am - 7:00pm

Limited financial assistance to needy individuals for payment of rent, utilities, prescription charges, food and clothing

Hispanic Committee of Virginia

5827 Columbia Pike Suite 200
Falls Church, VA 22041
(703) 671-5666 Fax: (703) 671-2325

Arlington Courthouse Metro Office

2049 North 15th Street, Suite 100
Arlington, VA 22201
(703) 243-3033 Fax: (703) 243-2297

Hours: M-F 8:00am - 4:30pm

Medical, dental and legal referrals; emergency and domestic violence assistance

EMPLOYMENT

**Alexandria Department of Community & Human Services
Office of Community Services**

2525 Mount Vernon Avenue
Alexandria, VA. 22301
(703) 746-5901

Limited assistance with bus tokens and METRO passes for job interviews

Alexandria Department of Community & Human Services

JobLink

1900 N. Beauregard Street, Suite #300

Alexandria, VA 22311

(703) 746-5990 Fax (703) 746-5984

Hours: M-F 8:00am - 5:00pm

Career assessments, training, and job counseling and placement for any Alexandria resident seeking employment

Alexandria Works!: programs and services that overcome barriers to employment and promote self-sufficiency

Virginia Initiative for Employment not Welfare Program (VIEW): counseling, job search and job readiness training, mentoring, education and vocational training, transportation and child care (703)746-5940

Food Stamp Employment and Training program (FSET): vocational training, GED and pre-GED courses, community work experience, Employment English/Life Skills Courses, job search training, transportation assistance, and referral services for non-public assistance food stamp customers (703) 746-5859

Refugee Resettlement Program: counseling, skills training, English as a Second Language training, and job development and placement services for refugees who have been in the U.S. less than 24 months. (703) 838-4316

Didlake, Inc.

8641 Breeden Avenue

Manassas, VA 20110

(703) 361-4195 TDD: (703) 330-6500 Toll Free: (866) 361-4195 Fax: (703) 369-7141

www.didlake.org

Hours: M-F, 8:30am - 5:00pm

Fees: Set fee; accepts some insurance plans

Contract and rehabilitative services for those with developmental disabilities, autism, visual and hearing impairments, mental illness, physical disabilities, substance abuse/addiction and traumatic brain injury.

Laurie Mitchell Employment Center

6295 Edsall Road, Suite 175

Alexandria, VA 22312

(703) 461-8088

Hours: M-Th 5:00 - 9:00pm; Sat 10:00am - 3:00pm

Drop-in Center

8794-S Sacramento Drive

Alexandria, VA 22309

(703) 531-6398

Hours: M & W 2:00 - 8:00pm

www.lmec.org info@lmec.org

Training for those with mental health issues, other disabilities, or barriers to socialization and employment; drop-in center offers free employment assistance, computer training, and peer support for individuals with mental illness. Free taxi service from Van Dorn METRO station.

Legal Services of Northern Virginia

603 King Street, 4th Floor

Alexandria, VA 22314

(703) 684-5566 Fax: (703) 519-3838

www.legalaidhelp.org

Hours: M-F 9:00am - 5:00pm

Fees: Income limit, no charge.

Assists with employment or civil rights issues, including non-payment/underpayment of wages, improper deductions from pay and garnishments, denial of vacation pay, denial of private disability benefits, pension claims, medical leave issues, accommodations for handicapped and disabled workers, discrimination claims, unemployment compensation claims, wrongful discharge claims, severance pay claims, revocation of state and local vocational licenses, restoration of driving privileges (civil applications), revocation of security clearances, and expunging of criminal records.

Northern Virginia Family Service

10455 White Granite Drive, Suite 100

Oakton, VA 22124

www.nvfs.org

Vehicles for Change: repairs donated cars in partnership with local garages which are then sold to low-income families for a nominal fee (\$600-\$700). Each recipient receives a small loan for purchase of the car to be paid back over a 12-month period. Applicants must be receiving TANF or Transitional TANF assistance; must be employed at least thirty hours per week; have at least one child age 18 or under; have a valid Virginia driver's license; have savings of \$150-\$200 to cover the initial cost of insurance, taxes, tags and title; show proof that there are no existing DUI or DWI; and must be referred by a DSS/DFS worker or Northern Virginia Family Service worker. (703) 219-2170

Ways to Work Program: low-interest loans for the purchase of a vehicle as well as car repairs. Applicants must be low-income, 18 years old or older, employed for the previous three months and working a minimum of twenty hours per week, a parent or have legal custody of children under age 18, and a resident of Northern Virginia. (703) 219-2144

Senior Services of Alexandria

700 Princess Street

Mezzanine Level

Alexandria, VA 22314

(703) 836-4414, ext. 13

www.seniorservicesalex.org info@seniorservicesalex.org

Hours: M-F 8:30am - 4:30pm

Employment counseling and referrals to interested employers

ServiceSource, Inc.

6295 Edsall Road, Suite 175

Alexandria, VA 22312-2670

(703) 461-6000 Toll-free: (800) 244-0817 TTY: (703) 461-7905 Fax: (703) 461-3906

<http://servicesource.ourpeoplework.org>

Hours: M-F 8:30am - 5:00pm

Fees: None

Eligibility: ages 18 and over

Rehabilitation and employment services for people with disabilities; also offers outsourcing options to businesses and government agencies in a variety of fields, including food service, mail management, administrative services, document management, assembly and packaging, warehousing, shipping and receiving, and logistics.

Training Futures**Northern Virginia Family Service**

8251 Greensboro Drive

McLean, VA 22102

(703) 448-1630

http://www.nvfs.org/pages/page.asp?page_id=91695

Hours: 8:00am - 4:00pm

Fee: Cost of books only

25-week program provides computer and clerical training that prepares low-income adults for employment in business and medical offices. Training in computer skills, business English and math, keyboarding, filing, customer service, and medical terminology; trainees benefit from professional development skill building, an internship, and supported job search. Pell grant-eligible individuals are enrolled in Northern VA Community College and receive up to 18 college credits for the program.

Virginia Employment Commission

5520 Cherokee Avenue

Alexandria, VA 22312-2319

(703) 813-1300 Fax: (703) 813-1380

www.vec.virginia.gov alexandria@vec.virginia.gov

Hours: M-F 8:30am - 4:30pm

Job search assistance to individuals, and recruiting and referral services to employers; services available to workers include job referral and placement, referral to training, and job search skill building activities.

FINANCIAL ASSISTANCE

Alexandria Department of Community and Human Services

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 746-5901

Hours: M-F 8:00am - 5:00pm

Burial Assistance: assistance provided for basic burial or cremation needs for persons who were eligible, low-income City residents

Dental Clinic Screening: eligibility screening and referrals to the Northern Virginia Dental Clinic for low-income adults who have no dental insurance.

Emergency Shelter Fund: rental and/or utility assistance to eligible, low-income persons facing a short-term crisis; limited to once a year.

EnergyShare Program: Dominion Virginia Power Fuel Fund provides financial assistance to income-eligible households with a heating bill if service is in danger of being cut-off or has been cut-off.

Eye Exam and Eye Glasses: referrals to area optometrists for eye exams and the Lions Club, Prevention for the Blind or other area nonprofits for glasses.

Homeless Intervention Program: provides financial assistance to income-eligible persons facing eviction or foreclosure through no fault of their own.

Prescription Drug Assistance: one-time-only prescription assistance.

Refugee Assistance: provides cash and/or medical benefits to legal refugees.

Rent Relief Program: cash grants of up to \$4,100 per year to low income renters who have no other means to pay rent. Combined income for all persons living in the house must be less than \$25,600 per year, and the applicant must be 65 years of age or older or have a complete and total disability.

Temporary Assistance to Needy Families (TANF): TANF Emergency Assistance provides one time financial assistance in the event of a disaster or fire; TANF Diversionary Assistance provides short-term, one-time only assistance to resolve an emergency due to temporary loss of or delay in receiving income. (703) 746-5700

Transportation: limited assistance with bus tokens and METRO passes for job interviews and medical appointments.

Virginia CARES Program (Community Action Re-entry Systems): services for ex-offenders paroled or released from the Virginia correctional system and their family members; temporary shelter and permanent housing referrals, referrals for basic needs, transportation, counseling, support groups, financial assistance, job development, and referrals for employment and job training. (703) 746-5919

Virginia Energy Assistance Fuel (Heating) Program: heating assistance during the winter months to income-eligible households, including payment of heating bills, repair of heating equipment, delivery of oil, etc.

Washington Area Fuel Fund: provides assistance with heating payments for income-eligible households in danger of losing their primary source of heat; administered by the Salvation Army. (703)836-2427

Catholics for Housing, Inc.

Edie Streett Security Deposit Assistance Program

18139 Triangle Shopping Plaza, Suite 209

Dumfries, VA. 22026-2582

(703) 221-4510 Fax: (703) 221-3708

www.catholicsforhousing.org cath4hsg@verizon.net

Hours: M-F 9:00am - 5:00pm

Small loans for security deposits to assist those who meet income limit; maximum loan is \$200.

Ethiopian Community Development Council, Inc.

Microenterprise Loan

901 South Highland Street

Arlington, VA 22204

(703) 685-0510 Fax: (703) 685-0529

www.ecdcinternational.org info@ecdcinternational.org

Loans up to \$25,000 to new micro-businesses in the City (defined as having five or fewer employees) who generally do not meet the traditional commercial lending requirements of collateral, minimum equity investment, operating and credit history, and loan size. Loans are available at an interest rate of prime plus 4% and may be used for equipment, inventory or working capital.

Northern Virginia Family Service

10455 White Granite Drive, Suite 100

Oakton, VA 22124

www.nvfs.org

Vehicles for Change: donated cars are repaired at local garages and sold to low-income families; must be receiving TANF or Transitional TANF assistance, employed at least thirty hours per week, and referred by a DSS/DFS worker or Northern Virginia Family Service worker. (703) 219-2114

Ways to Work Program: low-interest loans may be used for the purchase of a vehicle as well as car repairs. Applicants must be low-income, 18 years old or older, employed for the previous three months and working a minimum of twenty hours per week, a parent or have legal custody of children under age 18; a resident of Northern Virginia; and registered for local rideshare program. (703) 219-2115

Salvation Army

107 E. Bellefonte Avenue

Alexandria, VA 22301

(703) 548-0579 Fax: (703) 548-8789

Hours: M-F 9:00am - Noon, 1:00pm - 4:00pm

Fees: Income limit, no charge

Basic services to those in need and limited amount of emergency financial aid; administers Washington Area Fuel Fund utility assistance January-May unless funds are depleted earlier. Bag lunch program M-F 11:30am - Noon

HOMELESS SERVICES & SHELTERS**Alexandria Community Shelter**

2355-B Mill Road

Alexandria, VA 22314

(703) 746-3660, 3661 Fax: (703) 838-4264

Shelter, meals, individual/family case management, job assistance, mental health and substance abuse counseling, and housing referrals for men, women, and families; must be referred by Department of Community and Human Services.

Alexandria Department of Community and Human Services**Office of Community Services**

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 746-5901 Fax: (703) 746-5986

Hours: M-F 8:00am - 5:00pm

Eviction Storage: furniture storage and emergency shelter referrals for eligible low-income households facing immediate eviction or foreclosure

Transitional Housing: financial assistance and services to homeless families making the transition from the emergency shelter to permanent housing

Crisis Child Care: childcare assistance for persons in shelters seeking employment.

ALIVE! House Shelter

125 S. Payne Street

Alexandria, VA 22314

(703) 684-1430 Fax: (703) 684-1431

www.alive-inc.org alivetoo@aol.com

Temporary housing for women and families provides 6-12 months of shelter, support, and life skills training

Arlington-Alexandria Coalition for the Homeless

3103 9th Road, North

Arlington, VA 22201

(703) 525-7177 Fax: (703) 525-0750

www.aachhomeless.org

Sullivan House: ten-unit, 50-bed shelter for families and women for three to four months.

Adopt-A-Family: support and assistance for up to two years for families who have moved into their own apartments from Sullivan House and other shelters.

LifeWorks: employment counseling, education, training, and the Micro Business Enterprise Initiative.
SKIT (Support for Kids in Transition): assistance and advocacy for children living in the Sullivan House shelter.

**Bailey's Crossroads Community Shelter
Volunteers of America Chesapeake**

3525 Moncure Avenue
Falls Church, VA 22041
(703) 820-7623

Medical care, mental health services, substance abuse counseling, education and training for single adults 18 and over;
Drop In program enables homeless to bathe, eat, and wash clothes.

Beth El House, Inc.

Beth El Hebrew Congregation

3830 Seminary Road
Alexandria, VA 22304
(703) 370-9400 Fax (703) 370-7730

www.bethelhebrew.org office@bethelhebrew.org

Provides transitional housing and support to enable formerly homeless families to live independently

Carpenter's Shelter

930 N. Henry Street
Alexandria, VA 22314
(703)548-7500 Fax (703)548-3167

www.carpentersshelter.org information@carpentersshelter.org

Privately operated shelter for men, women, and families that features a day shelter, a long-term emergency shelter, transitional housing apartments, and education classes focused on life skills; provides literacy, parenting, tutoring, children's programs and regular visits by mental health and substance abuse counselors, doctors, and nurses.

David's Place Day Shelter: clean, safe place with showers, laundry and locker facilities, phone and voice mail services, and a mailing address; open seven days a week. Case management services such as substance abuse and mental health treatment, and assistance with job searches and educational opportunities also available.

Residential Shelter: safe and structured environment for the homeless, including families. Residents are required to have or be seeking full-time employment. Assistance with substance abuse and mental health disorders, life skills and job readiness training, access and referrals to social service agencies, and housing search available. Child and Family Services program insures all developmental, educational, medical and social needs of the children are met.

Winter Shelter: safe refuge for unsheltered children, women and men

Transitional Services: provides temporary home outside the shelter; subsidizes rents of four shelter families in off-site apartments for up to 24 months.

Aftercare: provides case management outreach to prevent a return to homelessness.

Community Lodgings, Inc.

Transitional Housing Program

3912 Elbert Avenue, Suite 108
Alexandria, VA 22305
(703) 549-4407 Fax: (703) 548-1294

www.communitylodgings.org

Provides transitional housing and support to enable homeless families to become self-sufficient and live independently.

Cornerstone Transitional Housing

Salvation Army

1804 Mt. Vernon Avenue
P. O. Box 2245
Alexandria, VA 22301
(703) 836-2427 (703) 304-0736 Fax: (703) 548-8789
Hours: M-F 9:00am - 4:30pm

Fees: Sliding fee scale

Eligibility: Homeless Alexandria residents with full-time employment and a referral

Provides transitional housing and services to homeless families.

Legal Services of Northern Virginia

603 King Street, 4th Floor

Alexandria, VA 22314

(703) 684-5566

www.legalaidhelp.org

Hours: M-F 9:00am - 5:00pm

Eligibility: Income limit

Free civil legal services to those who are homeless or threatened with loss of shelter in Northern Virginia.

HOMEOWNERSHIP PROGRAMS**Alexandria Office of Housing**

421 King Street, Suite 200

Alexandria, VA 22314

(703) 746-4990 Fax: (703) 706-3904

Hours: M-F 8:00am - 5:00pm

Homeownership Assistance Program (HAP): second-trust loans of up to \$50,000 for principal and interest write-downs, down payment assistance, and settlement costs for the purchase of an attached or detached single-family home, condominium, or share in a cooperative. Repayment deferred for 99 years or until the property is sold (whichever comes first). Purchasers must contribute \$2,000 or more of their own funds toward the down payment and/or settlement costs. Program also provides homeownership counseling to applicants and potential applicants. Eligible households are those meeting the federal Section 8 Low Income limits who have lived and/or worked in the City of Alexandria for at least six months. The sales price of properties purchased through this program is limited to \$362,790.

Moderate Income Homeownership Program (MIHP): second-trust loans of up to \$30,000 for down payment assistance and settlement costs for purchase of single-family home, condominium or share in a cooperative by households with incomes between the federal Section 8 Low Income limits and the City established income limits. Residents of apartments under conversion to condominium ownership may be eligible for up to \$40,000 in assistance if purchasing their current residence or another unit within the converting property. Purchasers must contribute \$3,000 or more of their own funds toward the down payment and/or settlement costs; sales price of properties limited to \$399,600.

Law Enforcement Moderate Income Homeownership: second-trust loans of up to \$50,000 for down payment assistance and settlement costs for City of Alexandria police officers and deputy sheriffs with household incomes between the federal Section 8 Low income limits and city established income limits. Homes must be purchased in areas of the City designated by the Alexandria Police Department. Purchasers must contribute \$3,000 or more of their own funds.

SPARC (Sponsoring Partnerships and Revitalizing Communities): reduced interest rate mortgage financing for City residents or workers who are eligible for either the HAP or MHIP programs and who are first-time homebuyers. HAP-eligible households may receive a reduced interest rate of 1% below the Virginia Housing Development Authority's conventional First-Time Homebuyer Program loans; MIHP-eligible households may be eligible for a ½ % reduction.

Affordable Homeownership Set-Aside Units: provides a limited number of discounted, resale restricted units in some newly constructed homeownership developments.

Home Rehabilitation Loan: enables low and moderate income owner occupants to correct code violations and structural problems. Eligible households may receive loans of up to \$90,000 for construction costs plus additional funds if needed for moving and storage fees, permits, title and appraisal reports, architectural and engineering expenses, and other related costs. Loans are no-interest and repayment is deferred for up to 99 years or until the property is sold.

Rental Accessibility Modification Program (RAMP): physically disabled renters meeting federal Section 8 Low income limits are eligible for grants of up to \$50,000 for primary residence modifications that are necessary to accommodate the particular circumstances of the disabled member of the household. Program also provides "mini-grants" to assist households needing limited modifications of up to \$1,500.

Hispanic Committee of Virginia

5827 Columbia Pike, Suite 200

Falls Church, VA 22041

(703) 671-5666 Fax: (703) 671-2325

Monthly workshops educate prospective buyers about the home buying process; prospective buyers matched with bilingual loan officers and real estate agents.

**Northern Virginia Urban League (NVUL)
Affordable Housing Resource Center/Library**

1315 Duke Street
Alexandria, VA 22314

(703) 836-2858 Fax: (703) 836-8948

Comprehensive Housing Counseling: pre-purchase homeownership counseling; post-purchase counseling; foreclosure prevention/mortgage delinquency counseling; homebuyer education workshops and financial literacy seminars.

Financial Education: cultivates understanding of financial planning concepts essential to increasing net worth and effectively using financial resources.

INFORMATION & REFERRAL

2-1-1 Virginia

CrisisLink's Information & Referral Service

2-1-1 (703) 752-5254

Phone number (2-1-1) connects to a trained professional who can provide free confidential information about and referrals to a wide variety of government, non-profit and for-profit resources, including those for domestic violence, financial assistance, maternal and child health, recreation, support groups and volunteer services.

Alexandria Department of Community and Human Services

Human Services Information & Referral

2525 Mt. Vernon Avenue
Alexandria, VA 22301

(703) 746-5901 TTY: (703) 836-1493 Fax: (703) 746-5878

Hours: M-F 8:00am - 5:00pm

Free information about social services programs, and referrals to appropriate agencies and resources

Office of Youth Services: information/referrals regarding youth programs and services; facilitates community involvement in youth-related policy and funding issues, and provides staff support to the Youth Policy Commission, City & Schools Staff Group on Youth, and Youth Services Coordinating Council. (703) 746-5970

Northern Virginia Family Service

Multicultural Information and Referral

6400 Arlington Boulevard
Falls Church, VA 22042

(703) 533-3302

www.nvfs.org

Hours: M-F 9:00am - 5:00pm

Mental health professionals work with immigrants/refugees from around the world. Services provided in English, Farsi, Spanish, Arabic, Tagalog, Vietnamese, Japanese, French, Portuguese, Amharic, Bangla, and Mandarin.

LEGAL ASSISTANCE

Legal Services of Northern Virginia

603 King Street, 4th Floor
Alexandria, VA 22314

(703) 684-5566 Fax: (703) 519-3838

www.legalaidhelp.org

Hours: M-F 9:00am - 5:00pm

Eligibility: Low-income residents of Northern Virginia

Non-profit public interest law firm provides free legal assistance to families and individuals of Northern Virginia who face the loss or deprivation of a critical human need, such as food, shelter, income, medical care, education, family stability or personal safety (does not handle criminal or traffic cases). Also provides legal help for children in the judicial, child welfare, health care, and educational systems as well as specialized legal services to persons with AIDS/HIV with emphasis on public benefits. No criminal or traffic cases.

MULTICULTURAL SERVICES

Alexandria Department of Community & Human Services Hispanic Orientation & Education Project

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 746-5710

Hours: M-F 8:00am - 5:00pm

Eligibility: Latino residents.

Services provided include Basic English literacy classes, citizenship classes and crisis intervention services. Orientation workshops provided on a variety of topics, including HIV/AIDS prevention, cardiovascular disorders, domestic violence, becoming an American citizen, crime prevention, and employment.

Alexandria Department of Community & Human Services Multicultural Services Initiative

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 746-5710

Hours: M-F 8:00am - 5:00pm

Ensures Alexandria's culturally diverse residents have access to all city services and that city government delivers services in a culturally sensitive manner; conducts community outreach, encourages use of certified interpreters and translation services, provides information on City services and American customs; and seeks a diverse pool of applicants for city employment as well as membership on City boards and commission.

AYUDA, Inc.

1707 Kalorama Road, N.W.

Washington, DC 20009

(202) 387-4848

Virginia Office

46950 Community Plaza, Suite 213

Sterling, VA 20164

(703) 444-7009

www.ayudainc.org

Hours: M-F 9:00am - 5:00pm

Immigration Consultations: Th 9:00am - 11:00am (District of Columbia); W 9:00am - 10:00am (Sterling)

Domestic Violence, Sexual Assault, Trafficking Consultations: M-F 9:00am - 5:00pm (District of Columbia)

M, W 9:00am - 5:00pm (Sterling)

Fees: Initial consultation fee/immigration services: \$30; victims of domestic violence/sexual assault: free

Immigration Services: direct legal consultation with an attorney and/or paralegal on a wide variety of family and humanitarian based immigration cases during weekly walk-in consultation hours. Types of immigration cases handled include: adjustment of status, advanced parole, asylum, cancellation of removal, consular processing, family petition, green card renewals, NACARA, naturalization, removal of conditions, removal proceedings, Special Immigrant Juvenile Status (SIJS), Temporary Protected Status (TPS), T Visa (Trafficking), U Visa (crime victims), VAWA petition and cancellation, and work authorization.

Anti-Trafficking: provides survivors of human trafficking with legal and social services; conducts community outreach and education. Legal team assists with securing special visa for trafficking victims that enables them to live and work legally in the U.S. and eventually apply for legal permanent resident status.

Children's Project: legal services for immigrant children in Washington region in the U.S. without parents or legal guardians; helps them apply for immigration benefits and represents them before state and immigration courts. Also conducts trainings for social workers, teachers, health care professionals, attorneys, judges, law enforcement, and community organizations to raise awareness and identify children who may be eligible for special immigration benefits.

Domestic Violence and Sexual Assault: full range of legal services including assistance in both family law and immigration matters. Also provides crisis intervention and comprehensive case management services.

Ethiopian Community Development Council, Inc.

901 Highland Street
Arlington, VA 22204
(703) 685-0510 Fax: (703) 685-0529
www.ecdcinternational.org

ECDC resettles refugees, promotes cultural, educational and socioeconomic development in refugee and immigrant communities of the United States, and conducts humanitarian and development programs in the Horn of Africa. The ECDC Enterprise Development Group provides business loans, management assistance, and training to entrepreneurs with a focus on minority and women-owned businesses.

Hispanic Committee of Virginia

Falls Church Office

5827 Columbia Pike Suite 200
Falls Church, VA 22041
(703) 671-5666 Fax: (703) 671-2325

Arlington Courthouse Metro

2049 North 15th Street, Suite 100
Arlington, VA 22201
(703) 243-3033 Fax: (703) 243-2297
Hours: M-F 8:00am - 4:30pm

Employment Services: job search assistance, skills assessment, training, resumé preparation, and interview coaching.

Education Services: after-school reading program; program that matches Hispanic children in grades 5-8 at risk of dropping out with adult mentors; ESL and homeownership classes.

Social Services: case management services for families and individuals including assistance during emergencies and in cases of family domestic violence, advice regarding hospital bills, and referrals to medical, dental and legal services.

Immigration Services: legal assistance with applications for naturalization, citizenship certificate, permanent residency, employment authorization documents, family petitions, refugee travel documents, adjustment of status, removal of condition on permanent resident status, change of status, fiancé visas

Entrepreneurship Program: small business development counseling and courses for low-income Latino families.

Hispanics Against Child Abuse & Neglect (HACAN)

11230 Waples Mill Road, Suite #105
Fairfax, VA 22030
(703) 208-1550 Fax: (703) 208-1540
<http://hacan.org> info@hacan.org
Prevents child abuse and neglect through intervention and community advocacy

Just Neighbors

5827 Columbia Pike, Suite #320
Falls Church, VA 22041
(703) 979-1240 ext. 28 Fax: (703) 979-1244
www.justneighbors.org
Hours: M-F, 9:00am - 5:00pm (walk-ins not accepted)

Provides immigration legal services to low-income immigrants and refugees throughout Northern Virginia; includes green card and work permit applications, assistance for immigrant victims of domestic violence, and advice and counsel.

Living Free Health Services

4306 Evergreen Lane, Suite 204
Annandale, VA 22003
(703) 750-1292
<http://livingfreehealth.com> mwarden@livingfreehealth.com

Eligibility: Ages 13 and over

Fees: Set fees. Accepts insurance, major credit cards, checks, cash

Provides outpatient substance abuse and mental health treatment services; also sponsors Hispanic program for clients with difficulty expressing thoughts and feelings in English

National Alliance for Hispanic Health

1501 Sixteenth Street, N.W.

Washington, DC 20036

(202) 387-5000

www.hispanichealth.org

Hours: M-F 9:00am - 6:00pm

Help lines provide free and confidential health information in Spanish and English for the caller's specific zip code.

Su Familia: The National Hispanic Family Health Helpline

(866) 783-2645

La Linea Nacional Prenatal Hispana

(800) 504-7081

Northern Virginia Family Service

Multicultural Human Services (MHS)

6400 Arlington Boulevard, Suite 110

Falls Church, VA 22042

(703) 533-3302

www.nvfs.org

Hours: M-F 9:00am - 5:00pm

Broad range of mental health, social, educational, health and language services for individuals and families

Northern Virginia Family Service

Survivors of Torture and Severe Trauma (PSTT)

6400 Arlington Boulevard

Falls Church, VA 22042

(703) 533-3302 Fax: (703) 237-2083

www.nvfs.org info@nvfs.org

Comprehensive range of free services (mental health, medical, legal and social services) for victims of torture

Progreso Hispano

4100 Mohawk Lane

Alexandria, VA 22309

(703) 799-8830, 8831 Fax: (703) 799-8820

http://progreso-hispano.org immigrants.progresohispano@yahoo.com

Hours: M-F 9:00am - 5:00pm

Immigration Program: preparation of immigration forms, individual case analysis, motions to reopen and reconsider, translation of documents, and referrals to non-profits, U.S. government agencies and attorneys. Initial consultation: \$40

ESL Program: ESL and conversational courses; registration fee of \$40 (includes book, CD and class material).

Tenants and Workers United

3801 Mt. Vernon Avenue

Alexandria, VA 22305

(703) 684-5697 Fax: (703) 684-5714

Culmore Office:

6049 Leesburg Pike, Suite 101`

Falls Church, VA 22041

(703) 671-2041

www.tenantsandworkers.org info@tenantsandworkers.org

Hours: M-Sat: 10:00am - 6:00pm

Promotes social and economic justice by organizing low-income communities and workers, challenging racism and sexism through education and direct action, developing community leaders, creating campaigns and coalitions to win social change, and cooperatively controlling community resources

PUBLIC SAFETY

Alexandria Circuit Court

520 King Street, 3rd and 4th Floors

Alexandria, VA 22314

(703) 746-4044

<http://alexandriava.gov/circuitcourt/default.aspx>

Hours: M-F 9:00am - 5:00pm

Marriage licenses, divorce cases, civil cases, felony trials, appeals from General District Court and Juvenile and Domestic Relations District Court, wills, estates, fiduciaries and guardianships, and real estate transactions.

Alexandria Commonwealth Attorney's Office

520 King Street, Suite 301 (Courthouse)

Alexandria, VA 22314

(703) 746-4100 Fax: (703) 746-4466

<http://alexandriava.gov/commattorney/default.aspx>

Hours: M-F 8:00am - 5:00pm

Prosecutes all persons charged with the commission of criminal and traffic offenses that occur within the City limits in violation of state law or City Ordinances. Other programs include civic association liaisons, a multi-jurisdictional drug prosecution program, and the Victim-Witness Assistance Program.

Alexandria Fire Department

900 Second Street

Alexandria, VA 22314

(703) 746-5200

<http://alexandriava.gov/fire/>

#201	317 Prince Street	(703) 746-5201
#202	213 Windsor Avenue	(703) 746-5202
#203	2801 Cameron Mills Road	(703) 746-5203
#204	900 Second Street	(703) 746-5204
#205	1210 Cameron Street	(703) 746-5205
#206	4609 Seminary Road	(703) 746-5206
#207	3307 Duke Street	(703) 746-5207
#208	175 N. Paxton Street	(703) 746-5208
#209	2800 Main Line Boulevard	(703) 746-5209

Alexandria General District Court

520 King Street, Room 201

Alexandria, VA 22134

Civil and Small Claims Clerk (703) 746-4021

Criminal Clerk (703) 746-4030

Traffic Clerk (703) 746-4041

Traffic Prepayment Information (703) 746-4040

Hours: M-F 8:00am - 5:00pm

Responsible for traffic and criminal misdemeanors, felony preliminary hearings, civil claims including Landlord/Tenant, and Small Claims Court

Alexandria Juvenile & Domestic Relations District Court

520 King Street, 1st Floor

Alexandria, VA 22314

(703) 746-4141

<http://alexandriava.gov/jdrcourt/default.aspx>

Hours: M-F 8:00am - 4:00pm

Hears cases where allegations have been made concerning juvenile delinquency and juvenile traffic violations; children in need of services or supervision, children who may have been subject to abuse, neglect or abandonment; adults accused of child abuse or neglect or of criminal offenses against household/family members or children; disputes concerning the support, visitation or custody of children; disputes concerning the support of a spouse; children in foster care,

entrustments, court-ordered rehabilitative services and consent for certain medical treatments for children; termination of parental rights; emancipation of a child; paternity of a child; adult misdemeanors; domestic violence; adult family abuse protective orders; and family stalking protective orders.

Alexandria Juvenile & Domestic Relations District Court

Court Service Unit

520 King Street, 1st Floor

Alexandria, VA 22314

(703) 746-4144

<http://alexandriava.gov/courtservice/default.aspx>

Hours: M-F 8:00am - 4:30pm

Responsibilities include intake, juvenile probation supervision, diversion of cases, adult supervision of domestic violence cases and filing cases for hearing in Juvenile and Domestic Relations District Court. Other services include:

Intensive Case Management Program: links court-involved youth and their families to parenting programs, mentors, employment, health services, recreation, tutors, anger management courses and community services.

Parenting with Love and Limits: intensive, practical skill-building sessions for parents and their court-involved youth

Shoplifter's Alternative: classes for juveniles arrested for the first-time on shoplifting charges.

SOHO: mentoring program for girls who live in low-income housing.

Education Support Program: assistance for court-involved students who have been suspended from school and have been offered no other educational alternatives.

Alexandria Seaport Foundation: trains court-involved youth as boat building apprentices.

United We Sail: entrepreneurial program run by youth for youth that sells toy boat kits that are assembled by young children with the assistance of teen 'master boat builders'.

Wilderness Education: six multi-day wilderness education trips each year.

iMentor Program: mentor program for 5th grade boys interested in film making.

Conflict Resolution: courses for court-involved youth in anger management.

Gang Prevention and Intervention Initiative: resources for parents and youth who are interested in remaining gang free.

Alexandria Police Department

2003 Mill Road

Alexandria, VA 22314

(703) 838-4444 Fax: (703) 838-6345 TTY: (703) 838-4896

<http://alexandriava.gov/police/>

Patrol Operations Bureau: officers respond to emergencies, alarms, reports of crimes, calls for service, and provide traffic enforcement. Services range from preliminary investigations of major crimes to resolving quality of life issues.

Operations Support Bureau: supports each of the three bureaus through the deployment of specially trained units such as canine, motors, school resource officers, parking enforcement, school crossing guards, Special Operations Team (SWAT), hostage negotiators, a crash reconstruction team, and hack inspection.

Investigative Bureau: investigates major crimes and pursues other investigations that are beyond the scope of regular Patrol officers; also investigates allegations of police misconduct and complaints of excessive force.

Administrative Services Bureau: comprised of the Communications Center, Technology, Data and Analysis Division, Crime Analysis Unit, Personnel and Training, and Facilities Management

Alexandria Police Youth Camp: Camp is located in Kilmarnock, VA and operated by the YMCA. Alexandria Police Officers own the camp and provide partial and full scholarships for Alexandria youth who cannot afford to attend.

Alexandria Police Foundation (APF): assists Alexandria police officers by providing resources that improve officer performance, morale and effectiveness in their efforts to safeguard the community. A nonprofit charitable organization, APF works with the leadership of the Alexandria Police Department to provide resources to support such initiatives as scholarship grants to police officers, purchase of medical insurance for retired K-9 police dogs, and research/study efforts designed to improve law enforcement services.

Alexandria Sheriff's Office

2003 Mill Road

Alexandria, VA 22314

(703) 746-4114 Fax: (703) 746-5033

Administrative Services Bureau: in addition to administrative responsibilities, conducts all investigations of alleged staff misconduct

Detention Center Operations: manages the security of the Alexandria Detention Center, including inmate housing units and the Visitor's Center

Inmate/Support Services Bureau: classifies and houses inmates, manages inmate records, and supervises food, medical and mental health services, upkeep and maintenance of the facility, and inmate work crews

Judicial & Special Operations Bureau: provides courthouse and courtroom security as well as executes security, warrant service and other special operations in the communities of Alexandria.

Gang Prevention Community Task Force

Court Service Unit

520 King Street, 1st Floor

Alexandria, VA 22314

(703) 746-4144

<http://alexandriava.gov/courtservice/default.aspx>

Hours: M-F 8:00am - 4:30pm

Informs and educates regarding gang suppression, prevention and intervention initiatives in the City.

Northern Virginia Regional Juvenile Detention Home

200 S. Whiting Street

Alexandria, VA 22304

(703) 751-3700

Hours: M-F 9:00am - 5:00pm

Pre and post-disposition institution for adolescents being held for the juvenile courts of Northern Virginia; provides educational, medical, and recreational services as well as emergency psychiatric intervention and life skills.

Northern Virginia Urban League, Inc.

Community Service Project

1315 Duke Street

Alexandria, VA 22314

(703) 836-2858 Fax: (703) 836-8948

Hours: M-F 9:00am - 5:00pm

Community service experiences for youth offenders, including mentoring, work experience, and career guidance.

Virginia Cares

Alexandria Department of Community and Human Services

2525 Mount Vernon Avenue

Alexandria, VA 22301

(703) 746-5919

Services for ex-offenders paroled or released from the Virginia correctional system and their family members; provides temporary shelter and permanent housing referrals, referrals for basic needs, transportation, counseling, support groups, financial assistance, job development, and referrals for employment and job training.

SERVICES FOR SENIORS

Alexandria Department of Community and Human Services

Adult Day Services Center

1108 Jefferson Street

Alexandria, VA 22314

(703) 746-5676

Hours: M-F 7:30am - 5:30pm

Eligibility: 55 years of age and older, disability that precludes remaining alone during the day

Complete weekday care program that includes physical, social and mental activities. Caregiver support, medication administration, nutritious meals and transportation provided. Appropriate for persons with dementia such as Alzheimer's. Therapeutic recreation leaders develop individualized program plan for each participant; registered nurse on site to monitor participants' medical needs. Sliding scale based on income

**Alexandria Department of Community and Human Services
Office of Aging & Adult Services**

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 746-5999 Fax: (703) 746-5975

Hours: M-F 8:00am - 5:00pm

Services for elderly and permanently disabled adults include transportation, an adult daycare health care facility, a residential facility, home visits and case management, home-delivered meals, health insurance counseling, and volunteer opportunities. Special emphasis is given to those most at risk of being institutionalized or who are low-income.

Adult Protective Services: intervention for persons over the age of 18 who are at risk of abuse, neglect or exploitation. If an adult is being abused, exploited or unable to care for him/herself, call (703)746-5778 (24 hours).

Link to Life: emergency help button that assists clients during a medical emergency or in need of assistance for any reason. If an Alexandria resident is 60 or older, has an income of less than \$1,462.05 per month, and is totally and/or permanently disabled, the service is free. To apply for this service, call (703)746-5999 ext 5.

TRIAD/SALT Council: partnership between law enforcement, senior service agencies and seniors to reduce criminal victimization of the elderly and enhance the delivery of law enforcement services to older persons. (703)746-5017

Project Lifesaver: Project Lifesaver bracelets emit a tracking signal that can be tracked by a receiver on the ground or in the air. (703)746-5151.

Alexandria Department of Community and Human Services

Senior Centers

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 746-5999 Fax: (703) 746-5975

Seniors participate in a wide range of activities including exercise, creative activities, field trips, music, education and information, computer classes, English as a second language, cultural activities, inter-generational activities, and celebrations. Transportation provided to both centers; no charge for meals for individuals age 60 and older.

St. Martins Senior Center

4650 Taney Avenue

Alexandria, VA 22304

(703) 751-2766

Hours: M-F 9:00am - 2:00pm

Sharing groups, exercise classes, Bingo, dancing, ceramics, citizenship class, English classes, and special events.

Charles Houston Senior Center

901 Wythe Street

Alexandria, VA 22314

(703) 746-5552

Hours: M-F 8:30am - 2:00pm

Bingo, Wellness Training, table games, faith services, shopping, bowling (twice monthly) and trips.

Alexandria Recreation, Parks and Cultural Activities

Senior Programs

1108 Jefferson Street

Alexandria, VA 22314

(703) 746-5575

Activities include aquatic exercise; Nordic walking, strength and conditioning, and exercise clubs; yoga and fitness room training; art and computer classes; jewelry making and knitting, and square dancing.

American Red Cross

Senior Services

123 N. Alfred Street

Alexandria, VA 22314

(703) 549-8300

Outreach to seniors of Ladrey and Annie B. Rose Houses and City housing for low-income elderly, including exercise and art classes, movie nights, and shopping trips; provides wheelchairs, beds and other medical equipment and household items. Friendly Visitors Program matches socially isolated seniors with volunteers.

CrisisLink**CareRing**

2503D N. Harrison St. #114

Arlington, VA 22207

(703) 516-6764

www.crisislink.org

Free telephone check-in service assists individuals who are living alone, elderly, disabled, or chronically ill. Trained volunteers make scheduled 15-minute phone calls daily regarding such concerns as nutrition, appointment and medication reminders, mental health assessments, or monitoring of home caregivers services.

INOVA HealthSource**Grandparenting Class**

INOVA Alexandria Hospital

4320 Seminary Road

Alexandria, VA 22304

(703) 750-8800

Fees: \$40/person

New grandparents become informed about parenting updates and safety practices

Legal Services of Northern Virginia

603 King Street, 4th Floor

Alexandria, VA 22314

(703) 684-5566 Fax (703) 684-0946

www.lsnv.org

Hours: M-F 9:00am - 5:00pm

Assists lower income persons with estates, wills, public benefits, and insurance; one-time only advice on any topic to persons 60+ regardless of income.

Mount Vernon Recreation Center**Senior Programming**

2701 Commonwealth Avenue

Alexandria, VA 22305

(703) 746-5556 TTY: (703) 706-3954

Hours: M-F 10:00am - 3:30pm

Senior Services of Alexandria

700 Princess Street

Mezzanine Level

Alexandria, VA 22314

(703) 836-4414 Fax: (703) 836-1252

www.seniorservicesalex.org admin@seniorservicesalex.org

Hours: M-F 8:30am - 4:30pm

Full-service community organization dedicated to seniors offers the following services:

Alexandria's Money Management Service: offers money management services to elderly and disabled residents who need assistance with paying bills, balancing checkbooks, arranging for direct deposit of Social Security checks, and protecting their income. Provides assistance with applying/reapplying for benefits and services such as SSI, disability benefits, Medicare, Medicaid, health insurance, subsidies for housing and utilities, alternative living arrangements, reverse mortgages, transportation, housing loans and home repair services.

Home Chore Workers: database of pre-screened workers skilled in conducting routine home repairs (electrical, painting, plumbing, carpentry, cleaning, moving large items) at an affordable price.

Employment Service: ensures seniors with skills, experience, knowledge and the desire to work are afforded opportunities to do so through employment counseling and referral to interested employers.

In-Home Assistance: database of qualified, pre-screened and background checked persons who provide affordable in-home assistance.

Meals on Wheels: delivers meals to homebound seniors (Monday through Friday).

Senior Taxi: city residents at least 60 years old can be transported via taxi to medical appointment, grocery stores, and the pharmacy for a one-way fee of \$2 (\$2.50 within five miles of the city limits).

DOT Paratransit: serves mobility-impaired city residents who are unable to use public transportation. Both taxi and van transportation are available; no age limit. DOT reservationists are available seven days a week from 8:30am to 4:30pm.

SOCIAL SERVICES

ALIVE! (ALexandrians InVolved Ecumenically)

Last Saturday of the Month Food Program

2723 King Street

Alexandria, VA 22302

(703) 837-9300 (option 4)

www.alive-inc.org alivetoo@aol.com

Hours: Last Saturday of the month at 10:00 a.m.

Five-day supply of surplus fresh produce and staple foods distributed by volunteers once a month to families who have been referred by social service agencies and the congregations ALIVE!. Food can be picked up at the following locations:

West End	Church of the Resurrection	2280 N. Beauregard Street
East End	Cora Kelly Recreation Center	25 West Reed Avenue
North Old Town	Ladrey Senior High Rise	300 Wythe Street

Alexandria Department of Community & Human Services

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 756-5700 Fax: (703) 746-5974

Hours: M-F 8:00am - 5:00pm

Division of Family Services: provides financial assistance and social services to meet basic needs, strengthen family life, and protect children from abuse, neglect, and exploitation. Major programs include Temporary Assistance for Needy Families (TANF), General Relief, refugee assistance, State/Local Hospitalization, Family Access to Medical Security Insurance Plan (FAMIS), adoption programs, foster care, and Child Protective Services.

Community Programs: provides services that help specific populations in the City become self-sufficient; administers the City's Multicultural Initiative and provides staff support to the Commission on Aging, the Commission on Persons with Disabilities, the Early Childhood Commission, and the Economic Opportunities Commission.

JobLink: certified career center and an equal opportunity employer and service provider with a commitment to affirmative action; provides a variety of employment services from basic resources to intensive assistance.

Alexandria Department of Human Services

Family Access to Medical Security Insurance Plan (FAMIS)

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 746-5757

www.famis.org

Hours: M-F 8:00am - 5:00pm

Children are eligible for children's health insurance if they live in Virginia, are younger than age 19, have not had health insurance within the past 4 months (some exceptions apply), are not eligible for any Virginia state employee health insurance plan, are not eligible for FAMIS Plus (also known as Children's Medicaid), live in families meeting FAMIS income guidelines, are United States citizens or qualified aliens (other children may be eligible).

State Hotline: 1-866-873-2647 TDD only: 1-888-221-1590 M-F 8:00am - 7:00pm, Sat 9:00am - 12:00 Noon

Coats for Kids Foundation

P.O. Box 22533

Alexandria, VA 22304

(703) 567-COAT (2628) Fax: (703) 567-1022

www.coats-for-kids.org

Ensure that every child who needs a winter coat receives one; only new coats, gloves and hats are distributed. Delivery accomplished through schools, local social service agencies, churches and other non-profit organizations that work with at-risk and disadvantaged children.

CrisisLink

2503D N. Harrison St. #114

Arlington, VA 22207

(703) 527-6603 Fax: (703) 516-6767

www.crisislink.org

Hours: 24/7

Provides the crisis prevention and intervention services necessary to cope with life challenges, trauma and suicide:

CrisisLink's Crisis and Suicide Prevention Hotline

(703) 527-4077

National Suicide Prevention Lifeline

(800) 273-TALK

(800) SUICIDE

National Suicide Prevention Lifeline (en Espanol)

(888) 628-9454

Free, confidential active listening, crisis de-escalation and suicide prevention; 24/7 hotline provides emotional support, problem-solving skills, and information regarding community resources.

You Talk, We Listen Teen Line: free confidential telephone listening service that assists with referrals, suicide and crisis intervention, and provides support for teens facing relationship and family concerns as well as violence; gangs; drugs and alcohol; eating disorders; gay, lesbian, bisexual, and transgender issues; self-harm (cutting); runaways; sexual and physical abuse; pregnancy, depression and suicide. Also provides programs and trainings for teens, schools, parents and professionals working with youth.

(703) 527-4077 (800) 273-8255

Darkness to Light Child Sexual Abuse Helpline: emotional support, problem-solving skills and links to community resources and information that help adults recognize and prevent child sexual abuse; free confidential active listening, crisis de-escalation, suicide prevention, and information and referral.

(866) FOR-LIGHT

Into Safe Arms (to prevent unsafe baby abandonment): free confidential information to new mothers at risk of abandoning their infants. Provides information on designated safe, legal locations where they may leave their babies with no questions asked, and emotional support, problem-solving skills and links to community resources to help parents identify alternatives; Hotline cooperative project with Into Safe Arms of Northern Virginia.

(703) 752-5262

CrisisLink's Information & Referral Service

(703) 752-5254

2-1-1 Virginia (Information & Referrals)

2-1-1

Information about and referrals to a wide variety of resources including those for domestic violence, financial assistance, maternal and child health, recreation, support groups and volunteer services; resources include government, non-profit and some for-profit agencies. All information is free and confidential.

CareRing: free telephone check-in service assists individuals who are living alone, elderly, disabled, or chronically ill. Trained volunteers make scheduled 15-minute phone calls daily regarding concerns such as nutrition, appointment and medication reminders, mental health assessments, or monitoring of home caregivers services.

(703) 516-6764

Tara Sirmans Survivor HOPE: immediate on-the-scene support for family and friends after a suicide or other traumatic loss that connects survivors to community resources. Team meets with survivors in the first few days to provide assistance with coping, offer hope and guide for the healing process. Support group for those who have lost a loved one to suicide meets twice a month. Provides training in working through grief and traumatic loss for law enforcement, mental health professionals, and others responding to traumatic loss.

(703)516-6771

Volunteer Program: volunteer opportunities in crisis hotline listening, referral, and crisis intervention including suicide prevention. Volunteers selected based on application, interview and development of skills during and after training.

Fifty hours of intensive, interactive training and a one year, 3 hours/week commitment required. Consult website for additional information, schedule and online application. Non-hotline volunteer opportunities include fund-raising, public relations, IT, special events, ambassador and board of directors

(703)527-6603

Access for Hearing Impaired

Virginia Relay Center

(800)828-1120

Telecommunications Relay Service Local Access

7-1-1

SPECIAL NEEDS**Alexandria City Public Schools****Office of Special Education**

2000 N. Beauregard Street

Alexandria, VA 22311

(703) 824-6650 Fax (703) 931-0187

<http://www.acps.k12.va.us/student-services/special-education.php>

Hours: M-F 8:00am - 5:00pm

Offers a continuum of services for students ages 2 to 21 with disabilities who have been deemed eligible for special education services; determination of eligibility made by a team of professionals (with parental consent).

Alexandria City Public Schools**Anne R. Lipnick Parent Resource Center**

Jefferson-Houston School for Arts & Academics

1501 Cameron Street, Door #4

Alexandria, VA 22314

(703) 706-4552

Special Education Parent Resource Center offers free workshops and training sessions, parent support groups, and in-person and telephone support and information. Services available at no charge to all residents of Alexandria with children ages birth to 22, regardless of whether enrolled in public school, private school, preschool, or at home. In addition to learning the many different ways special education services can be provided, parents can borrow materials from the lending library and use the resource file, which has information regarding different disabilities and special needs as well as writing an Individualized Education Program (IEP).

Alexandria Commission on Persons with Disabilities

2525 Mt. Vernon Avenue

Alexandria, VA 22301

(703) 746-3148

Researches programs and legislation relating to persons with physical and sensory disabilities and advises City Council and the community. Also serves as the local Disabilities Services Board; meets second Wednesday at 7:00pm.

Alexandria Department of Community and Human Services**Extended Care Services**

4480 King Street, 5th Floor

Alexandria, VA 22302

(703) 746-3500 Fax (General Documents): (703) 706-3917 Fax (Confidential Documents): (703) 519-5988

Hours: M-F 8:00am - 5:00pm

<http://www.alexandriava.gov/mhmrsa/>

Long Term Case Management: coordination of services and assistance with maintenance of entitlements.

Residential Services: permanent or transitional living arrangements, support, and training for persons with mental illness, an intellectual disability, or substance dependency.

Day Support: rehabilitative work and support for persons with mental illness or intellectual disabilities.

Vocational Services: assists development of job skills and obtaining of employment.

Alexandria Department of Community and Human Services**Intellectual Disability Services**

720 N. St. Asaph Street

Alexandria, VA 22314

(703) 746-3333

Hours: M-F 8:00am - 5:00pm

Eligibility: diagnosis of mental retardation; infants, toddlers and children whose development is slower than expected
Individual and family needs assessments; speech, occupational and physical therapies; parental education; in-home training and personal care assistance; respite care; assisted and supervised living; day programs for adults including placement in jobs, work crews, sheltered workshops and pre-vocational programs.

Alexandria Department of Community and Human Services**Mental Retardation Vocational Center**

3105 Colvin Street

Alexandria, VA 22314

(703) 746-3333 Fax: (703) 519-5931

Hours: M-F 8:00am - 4:00pm

Fees: payment plans available; no city resident denied services due to inability to pay.

Sheltered employment for persons needing ongoing supervision, job coaches for persons needing short-term on-the-job training, and job support services

Alexandria Department of Community and Human Services

Parent Infant Education

4480 King Street 5th Floor

Alexandria, VA 22302

(703) 746-3350 TTY: (703) 746-3440

<http://alexandriava.gov/mhmrsa>

Eligibility: children with potential and/or identified handicapping conditions

Fees: None

Services include developmental screening, assessment and case management services for children from birth to age 3 and their families, ID Child Case Management services for children 3 to 22 who have a diagnosis of mental retardation; and assessment, evaluation and treatment of children 0-5 who are referred by the Department of Community and Human Services because of psycho-social and attachment disturbances.

Alexandria Department of Community and Human Services

West End Clubhouse

4480 King Street, 6th Floor

Alexandria, VA 22302

(703) 746-3456

Hours: M-F 9:00am - 5:00pm

Fees: Negotiated payment plan is available; no Alexandrian is denied service because of an inability to pay.

Day support and vocational training for City residents with psychiatric disabilities; all activities planned, organized and executed by members. Promotes vocational readiness and assists in the development of healthy interpersonal skills. Services include psychiatric services, discharge planning services, residential services and vocational services.

Alexandria Library

Charles E. Beatley, Jr. Central Library

5005 Duke Street

Alexandria, VA 22304-2903

(703) 746-1702 TTY: (703) 746-1760

Homebound Visits: free delivery of library materials to residents unable to visit the library. (703) 746-1702 ext 8

Talking Book Service: free service for the blind, physically or visually impaired or learning disabled provided through the Library of Congress. (703)746-1760

Adaptive Equipment: available at Beatley Central Library only. (703)746-1760

Aladdin CCTV: user places script on a platform and it is magnified on a screen in front of them; helps when viewing photographs, personal mail, balancing a checkbook or reading a book. This can be done in color or black & white.

Kurzweil Personal Reader: optical scanner that reads typeset or typewritten text and turns it into speech; can read single typed sheets, or bound books and magazines.

Jaws: software offers screen reading capability to blind or visually impaired computer users allowing them access to education and job related application for browsing the web, or reading or writing email messages.

Window Eyes: screen reading program which allows access to Microsoft Windows and compatible applications through synthesized speech output.

Zoomtext: adaptive software designed specifically to meet the needs of the visually impaired with screen magnification and screen reading technology that provides complete access to all Microsoft Windows applications.

Sign Interpretation: signing available at all library sponsored programs for hearing impaired patrons; five days notice required. (703) 746-1760

Alexandria Office on Human Rights

421 King Street, Suite 400

Alexandria, VA 22314

(703) 746-3140 Fax: (703) 838-4976 Virginia Relay 711

Hours: M-F 8:00am - 5:00pm

Receives, investigates, and conciliates complaints of discrimination brought under the Alexandria Human Rights Ordinance and applicable state and federal laws. Conducts legal research and analysis; interprets impact of disability-related laws and rulings on persons with disabilities; refers persons with disabilities to community and legal resources.

**Alexandria Recreation, Parks & Cultural Activities
Therapeutic Recreation Programs**

1108 Jefferson Street
Alexandria, VA 22314

(703) 746-5422 Fax (703) 535-5863 TTY: (703) 535-5784

<http://alexandriava.gov/recreation/>

Little Dippers: for youth ages 6-12 with developmental disabilities; recreational aquatics, arts & crafts, games, sports, exercise, field trips, life skill programs. M-Th 3:00pm-6:00pm October to May at Chinguapin and Lee Center

Teen Scene: arts & crafts, games, sports, exercise, field trips, life skill program, and opportunities for socialization for youth ages 13-17 with physical, cognitive and developmental disabilities. T & Th 3:00pm-6:00pm October-May at Chinguapin and Lee Center; must meet minimum enrollment

TOPSoccer: basic skill-building program with focus on team participation and fun for youth ages 5-18 with and without disabilities. Eight-week program coordinated through the Alexandria Soccer Association and begins in September. Sunday 2:00pm-3:15pm at Chinguapin Field

Adult Social Club: program for ages 18 and older with cognitive or developmental disabilities; program outings, activities, and special events (which are planned by participants as a group). Saturday 11:00am-4:00pm at Lee Center

Art Works: art program for ages 18 and older with cognitive or developmental disabilities. Participants work on weekly art projects and explore various media under the direction of an accomplished artist and Therapeutic Recreation staff. Monday 3:30pm-5:00pm October-May at Lee Center

Sensory Time Exploration Program (STEP): opportunities for parent-child interaction in multi-sensory room geared towards children with sensory and/or developmental disabilities; multi-sensory room includes Aroma Therapy, Interactive Bubble Columns, Ladder Lights, Leaf Chair, Somatron Body Pillow, Fiber Optic Lights and a Tactile Wall. Saturday 10:00am-2:00pm at Lee Center

Kids' Day Out/Fun Night: recreation and respite for ages 6-17 with cognitive or developmental disabilities; held on designated Fridays and Saturdays at Lee Center. Call (703)746-5422

Recreation Volunteer Companion Program: ages 18 and older assist adults with disabilities who want to participate in general recreation programs. Days and times will vary. Call (703)746-5422

Volunteer Instructor Program: volunteers work with younger children while under the supervision of a Therapeutic Recreation Leader. Call (703)746-5422

Hobby Enrichment Program – TR on the Go!: four-week classes for ages 18 and older with cognitive and developmental disabilities; promotes leisure awareness and skills in various recreation activities, including healthy cooking, hiking/nature activities, photography, putt-putt gold, scrapbooking and sports. (703)746-5422

Alexandria System of Care Family Partner Program

“The Parent Exchange”

Center for Alexandria's Children (CAC)
1900 N. Beauregard Street, Second Floor Classroom
Alexandria, VA 22311

(703)746-6012

Hours: Third Thursday 5:30pm - 7:30pm

Parents in need of support for a child that has mental health or emotional needs gain skills in effective parenting and communication. Dinner is served; no registration required and no fee. Classes offered in English and Spanish.

Associated Educational Services of Virginia

1315 Duke Street
Alexandria, VA 22314

(703) 257-5050 Fax: (703) 881-7743

<http://aesofva.com>

Community, school and home-based mental health services for youth and families. Therapeutic Day Program retains youth in the community using psychotherapeutic interventions combined with education and mental health treatment. Intensive In-Home Service provides extensive guidance and support to children and adolescents at risk of removal from the home due to mental, social, emotional and/or behavioral problems.

Brain Injury Association of America

1608 Spring Hill Road, Suite 110

Vienna, VA 22182

(703) 761-0750 Fax: (703) 761-0755

National Brain Injury Information Center: (800) 444-6443

www.biausa.org info@biausa.org

Hours: M-F 8:30am - 5:00pm

Serves and represents individuals, families and professionals impacted by a life-altering traumatic brain injury

Brain Injury Services**Program for Children and Adolescents**

8136 Old Keene Mill Road, B-102

Springfield, VA 22152

(703) 451-8881 ext 222 Fax: (703) 451-8820

www.braininjurysvcs.org bziegler@braininjurysvcs.org

Fees: No cost for case management

Comprehensive case management services to support families, schools and community agencies in providing the best opportunity for appropriate development of the child or adolescent with a brain injury. Sponsors day-long conference for youth-serving professionals and families; distributes educational materials that promote awareness and prevention.

Children's National Medical Center**Children's Outpatient Center of Northern Virginia**

8501 Arlington Boulevard, Second Floor

Fairfax, VA 22031

(571) 226-8380 (800) 787-0467 Fax: (571) 226-8362

Hours: M-F 8:00am - 4:30pm

Specialties include hearing and speech, and speech-language pathology

Kiwanis Club of Washington, D.C. Orthopedic Clinic

201 8th Street, N.E., Suite 300

Washington, DC 20002

(202) 543-6840 Fax: (202) 543-6847

Hours: M-F 9:00am - 5:00pm

Treats children (newborns to age 18) of the "working poor" for spinal scoliosis, cerebral palsy, and spina bifida and other birth defects as well as childhood diseases and accidents

Laurie Mitchell Employment Center

6295 Edsall Road, Suite 175

Alexandria, VA 22312

(703) 461-8088

Hours: M-Th 5:00pm - 9:00pm; Saturday 10:00am - 3:00pm

Drop-In Center

8794-S Sacramento Drive

Alexandria, VA 22309

(703) 531-6398

Hours: M & W 2:00pm - 8:00pm

www.lmec.org info@lmec.org

Free employment assistance, computer training and peer support for individuals with mental illness and other disabilities as well as those with barriers to socialization and employment, including language and economic disadvantages.

National Information Center for Children & Youth with Disabilities

1825 Connecticut Avenue N.W. Suite 700

Washington, DC 20009

Voice/TTY: (800) 695-0285, (202) 884-8200; Fax: (202) 884-8441

www.nichcy.org en Espanol: <http://www.nichcy.org/spanish/Pages/default.aspx>

Information on disabilities and disability-related issues, IDEA (the law authorizing special education), No Child Left Behind (as it relates to children with disabilities), and effective educational practices; serves youth from birth to age 22.

Northern Virginia Training Center**Virginia Department of Behavioral Health and Developmental Services**

9901 Braddock Road

Fairfax, VA 22032

(703) 323-4000 Fax: (703) 323-4252

<http://www.nvtc.dmhmrzas.virginia.gov/nvtc.shtml>

Hours: M-F 8:15am-5:00pm (client services offered 24 hours a day/7 days per week)

Eligibility: applicant must have intellectual disabilities associated with sensory and physical disabilities and/or extreme maladaptive behaviors; primarily accepts residents 18 years old or older; provides respite services for ages 6 and up
Specialized medical, behavioral, dental and respite services; physical therapy, occupational therapy, recreational therapy, vocational training, speech pathology, psychology, medical and social work.

Parent Educational Advocacy Training Center (PEATC)

100 N. Washington Street, Suite 234

Falls Church, VA 22046

(703) 923-0010

www.peatc.org

Hours: M-F 9:00am - 5:00pm

Parent Training and Information Center for Families of Children with Disabilities: serves families of children with disabilities or suspected disabilities from birth through age 26; helps parents understand the workings of early intervention and special education; conducts leadership programs in English and Spanish.

Parent Information Resource Center: PEATC designated as Virginia's Parent Information Resource Center (PIRC) serving all families of children from birth through high school

NEXT STEPS Transition Program: information about opportunities for transition age youth with disabilities.

St. Coletta of Greater Washington**School Program**

1901 Independence Avenue S.E.

Washington, DC 20003

(202) 350-8680 Fax: (202) 350-8699 TTY: (202) 350-8695

Hours: M 8:30am - 12:30pm; T-F, 8:30am - 3:00pm Daycare: M 12:30pm - 3:00pm

www.stcoletta.org

Eligibility: ages 3 to 22 with cognitive disabilities, autism or multiple disabilities; may also have speech language disorders, vision or hearing impairments, orthopedic impairments, health impairments and behavior disorders.

Adult Service Division

207 S. Peyton Street

Alexandria, VA 22314

(571) 438-6940 Fax: (571) 438-6949 TTY: (202) 350-8695

Hours: M-F 9:00am - 3:00pm

Vocational training, employment, and volunteer opportunities for age 18 and older

Woodmont Weavers

Ballston Common Mall

4238 Wilson Boulevard, 2nd Floor

Arlington, VA 22203

(703) 469-1892

Hours: M-F 9:00am - 5:00pm; Sat 10:00am - 9:00pm; Sun Noon - 6:00pm

Artisans with cognitive disabilities weave handcrafted products; weavers in studio M-F until 3:00pm

St. Coletta Shops (Alexandria)

207 S. Peyton Street

Alexandria, VA 22304

(571) 438-6940

St. Coletta Shops (Bethesda)

11614 Rockville Pike

Rockville, MD 20852

(301) 816-2180 Fax: (301) 816-2182

Variety of crafts by artisans with intellectual disabilities: jewelry, plates, bowls and tableware, decorative items, scarves, shawls and other woven textiles, and placemats. All products can be made to customer's specifications.

**Total Quality Residential Services, Inc.
Residential Group Home**

225 S. Whiting Street
Alexandria, VA 22304

(410) 802-3815 Fax: (410) 703-2331

www.totalqualityresidentialservices.org

Eligibility: Males 18-21

Provides care and treatments for males ages 18-21 with intellectual disabilities or mental health disorders

**United Methodist Family Services
Special Needs Adoption**

Northern Virginia Regional Center

6335 Little River Turnpike

Alexandria, VA 22312

(703) 941-9008 Fax: (703) 750-0621

www.umfs.org nova@umfs.org

Creates permanent placements for children who are behaviorally, emotionally, or physically challenged; target population includes children eight years of age or older, and sibling groupings needing placement together. Grant from the State gives UMFS the ability to offer special needs adoption services at a minimal cost to adoptive parents.

**United Methodist Family Services
Intensive Treatment Services**

Northern Virginia Regional Center

6335 Little River Turnpike

Alexandria, VA 22312

(703) 941-9008 Fax: (703) 750-0621

www.umfs.org nova@umfs.org

Hours: M-F 9:00am - 5:00pm

Fees: Sliding fee; accepts insurance

Provides customized 24-hour intensive treatment to return youth to the community as soon as possible; programs for adolescent females with emotional and behavioral problems, and males 11-18 years old who have engaged in sexually harmful behaviors.

Virginia Department for the Blind & Vision Impaired

Fairfax Regional Office

11150 Fairfax Boulevard

Fairfax, VA 22030

Voice/TTY: (703) 359-1100 Fax: (703) 359-1111 Toll-Free Voice: (800) 622-2155

<http://www.vdbvi.org/>

Hours: M-F 8:15am - 5:00pm

Early Intervention/Infant Services: assessment teams determine the needs of visually impaired infants and toddlers, and loan equipment and materials; no fee.

Education Services: educational and developmental materials; consulting/training for parents and school systems; vision assessments, eye exams and adaptive optical aids; no fee.

Employment/Job Training: guidance, counseling and adjustment to blindness training, vocational assessments, training opportunities, job placement and transition services; free for those who are financially eligible.

Information and Referral: staff assists citizens in locating appropriate services

Libraries/Alternate Media and Learning Resources: Braille textbooks are loaned to public and private schools; regional offices have resources parents can borrow.

Low Vision Services: vision assessments, optical exams, low vision equipment; free.

Travel/O&M Training: travel skills assessments and training; orientation technique training and instruction in how to get around independently. No fee.

Randolph-Sheppard Program: encourages self-supporting, independent business operators through business establishment research and assistance, management training and support, and licensing.

Virginia Industries for the Blind: two production facilities as well as office products and military base supply stores.

**Virginia Department of Health
Northern Virginia Care Connection for Children**

INOVA Fairfax Hospital for Children
6400 Arlington Boulevard, Suite 100
Falls Church, VA 22042

(703) 531-3131; (866) 222-0372 Fax: (703) 531-3138

<http://www.inova.org/inova-in-the-community/care-connection-for-children/index.jsp>

Professional care coordinators work closely with children ages birth to 21 with special healthcare needs and their families; program offers counseling, information, education, social support, and referrals; limited amount of funds to assist uninsured or underinsured who meet income guidelines

SUBSTANCE ABUSE SERVICES

Al-Anon Service Center of Northern Virginia

100 N. Washington Street, Suite 212
Falls Church, VA 22046

(703) 534-HELP Toll Free: (877) 339-8350

www.alanonva.com info@alanova.com

Hours: M-F 12:30pm - 4:00pm

Helps families and friends of alcoholics recover from the effects of living with the problem drinking of a relative or friend. Alateen is the program for young people. No fee

Alcoholics Anonymous (Northern Virginia)

8501 Lee Highway
Fairfax, VA 22031

(703) 876-6166 (24 hours)

www.aavirginia.org info@nvinter.org

Hours: Daily 10:00am - 8:00pm; by phone 24 hours

Support for those recovering from alcoholism or who wish to stop drinking; no fee

Alexandria Men's Home

402 E. Hume Avenue
Alexandria, VA 22301

(703) 683-3622 Fax: (703) 683-2157

www.themenshome.org themenshome@comcast.net

Fees: No insurance accepted; residents pay based on income

Recovery home that offers the support and guidance of a 12-step recovery program; applicants must be at least 18 years old: sober and drug-free; pass a drug test; have no history of violent behavior; have an AA sponsor with at least one year of sobriety; and disclose full personal, medical, psychological, financial and legal history.

Alexandria Department of Community and Human Services

Substance Abuse Services

2355-A Mill Road
Alexandria, VA 22314

(703)746-3400 TTY: (703)746-3584

<http://alexandriava.gov/mhmrca>

Hours: M-Th 7:00am - 9:00pm; F 7:00am - 5:00pm

Fees: Based on income; services not denied due to inability to pay.

Services (which are available in a number of foreign languages) include individual, group and family counseling and support groups, detox support, methadone treatment; residential programs including group homes; day support programs; and confidential testing for HIV, tuberculosis and hepatitis.

Living Free Health Services

4306 Evergreen Lane Suite 204

Annandale, VA 22003

(703) 750-1292

<http://livingfreehealth.com> mwarden@livingfreehealth.com

Fees: Set fees. Accepts insurance, major credit cards, checks, cash

In addition to therapy for individuals, couples and families, the Adult Program helps clients cope with personal issues that fuel their addiction and repair the damage created by their disease; Adolescent Program serves youth ages 13-18.

Narcotics Anonymous (Chesapeake and Potomac Region)

P. O. Box 8160

Silver Spring, MD 20907

(800) 543-4670 Helpline: (202) 399-5316 (24-hour)

www.cprna.org webservant@cprna.org

Program of complete abstinence for recovering addicts

Substance Abuse Prevention Coalition of Alexandria (SAPCA)

720 N. St. Asaph Street

Alexandria, VA 22314

(703) 746-3670

www.preventitalalexandria.org

Alliance of parents, youth, schools, city agencies, media, nonprofits, businesses, policymakers and law enforcement that engages the community in prevention efforts that reduce the incidence of underage substance use and abuse.

Vanguard Services Unlimited

521 N. Quincy Street

Arlington, VA 22203

(703) 841-0703 Toll Free: (866) 888-0821 Fax: (703) 841-2316

www.vanguardservices.org info@vanguardservices.org

Hours: M-F 9:00am – 5:00pm

Fees: Most major insurance carriers as well as CSB, DSS, DJJ and CSA funding; some programs offer sliding-scale payment plans.

Residential inpatient, outpatient, and prevention programs: Phoenix Program is a 68-bed center for men; the Demeter House is a 20-bed home that serves women, including those who are expecting, have custody of their children or the ability to regain custody following successful treatment.

MEETINGS

ALCOHOLICS ANONYMOUS (AA)

SUNDAY

Men's Home Breakfast Meeting	Sunday 11:00am Men's Home of Alex.	Breakfast served 9:00am-10:40am 402 E. Hume Avenue Alexandria
Bottoms Up Group	Sunday 3:00pm Charles Houston	Open, Handicapped-accessible 901 Wythe Street Alexandria
A New Beginning	Sunday 5:30pm First Christian Church	Open, Handicapped-accessible 2723 King Street Alexandria
Old Dominion Group	Sunday 5:30pm United Methodist Church	Open, Discussion 115 S. Washington St. Alexandria
Eleventh Step Group	Sunday 7:00pm Old Presbyterian Meeting House	Closed, Discussion 316 S. Royal Street Alexandria
Speakeasy Group	Sunday 8:30pm Old Presbyterian Meeting House	Open, Speaker 316 S. Royal Street Alexandria

MONDAY

Early Birds Group	Monday-Friday 7:00am Del Ray Methodist Church	Open, Handicapped-accessible 100 E. Windsor Ave. Alexandria
High Noon Group	Monday-Thursday 12:30pm Christ Church	Closed, Steps 118 N. Washington St. Alexandria
High Noon Tenth Step	Monday 12:30pm Christ Church	Closed, Discussion 118 N. Washington St. Alexandria
Commuters Group	Monday & Friday 5:30pm Salvation Army	Open, Discussion 1804 Mount Vernon Ave. Alexandria
Lawyers Group	Monday 6:00pm Fairlington Presbyterian Church	Closed, Discussion 3846 King Street Alexandria
Downtown Discussion	Monday 7:00pm Downtown Baptist Church	Open, Discussion 212 S. Washington St. Alexandria
Woman's Way	Monday 7:00pm Emmanuel Episcopal Church	Closed, Women Only 1608 Russell Road Alexandria
Monday Night Step Group	Monday 7:00pm Alexandria Free Methodist	Open, Discussion 4901 Polk Avenue Alexandria
Living Sober	Monday 7:30pm Christ Church	Open, Beginners 118 N. Washington St. Alexandria
Robinson House Group	Monday 7:30pm The Robinson House	Closed, Steps 200 Laverne Avenue Alexandria
Del Ray Hill Group	Monday 7:45pm Del Ray Baptist Church	Open, Discussion 2405 Russell Road Alexandria

TUESDAY

Early Birds Group	Monday-Friday 7:00am Del Ray Methodist Church	Open, Handicapped-accessible 100 E. Windsor Ave. Alexandria
High Noon Group	Monday-Thursday 12:30pm Christ Church	Closed, Steps 118 N. Washington St. Alexandria
Safe Harbor	Tuesday 5:30pm Fairlington United Methodist	Closed, Women Only 3900 King Street Alexandria
Fairlington Men's	Tuesday, 6:00pm Fairlington Presbyterian	Closed, Men Only 3846 King Street Alexandria
High Hopes	Tuesday 7:00pm First Christian Church	Women, Handicapped-accessible 2723 King Street Alexandria
Eleventh Step	Tuesday 7:00pm First Christian Church	Closed, Discussion 2723 King Street Alexandria
One Step at a Time	Tuesday 7:15pm St. Mary's Lyceum	Closed, Steps 313 Duke Street Alexandria

ALCOHOLIC ANONYMOUS

Twelve and Twelve	Tuesday 7:30pm Emmanuel Episcopal Church	Closed, Steps 1608 Russell Road Alexandria
Men's Home Beginners	Tuesday 7:30pm Men's Home	Open, Big Book 402 E. Hume Avenue Alexandria
The Outpatients Group	Tuesday 8:30pm First Baptist Church	Open, Handicapped-accessible 2932 King Street Alexandria
Hope is Here Group	Tuesday 8:30pm Meade Memorial Church	Closed, Handicapped-accessible 322 N. Alfred Street Alexandria
King Street Group	Tuesday 8:30pm First Christian Church	Closed, Handicapped-accessible 2723 King Street Alexandria

WEDNESDAY

Early Birds Group	Monday-Friday 7:00am Del Ray Methodist Church	Open, Handicapped-accessible 100 E. Windsor Ave. Alexandria
High Noon Group	Monday-Thursday 12:30pm Christ Church	Closed, Steps 118 N. Washington St. Alexandria
Lunch Bunch	Wednesday 12:30pm Salvation Army	Open, Discussion 1804 Mount Vernon Alexandria
High Noon Beginners	Wednesday 12:30pm Christ Church	Open, Discussion 118 N. Washington St. Alexandria
King Street Round Table	Wednesday 6:00pm First Christian Church	Open, Big Book 2723 King Street Alexandria
Windsor Group	Wednesday 7:00pm Windsor House	Open, Handicapped-accessible 522 E. Windsor Avenue Alexandria
Dead on Arrival	Wednesday 7:00pm The Robinson House	Open, Discussion 200 Laverne Avenue Alexandria
Old Town Big Book Group	Wednesday 7:30pm Christ Church	Closed, Big Book 118 N. Washington St. Alexandria
Free At Last Group	Wednesday 8:30pm Old Presbyterian Meeting House	Closed, Discussion 316 S. Royal Street Alexandria
Bradlee Group	Wednesday 8:30pm Blessed Sacrament Church	Open, Handicapped-accessible 1421 W. Braddock Road Alexandria
Seminary Road Up the Tubes Group	Wednesday 8:30pm Church of the Resurrection	Young People, Handicapped-access 2280 N. Beauregard Alexandria
Alexandria Group	Wednesday & Friday 8:30pm Grace Episcopal Church	Open, Handicapped-accessible 3601 Russell Road Alexandria

THURSDAY

Early Birds Group	Monday-Friday 7:00am Del Ray Methodist Church	Open, Handicapped-accessible 100 E. Windsor Ave. Alexandria
High Noon Group	Monday-Thursday 12:30pm Christ Church	Closed, Steps 118 N. Washington St. Alexandria
The Outpatients Group	Thursday 7:00pm First Baptist Church	Open, Handicapped-accessible 2932 King Street Alexandria
Old Town Women's Group	Thursday 7:00pm Old Presbyterian Meeting House	Open, Discussion, Women Only 316 S. Royal Street Alexandria
Robinson House Group	Thursday 7:00pm The Robinson House	Open, Discussion 200 Laverne Avenue Alexandria
A.A. Del Ray Group	Thursday 7:30pm Del Ray United Methodist	Closed, Discussion 100 E. Windsor Avenue Alexandria
Men's Home Step Meeting	Thursday 7:30pm Men's Home	Open, Steps 402 E. Hume Avenue Alexandria
By the Big Book Group	Thursday 7:30pm Fairlington Presbyterian	Closed, Discussion, Big Book 3846 King Street Alexandria
Back to Basics Group	Thursday 8:00pm Westminster Presbyterian	Open, Gay, Handicapped-accessible 2701 Cameron Mills Rd Alexandria

ALCOHOLICS ANONYMOUS

Old Town Group	Thursday 8:30pm Old Presbyterian Meeting House	Closed, Discussion 316 S. Royal Street Alexandria
FRIDAY		
Early Birds Group	Monday-Friday 7:00am Del Ray Methodist Church	Open, Handicapped-accessible 100 E. Windsor Ave. Alexandria
Lunch Bunch	Friday 12:30pm Robinson House	Open, Discussion 200 Laverne Avenue Alexandria
High Noon Searchers Group	Friday 1:00pm St. Mary's Church	Closed, Handicapped-accessible 313 Duke Street Alexandria
High Noon Beginners Group	Friday 1:00pm St. Mary's Church	Open, Handicapped-accessible 313 Duke Street Alexandria
Commuters Group	Monday & Friday 5:30pm Salvation Army	Open, Discussion 1804 Mount Vernon Ave. Alexandria
Star Steppers Group	Friday 6:00pm First Christian Church	Open, Handicapped-accessible 2723 King Street Alexandria
Friday Night Live Group	Friday 7:00pm Alexandria Church of Christ	Open, Discussion 111 W. Braddock Road Alexandria
Came to Believe Group	Friday 7:30pm First Baptist Church	Open, Handicapped-accessible 2932 King Street Alexandria
Friday Night Beginners	Friday 7:30pm Old Presbyterian Meeting House	Open, Beginners 316 S. Royal Street Alexandria
Old Town Speakers Group	Friday 8:00pm St. Mary's Lyceum	Open, Speaker 313 Duke Street Alexandria
Alexandria Group	Wed & Fri 8:30pm Grace Episcopal Church	Open, Handicapped-accessible 3601 Russell Road Alexandria
Immanuel Friday Night Group	Friday 8:30pm Immanuel Church-on-the-Hill	Closed, Handicapped-access 3606 Seminary Road Alexandria

SATURDAY

Bar None	Saturday 8:30am Old Presbyterian Meeting House	Open, Discussion, Men-only 316 S. Royal Street Alexandria
Slow Learners Group	Saturday 8:30am Salvation Army	Open, Discussion, Men-only 1804 Mount Vernon Alexandria
Women's Primary Purpose Group	Saturday 9:00am Westminster Presbyterian	Closed, Women, Handicapped-access 2701 Cameron Mills Rd Alexandria
Tools for Sobriety Group	Saturday 10:30am St. Clements	Closed, Men, Gay, Handicap access 1701 N. Quaker Lane Alexandria
Flounder Women's Group	Saturday 12:00pm Old Presbyterian Meeting House	Open, Women, Handicapped-access 316 S. Royal Street Alexandria
Heart To Heart Group	Saturday 12:00pm St. Andrews United Methodist	Open, Women, Handicapped-access 845 N. Howard Street Alexandria
Temple View Men's Group	Saturday, 1:30pm Commonwealth Baptist	Closed, Men, Handicapped-access 700 Commonwealth Ave. Alexandria
Saturday Night Couples Group	Saturday 6:45pm Fairlington United Methodist	Open, Discussion 3900 King Street Alexandria
Progress Not Perfection Group	Saturday 7:00pm Downtown Baptist Church	Open, Discussion 212 S. Washington St. Alexandria
Potomac Group	Saturday 8:30pm Commonwealth Baptist	Open, Discussion 700 Commonwealth Ave. Alexandria
Saturday Incurables Group	Saturday 8:30pm Old Presbyterian Meeting House	Closed, Discussion 316 S. Royal Street Alexandria
Saturday Night Live	Saturday 8:30pm First Baptist Church	Young People, Handicapped-access. 2932 King Street Alexandria

AL-ANON**SUNDAY**

Awesome Alateen	Sunday 6:00pm St Mary's Lyceum	Alateen Only (ages 7-18) 313 Duke Street Alexandria
Parents Family Group	Sunday 6:00pm St. Mary's Lyceum	Parents 313 Duke Street Alexandria
Sunday Evening Old Town	Sunday 7:15pm St. Mary's Lyceum	Family Group 313 Duke Street Alexandria
South Arlington Family Group	Sunday 7:30pm Trinity Episcopal	Family Group 2217 Columbia Pike Arlington

MONDAY

Half Measures Aailed Us Nothing	Monday 7:00pm Unity Club – Room 3	Discussion 116 B West Broad Street Falls Church
Chain Bridge Family Group	Monday 8:30pm St. Peter's Episcopal	Family Group 4250 N. Glebe Road Arlington

TUESDAY

Tuesday Morn Serenity	Tuesday 7:15am Unity Club – Room 2	Step Study 116B West Broad St. Falls Church
Old Town Daytime Family Group	Tuesday 12:00 Noon Christ Episcopal Church	Brown Bag Lunch 118 N. Washington St. Alexandria
Del Ray Women's Group	Tuesday 7:00pm Church of the Nazarene	Women's Step, Family Group 20 East Braddock Road Alexandria
Fe Y Paciencia	Tuesday 7:00pm San Jose Episcopal	Closed; Spanish 911 N. Oakland Street Arlington
Together We Can Make It Alateen	Tuesday 7:00pm Unity Club – Room 3	Alateen Only 116 B West Broad Street Falls Church
N 2 Relationships	Tuesday 7:30pm St. James United Methodist	Family Group 5000 Echols Avenue Alexandria
Crossroads Family Group	Tuesday 8:30pm St. Anthony's Catholic Church	Discussion 3305 Glen Carlyn Road Falls Church

WEDNESDAY

Alexandria Men's AFG	Wednesday 6:00pm Fairlington Presbyterian Church	Men Only 3846 King Street Alexandria
Survival to Recovery Family Group	Wednesday 7:00am First Baptist Church	Adult Child 2932 King Street Alexandria
Fortaleza Y Esperanza	Wednesday 8:00pm St. Anthony's Catholic Church	Spanish 3305 Glen Carlyn Road Falls Church
Serenity One Family Group	Wednesday 8:00pm Chesterbrook Taiwanese Presby.	Adult Child 2036 Westmoreland St. Falls Church
Arlandria Family Group	Wednesday 8:30pm Grace Episcopal	Family Group 3601 Russell Road Alexandria

THURSDAY

Great Expectations	Thursday 10:00am Holy Trinity Lutheran	Family Group; Sitter available 3022 Woodlawn Ave. Falls Church
Old Town Daytime	Thursday 12:00 Noon Christ Episcopal Church	Brown Bag Lunch 118 N. Washington St. Alexandria
Thursday Niters	Thursday 7:15pm Trinity Episcopal	Family Group 2217 Columbia Pike Arlington
Live and Let Live	Thursday 7:30pm Resurrection Lutheran	Family Group 6201 Washington Boulevard Arlington

FRIDAY

First Things First	Friday 7:15am Unity Club - Room 2	Family Group 116B West Broad Ave. Falls Church
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AL-ANON

Friday AM Discussion Family Group	Friday 10:30am Prince of Peace Lutheran Church	Discussion 8304 Old Keene Mill Springfield
Healthy Relationships	Friday 7:00am Unity Club	Family Group; Open 116B W. Broad Street Falls Church
Valor Para Cambiar	Friday 8:00pm St. Anthony's Catholic Church	Spanish Only 3305 Glen Carlyn Road Falls Church
Ballston Family Group	Friday 8:30pm St. Michael's Episcopal	Discussion 1132 N. Ivanhoe Street Arlington
Falls Church City Family Group	Friday 8:30pm Annex Building	Newcomers 114 East Fairfax Street Falls Church

SATURDAY

Grace's 4 th Step	Saturday 9:00am Our Lady of Lourdes	4 th Step 830 South 23 rd Street Arlington
Let It Begin W/Me 1	Saturday 10:00am Our Lady of Lourdes	Step Study 830 S. 23 rd St. Arlington
Let It Begin W/Me 2	Saturday 10:00am Our Lady of Lourdes	Discussion 830 S. 23 rd Street Arlington
As We Understood Family Group	Saturday 10:00am Arlington United Methodist	Step Study 716 S. Glebe Road Arlington

NARCOTICS ANONYMOUS**SUNDAY**

NA in Del Ray	Sunday 9:00am	Open; Wheelchair access 4600 Duke Street Alexandria
NA Farsi	Sunday 10:30am Unity Club	Open, Discussion; in Farsi 116-B Broad Street Falls Church
Just for Today	Sunday Noon Unity Club	Open 116-B Broad Street Falls Church
Sunday Sanity	Sunday 7:00pm Arlington Presbyterian	Open; Step; Wheelchair access 3507 Columbia Pike Arlington

MONDAY

Women's Choice	Monday 6:30pm Fairlington Presbyterian	Women; Discussion 3846 King Street Alexandria
Just for Today Meditation	Monday 7:00pm Ashlawn Building	Open; Wheelchair Access 4921 Seminary Road Alexandria
In the Heart of	Monday 7:00pm Charles Houston Rec. Alexandria	Open; Discussion 901 Wythe Street Alexandria
Men's Step	Monday 7:00pm Unity Club, Room 4	Men; Step 116-B Broad Street
Step and Tradition Blues	Monday 7:00pm St. Albans Episcopal	Open; Wheelchair Access 6800 Columbia Pike Falls Church

TUESDAY

Recovery at Walter Reed	Tuesday 6:30pm Walter Reed Recreation Center	Open; Discussion; Wheelchair Access 2909 S. 16 th Street Arlington
NA in LA	Tuesday 7:00pm Lee Center	Open; Discussion; Wheelchair Access 1108 S. Jefferson Street Alexandria
Choose Life	Tuesday 7:00pm Unity Club	Open Discussion 116-B Broad Street Falls Church
Steps in the Valley	Tuesday 7:30pm Drew Community Center	Open; Discussion; Wheelchair Access 3500 S. 23 rd Street Arlington
Comfort Zone	Tuesday 8:30pm Virginia Hospital Ctr. (Cafeteria)	Open, Discussion; Wheelchair Access 1635 N. George Mason Dr. Arlington

NARCOTICS ANONYMOUS**WEDNESDAY**

Stepping Out of the Hole

Wednesday 7:00pm
Cora Kelly Recreation CenterOpen; Wheelchair Access
25 Reed Avenue Alexandria

Plan B

Wednesday 7:00pm
Unity ClubOpen; Discussion
116-B Broad Street Falls Church**THURSDAY**

Women's Step & Tradition

Thursday 6:00pm
Lee CenterWomen
1108 S. Jefferson Street Alexandria

Glad to Be Back

Thursday 7:00pm
Third BaptistOpen; Discussion
917 Princess Street Alexandria

We Do Recover

Thursday 7:30pm
Alex Substance Abuse Ctr.Open; Discussion
2355 Mill Road Alexandria

Old Time Recovery

Thursday 7:30pm
Langston-Brown CenterClosed (addicts only); Discussion
2121 N. Culpepper Street Arlington**FRIDAY**

Recovery on the South Side

Friday 7:00pm
Lee CenterOpen; Discussion; Wheelchair Access
1108 S. Jefferson Street Alexandria

Women Need Women

Friday 7:00pm
Cora Kelly RecreationWomen; Discussion; Wheelchair
25 Reed Avenue Alexandria

NA for Life

Friday 7:00pm
Walter Reed Recreation Ctr.Open; Discussion
2909 S. 16th Street Arlington

Church Basement Recovery

Friday 7:15pm
Arlington BaptistOpen; Discussion; Wheelchair Access
7th & South Monroe Streets Arlington

Simplicity is the Key

Friday 8:30pm
Unity ClubClosed; Newcomer/Beginner
116-B West Broad Street Falls Church**SATURDAY**

Sisters in Recovery

Saturday 11:00am
Fairlington PresbyterianWomen
3846 King Street Alexandria

Keep on Stepping Men's Rap

Saturday 3:00pm
Charles Houston Recreation Ctr.Men; Step
901 Wythe Street Alexandria

Steps to Serenity

Saturday 4:00pm
Macedonia Family Life Ctr.Open; Step
3410 S. 22nd Street Arlington

NA Pavilion

Saturday 7:00pm
Greenbrier BaptistOpen; Beginners 123 Step
5401 South 7th Road Arlington

Late But Straight

Saturday 10:30pm
Arlington PresbyterianClosed; Discussion; Wheelchair
3507 Columbia Pike Arlington

LEISURE TIME

RECREATION

Alexandria Recreation, Parks & Cultural Activities

1108 Jefferson Street
Alexandria, VA 22314

(703) 746-4343 TTY: (703) 838-4902 Fax: (703) 838-6344

<http://alexandriava.gov/recreation>

Athletic Field and Outdoor Court Reservations

(703) 746-5402

Athletic fields and outdoor courts may be reserved and appropriate fees will be charged.

Picnic Area Rentals

(703) 746-5405

City of Alexandria community groups and citizens can rent space in Fort Ward Park for picnics. Park reservation hours are from 8:00am to one-half hour prior to sunset in four hour blocks, April-October. Reservation requests for all weekend and holiday Mondays must be received no later than 5:00pm the Thursday prior to the requested weekend/holiday.

Recreation Center Rentals

(703) 746-5405

Recreation centers are available for use by community groups and organizations. Amenities include meeting rooms, gymnasiums, dance studios, and activity rooms. Groups will be charged appropriate staff and rental fees based on their individual request. Rental information and availability may be obtained at each center.

Special Events & Activities

(703) 746-5418

Space to hold special activities at Oronoco Bay, Waterfront Park, Joseph Hensley Park and Ben Brenman Park is available for rental to large groups of 100 participants or more. Special Event applications should be submitted a minimum of 180 days of the event date. A nonrefundable \$50 application fee is due when the application form is submitted.

Special Events Hotline

(703) 746-5592

Alexandria Department of Recreation, Parks & Cultural Activities

Adult Sports & Activities

1108 Jefferson Street
Alexandria, VA 22314

(703) 746-5409

Adult Men's Hotline: (703) 746-5596 Adult Women's/Coed Hotline: (703) 746-5595

Adult Sports Leagues are formed by team registrations, not individual organizations. Each adult league has a limited amount of available space for teams. Teams registering prior to the established deadline for each sport league will be accepted up to the maximum number of teams per league. Teams will only be accepted after the posted deadline date if space is available. All adult sport league activities are divided by skill levels and play week nights.

Fall Leagues: Coed Soccer, Volleyball & Softball, Men's Softball, and Women's Flag Football; Team Registration Period: July-August; League Play: September - November

Winter Leagues: Coed Volleyball, Women's Basketball, and Men's Basketball; Team Registration Period: October - November; League Play: January - March

Spring Leagues: Coed Soccer, Volleyball & Softball, Men's Softball, and Women's Flag Football; Team Registration Period: February - March; League Play: April - July

Summer Leagues: Men's Basketball and Women's Basketball; Team Registration Period: April - May; League Play: mid-June - August

Alexandria Department of Recreation, Parks & Cultural Activities

Clubs

1108 Jefferson Street
Alexandria, VA 22314

(703) 746-5414

Alexandria Coin Club: third Wednesday from 7:00-10:00pm at the Lee Center. (703) 491-0336

Alexandria Harmonizers Barbershop Quartets and Chorus: Tuesday at 7:00pm. (703) 836-0969

Alexandria Jujitsu Club: Thursdays 7:00-9:00pm and Saturdays, 1:30-5:30pm at Ramsay (703) 746-5558

MYO SIM Kendo/Karate Club: Japanese Kendo (fencing) and Iai (sword drawing) classes; new members welcome. Monday 7:30pm - 9:30pm at the Lee Center After 6:00pm: (301) 262-5266

Olde Town Fencing Club: Mondays and Wednesdays 8:00pm-10:00pm at Mount Vernon Recreation Center.

The Royal Scottish Country Dance Society: Wednesdays 8:00pm-10:00pm at the Durant Center (703) 719-0596

Alexandria Department of Recreation, Parks & Cultural Activities

Garden Plots

1108 Jefferson Street
Alexandria, VA 22314
(703) 746-5484

Garden plots at Chinguapin Park and on Holmes Run Parkway available for annual rental

Alexandria Recreation, Parks and Cultural Activities

Senior Programs

1108 Jefferson Street
Alexandria, VA 22314
(703) 746-5575

Aquatic exercise; Nordic walking, strength and conditioning, and exercise clubs; yoga and fitness room training; art and computer classes; jewelry making

Alexandria Seaport Foundation

Tuesday Evening Open Shop

Alexandria Seaport Center
0 Thompson Alley
Old Town Alexandria, VA
Mail: P. O. Box 25036
Alexandria, VA 22313
(703) 549-7078 Fax: (703) 549-6715

www.alexandriaseaport.org ASFOffice@alexandriaseaport.org

Hours: Tuesday 7:00pm - 9:00pm

Volunteers and visitors work on a boat project and swap stories. The second Tuesday of each month is a potluck dinner with a presentation or liar's bench.

Northern Virginia Regional Park Authority

Cameron Run Regional Park

4001 Eisenhower Avenue
Alexandria, VA 22304
(703) 960-0767

http://www.nvrpa.org/park/cameron_run/

Hours: Pool open Memorial Day weekend through Labor Day. Batting cage and mini golf open mid-March through October. Hours vary.

Great Waves Water Park, a deluxe 18-hole miniature golf course, a nine-station batting cage, picnic shelters, a special events pavilion that seats 200 persons (catering services available), and Lake Cook, a two-acre lake with bluegill, bass and catfish that is stocked with trout during the winter months. Fishing licenses required for anglers age 16 and older.

YMCA Alexandria

420 E. Monroe Avenue
Alexandria, VA 22301
(703) 838-8085

<http://www.ymcadc.org/BRANCHES/VA/Pages/Alexandria.aspx>

Hours (Building): M-F, 6:00am - 10:00pm; Sat, 7:00am - 8:00pm; Sun: 9:00am - 7:00pm

Hours (Business Office): M-F, 9:00am - 5:00pm

Group wellness classes for adults, including aerobics and yoga; group classes for children and teens, including sports, dance and martial arts; personal training; individualized wellness plans; wellness evaluations; babysitting services; indoor swimming pool; indoor track; gymnasium; Fitlinxx Center; cardio, strength and free weight rooms; cycling studio.

ALEXANDRIA RECREATION, PARKS AND CULTURAL ACTIVITIES

Charles Barrett Recreation Center

1115 Martha Custis Drive

Alexandria, VA 22305

(703) 746-5551 TTY: (703) 706-3963

Hours: M-F 2:00pm - 9:00pm (September - June)

M-F 9:00am - 9:00pm (July - August)

Weight room, gymnasium, meeting room, athletic field, game room, kitchen

Charles Houston Recreation Center

905 Wythe Street

Alexandria, VA 22314

(703) 746-5552

Hours: M-F 9:00am - 9:00pm

Sat 9:00am - 6:00pm

Sun 1:00pm - 5:00pm

Early Morning Fitness

M-F 6:00pm - 9:00pm

Adult Extended Activities

M-F 9:00pm - 11:00pm

Teen Extended Activities

M-F 9:00pm - 11:00pm

Sat 6:00pm - 11:00pm

Dance Room, Boxing Center, Game/Multi-purpose Room, Library/Computer Room, Fitness/Weight Room, Neighborhood "Mini" Pool, activity/meeting rooms, kitchen/dance/ arts & crafts room

Chinquapin Park Recreation Center

3210 King Street

Alexandria, VA 22302

(703) 746-5553 TTY: (703) 519-2167

Hours: M-Th 6:00am - 9:00pm

Fri 6:00am - 6:00pm

Sat, Sun 8:00am - 6:00pm

Tennis Courts

M-F 5:00pm - 10:00pm

Sat, Sun, Holidays 8:00am - 8:00pm

Rixse Pool

M-Th 6:00am - 8:45pm

F 6:00am - 5:45pm

Sat, Sun 8:00am - 5:45pm

Year-round 25-meter indoor pool and diving well, fitness room, men & women saunas, racquetball courts, lighted tennis courts, outdoor basketball and volleyball courts, fitness trail, nature trail and park, soft playroom (children age 5 and younger), and Birthday Party Package (ages 12 and younger).

City Marina

0 Cameron Street

Alexandria, VA 22314

(703) 838-4265 (Dockmaster's Office)

<http://alexandriava.gov/Marina> city.marina@alexandriava.gov

Hours: Mid Sept-October

M-Th 11:00am - 7:30pm

F-Sat 9:00am - 10:00pm

Sun 9:00am - 7:30pm

November-March

M-Sun 10:00am - 6:00pm

April-Mid May

M-Th 11:00am - 9:00pm

F-Sat 9:00am - 10:00pm

Sun 9:00am - 7:30pm

Mid May-Mid Sep:

M-Th, 10:00am - 9:00pm

F-Sat 9:00am - 10:00pm

Sun: 9:00am - 9:00pm

Overnight boat slips plus additional short-term docking space on sea walls and adjacent areas for pleasure boats and commercial vessels; restroom and shower facilities are available.

Cora Kelly Recreation Center

25 West Reed Avenue

Alexandria, VA 22305

(703) 746-5554

Hours: M-F 9:00am - 9:00pm

Sat 9:00am - 6:00pm

Sun 1:00pm - 5:00pm

Teen Extended Activities

Fri 9:00pm - 11:00pm

Sat 6:00pm - 11:00pm

Racquetball/Wallyball, Dance Studio, Photography Lab, Gym, Weight Room, Ceramics/Pottery room, Arts & Crafts room, Athletic Field, Teen Center

Dr. Oswald Durant Memorial Center

1605 Cameron Street
Alexandria, VA 22314
(703) 746-5560

Hours: M-Th 9:00am - 10:00pm F 9:00am - 5:00pm

Multicultural center for the performing and visual arts offers programs in music, dance, theater and visual arts for residents of all ages and cultural backgrounds. Facility features grand multipurpose room with stage, four multipurpose rooms, gallery, patio, and kitchen; available for private rentals on Saturday and Sunday.

Jerome “Buddie” Ford Nature Center

5750 Sanger Avenue
Alexandria, VA 22314
(703) 746-5559

Hours: Wed-Sat 10:00am - 5:00pm Sun 1:00pm - 5:00pm Closed Saturday and Sunday

Features live animals and year-round programs, exhibits on Alexandria’s human and natural history, and Dora Kelley Nature Park, a 50-acre wildlife sanctuary with a one-mile long nature trail along streams, wooded hills, and freshwater marshland. Paved bike trail is ADA accessible; hosts 90-minute birthday parties for ages 4-12.

Mount Vernon Recreation Center

2701 Commonwealth Avenue
Alexandria, VA 22305
(703) 746-5556 TTY: (703) 706-3954

Hours: M-F 9:00am - 9:00pm Sat 9:00am - 6:00pm Closed Sunday
Senior Citizens M-F 10:00am - 3:30pm

Gymnasium, Pottery/Art studio, Photography Studio, Fitness/Dance Studio, Computer Lab, Game Room

Nannie J. Lee Memorial Recreation Center

1108 Jefferson Street
Alexandria, VA 22314
(703) 746-5550 TTY: (703) 706-3994

Hours: M-F 9:00am - 9:00pm Sat 9:00am - 6:00pm (October - March) Available for Private Rentals Sat, Sun
Gymnasium, fitness room, game and crafts room, tennis courts, ball field, sand pit volleyball court. Rental spaces include an Exhibit Hall that is ideal for receptions, banquets, celebrations, and awards ceremonies; a serving kitchen; meeting rooms for civic and community groups; a dance studio; and the Richard Kauffman Auditorium

Patrick Henry Recreation Center

4643 Taney Avenue
Alexandria, VA 22314
(703) 746-5557 (703) 519-3397

Hours: M-F 2:30pm - 9:00pm (September–June) M-F 9:00am - 9:00pm (July-August) Closed Saturday and Sunday
Gymnasium, Game Room, tennis courts, athletic fields, playground, kitchenette, meeting room playground,

Schuyler Hamilton Jones Skateboard Park

3540 Wheeler Avenue (intersection of Duke St. and Wheeler Ave.)
Alexandria, VA 22304

Hours: April 9:00am - 7:00pm May-July 9:00am - 8:30pm
August - September 9:00am - 7:00pm October-March 9:00am-5:00pm

No fee; all patrons must wear proper protection equipment, including helmets, and elbow and kneepads.

William Ramsay Recreation Center

5650 Sanger Avenue
Alexandria, VA 22311
(703) 746-5558

Hours: M-F 9:00am - 9:00pm Sat 9:00am - 6:00pm Sun 1:00pm - 5:00pm
Teen Extended Activities Fri 9:00pm - 11:00pm Sat 6:00pm - 11:00pm

Gymnasium, Dance Studio, Fitness Room, Computer Lab, Game Room, Arts & Crafts room

VOLUNTEERING

Alexandria Department of Recreation, Parks & Cultural Activities Therapeutic Recreation Programs

1605 Cameron Street
Alexandria, VA 22314
(703) 746-5422 TTY: (703) 535-5784
Volunteers assist with therapeutic recreation programs

Alexandria Mentoring Partnership (AMP)

520 King Street 1st Floor
Alexandria, VA 22314
(703) 838-4180 ext. 242

<http://www3.alexandriava.gov/courts/jdrdc/mentoring/index.html> mentoring@alexandriava.gov

Umbrella for mentoring programs in Alexandria; provides opportunities for its partner programs (Big Brothers Big Sisters; Higher Achievement; iMovie Mentors, Intervention; Prevention and Education Program; Space of Her Own; The Untouchables and Wright to Read) to collaborate and share best practices on mentor recruitment and training; acts as a clearinghouse for mentor and mentee referrals.

CrisisLink

Volunteer Program

2503D N. Harrison St. #114
Arlington, VA 22207
(703) 527-6603 Fax: (703) 516-6767
www.crisislink.org
Hours: 24/7

Volunteer opportunities in crisis hotline listening, referral, and crisis intervention including suicide prevention; volunteers selected based on application, interview and development of skills during and after training. Fifty hours of intensive, interactive training and a one year, 3 hours/week commitment required. Consult website for additional information, schedule and online application. Non-hotline volunteer opportunities include fund-raising, public relations, IT, special events, ambassador and board of directors.

Northern Virginia AIDS Ministry (NOVAM)

PALS Mentoring

803 West Broad Street, Suite 700
Falls Church, VA 22046
(703) 533-5505 Fax (703) 533-5506
www.novam.org info@novam.org
Hours: M-F 8:30am - 4:30pm

Recruits and trains volunteers as mentors for children infected and affected by HIV/AIDS; mentors organize regular activities for their mentees, serve as adult role models, and provide respite to the HIV positive parent or caregiver.

Northern Virginia Urban League Grandfathers Mentoring Program

1315 Duke Street
Alexandria, VA 22314
(703) 836-2858

African-American seniors who serve as "grandfather" mentors offer their life experiences, knowledge, instincts and abilities to help shape the character of those who will be tomorrow's business leaders and workers, citizens and fathers. Mentor candidates receive background screening, mentor training and resources.

**The Reading Connection
Read-Aloud Program**

2009 N. 14th Street, Suite 307
Arlington, VA 22201

(703) 528-8317 Fax: (703) 528-3225

www.thereadingconnection.org sberman@thereadingconnection.org

Adult readers conduct one-hour sessions with children in homeless shelters and low-income apartments, and provide themed read-alouds and related activities, positive role models, and fun. Volunteer commitment is 2 hours per month on weekday evenings for a minimum period of one year. Volunteers must be 18 years of age. Alexandria sites:

Carpenter's Shelter	Tuesday 7:00pm
ARHA Ruby Tucker Center	Wednesday 5:30pm
ALIVE! House	Wednesday 7:00pm

Retired & Senior Volunteer Program (RSVP)

Catholic Charities of the Diocese of Arlington

200 N. Glebe Road, Suite 506

Arlington, VA 22303

(703) 841-3834 Fax: (703) 841-3840

<http://www.cdda.net>

Matches the personal interests and skills of persons 55 years of age and older with opportunities to meet community needs. Partnerships with local non-profits, government agencies and proprietary health organizations ensure a wide variety of volunteer opportunities. Service area includes Alexandria and the counties of Arlington and Fairfax.

Volunteer Alexandria

123 N. Alfred Street

Alexandria, VA 22314

(703) 836-2176 Fax: (703) 683-1793

www.volunteerallexandria.org mail@volunteerallexandria.org

Hours: M-F 9:00am - 5:00pm

Fees: None

Non-profit resource center works in partnership with local government agencies, non-profit organizations and local businesses to recruit, train and engage volunteers.

CHAPTER II – INFANTS & TODDLERS

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EDUCATION

PARENTING

Alexandria Health Department

Low-Income Car Seats

Casey Health Center
1200 N. Howard Street
Alexandria, VA 22304
(703) 746-4808

Hours: M-F 9:00am - 4:30pm (call for appointment)

Car seats are available at no cost to families eligible for any clinic services or Medicaid. Parents must reside in the City of Alexandria, and must take the safety class offered by the Alexandria Health Department.

The American Academy of Pediatrics

Department of Federal Affairs
601 13th Street, NW
Suite 400 North
Washington, DC 20005
(202) 347-8600 (202) 393-6137 (Fax)
www.aap.org

General information related to child health as well as specific guidelines for pediatric issues.

Healthy Families – Alexandria

Northern Virginia Family Services

5249 Duke Street, Suite 308
Alexandria, VA 22304
(703) 370-3223 Intake: (703) 212-1701 Fax: (703) 751-5197
www.nvfs.org www.healthyfamiliesalexandria.org

Hours: M-F 9:00am - 5:00pm Home visiting appointments; flexible schedule

Eligibility: Expectant or new parents who reside in the City of Alexandria

Free weekly home visiting services to pregnant women/teens and parents of young children that include parenting skill development; maternal and family health education; child development assessments; and referrals to early intervention, community and emergency services; home visitors may work with family until child reaches 5 years of age.

INOVA HealthSource

Sibling Preparation

INOVA Alexandria Hospital
4320 Seminary Road
Alexandria, VA 22304
(703) 750-8800

Hours: Offered monthly, time varies

Fees: \$30/registration (1 child and 1 parent)

Interactive class for parents with their children ages 3-7 who are expecting a new brother or sister. Siblings discuss what it means to be a big brother or sister and work on a gift for the new baby.

HEALTH

INFORMATION & REFERRAL

Alexandria Health Department Women, Infant and Children (WIC) Program

4480 King Street, 2nd Floor
Alexandria, VA 22302
(703) 746-4998

Hours: By appointment only

Fees: No charge; income limit.

Vouchers for nutritious food, nutrition counseling, and health information provided to pregnant, postpartum and breast-feeding women and infants and children up to 5 years old; also provides screening and referrals to other health, welfare and social service agencies. Nutrition counseling available on a limited basis to other Health Department clients; health and nutrition programs for educational and nonprofit groups in the community provided depending on staff availability.

The American Academy of Pediatrics

Department of Federal Affairs

601 13th Street, N.W.

Suite 400 North

Washington, DC 20005

(202) 347-8600 (202) 393-6137 (Fax)

www.aap.org

Organization of pediatricians committed to the attainment of optimal physical, mental, and social health and well-being for all infants, children, adolescents, and young adults; provides general information related to child health as well as specific guidelines concerning pediatric issues.

PEDIATRIC CARE

Alexandria Health Department

Child Health Clinic

4480 King Street, 2nd Floor
(703) 746-4940 Spanish Line: (703) 746-4855

Hours: Call (703) 746-4888 for appointment

Eligibility: Alexandria City residency, Medicaid or uninsured

Provides routine well-child health services for infants and children through age 5 by appointment. Walk-in services for newborns and sick children; no appointment needed, but must sign in by 9:00am, M-F.

Alexandria Health Department

Immunization Clinic

4480 King Street
Alexandria, VA 22302
(703) 746-4980

Routine immunization services for children (including school and daycare entry). M 2:00pm - 6:00pm (appointment only), T 1:00pm - 4:00pm (walk-in), and W 8:00am - 11:00am (walk-in).

Alexandria Neighborhood Health Services, Inc Pediatric Center

3804 Executive Avenue, #D-1
Alexandria, VA 22305

(703) 519-1725 Fax: (703) 519-1738

Hours: M & TH 8:00am - 6:00pm; T, W, F 8:00am - 5:00pm

Fees: Serves anyone regardless of income, health insurance or ability to pay.

Services for children from newborns to adolescents that include well child care, sick child care, immunizations, physicals, diagnostic screening for cognitive, physical and developmental delays, health education, parenting education and outreach, mental health services, dental services, and assistance with child health insurance enrollment. Referrals are made to WIC Program for nutritional counseling and breast-feeding support; must make appointment for physical.

HUMAN SERVICES

CHILD CARE

Alexandria Department of Community and Human Services Office of Early Childhood Development

2525 Mt. Vernon Avenue
Alexandria, VA 22310
(703) 746-5437 (KIDS)
Hours: M-F 8:00am - 5:00pm
Fees: None

Responsible for the regulation of small family child care homes of five or fewer children; provides information as to what parents should look for in a quality child care environment, and administers programs that provide child care financial assistance to income-eligible families. A number of child care resources are available online. The list of family child care providers is updated weekly or as needed. For questions regarding a provider's status, call (703) 746-5437. For tips for parents, guidance as to how to apply to be a family child care provider, and lists of providers, go to: www.alexandriava.gov/childcare

For up-to-date information on center care or licensed family child care (including complaint and compliance history), access the Virginia Department of Social Services website at <http://www.dss.virginia.gov/facility/search/licensed.cgi>. Choose the locality from the drop down menu and choose child day center, short-term child day center or family day home. Roll over each of the options to read definitions.

There are two generally accepted measures of program quality in the State of Virginia: accreditation through the National Association for the Education of Young Children, and the Virginia Star Quality Initiative.

To search for an accredited program <http://www.naeyc.org/academy/accreditation/search#selectedIndex=0>

To search for a Star Quality rated program <http://SmartBeginnings.org>

(Choose Virginia Star Quality Initiative, click "QRIS" and browsing link)

Link to local Smart Beginnings home page <http://SmartBeginningsAlexandriaArlington.org>

SPECIAL NEEDS

Alexandria City Public Schools Preschool Child Find

John Adams Elementary
5651 Rayburn Avenue
Alexandria, VA 22311
(703) 706-4639

Hours: M-F 8:00am - 4:30pm

The Preschool Child Find team provides free screenings and/or evaluations for children ages 2-5 suspected of having a developmental delay or disability in areas such as behavior or social skills, speech or language skills, motor control or coordination, thinking or performing tasks, or vision and hearing. If it is determined the disability interferes with learning, early childhood special education and/or other services may be recommended. Other services may include (but are not limited to) speech/language therapy, occupational therapy, and physical therapy.

Alexandria Department of Community and Human Services Center for Alexandria's Children

1900 N. Beauregard Street, Suite #200
Alexandria, VA 22314
(703) 746-6009

Hours: M-F 8:00am - 5:00pm

Eligibility: children 0-5, their families and caregivers

Fees: Sliding fees; accepts insurance.

Services include on-site staff and parent consultations, child evaluations, play therapy, family therapy, individual therapy for parents, and counseling for couples.

**Alexandria Department of Community and Human Services
Parent Infant Education**

4480 King Street 5th Floor

Alexandria, VA 22302

(703) 746-3350 TTY: (703) 746-3440

<http://alexandriava.gov/mhmrsa>

Hours: M-F 8:00am - 5:00pm

Fees: None

Developmental screening, assessment and case management services for children from birth to age 3 and their families, case management services for children 3 to 22 who have a diagnosis of mental retardation, and assessment, evaluation and treatment of children 0-5 who are referred by for psycho-social and attachment disturbances.

Easter Seals Child Development Center - Northern Virginia

111 N. Cherry Street

Falls Church, VA 22046

(703) 534-5353 Fax: (703) 534-5355

Hours: M-F 7:00am - 6:00pm

Eligibility: Children with and without disabilities 6 weeks to 5 years of age

Fees: Fees vary; accepts most insurance.

Services for children with disabilities ranging from Autism and Down syndrome to Cerebral Palsy include early intervention and education, full-day childcare, parental support, and intergenerational activities; individualized and small group occupational, physical, cognitive, and speech/language therapy services. Center serves children from a range of financial backgrounds and works especially hard to serve children from low and moderate income families.

Infant-Toddler Connection of Alexandria

4480 King Street 5th Floor

Alexandria, VA

(703) 746-3387 Fax: (703) 838-4874

www.infantva.org

Provides early intervention supports and services to infants and toddlers (birth through age two) who are not developing as expected, or who have a medical condition that can delay normal development; available to all eligible children and their families regardless of the ability to pay.

LEISURE TIME

PLAY GROUPS

Alexandria City Public Schools

TC Futures

TC Williams High School

3330 King Street

Alexandria, VA 22302

(703) 824-6685

Every other Tuesday 2:30pm - 4:30pm (excused 15 minutes early from classes)

Prenatal and parenting teens share information with other teen parents regarding positive parenting; meetings followed by parent/child play group. English with limited Spanish translation available; no fee

Alexandria Community Services Board (CSB) Preschool Prevention Team

Tower 2000 (Community Room)

5800 Quantrell Avenue

Alexandria, VA 22312

(703) 746-6015

Monday 9:30am - 10:30am

Beatley Library (Large Meeting Room)

5005 Duke Street
Alexandria, VA 22304
(703) 746-6009

Wednesday 10:00am - 11:00am

The Center for Alexandria's Children, SCAN & Women's Giving Circle

Play to Learn (English)

Jefferson Houston Elementary
1501 Cameron Street
Alexandria, VA 22314
(703) 746-6018

Tuesday 10:00am - 11:30am

Play to Learn & Grow Together (English)

The Center for Alexandria's Children
1900 N. Beauregard Street, Suite 200
Alexandria, VA 22311
(703) 746-6018

Thursday 10:00am - 11:30am

Chiquitos (Spanish/English)

St. Rita's Parish Center
3815 Russell Road
Alexandria, VA 22305
(703) 746-6018

Friday 10:00am - 11:30am

Parent Infant Education (PIE) Playgroups

Charles Houston Recreation Center

901 Wythe Street
Alexandria, VA 22314
(703) 746-3350

Monday 10:30am - 12:00pm

Lee Center

1108 Jefferson Street
Alexandria, VA 22314
(703) 746-3388

Wednesday 10:00am - 11:30am

Cora Kelly Recreation Center

25 W. Reed Avenue
Alexandria, VA 22305
(703) 746-3430

Friday 10:30am - 12:00pm

RECREATION

Alexandria Recreation, Parks & Cultural Activities

Recreation Classes

1108 Jefferson Street
Alexandria, VA 22314
(703) 746-5414

<http://alexandriava.gov/Recreation>

Infant and Preschool Aquatics: enables children ages 6 months - 5 years to have fun in the water while developing swimming readiness

Challenger British Soccer: fun games, competitions, skills building activities for ages 2.5 - 4 years.
challengersports.com or (800)878-2167 ext 239

UK Elite Petite Soccer: fantasy-based activities that maximize skills of players 3 - 5 years old. To register, ukelite.com or (973)631-9802

Just for Kids Soccer: introductory soccer classes focus on dribbling and kicking exercises, running and team building; ages 2 - 6 years. To register, coachjohnjenkins.com or (202) 965-1382

Just for Kids Tee Ball: 4 - 6 year olds hit and field, and develop their throwing techniques. coachjohnjenkins.com or (202)965-1382

Tiny Dancers Mom & Me: 2 - 3 year olds share the class with a parent, grandparent or other caregiver.

Tiny Dancers: introduces ages 3 - 5 to ballet

MiKiDo Ruff & Tumble: exercise program for 3 - 5 year olds that includes Martial Arts

Art In Hand Tots: meets the developmental needs of ages 18 months to 3 years

Art in Hand Preschoolers: meets the developmental needs of 3 - 5 year olds

Arkadoodle Twoosy Doodlers: special art class for ages 20 months - 6 years and their parents/caregivers. abrakadoodle.com or (703)538-4ART.

Paint Me A Story: story time and pottery painting for 3-5 year olds and their parents/caregivers.

Music Together: for ages birth - 5 years with an adult; allows children to absorb and express themselves as natural music-makers.

Kindermusik: ages birth - 6 years enjoy singing, dancing, and playing simple percussion instruments.

Tracy's Tot Adventure: parent's day out program; ages 15 months-5.5 years dance, play and craft as they explore Earth and the environment.

Romp, Stomp & Zoom: drop off toddlers and preschoolers for fitness fun and socialization; ages 15 months - 5.5 years.

Y.M.C.A. of Alexandria

420 E. Monroe Avenue

Alexandria, VA 22301

(703) 838-8085

<http://www.ymcadc.org/branches/VA/Pages/Alexandria.aspx>

Business Office Hours: M-F 9:00am - 5:00pm

Building Hours: M-F 6:00am - 10:00pm; Saturday 7:00am - 8:00pm; Sunday 9:00am - 7:00pm

Parent-Child Swim Lessons: water enrichment classes for ages 6 months-4 years

Preschool Swim Lessons: four levels of lessons for ages 3 - 5, no parent participation

Kids Basketball: motivates and educates 4-8 year olds in the fundamental skills of basketball.

Gymnastics: teaches basic tumbling skills for beginners, ages 3 - 4 and ages 5 - 6

Youth Soccer: fundamentals of soccer for ages 4 - 5

Kinder Ballet: creative group experiences for girls and boys ages 3-5

Pre-Ballet: ballet bar is introduced to 4.5 - 5 year olds

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EDUCATION

ELEMENTARY SCHOOLS

Alexandria City Public Schools

John Adams Elementary School (Grades K-5)
5651 Rayburn Avenue
Alexandria, VA 22311
(703) 824-6970 Fax: (703) 379-4853
<http://www.acps.k12.va.us/adams/>

Charles Barrett Elementary School (Grades K-5)
1115 Martha Custis Drive
Alexandria, VA 22302
(703) 824-6960 Fax: (703) 379-3782
<http://www.acps.k12.va.us/barrett/>

Patrick Henry Elementary School (Grades K-5)
4643 Taney Avenue
Alexandria, VA 22304
(703) 461-4170 Fax: (703) 823-3350
<http://www.acps.k12.va.us/henry/>

Jefferson-Houston K-8 School (Grades K-8)
1501 Cameron Street
Alexandria, VA 22314
(703) 706-4400 Fax: (703) 836-7923
<http://www.acps.k12.va.us/houston/>

Cora Kelly School for Math, Science, and Technology (Grades K-5)
3600 Commonwealth Avenue
Alexandria, VA 22305
(703) 706-4420 Fax: (703) 706-4425
<http://www.acps.k12.va.us/kelly/>

Lyles-Crouch Traditional Academy (Grades K-5)
530 S. Saint Asaph Street
Alexandria, VA 22314
(703) 706-4430 Fax: (703) 684-0252
<http://www.acps.k12.va.us/crouch/>

Douglas MacArthur Elementary School (Grades K-5)
1101 Janneys Lane
Alexandria, VA 22302
(703) 461-4190 Fax: (703) 370-2719
<http://www.acps.k12.va.us/macarthur/>

George Mason Elementary School (Grades K-5)
2601 Cameron Mills Road
Alexandria, VA 22302
(703) 706-4470 Fax: (703) 683-9011
<http://www.acps.k12.va.us/mason/>

Matthew Maury Elementary School (Grades K-5)
600 Russell Road
Alexandria, VA 22301
(703) 706-4440 Fax: (703) 683-5146
<http://www.acps.k12.va.us/maury/>

Mount Vernon Community School (Grades K-5)
2601 Commonwealth Avenue
Alexandria, VA 22305
(703) 706-4460 Fax: (703) 706-4466
<http://www.acps.k12.va.us/mtvernon/>

James K. Polk Elementary School (Grades K-5)
5000 Polk Avenue
Alexandria, VA 22304
(703) 461-4180 Fax: (703) 751-8614
<http://www.acps.k12.va.us/polk/>

William Ramsay Elementary School (Grades K-5)
5700 Sanger Avenue
Alexandria, VA 22311
(703) 824-6950 Fax: (703) 379-7824
<http://www.acps.k12.va.us/ramsay/>

Samuel W. Tucker Elementary School (Grades K-5)
435 Ferdinand Day Drive
Alexandria, VA 22304
(703) 933-6300 Fax: (703) 212-8465
<http://www.acps.k12.va.us/tucker/>

Private Elementary Schools

Alexandria Country Day School (Grades K-8)
2400 Russell Road
Alexandria, VA 22301
(703) 548-4804 Fax: (703) 549-9022
www.acdsnet.org

Blessed Sacrament Grade School & Early Childhood Center (Grades K-8)
1417 W. Braddock Road
Alexandria, VA 22302
(703) 998-4170 Fax: (703) 998-5033
www.blessedsacramentcc.org

Grace Episcopal School (PreK-5)
3601 Russell Road
Alexandria, VA 22305
(703) 549-5067
www.gracealex.org/public/school.html

Immanuel Lutheran School (Grades K-8)
109 Belleaire Road
Alexandria, VA 22301
(703) 549-7323 Fax: (703) 549-7323
www.ilsalex.org

Saint Mary's Catholic School (Pre-Kindergarten – 8th Grade)
400 Green Street
Alexandria, VA 22314
(703) 549-1646
<http://smsva.org>

St. Rita School (K-8)
3801 Russell Road
Alexandria, VA 22305
(703) 548-1888 Fax: (703) 519-9389
www.saintrita-school.org

St. Stephen's & St. Agnes Lower School (Jr. Kindergarten - Grade 5)
400 Fontaine Street
Alexandria, VA 22302
Lower School MacKinnon Office (JK–Grade 2): (703) 212-2736 Fax: (703) 548-2382
Lower School McBride Office (Grades 3-5): (703) 212-2737 Fax: (703) 548-2551
www.sssas.org

HEALTH

DENTAL CARE

Alexandria Health Department

Child Dental Clinic

4480 King Street, 1st Floor
Alexandria, VA. 22302
(703) 746-4969

Hours: M-F appointment only

Fees: Accepts Medicaid and Medicare; fees on sliding scale based on income

Eligibility: Income-eligible children ages 4-21

Preventive dental care services, including cleaning, fluoride, sealant, complete oral examinations, filling and extraction

Alexandria Neighborhood Health Services, Inc

3804 Executive Avenue, D-1
Alexandria, VA 22305
(703) 535-5568

<http://www.anhsi.org/programs/family.html>

Cleanings, x-rays, fillings and extractions are provided for adults and children through a contract with the Alexandria Health Department; referrals made for more extensive dental care needs.

Northern Virginia Community College

Dental Hygiene Program

Medical Education Campus
6699 Springfield Center Drive, Room 132
Springfield, VA 22150
(703) 822-6655

Hours: M-F 9:00am - 4:00pm; M-Th 6:00 - 9:00pm by appointment only

Eligibility: all welcome, particularly children over the age of 3 (must have appointment) and the medically handicapped

Fee: Nominal fee for all services

Cavity detection, periodontal examination and evaluation, scaling and polishing, fluoride application, sealants, diagnostic x-rays, home oral health care instructions, blood pressure screening, oral cancer screening, nutritional counseling

Smiles for Children

Virginia Department of Medical Assistance Services

600 East Broad Street
Richmond, Virginia 23219
(888) 912-3456

Eligibility: children on Medicaid, FAMIS, or FAMIS Plus
Fees: No fees

Provides coverage for diagnostic, preventive, restorative/surgical procedures, as well as orthodontia services (braces); also provides coverage for limited medically necessary oral surgery services for adults (age 21 and older). Transportation may be available to dental appointments if there are no other means of transportation.

HEALTH SERVICES

Alexandria Health Department

Child Health Clinic

4480 King Street, 2nd Floor
(703) 746-4940 Spanish Line: (703) 746-4855

Hours: Call (703) 746-4888 for appointment
Eligibility: Alexandria City residency, Medicaid or uninsured

Provides routine well-child health services for infants and children through age 5 by appointment. Walk-in services for newborns and sick children; no appointment needed, but must sign in by 9:00am, M-F.

Alexandria Health Department

Immunization Clinic

4480 King Street
Alexandria, VA 22302
(703) 746-4980

Fees: None

Routine immunization services for children, including school and daycare entry. M 2:00pm - 6:00pm (appointment only), T 1:00pm - 4:00pm (walk-in), and W 8:00am - 11:00am (walk-in).

Alexandria Neighborhood Health Services

Pediatric Center

3804 Executive Avenue, #D-1
Alexandria, VA 22305
(703) 519-1725 Fax: (703) 519-1738

Hours: M, Th 8:00am - 6:00pm; T, W, F 8:00am - 5:00pm

Fees: Serves anyone regardless of income, health insurance or ability to pay.

Services for newborns to adolescents that include well child care, sick child care, immunizations, physicals (appointment required), diagnostic screening for cognitive, physical and developmental delays, health education, parenting education and outreach, mental health services, dental services, and assistance with child health insurance.

HUMAN SERVICES

CHILD CARE

Alexandria Department of Community and Human Services

Office of Early Childhood Development

2525 Mt. Vernon Avenue
Alexandria, VA 22310
(703) 746-5437 (KIDS)

Hours: M-F 8:00am - 5:00pm

Fees: None

Responsible for the regulation of small family child care homes of five or fewer children; provides information as to what parents should look for in a quality child care environment, and administers programs that provide child care financial assistance to income-eligible families. A number of child care resources are available online. The list of family

child care providers is updated weekly or as needed. For questions regarding a provider's status, call (703) 746-5437. For tips for parents, guidance as to how to apply to be a family child care provider, and lists of providers, go to: www.alexandriava.gov/childcare

For up-to-date information on center care or licensed family child care (including complaint and compliance history), access the Virginia Department of Social Services website at <http://www.dss.virginia.gov/facility/search/licensed.cgi>. Choose the locality from the drop down menu and choose child day center, short-term child day center or family day home. Roll over each of the options to read definitions.

There are two generally accepted measures of program quality in the State of Virginia: accreditation through the National Association for the Education of Young Children, and the Virginia Star Quality Initiative.

To search for an accredited program <http://www.naeyc.org/academy/accreditation/search#selectedIndex=0>

To search for a Star Quality rated program <http://SmartBeginnings.org>

(Choose Virginia Star Quality Initiative, click "QRIS" and browsing link)

Link to local Smart Beginnings home page <http://SmartBeginningsAlexandriaArlington.org>

COUNSELING

Alateen

Al-Anon Service Center of Northern Virginia

100 N. Washington Street, Suite 212

Falls Church, VA 22046

Hours: M-F and second Saturday of each month, 12:30pm - 4:00pm

(703) 534-HELP (4357) Toll-free: (877) 339-8350

www.alanonva.com; al-anon.alateen.org info@alanonva.com

Support group for youth between the ages of 7-18 who have been affected by alcoholism in a family member or close friend; members share their own experience, strength and hope with each other. No dues or fees.

Awesome Alateen Meeting

St. Mary's Lyceum

313 Duke Street

Alexandria, VA 22314

Sun 6:00pm - 7:00pm

Northern Virginia Family Service

Intervention, Prevention and Education Program (IPE)

6400 Arlington Boulevard

Falls Church, VA 22042

(703) 533-3302

www.nvfs.org

Fees: None

Intensive effort to reduce youth violence and counteract the appeal of gang membership among youth ages 12 - 21

SPECIAL NEEDS

Alexandria Department of Community and Human Services

Youth & Family Services

720 N. Saint Asaph Street

Alexandria, VA 22314

(703) 746-3400 Fax: (703) 838-5070 TTY: (703) 746-3440

Hours: M, T, W 8:00am - 9:00pm; Th, F 8:00am - 5:00pm

Fees: Sliding fee; accepts Medicaid, Medicare, insurance.

Case management helps parents locate the services their child needs; psychiatric and psychological evaluations to diagnose and monitor medication for youth; counseling for families with children at risk of being outside the home.

Graydon Manor

801 Children's Center Road SW

Leesburg, VA 20175

Intake: (703) 777-3485 Fax: (703) 777-4887

www.graydonmanor.org

Fees: Set fee; accepts CSA & Department of Juvenile Justice vendor pay, private pay, VA & DC Medicaid

Residential treatment for children and adolescents with a variety of emotional and psychological disorders; includes psychiatric services; 24-hour nursing; individual, group, family, chemical dependency, art and recreational therapies.

Graydon Manor Day School: therapeutic educational environment for students grades 6-12 who cannot meet the demands of a larger traditional school model

Inpatient Services: children and adolescents ages 10-17 with severe emotional and psychological difficulties are treated within the residential hospital

Outpatient Services: specializes in treating families and children coping with concerns such as anger management, school refusal and truancy, divorce/separation/custody issues, death of a loved one, emotional, physical or sexual abuse, adoption and attachment issues, substance abuse assessment and treatment, depression, self-esteem problems.

Intensive Outpatient Program: treats adolescents ages 12-17 who are in need of treatment and support due to a psychiatric condition that is interfering with their ability to function successfully within the community, home, or school.

North Spring Behavioral Healthcare

42009 Victory Lane

Leesburg, VA 20176

Intake: (703) 777-0800 Toll-free: (800) 777-8855 Fax: (703) 777-1038

<http://www.northspringleesburg.com/contact.html>

Eligibility: Ages 9-17

Fees: Set fee; accepts Insurance, Medicaid, FAPT, other public agency funding

Long-term residential treatment and school services with a strong behavioral modification program for children and adolescents with psychiatric illness, emotional disturbances and/or chemical dependency. The Arlington Unit is for 9-12 year-old boys who have engaged in sexualized behaviors that resulted in an inability to remain in the home environment.

OUT-OF-SCHOOL TIME**ENRICHMENT****Alexandria Community Services Board****Brent Place Tutoring/Mentoring**

375 South Reynolds Street

Alexandria, VA 22304

(703) 975-1483

Eligibility: Elementary school students in need of tutoring and/or mentoring

Variety of prevention services offered at Essex House Apartments and the closest elementary school, Samuel Tucker. Services include individual, family and group counseling; education and referral services for Essex youth and parents; and community presentation on prevention and parenting topics.

Alexandria Department of Recreation, Parks & Cultural Activities**Jerome "Buddie" Ford Nature Center**

5700 Sanger Avenue

Alexandria, VA 22311

(703) 746-5559

Hours: Wed-Sat 10:00am - 5:00pm

Eligibility: 3 years and above

Nature programs, hikes, displays, films and natural history interpretation for Alexandria residents of all ages.

**Alexandria Redevelopment & Housing Authority
Ruby Tucker Family Center**

322 Tancil Court
Alexandria, VA 22314
(703) 535-3175

Hours: M-F 9:30am - 6:30pm

Programming for youth includes tutoring, language classes, performing arts, mentoring, field trips and socials

Alexandria Tutoring Consortium

323 S. Fairfax Street
Alexandria, VA 22314

(703) 549-6670 x119 Fax: (703) 549-9425 atc@opmh.org

Eligibility: 1st and 2nd grade students in Alexandria City Public Schools

Partnership between Alexandria City Public Schools and faith communities provides reading tutors for students at John Adams, Charles Barrett, Jefferson-Houston, Polk, Lyles-Crouch, Maury, Mount Vernon, Ramsay, and Samuel Tucker.

Boy Scouts of America

National Capital Area Council

9190 Rockville Pike
Bethesda, MD 20814-3897

(301) 530-9360 Fax (301) 564-9513

<http://boyscouts-ncac.org> BeAScout.org

Local Contact: Linda Hill (703) 370-6641 lhill@diabetes.org

Pack 129	Westminster Presbyterian Church	2701 Cameron Mills Rd	2 nd Friday @ 6:30pm
Pack 135	Maury PTA	600 Russell Road	Monday @ 7:30pm
Pack 301	St. Mary's Catholic Church	310 S. Royal Street	Thursday @ 6:00pm
Pack 522	St. Rita School	3801 Russell Rd	3 rd Thursday @ 7:00pm
Pack 602	Alexandria County Day School	2400 Russell Road	Tuesday @ 6:30pm
Pack 614	James K. Polk PTA	5000 Polk Avenue	Last Monday @ 7:00pm
Pack 801	St. Andrews United Methodist Church	MacArthur (1101 Janneys Lane)	3 rd Tuesday @ 6:45pm
Pack 1515	St. Stephen's & St. Agnes	1000 Saint Stephens St	Monday @ 7:00pm
Pack 3600	Cora Kelly School	3600 Commonwealth Avenue	Thursday @ 7:00pm

Brent Place Tutoring/Mentoring

Alexandria Community Services Board

Essex House Apartments
327 South Reynolds Street
Alexandria, VA 22304

(703) 975-1483

Offers a variety of prevention services including short-term individual, family and group supportive prevention counseling; education and referral services; tutoring and mentoring

Community Lodgings

Fifer Family Learning Center
607 Notabene Drive #1 & #2
(703) 739-5856

www.communitylodgings.org

Academic assistance, enrichment, and recreation opportunities for 2nd-5th grade graders referred by their schools.

Dunbar Alexandria-Olympic Boys & Girls Clubs

401 N. Payne Street
Alexandria, VA 22314

(703) 549-3077

Hours: M-F 2:00pm - 8:00pm

Fees: Annual club membership of \$25

Homework program, a youth employment program, programs that empower youth ages 5-18 to make informed choices, SOL Prep, leadership clubs, sports leagues, a dance class, and training that fosters financial management skills.

GEMS**Northern Virginia Urban League**

1315 Duke Street

Alexandria, VA 22314

(703) 836-2858 Fax: (703) 836-8948

www.nvul.org Yvettebailey40@hotmail.com

Hours: Tuesday 4:00pm - 5:00pm

Eligibility: girls aged 9-12 with siblings who are pregnant or parenting teens

Mentoring relationships, health education, community service projects, and career exploration for sisters of teens in the Resource Mothers Program; meets at William Ramsay Recreation Center.

Girl Scout Council of the Nation's Capital

The Waldorf Office

2670 Crain Highway, Suite 101

Waldorf, MD 20601

(301) 638-5373 Toll-Free: (800) 834-1702 Fax: (301) 638-7016

www.gscnc.org info@gscnc.org

Eligibility: Girl Scout Daisy - Grades K-1; Girl Scout Brownie - Grades 2-3; Girl Scout Junior - Grades 4-5

The Pride of the Potomac Association serves Alexandria and Arlington. For information regarding troops in the City of Alexandria (Service Unit 8), contact Paula Kennedy (301) 638-5373, ext. 4060 or pkennedy@gscnc.org

Higher Achievement

Hammond Middle School

4646 Seminary Road

Alexandria, VA 22304

(202) 544-3633

Hours: M, T & Th 3:30pm - 8:00pm (After-school Academy)

M-F, 8:00am - 4:00pm (Summer Academy)

www.higherachievement.org

Eligibility: 5th - 8th graders

Provides the support and assistance required to improve grades, standardized test scores, and attendance resulting in placement in AP and honors high school courses. No fee.

Hispanic Committee of Virginia**Arroz con Leche****Falls Church Office**

5827 Columbia Pike Suite 200

Falls Church, VA 22041

(703) 671-5666 Fax: (703) 671-2325

Arlington Office

2049 N. 15th Street Suite 100

Arlington, VA 22201

(703) 243-3033 Fax: (703) 243-2297

http://hcva.org

Hours: M-F 8:00am - 4:30pm

Eligibility: 3rd graders identified as at-risk of falling behind in reading/writing because no one at home reads English
After-school reading program features stories related to a different Hispanic cultural theme each month

New Horizons Club**Northern Virginia Urban League**

1315 Duke Street

Alexandria, VA 22314

(703) 836-2858 Fax: (703) 836-8948

www.nvul.org

Hours: M-F 2:30pm - 4:00pm

Enhances life and social skills of elementary school students, and provides academic support and cultural enrichment

Untouchables

Charles Houston Center
 901 Wythe Street
 Alexandria, VA 22314
 (703)746-5460

Hours: Thursday 4:30pm - 5:30pm

Eligibility: Young men of color ages 8-17 who reside in the City of Alexandria

Youth-run club develops pride and self-esteem in young men of color; supportive counseling, and tutoring

Virginia Cooperative Extension**4-H**

Lee Center
 1108 Jefferson Street
 Alexandria, VA 22314
 (703) 746-5545 Fax (703) 684-5285
 Hours: M-F 8:00am - 5:00pm

Fees: No charge

Eligibility: Alexandria residents ages 5-19

Youth learn leadership, citizenship, and life skills through a vast array of programs; no fee

Wright to Read

The Campagna Center
 418 South Washington Street
 Alexandria, VA 22314
 (703) 549-0111 x101

www.campagnacenter.org lhoyer@campagnacenter.org

Eligibility: 1st - 5th graders having difficulty with reading

Nonprofit literacy initiative offers three programs: Tutor/Mentors work with students for one or more hours per week outside of the school day. The Book Buddies program provides volunteers to read with students for one hour a week after school in one of two elementary libraries. Reach Out and Read is a national program located in the Alexandria Health Department Children's Clinic – pediatricians give new books to children during check ups and volunteers read to children in the waiting room.

YMCA**My Place After-School Program**

420 E. Monroe Avenue
 Alexandria, VA 22301
 (703) 838-8085

<http://www.ymcadc.org/BRANCHES/VA/Pages/Alexandria.aspx>

Hours: M-F 2:30pm - 6:30pm

Eligibility: Grades K-5 and Grades 6-7

Fee: YMCA members, \$270/month; non-Members, \$300/month; financial assistance available for who qualify
 Homework assistance and indoor and outdoor activities that include sports, literacy, curiosity science, art instruction, and creative projects; participants have access to YMCA events as well fitness area with equipment that youth enjoy.

MENTORING**Alexandria Mentoring Partnership**

520 King Street
 Alexandria, VA 22314
 (703) 746-4506

<http://www3.alexandriava.gov/courts/jdrdc/mentoring/>

Collaboration of public and private non-profits

Big Brothers & Big Sisters: mentors work with youth 8-15 (see separate listing)

(703) 836-3752, ext. 30

Brent Place Tutoring/Mentoring: individual, family and group prevention counseling; education and referral services for elementary school students and their parents who reside at the Essex House

(703) 975-1483

Higher Achievement Alexandria: after-school and summer academy that endows middle school students with the behaviors, habits and attitudes needed to enhance academic performance and increase educational opportunities; scholarships available. (202) 544-3633 ext. 233

iMentor: mentors work with 6th grade boys from targeted neighborhoods (see separate listing: Contact via email preferred: Linda.odell@alexandriava.gov (703) 746-4144

Gang Prevention & Intervention IPE Mentoring Program: Youth ages 12-21 are matched with mentors for career exploration, tutoring, and sports, cultural events, and entertainment. (703) 219-2174

SOHO – Space of Her Own: 5th and 6th grade girls are matched with adult females (see separate listing). Contact by email preferred: Linda.odell@alexandriava.gov (703) 746-4144

Project Protégé: adult mentors work with 8-18 year-olds interested in having a mentor as well as being a mentor. After training each mentor spends ten hours per month with a younger participant (known as a protégé), providing positive alternatives to destructive behavior (703) 549-4407

The Untouchables: after-school club that provides mentors (see separate listing) (703) 746-5460

Wright to Read: non-profit program that promotes literacy and tutors students in grades 1-5 in Alexandria City Public Schools who are reading below grade level and qualify for free lunch. (703) 549-0111 ext 101

Big Brothers Big Sisters–National Capital Area

10210 Greenbelt Road

Lanham, MD 20706

(703) 836-3752, ext. 30 Volunteer Hotline: (888) NEED BIG

www.bbbsnca.org

Eligibility: Ages 8-15; targeted to single-households

Volunteer Mentors spend four hours per week one-on-one with their mentee doing everyday activities such as playing sports, seeing a movie, cooking, homework, visiting a museum, taking a walk, or volunteering in their community.

iMentor

Alexandria Court Service Unit

520 King Street, 1st Floor

Alexandria, VA 22314

(703) 746-4144, ext. 251 Contact by email preferred: Linda.odell@alexandriava.gov

Eligibility: 6th grade boys from targeted neighborhoods identified as at-risk

Mentees are matched with adult male mentors to produce a movie using a digital/video camera and iMovie training (basic photography, story boarding, editing, iTunes, iPhoto, etc) that are debuted at a community film festival

Northern Virginia Urban League

Guild Grandfathers Group

1315 Duke Street

Alexandria, VA 22314

(703) 836-2858 Fax (703) 836-8948

www.nvul.org/mentoringguildgrandfathersgroup.htm cmailbag@aol.com

Eligibility: African-American boys ages 9-12

African American men age 50 and older serve as “grandfather” mentors and provide a supportive framework of empowerment, encouragement and esteem-building activities with a focus on character building, education and life skills.

Project Stepout

Department of Community & Human Services

421 King Street, Suite 400

Alexandria, VA 22314

(703) 746-5030 kim.hurley@alexandriava.gov

Fees: None

After-school program provides adolescent girls with information and skills to take control of their lives in a responsible manner; comprised of skill and confidence building exercises in communication, decision making, goal setting, and career planning. Structured program includes group discussions, role playing, videos and speakers; meets weekly in public schools and other community-based locations.

**SOHO – Space of Her Own
Alexandria Court Service Unit and The Art League**

The Art League
105 North Union Street
Alexandria, VA 22314

(703) 746-4144, ext. 251 (contact by email preferred)

<http://spaceofherown.org> linda.odell@alexandriava.gov

Eligibility: 5th grade girls from Mount Vernon and Jefferson Houston and 6th grade girls from Hammond

Each youth meets weekly with an adult female mentor for life skills lessons, healthy meals, and art classes. In the spring, each girl's room is renovated using created works of art, providing ample study space and lighting, and giving each girl "a space of her own."

Untouchables

Charles Houston Center
901 Wythe Street
Alexandria, VA 22314

(703) 746-5460

Hours: Thursday 4:30pm - 5:30pm

Eligibility: Young men of color ages 8-17 who reside in the City of Alexandria

Youth-run club develops pride and self-esteem in young men of color with supportive counseling and tutoring.

RECREATION

Alexandria Lacrosse Club

P.O. Box 16224
Alexandria, VA 22302
(703) 461-6198

AlexandriaLacrosseClub@yahoo.com

Eligibility: Boys in Grades 1-8 and Girls in Grades 3-8

Supplies fields, equipment, coaches and league play, and scholarships; registration for spring opens in December.

Alexandria Little League

P.O. Box 3475
Alexandria, VA 22302
(703) 739-4444

Alexandriabaseball.com

Eligibility: Youth ages 8-15

Baseball league as well as a kickball league; scholarships available for players who demonstrate need

Alexandria Recreation, Parks & Cultural Activities

1108 Jefferson Street
Alexandria, VA 22314
(703) 746-4343 TTY: (703) 838-4902

Alexandria City Community Theater (Lee Center):

Exposes youth ages 5-8 (Little People's Theater) and 9-12 (Youth Troupe) to the theater arts by way of performance opportunities and participation in on-going arts programming in the centers. (703) 746-5533

City Skatepark (3300 Duke Street - Lockett Field)

Hours: 9:00am - 7:00pm (April/August/September)

9:00am - 8:30pm (May/June/July)

9:00am - 5:00pm (October through March).

Participants must be 6 years and older (youth under 10 years-old must be accompanied by an adult). All participants must wear helmets, elbow and knee pads at all times.

Power-On Out of School Time After-school and Summer Programs

Activities for youth ages 5-12 include homework support, sports, reading, arts & crafts, dance, music and special events.

Hours: M-F 2:45pm - 6:00pm. Registration \$50 per school year, \$25 for summer program; financial assistance available

Charles Barrett Recreation Center 1115 Martha Custis Avenue

(703) 746-5551

Charles Houston Recreation Center 901 Wythe Street

(703) 746-5552

Cora Kelly Recreation Center	25 West Reed Avenue	(703) 746-5554
Mt. Vernon Recreation Center	2701 Commonwealth Avenue	(703) 746-5556
Nannie J. Lee Recreation Center	1108 Jefferson Street	(703) 746-5550
Patrick Henry Recreation Center	4643 Taney Avenue	(703) 746-5557
William Ramsay Recreation Center	5650 Sanger Avenue	(703) 746-5558
John Adams Center	5651 Rayburn Avenue	(703) 746-5430
MacArthur Center	1101 Janney's Lane	(703) 746-5430

Spring Break Camps

A diverse range of week-long camps for 3-17 years olds are held during ACPS Spring Break

Alexandria Recreation, Parks & Cultural Activities

Youth Sports

1108 Jefferson Street

Alexandria, VA 22314

(703) 746-5402 Fax (703) 746-5585

<http://alexandriava.gov/Recreation>

Fees: Costs vary; fee assistance available

Boys & Girls Lacrosse (Spring)	Grades 3-8	Register: January 2 - 30
Track & Field (Spring)	Ages 7-14	Register: March 15 - May 1
Boys & Girls Swim Program (Summer)	Ages 6-18	Register: March 15 - May 15
Titan Track Club (Spring/Summer)	Ages 7-14	Register: March 15 - June 15
Rugby Program (Summer)	Ages 5-15	Register: March 15 - June 15
Tackle Football Program (Fall)	Ages 7-16	Register: March 15 - August 1
Soccer League (Spring/Fall)	Ages 5-19	Register: (703) 684-KICK
Instructional Baseball (Summer)	Ages 6-8	Register: May 1 - June 15
NJTL Tennis Program (Summer)	Ages 8-18	Register: May 1 - June 15
Basketball Fundamentals (Summer)	Ages 5-12	Register: May 1 - June 30
Basketball League (Summer)	Ages 12-17	Register: May 15 - June 10
Little League Fall Baseball	Ages 9-14	Register: August 1 - 30
Boys & Girls Volleyball (Fall)	Ages 10-14	Register: August 1 - September 7
Cheerleading Program	Ages 5-16	Register: August 1 - September 15
Basketball Fundamentals (Fall)	Ages 7-12	Register: September 15 - October 22
Basketball League (Winter)	Ages 7-17	Register: September 15 - Nov. 15
Softball League (Spring)	Ages 5-15	Register: December 15 - March 15
Tee-Ball/Rookie Baseball (Spring)	Ages 5-8	Register: December 15 - March 15
Little League Baseball (Spring/Sum)	Ages 9-15	Register: December 15 - February 7
Youth Boxing Program	Ages 8-17	Register: (703) 746-5552
Girls Field Hockey	Ages 10-14	Register: March 15 - May 31
Flag Football	Ages 5-6	Register: August 15 - September 15
Lil' Slammers Basketball	Ages 5-6	Register: September 15 - October 22

Alexandria Soccer Association

1108 Jefferson Street, 1st Floor

Alexandria, VA 22314

(703) 684-KICK (5425) Fax: (703) 739-9668

Mailing Address: P.O. Box 25996 Alexandria, VA 22313

www.alexandria-soccer.com asasoc1@alexandria-soccer.com

Hours: Tu, W, Th 9:15am - 12:15pm

Fees: \$105 per year for ages 6-12; financial aid available

Stresses teaching and participation – every player is entitled to play at least one half of every game. The Suburban Friendship League is part of the Recreation program and serves older players. The Travel Program enters teams in the National Capital Soccer League (NCSL) for boys, the Washington Area Girls' Soccer League for girls, and the Old Dominion League for both boys and girls. ASA will facilitate the placement of children with special needs whenever possible.

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EDUCATION

SECONDARY SCHOOLS

Alexandria City Public Schools

Francis C. Hammond Middle School (Grades 6-8)

4646 Seminary Road

Alexandria, VA 22304

Francis C. Hammond 1

(703) 461-4105 Fax: (703) 461-4111

www.acps.k12.va.us/fch1/

Francis C. Hammond 2

(703) 461-4123 Fax: (703) 461-4111

www.acps.k12.va.us/fch2/

Francis C. Hammond 3

(703) 461-4108 Fax: (703) 461-4111

www.acps.k12.va.us/fch3/

George Washington Middle School (Grades 6-8)

1005 Mt. Vernon Avenue

Alexandria, VA 22301

George Washington 1

(703) 706-4534 Fax: (703) 706-4507

www.acps.k12.va.us/gw1/

George Washington 2

(703) 706-4518 Fax: (703) 706-4507

www.acps.k12.va.us/gw2/

Jefferson-Houston K-8 School (Grades K-8)

1501 Cameron Street

Alexandria, VA 22314

(703) 706-4400 Fax: (703) 836-7923

<http://www.acps.k12.va.us/houston/>

T.C Williams High School - Minnie Howard Campus (Grade 9)

3801 W. Braddock Road

Alexandria, VA 22302

(703) 824-6750 Fax: (703) 824-6781

<http://www.acps.k12.va.us/tcw/>

T.C. Williams High School (Grades 10-12)

3330 King Street

Alexandria, VA 22302

(703) 824-6800 Fax: (703) 824-6826

<http://www.acps.k12.va.us/tcw/>

Interim Education Program (Grades 6-12)

25 South Quaker Lane, Suite 19A

Alexandria, VA 22314

(703) 461-4060

<http://www.acps.k12.va.us/interim-education/>

Private Secondary Schools

Alexandria Country Day School (Grades K-8)
2400 Russell Road
Alexandria, VA 22301
(703) 548-4804 Fax: (703) 549-9022
www.acdsnet.org

Alexandria Friends School (Grades 9-12)
3830 Seminary Road
Alexandria, VA 22304
(703) 461-7222 Fax: (703) 461-7003
<http://www.afriends.org/>

Bishop Ireton High School (Grades 9-12)
201 Cambridge Road
Alexandria, VA 22314
(703) 751-7606 Fax: (703) 212-8173
www.bishopireton.org

Blessed Sacrament Grade School & Early Childhood Center (Grades K-8)
1417 W. Braddock Road
Alexandria, VA 22302
(703) 998-4170 Fax (703) 998-5033
www.blessedsacramentcc.org

Commonwealth Academy (Grades 6-12)
1321 Leslie Avenue
Alexandria, VA 22301
(703) 548-6912 Fax: (703) 548-6914
<http://www.commonwealthacademy.org/>

Episcopal High School (Grades 9-12)
1200 N. Quaker Lane
Alexandria, VA 22302
(703) 933-3000 Fax: (703) 933-3016
www.episcopalhighschool.org

Immanuel Lutheran School (Grades K-8)
1801 Russell Road
Alexandria, VA 22301
(703) 549-0155
www.immanuelalexandria.org

Saint Mary's Catholic School (Pre-Kindergarten – 8th Grade)
400 Green Street
Alexandria, VA 22314
(703) 549-1646
<http://smsva.org>

St. Rita School (Grades K-8)
3801 Russell Road
Alexandria, VA 22305
(703) 548-1888 Fax (703) 519-9389
www.saintrita-school.org

St. Stephen's & St. Agnes Middle School (Grades 6-8)
4401 W. Braddock Road
Alexandria, VA 22304
(703) 212-2741 Fax (703) 578-0193
www.sssas.org

St. Stephen's & St. Agnes Upper School (Grades 9-12)
1000 St. Stephen's Road
Alexandria, VA 22304
(703) 751-2700 Fax (703) 751-7142
www.sssas.org

POST-SECONDARY OPPORTUNITIES

Alexandria City Public Schools Career and Technical Education

1005 Mount Vernon Avenue
Alexandria, VA 22301
(703) 824-6632 Fax: (703) 836-1928
<http://www.acps.k12.va.us/career/>

Industry credentialing curriculum prepares students to be college and career ready. Selected courses offer a cooperative education option – students apply classroom knowledge in part-time, paid employment and receive graduation credit.

Family & Consumer Sciences: Fashion Design & Marketing, Hospitality, Tourism & Recreation, Child & Family Studies, Early Childhood Education

Marketing: Marketing, Fashion Marketing, Entrepreneurship, and Sports & Entertainment Marketing

Technology Education: Technological Systems, Engineering, Electronics, Technical Drawing, Engineering Drawing, Architectural Drawing, and Construction Technology

Trade & Industrial: Automotive Service Technology, Building Trades, Cosmetology, Criminal Justice, Culinary Arts, Computer Maintenance, Computer Networking, Computer-Aided Drafting, Graphic Communications, Facilities Maintenance, Photography, and Television Production

Business & Information Technology: Computer Information Systems, Office Administration, Management Information Systems, Visual Basic Programming, Web Page Development, Accounting, Business Law, Business Management, Financial Planning

Health & Medical Sciences: Medical Assistant, Nurse Aid, Practical Nursing Honors

CTE Dual Enrollment Courses: both high school and college credit are awarded for Business & International Finance, Advanced Leadership Development, Computer Networking Operations, Engineering III, Entrepreneurship and Practical Nursing I Honors.

Alexandria City Public Schools Cooperative Education

Career and Technical Education
1005 Mount Vernon Avenue
Alexandria, VA 22301
(703) 824-6632 Fax: (703) 836-1928
<http://www.acps.k12.va.us/career/>

Paid opportunities for students to apply knowledge acquired in the following courses:

Business	Advanced Accounting Advanced Computer Information Systems Office Administration
Marketing	Marketing Advanced Marketing Fashion Marketing
Trade and Industrial	Industrial Cooperative Training Education for Employment (EFE)
Family & Consumer Services	Early Childhood Education I Early Childhood Education II

**Alexandria City Public Schools
Practical Nursing Honors Program**

T.C. Williams High School, Door #3
3330 King Street
Alexandria, VA. 22302

(703) 824-6845 Fax: (703) 824-6902

<http://www.acps.k12.va.us/adulted/ace/nursing-brochure.pdf>

Fees: Tuition - \$2,550 for Alexandria Residents Phase I & II (non-refundable application fees are included). Non – Resident Tuition Phase I & II: \$3,700. Books/Fees/Uniforms/Dues - \$1,235. Tuition may be paid in six installments.

Hours: M-Th 9:00am - 9:00pm; F 9:00am-3:00pm

Post-secondary and high school seniors who successfully complete the 18-month curriculum requirements are eligible to sit for the State Board of Nursing Licensing examination (NCLEX-PN). Open to high school students entering their senior year with acceptable grades and their counselor's recommendation. The first nine months are comprised of classes Monday-Friday for three hours in the morning at T.C. Williams High School; the second nine months include school 35 hours each week in a classroom or clinical setting. Upon completion of the program, students are recommended by the Program Director to take the licensing examination (NCLEXZ).

**Alexandria City Public Schools
T.C. Williams College and Career Center**

3330 King Street, Room A114
Alexandria, VA. 22302

(703) 578-6250

Hours: 8:00am - 4:00pm on school days; parents welcome to visit by appointment

Students identify interests, values, skills and personality, and occupations that match these using career-related assessments; investigate various occupations and identify job duties, education requirements, salaries, and job outlook; research opportunities for furthering career after high school, including college and other options; learn how to write resumes and cover letters, and prepare for job interviews; search for jobs and negotiate offers and salary information; and learn how to obtain employment with the federal government. The Center provides information about colleges and universities, standardized testing and test preparation, financial aid and scholarships, and summer opportunities

**Alexandria Department of Community & Human Services
Office of Youth Services–Project Discovery**

2525 Mount Vernon Avenue
Alexandria, VA 22301

(703) 746-5970

Hours: M-F 9:00am - 5:00pm

Eligibility: Income-eligible students of T.C. Williams High School and its Minnie Howard campus

Enables low-income and students who will be the first generation in their family to attend college to take advantage of opportunities for higher education using workshops, training and trips to college campuses

**American Red Cross
Certified Nurse Assistant Program**

105 North Washington Street
Alexandria, VA 22314

(703) 299-2506 infoalexandria@usa.redcross.org

www.alexandriaredcross.org

Fees: \$1,200 (includes \$100 nonrefundable registration fee, tuition, text books, equipment and background check)

Eligibility: must be at least 17 years old, be able to read and write English at an 8th grade level

Four-week program offers clinical training that prepares students for immediate employment in the health care field.

Course is 120 hours and includes 40 hours of clinical experience in a medical unit. Class size limited to ten students to allow extra mentoring from instructors; classroom equipped with hospital beds and medical equipment to practice skills prior to the clinical rotation. Upon graduation, students are eligible to take the State Certified Nurse Assistant exam.

**Alexandria Seaport Foundation
Boatbuilding Apprentice Program**

Alexandria Seaport Center
0 Thompson Alley
Alexandria, VA
(703) 549-7078 Fax (703) 549-6715
www.alexandriaseaport.org ASFOffice@alexandriaseaport.org
Hours: M-F 7:30am - 3:30pm

Eligibility: disadvantaged youth ages 17-21

Paid, work-based apprentice program graduates apprentices with a high school diploma or GED within four months and within six months if working toward a GED or if English language skills limited. GED curriculum builds skills through the experience of working in a wooden boat shop and training for a career in carpentry. Apprentices work side by side with staff and volunteers who assist with curriculum as well as issues involving the court system, city agencies, DMV, procurement of automobiles, and/or personal problems such as criminal records, gang affiliation, anger management, refugee status, learning disabilities, and substance abuse. Classes begin every two months.

Early Childhood Learning Institute (ECLI)

Hopkins House

1224 Princess Street
Alexandria, VA 22314
(571) 480-4085
<http://www.hopkinshouse.org>

Hours: Saturday mornings and Wednesday evenings

Fees: \$250 tuition fee per semester or \$750 per academic year; scholarships available

Eligibility: must have a high school diploma or equivalency and the aptitude to complete college-level academic work

Upon successful completion of two-year program, participants earn a child development associate (CDA) credential, two child development certificates, 31 credits toward an Associate's Degree from Northern Virginia Community College, and a guaranteed salary of \$25,000 to \$30,000 plus benefits if employed by a local participating childcare center in the City of Alexandria, Arlington County or Fairfax County.

Northern Virginia Community College (NOVA)

Alexandria Campus
3001 North Beauregard Street
Alexandria, VA 22311
(703) 323-3000
www.nvcc.edu

More than 160 certificate programs and degrees at the associate's level: two-year associate degrees, one-year certificates, and short career studies certificates. Distance learning programs available through Extended Learning Institute and continuing education courses through Workforce Development program.

Northern Virginia Urban League

College Survival 101

1315 Duke Street
Alexandria, VA 22314
(703) 836-2858 Fax: (703) 836-8948
www.nvul.org CS!@nvulypn.org

Three workshops (academic, financial, and social) prepare high school juniors and seniors for the academic and social challenges of college life; two participants are awarded \$500 book scholarships and one a \$1,000 scholarship.

Scholarship Fund of Alexandria

3330 King Street
Alexandria, VA 22302
(703) 824-6730 Fax: (703) 824-6714
www.alexscholarship.org syowell@acps.k12.va.us
Hours: M-F 8:00am - 4:00pm

Assists students of Alexandria City Public Schools with resources to pursue a college or post-secondary education

Tech Prep in Virginia

Northern Virginia Community College

8333 Little River Turnpike

Annandale, VA 22003

(571) 226-7824 rdbrown@nvcc.edu

Career pathways (programs of study of four to six years) provided that begin in high school and continue through an associate or baccalaureate degree, a journeyman's license, a postsecondary level industry certification, or a state license. Each pathway contains academic as well as career and technical education courses at the secondary and postsecondary level. Program offers sixteen career clusters: Agriculture, Food & Natural Resources; Architecture & Construction; Arts, Audio/Video Technology & Communications; Business Management & Administration; Education & Training; Finance; Government & Public Administration; Health Science; Hospitality & Tourism; Human Services; Information Technology; Law, Public Safety, Corrections & Security, Manufacturing; Marketing; Science, Technology, Engineering & Mathematics; Transportation, Distribution & Logistics.

Training Futures

Northern Virginia Family Service

8251 Greensboro Drive

McLean, VA 22102

(703) 448-1630

http://www.nvfs.org/pages/page.asp?page_id=91695

Hours: 8:00am - 4:00pm

Fee: Book fee only

25-week program provides computer and clerical training that prepares low-income adults for employment in business and medical offices. Training in computer skills, business English and math, keyboarding, filing, customer service, and medical terminology; trainees benefit from professional development skill building, an internship, and supported job search. Pell grant-eligible individuals are enrolled in Northern VA Community College and receive up to 18 college credits for the program.

Virginia Career Education Foundation (VCEF)

2002 Bremono Road, Lower Level

Richmond, VA 23226

(804) 615-1505 Fax: (804) 545-0577

www.vcef.net

Know How Virginia: informs students and parents of available Career and Technical Education opportunities as well as the range of careers open to CTE students. Its website, www.knowhowvirginia.org, features career information (including educational requirements and salary expectations) as well as links to self-assessment tools.

State Scholars Initiative: national program that motivates students to complete a rigorous course of study in high school to better prepare them for success in postsecondary education or training and careers. State-level business/education partnerships work with students in middle and high school to encourage them to excel academically.

Pharmacy Technician Initiative: created by the Virginia Pharmacists Association with support from VCEF to expand the number of certified pharmacy technicians; helps high schools develop pharmacy technician courses and promotes mentoring programs within the private sector.

Student Organization Scholarships: \$1,000 scholarship awarded for each of the eight CTE student organizations.

Year-Up

1560 Wilson Boulevard, Suite 350

Arlington, VA 22209

(703) 312-9327 Fax: (703) 312-7986

One-year intensive training program that provides urban youth ages 18-24 with a unique combination of technical and professional skills, college credits, an educational stipend, and a corporate internship; provides participants with the skills and expertise required to obtain Desktop Support/ IT Help Desk positions.

HEALTH

DENTAL CARE

Alexandria Health Department

Child Dental Clinic

4480 King Street, 1st Floor

Alexandria, VA. 22302

(703) 746-4969

Hours: M-F appointment only

Fees: Accepts Medicaid and Medicare; fees on sliding scale based on income

Eligibility: Income-eligible children ages 4-21

Preventive dental care services, including cleaning, fluoride, sealant, complete oral examinations, filling and extraction

Alexandria Neighborhood Health Services, Inc

3804 Executive Avenue, D-1

Alexandria, VA 22305

(703) 535-5568

<http://www.anhsi.org/programs/family.html>

Cleanings, x-rays, fillings and extractions are provided for adults and children through a contract with the Alexandria Health Department; referrals made for more extensive dental care needs.

Northern Virginia Community College

Dental Hygiene Program

Medical Education Campus

6699 Springfield Center Drive, Room 132

Springfield, VA 22150

(703) 822-6655

Hours: M-F 9:00am - 4:00pm; M-Th 6:00 - 9:00pm by appointment only

Eligibility: all welcome, particularly children over the age of 3 (must have appointment) and the medically handicapped

Fee: Nominal fee for all services

Cavity detection, periodontal examination and evaluation, scaling and polishing, fluoride application, sealants, diagnostic x-rays, home oral health care instructions, blood pressure screening, oral cancer screening, nutritional counseling

Smiles for Children

Virginia Department of Medical Assistance Services

600 East Broad Street

Richmond, Virginia 23219

(888) 912-3456

Eligibility: children on Medicaid, FAMIS, or FAMIS Plus

Provides coverage for diagnostic, preventive, restorative/surgical procedures, as well as orthodontia services; also provides coverage for limited medically necessary oral surgery services for adults (age 21 and older).

Virginia Smiles for Children

Department of Medical Assistance Services (DMAS)

600 East Broad Street

Richmond, Virginia 23219

(888) 912-3456

Fees: None

Dental program for children on Medicaid, FAMIS, or FAMIS Plus that provides coverage for diagnostic, preventive, restorative/surgical procedures as well as orthodontia services (braces); transportation may be provided for dental appointments if there are no other means of transportation.

HEALTH SERVICES

Alexandria Health Department

STI Clinic

4480 King Street, 2nd Floor

(703) 746-4846

Walk-in Clinic Hours: W 4:00pm - 6:00pm (no appointment necessary)

Free, confidential information and treatment of Sexually Transmitted Infections

Alexandria Neighborhood Health Services, Inc.

Pediatric Center

3804 Executive Avenue, #D-1

Alexandria, VA 22305

(703) 519-1725 Fax: (703) 519-1738

Hours: M, TH 8:00am - 6:00pm; T, W, F 8:00am - 5:00pm (appointment required for physical)

Fees: Serves anyone regardless of income, health insurance or ability to pay.

Services for newborns to adolescents: well child and sick child care; immunizations and physicals; diagnostic screening for cognitive, physical and developmental delays; mental health and dental services.

Planned Parenthood of Metropolitan Washington

370 S. Washington Street, Suite 300

Falls Church, VA 22046

(703) 533-5651 Fax: (703) 533-2064

www.plannedparenthood.org

Hours: M, Th, F 9:00am - 5:00pm; T 11:00am - 7:00pm

Women's health services (including breast and cervical cancer screening), men's health services, teen pregnancy prevention programs, birth control services, abortion services, emergency contraception, LGBT services, patient education, HIV testing, STD testing and treatment, and pregnancy testing, options and services. Walk-in services always include pregnancy testing, emergency contraception, and HIV testing. Depending on patient volume, walk-ins will also be accepted for STD screening, well woman exams, and starting birth control with medical history/screening. Other services require an appointment. Services in English and Spanish; interpretation by telephone available for other languages

Teen Wellness Center

T.C. Williams High School

3330 King Street

Alexandria, VA 22302

(703) 746-4776 Appointment Line: (703) 756-4888

Hours: M-F 10:00am - 5:00pm

Eligibility: Adolescents ages 12-19 whose parents reside in the City of Alexandria

Fees: Most services free of charge. Possible fee for long-term counseling - accepts Medicaid, Medicare, insurance, payment plans. Services never refused due to an inability to pay.

Treatment of minor illnesses, immunizations, and physical examinations required for schools and participation in sports, employment, and the Special Olympics (written parental consent required). Pregnancy testing, diagnosis and treatment of sexually transmitted diseases; reproductive health services (including provision of birth control methods), and mental health and substance abuse counseling available without parental consent.

PREGNANCY PREVENTION

Alexandria Campaign for Adolescent Pregnancy (ACAP)

421 King Street, Suite 400

Alexandria, VA 22314

(703) 746-5030 Fax: (703) 838-4976

Information Line: information for parents and teens about adolescent pregnancy prevention as well as resources for additional help and assistance (703) 746-5030

Teen Text Message Line: answers questions regarding sexual health, relationships, teen pregnancy and more. Text

messages responded to within 24 hours (not intended for emergencies).

Text the word SEX or ACAP to 30644

ACAP Website: information on a variety of topics for youth and parents

alexgetreal.com

**Capital Youth Empowerment Program
Teen Pregnancy Prevention Program**

1315 Duke Street
Alexandria, VA 22314
(202) 321-8704 (703) 655-8175
www.cyep.org info@cyep.org
Eligibility: Teen males

Program combines the computer based “Boyz to Dads” curriculum created by the National Fatherhood Initiative and the “Wise-Guys” curriculum. Topics discussed include family values, decision making, life plans/goals, peer pressure, birth control, and sexually transmitted diseases.

Northern Virginia Urban League, Inc.

GEMS

1315 Duke Street
Alexandria VA 22314
(703) 836-2858 Yvettebailey40@hotmail.com
Hours: Tues 4:00pm - 5:00pm
Eligibility: Girls 9 - 12 years old

Program offers adult mentoring relationships, community involvement projects, health education, and career exploration opportunities for girls whose sisters are pregnant or parenting teens as well as clients of the Resource Mothers program.

Planned Parenthood of Metropolitan Washington

370 S. Washington Street, Suite 300
Falls Church, VA 22046
(703) 533-5651 Fax: (703) 533-2064
www.plannedparenthood.org
Hours: M, Th, F 9:00am - 5:00pm; T 11:00am - 7:00pm
Eligibility: Teens, women, and men

Fee: Accepts cash, major credit cards and several types of insurance

Teen pregnancy prevention programs, birth control services, abortion services, emergency contraception, LGBT services, patient education, HIV testing, STD testing and treatment, and pregnancy testing, options and services. Walk-in services always include pregnancy testing, emergency contraception, and HIV testing; walk-ins may be accepted for STD screening, well woman exams, and starting birth control with medical history/screening. All other services require an appointment. Services offered in English and Spanish; interpretation by telephone available for other languages.

Teen Wellness Center

T.C. Williams High School

3330 King Street
Alexandria, VA 22302
(703) 746-4776
Hours: M-F 10:00am - 5:00pm
Fees: None

Pregnancy testing, diagnosis and treatment of sexually transmitted diseases; reproductive health services (including provision of birth control methods) available without parental consent and at no cost

SERVICES FOR PREGNANT AND PARENTING TEENS

Adoptions Together

457A Carlisle Drive
Herndon, VA 20170
(703) 689-0404 Fax: (703) 689-9488
www.adoptionstogether.org

Network of more than three dozen innovative services that build and strengthen families; supports children and families formed through adoption, guardianship, foster care, and kinship care with specialized services, including a lifetime of guidance, education, and counseling to ensure each family stays strong together.

Alexandria City Public Schools/Alexandria Department of Community and Human Services

TC Futures

TC Williams High School
3330 King Street
Alexandria, VA 22302
(703) 824-6685

Hours: Every other Tuesday 2:30 - 4:30pm (excused 15 minutes early from classes)

After school meeting for prenatal and parenting teens where they can share information with other teen parents regarding positive parenting and gather useful information. Meetings followed by parent/child play group. No fee

Alexandria Department of Community and Human Services

Adoption Services

2525 Mt. Vernon Avenue
Alexandria, VA 22301

(703) 746-5757 Toll-free 24-hour Virginia Child Abuse Hotline: (800) 552-7096

Hours: M-F 8:00am - 5:00pm

Available for children who have special needs, are permanently entrusted to Family Services, and who are in need of a caring family of their own. Adult adoptees who were placed through Family Services may request a records search to either non-identifying or identifying information on their birth families.

Alexandria Department of Community and Human Services

Office of Early Childhood Development

2525 Mt. Vernon Avenue
Alexandria, VA 22301

Hours: M-F 8:00am - 5:00pm

(703) 746-5700

Financial assistance for child care services available to parenting adolescents who are completing their educational goals; parenting teens placed on a priority waiting list.

Alexandria Health Department

4480 King Street
Alexandria, VA 22302
(703) 746-4922

Hours: M 1:00pm - 4:00pm; T 9:00am - 11:00am; W 2:00pm - 4:00 pm

Free pregnancy testing for teens; no residency requirement

Alexandria Health Department

Prenatal Clinic

Casey Health Center
1200 N. Howard Street
Alexandria, VA 22304

(703) 746-4886 Appointments: (703) 746-4888 Spanish: (703) 746-4855

Hours: Call for appointment Prenatal eligibility: T, W, F 1:00pm - 3:00pm

Physicians, midwives and public health nurses provide outpatient medical management for uninsured, Medicaid-eligible, and high-risk pregnant women and teens in the City of Alexandria; accepts Medicaid

Alexandria Health Department

Women, Infant and Children (WIC) Program

4480 King Street, 2nd Floor
Alexandria, VA 22302
(703) 746-4998

Hours: By appointment only

Fees: No charge; income limit

Vouchers for nutritious food, nutrition counseling, and health information provided to pregnant, postpartum and breast-feeding women, and infants and children up to 5 years old; referrals to other health and social service agencies.

Alexandria Women's Health Clinic

Landmark Towers

101 S. Whiting Street, Suite 215

Alexandria, VA 22304

(703) 370-0550

www.alexandriawomenshealth.com

First trimester abortion services, non-surgical and surgical procedures, local & general anesthesia, urine & blood pregnancy test, sonograms, Depo Provera, injections, family planning, and morning after pills.

Alternative House**Assisting Young Mothers (AYM) Program**

P.O Box 694

Dunn Loring, VA 22027

(703) 506-9191 Fax: (703) 506-8949

www.thealternativehouse.org ah@thealternativehouse.org

Counseling, shelter, life skills training, parenting education and job readiness training for pregnant and parenting teens

Residential Home (AYM I): homeless and parenting women between the ages of 18 and 21 live with their child in a home in Vienna for up to 18 months.

Independent Transitional Living (AYM II): allows women who have successfully completed AYM I or who have already developed some independent living skills to live in their own apartment with their child while still receiving intensive case management and support; may remain in apartment for up to two years.

Community-Based Support: support for young parents 16-21 and their children that includes group counseling, the development of life skills and parenting skills, job readiness training, and information about community resources.

Annandale Women and Family Center

2839 Duke Street

Alexandria, VA 22314

(703) 751-4702

www.awfc.net

Hours: M 9:00am - 4:00pm

T 11:00am - 7:00pm

W 10:00am - 6:00pm

Th 9:00am - 5:00pm

F 8:00am - 4:00pm

Sat 9:00am-12:00pm

Offers integrated medical services for internal medicine, women's health (including abortion services), and medical aesthetics; specializes in 1st trimester abortion services. Gynecology services include annual pap and breast exams, and contraceptives; staff fluent in Amharic, Indonesian, French, Spanish, Vietnamese, Farsi and Persian.

Arlandria Health Center**Women's Health Program**

2 East Glebe Road

Alexandria, VA 22305

(703) 535-5568

Hours: M & F 7:30am - 5:00pm; T, W, Th 7:30am - 7:30pm

Fees: Income limit, sliding fee, accepts Medicaid.

Reproductive health and childbearing (including pregnancy testing), on-site gynecological services, family planning and family health education

The Barker Foundation

2957 Monticello Drive

Falls Church, VA 22042

(703) 536-1827 24-Hour Crisis Pregnancy Hotline: (301) 602-7173

www.barkerfoundation.org

Fees: None

Assistance for women faced with an unplanned pregnancy. Free services include options counseling for pregnant women, birth fathers, and their extended families; assistance in locating medical, legal, and housing resources or other community services; support during labor, delivery and post-partum care; and interim care for baby, if needed, while birth parents make decisions, medical needs are assessed, and/or an adoptive family is chosen. Monthly group meetings held for birth parents who chose adoption and pregnant women who are considering adoption.

CrisisLink**Into Safe Arms**

2503D N. Harrison St. #114

Arlington, VA 22207

(703) 752-5262

www.crisislink.org

Hours: 24/7

Free confidential information to new mothers at risk of abandoning their infants on designated safe, legal locations where they may leave their babies with no questions asked. Provides emotional support, problem-solving skills and links to community resources to help parents identify alternatives, and to safeguard their own and their baby's health and future. Hotline is cooperative project with Into Safe Arms of Northern Virginia.

CrisisLink**You Talk, We Listen Teen Line**

2503D N. Harrison St. #114

Arlington, VA 22207

(703) 527-4077 (800) 273-8255

www.crisislink.org

Hours: 24/7

Free confidential telephone listening service that assists with referrals, suicide and crisis intervention, and support for teens facing relationship and family concerns as well as violence; gangs; drugs and alcohol; eating disorders; gay, lesbian, bisexual, and transgender issues; self-harm (cutting); runaways; sexual and physical abuse; pregnancy, depression and suicide. Also provides programs and trainings for teens, schools, parents and professionals working with youth.

Emergency Contraception Hotline

(888) NOT.2.LATE (888) 668-2528

<http://ec.princeton.edu/>

Plan B is available to males and females 17 years old and older without a prescription, over the counter at local pharmacies. Contact pharmacy for prices and bring ID to verify age; also available at the Alexandria Teen Wellness Center and Planned Parenthood.

Healthy Families – Alexandria**Northern Virginia Family Services**

5249 Duke Street, Suite 308

Alexandria, VA 22304

(703) 370-3223 Intake: (703) 212-1701 Fax: (703) 751-5197

www.nvfs.org www.healthyfamiliesalexandria.org

Hours: M-F 9:00am - 5:00pm Home visiting appointments; flexible schedule

Eligibility: Expectant or new parents who reside in the City of Alexandria

Free weekly home visiting services to pregnant women/teens and parents of young children that include parenting skill development; maternal and family health education; child development assessments; and referrals to early intervention, community and emergency services; home visitors may work with family until child reaches 5 years of age.

HOPE in Northern Virginia, Inc.

610 Park Avenue

Falls Church, VA 22046

(703) 536-2020 Fax: (703) 241-2361

www.hopeinnova.org hopeinnova@verizon.net

Eligibility: pregnant women of any age or situation

Fees: No cost appointment

Free pregnancy counseling service for any woman faced with a crisis pregnancy. Pregnancy counseling and assistance, free pregnancy tests, childbirth education and parenting programs, medical and legal assistance, complete adoption information, housing information and referrals, free car seats, and material goods for clients on a limited basis.

**Legal Services of Northern Virginia
Law Center for Children**

6066 Leesburg Pike Suite 500
Falls Church, VA 22041
(703) 778-6800 Fax: (703) 778-4790

Alexandria Office:

603 King Street, 4th Floor
Alexandria, VA 22314
(703)684-5566 Fax: (703)519-3838
<http://www.lsnv.org>

Hours: M-F 9:00am - 5:00pm Intake: 9:30am - 12:30pm and 1:30 - 3:30pm

Eligibility: Determined by age, family size and family income

Handles family-related issues such as helping clients obtain custody of a child, visitation rights, and child support cases involving termination of parental rights and assists children and their families with adoptions. Legal assistance is available in a variety of languages, including English, Chinese, Spanish and Korean.

MaRiH Center

3230-B Duke Street
Alexandria, VA 22314
(703) 370-4774 National Hotline: (800) 848-Love (5683)
www.marih.org

Hours: M-Th 10:00am - 3:00pm; Sat 10:00am - 1:00pm

Pregnancy testing, individual counseling on pregnancy-related decisions, prepared childbirth, and child care education for single parents; referrals for medical care and adoption services; no fee

Northern Virginia Urban League, Inc.

Resource Mothers

1315 Duke Street
Alexandria VA 22314
(703) 836-2858
Hours: M-F 9:00am - 5:00pm
Fees: None

Matches pregnant teens experiencing problem pregnancies with a trained volunteer “mother” who encourages proper prenatal care, nutrition, and parenting skills; mentor may work with the mother until the child reaches the age of 2.

Planned Parenthood of Metropolitan Washington

370 S. Washington Street, Suite 300
Falls Church, VA 22046
(703) 533-5651 Fax: (703) 533-2064
www.plannedparenthood.org

Hours: M, Th, F 9:00am - 5:00pm; T 11:00am - 7:00pm

Fee: Accepts cash, major credit cards and several types of insurance

Women’s health services (including breast and cervical cancer screening); birth control services; abortion services; emergency contraception; HIV and STI testing and treatment; and pregnancy testing, options and services. Walk-in services always include pregnancy testing, emergency contraception, and HIV testing. Depending on patient volume, walk-ins may be accepted for STD screening, well woman exams, and starting birth control with medical history/screening. All other services require an appointment. Services in English and Spanish.

Potomac Family Planning Center

Jackson Place North
966 Hungerford Drive, Suite 24
Rockville, MD 20850
(301) 251-9124 (800) 260-CHOICE (2464) Fax: (301) 251-8581
www.potomacfamilyplanning.com

Hours: M & F 1:00pm - 3:00pm; W 9:00am - 11:30am; Sat 8:00am - 11:30am

Affordable abortions as well as family planning care, including pregnancy testing, birth control counseling and services, and annual exams.

United Methodist Family Services**Adoption Services**

Northern Virginia Regional Center

6335 Little River Turnpike

Alexandria, VA 22312

(703) 941-9008 Fax: (703) 750-0621

www.umfs.org nova@umfs.org

Hours: M-F 9:00am - 5:00pm

Fees: Sliding fee; accepts insurance

Range of adoption services including facilitating adoptions arranged directly between adoptive parents and birth parents or legal guardians; offers services and protections that exist under Virginia Law when an adoption is arranged by a public social services department or private adoption agency; experienced in international adoptions.

Special Needs Adoption: program creates permanent placements for children who are behaviorally, emotionally, or physically challenged. Target population also includes children eight years of age or older, and sibling groupings needing placement together. Grant from the Commonwealth of Virginia gives UMFS the ability to offer special needs adoption services at a minimal cost to adoptive parents.

Adoptive Family Preservation: offers services important to preserving the adoptive family following an adoption, including case management, counseling, crisis intervention, parent support groups, and children's support/activity groups; free service that can be accessed by any adoptive family in Virginia, regardless of the origin of the adoption.

United Methodist Family Services**Treatment Foster Care**

Northern Virginia Regional Center

6335 Little River Turnpike

Alexandria, VA 22312

(703) 941-9008 Fax: (703) 750-0621

www.umfs.org nova@umfs.org

Hours: M-F 9:00am - 5:00pm

Fees: Sliding fee; accepts insurance

Treatment foster parents work with a team to create a home environment that is healthy and supportive in ways that benefit children with special needs such as teenagers and pregnant youth.

Virginia Department of Social Services**Child Support Enforcement Services**

2900 S. Quincy Street, #320

Arlington, VA 22206

(800) 468-8894

<http://www.dss.virginia.gov/family/dcse.html>

Hours: M-F 8:00am - 5:00pm

Eligibility: Residents of, or persons whose child support agreement originated in, the City of Alexandria.

Variety of child support enforcement services including locating noncustodial parents, establishing paternity, and collecting unpaid child support.

STI & HIV/AIDS SERVICES**Alexandria Department of Community and Human Services****HIV/AIDS Mental Health**

720 N. Saint Asaph Street

Alexandria, VA 22314

(703) 746-3400; (703) 746-3584 (Hearing Impaired) Fax: (703) 838-5070

Hours: M-TH 7:00am - 9:00pm; F 7:00am - 5:00pm

Therapy, intensive case management, psychiatric evaluation, medication management, and neuropsychological evaluation provided for city residents age 18 and over with HIV/AIDS; confidential testing for HIV, tuberculosis and hepatitis.

**Alexandria Department of Community and Human Services
Outpatient Substance Abuse Counseling**

2355-A Mill Road
Alexandria, VA 22314
(703) 838-4525

Hours: M-Th 7:00am - 9:00pm; F 7:00am - 4:00pm

Fees: Sliding fee scale; accepts insurance.

HIV testing, pre- and post-test counseling for Alexandria residents age 18 and over

**Alexandria Health Department
Casey Health Center**

1200 North Howard Street
Alexandria, VA 22304
(703) 746-4899

Care Clinic/Dental Clinic for Persons Living with HIV: restricted to city residents; by appointment only

ADAP – AIDS Drug Assistance Program: free selective prescriptions for HIV infection

Primary Medical Care/Case Management: medical care, dental services, supplements for persons with HIV/AIDS

**Alexandria Health Department
HIV/AIDS Testing**

4480 King Street
Alexandria, VA 22302
(703) 746-4986

Hours: W 1:00pm - 3:00pm; Th 9:00am - 10:30am, 5:00pm - 6:30pm

Eligibility: no eligibility requirements

Fees: None

Confidential walk-in HIV Rapid antibody testing; no appointment required. Spanish and Language Line

**Alexandria Health Department
Rainbow Tuesdays Clinic**

4480 King Street
Alexandria, VA 22304
(703) 746-4986

Hours: 2nd and 4th Tuesday 5:00pm - 6:30pm

Fees: None

Clinic is sponsored and designed by individuals and organizations in a community partnership to meet the special needs of Gay, Bisexual and Transgender persons; walk-in Chlamydia, Gonorrhea and Syphilis screening, HIV Rapid Test counseling and testing, and Hepatitis A/B (Twinrex) immunizations.

**Alexandria Health Department
STI Clinic**

4480 King Street, 2nd Floor
(703) 746-4846

Walk-in Clinic Hours: W 4:00 - 6:00pm (no appointment necessary)

Free, confidential information and treatment of Sexually Transmitted Infections

**American Red Cross HIV/AIDS Education
HIV/AIDS Prevention Instructor Course**

123 N. Alfred Street
Alexandria, VA 22314
(703) 549-8300

alexandriaredcross.org

Hours: M-F 9:00am - 4:45pm

Fees: \$125

Trains individuals to educate the public regarding HIV/AIDS prevention; emphasis on education of youth and African-Americans. Curriculum includes scientific facts and terminology, psychosocial issues, and teaching strategies.

KI Services Incorporated

HIV Testing

3333 Duke Street

Alexandria, VA 22314

(703) 823-4401 Fax: (703) 823-4402

www.kiservices.org

Hours: T-Th 10:00am - 2:00pm

Walk-in confidential testing; no appointment required; no fees or eligibility requirements; English/Spanish

Northern Virginia AIDS Ministry (NOVAM)

803 West Broad Street, Suite 700

Falls Church, VA 22046

(703) 533-5505 Fax (703) 533-5506

www.novam.org info@novam.org

Hours: M-F 8:30am - 4:30pm

Peer Educators: trains youth 13-18 to provide peer outreach and participate in the Youth Speak program; requires twelve hours of training Ext. 33

Health Education Alternatives for Teens (HEAT) Program: case management, counseling and mentoring, referrals to community services, transportation, and medical care intake for HIV positive youth ages 13-24 Ext. 23

Access Advocacy for Children: links children affected or infected by HIV/AIDS with a child advocate who identifies service providers and facilitates service delivery; staff /volunteers address a variety of basic needs including holiday gifts, summer camp sessions, tutoring, and donations of baby furniture, twin beds, or computers for school use. Ext. 15

Rap It Up Program: youth workshops on HIV/AIDS, STDs, drugs, alcohol Ext. 29

ORION Program: peer-led HIV and STD prevention education and outreach to gay, lesbian, bi-sexual, transgender, and questioning (GLBTQ) youth; works with teens to develop norms that support healthy behaviors Ext. 25

Minority AIDS Project/SISTA (Sisters Informing Sisters on Topics about AIDS): African-American females age 14-30 attend five weekly group sessions. Ext. 19

PALS Mentoring: recruits and trains mentors for children infected and affected by HIV/AIDS. Mentors organize regular activities, serve as role models, and provide respite to HIV positive parents/caregivers. Ext. 15

HIV Testing: confidential testing for youth 14-24 years old at the Falls Church office (M-Th 10:00am - 3:30pm) and locations in the community; youth 13 and younger tested with parental permission. Youth who test positive are referred for services. Ext. 33 or Ext. 70

Transportation: rides to medical and social services for low-income residents living with HIV/AIDS Ext. 19

Teen Wellness Center

T.C. Williams High School

3330 King Street

Alexandria, VA 22302

(703) 746-4776

Hours: M-F 10:00am - 5:00pm

Eligibility: Adolescents ages 12-19 whose parents reside in the City of Alexandria

Free diagnosis and treatment of sexually transmitted diseases, including HIV infection; parental consent not required

HUMAN SERVICES

COUNSELING

Alexandria Department of Community and Human Services

720 N. Saint Asaph Street

Alexandria, VA 22314

(703) 746-3400 TTY: (703) 746-3440

Hours: M, T, W 8:00am - 9:00pm; Th, F 8:00am - 5:00pm

Fees: Sliding scale; Medicaid, Medicare, insurance

Comprehensive mental health services for youth and their families, including individual and family therapy, and parent counseling; psychiatric and psychological evaluations to diagnose and monitor medication for youth; home-based counseling for families with children at risk of being placed outside the home.

**Alexandria Juvenile & Domestic Relations District Court
Court Service Unit Attendance Review Program for Truancy**

520 King Street, 1st Floor
Alexandria, VA 22314
(703) 746-4496

Hours: M-F 8:00am - 4:30pm

Comprised of representatives of youth-serving agencies, the Attendance Review Panel addresses the needs of youth referred by social workers of Alexandria City Public Schools because of problems with attendance. The panel assesses the reasons for the child's non-attendance as well as the needs of the family, and recommends services each individual agency can provide to improve attendance.

**Alexandria Neighborhood Health Services, Inc.
Family Support and Mental Health Services**

3802 Executive Avenue, #D-1
Alexandria, VA 22305
(703) 535-7930 Fax (703) 535-7950

www.anhsi.org

Hours: M, W, F 9:00am - 5:00pm; T, Th 9:00am - 7:00pm

Individual, couple and family counseling, and art/play therapy with children; support and psycho-educational groups (including life skills training); parenting education on safety, discipline, and developmental milestones. Family support workers help access community services such as emergency funds and translation/interpretation services. Sliding fee

CrisisLink

You Talk, We Listen Teen Line

2503D N. Harrison St. #114
Arlington, VA 22207
(703) 527-4077 (800) 273-8255

www.crisislink.org

Free, 24/7 confidential telephone listening service assists with referrals, suicide and crisis intervention, and support for teens facing relationship and family concerns as well as violence; gangs; drugs and alcohol; eating disorders; gay, lesbian, bisexual, and transgender issues; self-harm (cutting); runaways; sexual/physical abuse, and depression.

Crisis Hotlines Answered by CrisisLink (24/7/365)

CrisisLink's Crisis & Suicide Prevention Hotline
National Suicide Prevention Lifeline

(703) 527-4077

1-800-273-TALK; 1-800-SUICIDE

En Espanol

1-888-628-9454

Darkness-to-Light Child Sexual Abuse Helpline

1-866-FOR-LIGHT

Into Safe Arms (program to prevent unsafe baby abandonment)

(703) 752-5262

Intervention, Prevention and Education (IPE) Program

Northern Virginia Family Services

10455 White Granite Drive, Suite 100
Oakton, VA 22124
(703) 219-3971 Fax: (703) 385-5176

www.nvfs.org mmckeen@nvfs.org

Intensive effort to reduce youth violence and counteract the appeal of gang membership among language and ethnic minority youth ages 6 to 21. Counselors provide short-term case management and work one-on-one with youth to identify goals as well as resource and referral needs. No fee

Intervention, Prevention and Education (IPE) Program – Re-Entry

Alexandria Juvenile Court Service Unit

520 King Street, 1st Floor
Alexandria, VA 22314
(703) 746-4144

Gang prevention, education and intervention program connects 17-26 year olds to employment, housing, mental health, substance abuse, recreation, education and training programs. Individual and family services may last up to ninety days with the possibility of extension, depending on the needs of the family. No fee

**Northern Virginia Family Service
Family Counseling**

5249 Duke Street, Suite 308
Alexandria, VA 22304
(703) 219-2185 ext. 1

Skilled therapeutic interventions provided for adults, children or adolescents experiencing difficult situations; counseling services available for the entire family, couples or an individual.

**Northern Virginia Family Service
Intervention, Prevention and Education Program (IPE)**

10455 White Granite Drive, Suite 100
Oakton, VA 22124
(703) 219-3971

Hours: 9:00am - 5:00pm; evening appointments available

Eligibility: Ages 6-21

Individual and family case management as well as mentoring for youth at risk of gang involvement.

**Teen Wellness Center
T.C. Williams High School**

3330 King Street
Alexandria, VA 22302
(703) 746-4776

Hours: M-F 10:00am - 5:00pm

Eligibility: City of Alexandria residents ages 12-19

Fees: Most services free of charge. Possible fee for long-term counseling – accepts Medicaid, Medicare, insurance, payment plans. Services never refused due to an inability to pay.

Mental health and substance abuse counseling for city residents ages 12-19; parental consent not required.

JUVENILE JUSTICE

Alexandria Juvenile & Domestic Relations District Court

520 King Street, 1st Floor
Alexandria, VA 22314
(703) 746-4141 (Clerk's Office)

Hours: M-F 8:00am - 4:30pm

Jurisdiction includes custody and visitation, relief of custody, child and spousal support, juvenile delinquency, children in need of services or supervision, juvenile driver's licenses and juvenile traffic, abuse and neglect, oversight of children in foster care, and termination of parental rights.

**Alexandria Juvenile & Domestic Relations District Court
Court Service Unit**

520 King Street, 1st Floor
Alexandria, VA 22314
(703) 746-4144

Hours: M-F 8:00am - 4:30pm

Responsible for intake of all juvenile cases, juvenile probation supervision, and the diversion of cases from juvenile court as well as counseling, family therapy, parent education, and adult supervision of domestic violence cases; program for juveniles with one arrest for shoplifting; mentoring programs; an entrepreneurial program run by youth for youth; training for juveniles in boat building; the gang prevention initiative; and a neighborhood based probation officer.

**Gang Prevention Community Task Force
Alexandria Juvenile & Domestic Relations Court Service Unit**

520 King Street
Alexandria, VA 22314
(703) 746-4144 mike.mackey@alexandriava.gov

Informs and educates the Alexandria community about gang prevention and intervention, with particular emphasis on initiatives that prevent youth from joining gangs and interventions for youth who no longer wish to belong.

Northern Virginia Regional Gang Task Force

(703)-Get-Help (438-4357)

www.preventgangsnova.org

Partnership comprised of local, state and federal law enforcement agencies that targets gang activity

Northern Virginia Regional Juvenile Detention Home

200 S. Whiting Street

Alexandria, VA 22304

(703) 751-3700

Hours: M-F 8:00am - 4:30pm

Provides educational, medical, recreational, and casework services, emergency psychiatric intervention services, and life skills training for adolescents being held for juvenile courts of Northern Virginia

Sheltercare Program of Northern Virginia

5920 Stevenson Avenue

Alexandria, VA 22304

(703) 370-0208 Fax: (703) 370-6725

Short-term, pre-dispositional facility for adolescents ages 13-17 in crisis referred by Alexandria, Arlington and Falls Church. Residents receive individual service plan and assessment; medical screening and assessment; individual counseling; and group counseling on anger management, substance abuse, decision-making and STD/HIV education.

SPECIAL NEEDS**Boy Scouts of America****Troop 1851**

Carl Sandburg Middle School

8428 Fort Hunt Road

Alexandria, VA 22308

abtuccillo@cox.net

Hours: Tuesday 6:30-7:30pm (bi-monthly)

Fees: Annual dues of \$100

Sponsored by the Mount Vernon Kiwanis Club, Troop 1851 is for youth ages 12-19 who are challenged physically, intellectually or both. Troop members have a range of disabilities, including autism, downs syndrome, mitochondrial disease and moderate MR. Scouts advance using a scouting program that has been modified to meet each boy's individual needs. Advancement and merit badge work are performed within the troop meeting rather than independently at home.

Boy Scouts of America**Troop 2005**

Church of the Resurrection

2280 N. Beauregard Street

Alexandria, VA 22311-2200

(703) 549-7295

bsatroop2005.org wbashton2002@yahoo.com

Hours: Thursday 6:00pm - 7:30pm

Provides scouting experience for boys ages 11-17 who might have difficulty fitting in due to mild learning or social/emotional issues such as ADHD, anxiety, mild learning differences, or mild autism. Activities include eight or more campouts and other overnight trips, and working towards required merit badges (camping, hiking and environmental science) as well as merit badges in a wide range of areas from astronomy and computers to nature and fishing based on the personal interests of the scouts.

Graydon Manor

801 Children's Center Road SW

Leesburg, VA 20175

Intake: (703) 777-3485 Fax: (703) 777-4887

www.graydonmanor.org

Fees: Set fee; accepts CSA & Department of Juvenile Justice vendor pay, private pay, VA & DC Medicaid

Residential treatment for children and adolescents with a variety of emotional and psychological disorders; includes

psychiatric services; 24-hour nursing; individual, group, family, chemical dependency, art and recreational therapies.
Graydon Manor Day School: therapeutic educational environment for students grades 6-12 who cannot meet the demands of a larger traditional school model.

Inpatient Services: ages 10-17 with severe emotional and psychological difficulties treated in residential hospital.

Outpatient Services: specializes in treating families and children coping with concerns such as anger management, school refusal and truancy, divorce/separation/custody issues, death of a loved one, emotional, physical or sexual abuse, adoption and attachment issues, substance abuse assessment and treatment, depression, self-esteem problems.

Intensive Outpatient Program: treats adolescents ages 12-17 who are in need of treatment and support due to a psychiatric condition that is interfering with their ability to function successfully within the community, home, or school.

North Spring Behavioral Healthcare

42009 Victory Lane

Leesburg, VA 20176

(703) 777-0800 Toll-Free: (800) 777-8855 Fax: (703) 777-1038

www.northspringleesburg.com

Fees: \$559.90 per day

Residential treatment facility that offers programs for adolescent sexual offenders ages 13-17; boys ages 9-17 who have engaged in sexualized behaviors that resulted in an inability to remain in their homes; boys ages 13-17 with a history of poor school performance, explosive anger, poor decision-making, extensive behavioral health treatment with unsatisfactory results, abuse, neglect or truancy; and girls ages 10-17 with issues that include behavioral health concerns, abuse, and victimization.

Total Quality Residential Services, Inc.

Residential Group Home

225 S. Whiting Street

Alexandria, VA 22304

(410) 802-3815 Fax: (410) 703-2331

www.totalqualityresidentialservices.org

Eligibility: Males 18-21

Provides care and treatment for males ages 18-21 with intellectual disabilities or mental health disorders

United Methodist Family Services of Virginia

UMFS Treatment Center

6335 Little River Turnpike

Alexandria VA 22312

(703) 941-9008 Fax: (703) 750-0621

www.umfs.org nova@umfs.org

Hours: M-F 8:30am - 4:30pm

Fees: Sliding fee scale; accepts insurance.

24-hour intensive treatment facility with programs for adolescent females who have experienced neglect and/or physical, emotional, and sexual abuse, and males 11-18 years old who have engaged in sexually harmful behaviors.

SUBSTANCE ABUSE

Alateen

Al-Anon Service Center of Northern Virginia

100 N. Washington Street, Suite 212

Falls Church, VA 22046

Hours: M-F and second Saturday of each month, 12:30pm - 4:00pm

24 hours: (703) 534-HELP (4357) Toll-free: (877) 339-8350

www.alanonva.com; al-anon.alateen.org info@alanonva.com

Helps youth ages of 7-18 recover from the effects of living with the problem drinking of a relative or friend. No fee

Awesome Alateen Meeting

St. Mary's Lyceum

313 Duke Street

Alexandria, VA 22314

Sun 6:00pm - 7:00 p.m.

Alcoholics Anonymous of Northern Virginia

8501 Lee Highway

Fairfax, VA 22031

(703) 876-6166 (24 hour hotline) Fax (703) 876-6168

info@nvintergroup.org www.aavirginia.org

Hours: Daily 10:00am - 5:00pm; by phone 24 hours.

Fees: None

Fellowship for recovering alcoholics; only membership requirement is the desire to stop drinking

Alexandria Department of Community and Human Services**Drug and Alcohol Services**

Eligibility: residents of the City of Alexandria

Hours: M-Th 7:00am - 9:00pm; F 7:00am - 5:00pm

Counseling as well as support groups. Call (703) 746-3400 to schedule an appointment

Substance Abuse Services

2355-A Mill Road

Alexandria, VA 22314

(703) 746-3600 TTY: (703) 746-3584

Hours: M-Th 7:00am - 9:00pm; F 7:00am - 5:00pm

Methadone: M-F 7:00am - 11:00am; Sat, Sun 7:30am - 9:30am

Services available in a number of languages that include individual, group and family counseling and support groups; detox support the intoxicated or those in withdrawal and do not require hospital care; methadone treatment; residential programs including group homes; day support programs; and confidential testing for HIV, tuberculosis and hepatitis. Based on income; services not denied due to inability to pay.

24-Hour Non Medical Drug and Alcohol Detoxification Services

2355-C Mill Road

Alexandria, VA 22314

Open 24 hours every day

Call (703) 746-3636 or TTY line (703) 746-3584 to request detox services.

Prevention and Early Intervention Services: substance abuse education, prevention, early intervention, and consultation for residents ages 6-18 at schools, recreation centers, and the City's Adolescent Health Clinic. Summer prevention activities include an overnight, one-week summer camp for high-risk youth. For in-school programs that discourage smoking, sex and substance abuse, or help students manage anger and avoid violence, call (703) 746-3600 and ask to speak with a member of the prevention staff. For community presentations, call (703) 746-3473.

Alexandria Juvenile & Domestic Relations District Court**Court Service Unit TAG Alcohol Education Program**

520 King Street, 1st Floor

Alexandria, VA 22314

(703) 746-4144

Hours: M-F 8:00am - 4:30pm

TAG (Teen Alcohol Group) is a five-week program for pre-adjudicated Possession of Alcohol 1st time offenders, ages 14-18. The curriculum emphasizes resistance education and refusal skills; provides an understanding of the immediate effects of alcohol and other drugs of abuse on the user; and introduces decision making. The participation of a parent in a 90 minute parent workshop is required.

Living Free Health Services

4306 Evergreen Lane, Suite 204

Annandale, VA 22003

(703) 750-1292

<http://livingfreehealth.com> mwarden@livingfreehealth.com

Fees: Set fees. Accepts insurance, major credit cards, checks, cash

In addition to therapy for individuals, couples and families, the Adult Program helps clients cope with personal issues that fuel their addiction and repair the damage created by their disease; Adolescent Program serves youth ages 13-18.

Narcotics Anonymous (Chesapeake and Potomac Region)

P. O. Box 8160
Silver Spring, MD 20907
(800) 543-4670 Helpline: (202) 399-5316
www.cprna.org webservant@cprna.org
Hours: Daily, 24-hour voice mail and helpline.
Recovering addicts meet regularly to help each other remain drug free.

Substance Abuse Prevention Coalition of Alexandria (SAPCA)

720 N. St. Asaph Street
Alexandria, VA 22314
(703) 746-3670
www.preventitalalexandria.org
Alliance of parents, youth, schools, city agencies, media, nonprofits, businesses, policymakers and law enforcement engages the community in prevention efforts that reduce the incidence of underage substance use and abuse.

Teen Wellness Center

T.C. Williams High School

3330 King Street
Alexandria, VA 22302
(703) 746-4776 Appointment Line: (703) 756-4888
Hours: M-F 10:00am - 5:00pm
Eligibility: Adolescents ages 12-19 whose parents reside in the City of Alexandria
Fees: Most services free of charge. Possible fee for long-term counseling – accepts Medicaid, Medicare, insurance, payment plans. Services never refused due to an inability to pay.
Substance abuse counseling available without parental consent

United Methodist Family Services

Intensive Treatment Services

Northern Virginia Regional Center
6335 Little River Turnpike
Alexandria, VA 22312
(703) 941-9008 Fax: (703) 750-0621
www.umfs.org nova@umfs.org
Hours: M-F 9:00am - 5:00pm
Fees: Sliding fee; accepts insurance
The UMFS Treatment Center offers customized 24-hour intensive treatment with the goal of returning youth to the community as soon as possible; daily 24-hour on-site staff supervision, intensive therapy (family, group and individual), and medication management services. Treatment team works closely with guardian to design targeted treatment and discharge planning toward return of youth to community setting. Program for adolescent females with emotional and behavioral problems and males 11-18 years old who have engaged in sexually harmful behaviors

Vanguard Services Unlimited

Girls/Boys Recovery Lodge
521 N. Quincy Street
Arlington, VA 22203
(571) 841-0703 Fax: (703) 841-2316 Toll Free: (866) 888-0821
www.vanguardservices.org info@vanguardservices.org
Fees: Most major insurance carriers, CSB, DSS, DJJ and CSA funding accepted
Residential, outpatient and substance abuse prevention programs for teens. 16-bed residential facility for boys ages 14-17 and 12-bed residential facility for girls ages 13-18; both facilities are in Arlington. Outpatient adolescent services available M, W, Th from 4:00pm – 6:00pm.

YOUTH SHELTERS

Alternative House Shelter Emergency Shelter for Teens

2100 Gallows Road

Vienna, VA 22182

24-Hour Crisis Hotline: (800) Say-Teen or (800) 729-8336

www.thealternativehouse.org

Voluntary two-week crisis intervention program for teens ages 13-18 who are facing a personal crisis, homelessness, or abuse; provides shelter, intensive counseling, and family therapy. 24-hour crisis hotline available to any teen, parent or adult in need of assistance; no fee

Residential Youth Services, Inc

14160 Newbrook Drive

Chantilly, VA 20151

(703) 842-2301 Fax: (703) 842-2341

www.rysva.org

Serves youth ages 12-21 (as well as the families of youth) who have been abused, neglected, homeless, are pregnant or teen mothers, have family problems, or were released into foster care by a parent due to delinquency or truancy. Services include therapeutic prevention, early intervention, child placement, group and independent living, onsite and offsite counseling, professional referrals, and restorative services.

Group Home Program: supportive community-based therapeutic programs for foster care youth ages 12-17 who have been removed from their home by Child Protective Services due to abuse, neglect, and/or abandonment.

LIFT ONE: outreach, transitional living, and support services that help homeless youth ages 17-21 leave the streets

LIFT TWO: apartment-based independent living and support services that help foster youth ages 17-21 transition from residential care to independent living.

Independent Living Program: assists foster care youth with independent living skills (finding an apartment, saving money, and obtaining employment), educational goals, vocational/career goals and housing.

Travelers Aid Washington DC

Reagan National Airport/DCA

Washington, DC 20001

Main Concourse Information Desks: (703) 417-1806 Terminal A: (703) 417-3972

Terminal B Baggage Claim: (703) 417-3974 Social Services: (202) 371-1937

<http://www.travelersaid.org/ta/tadc.html>

Hours: M-F 9:00am - 9:00pm; Sa-Su 9:00am - 6:00pm

Assists individuals and families who are in crisis/transition and disconnected from their resources; social services include long distance phone calls and communication services for those with no other resources; assistance with confirmation of family crisis; and assistance with obtaining and utilizing out-of-town personal resources.

OUT-OF-SCHOOL TIME

ENRICHMENT

American Red Cross—Alexandria

123 N. Alfred Street

Alexandria VA 22314

(703) 549-8300

www.alexandriaredcross.org

Hours: M-F 9:00am - 5:00pm

Training and volunteer opportunities for youth develop leadership skills, health and safety awareness, and personal responsibility; online and classroom courses in CPR and First Aid, and training for lifeguards and babysitters.

**Boy Scouts of America
National Capital Area Council**

9190 Rockville Pike
Bethesda, MD 20814-3897
(301) 530-9360 Fax (301) 564-9513

<http://boyscouts-ncac.org>

Hours: M-F 8:30am - 5:00pm

Eligibility: Boys ages 10½ to 18

Troop 113	Trinity United Methodist Church	2911 Cameron Mills Rd	Tuesday @ 7:30pm
Troop 129	Westminster Presbyterian Church	2701 Cameron Mills Rd	Tuesday @ 7:15pm
Troop 131	First Baptist Church	2932 King Street	Monday @ 7:30pm
Troop 135	Maury PTA	600 Russell Road	Monday @ 7:30pm
Troop 301	St. Mary's Catholic Church	310 S. Royal Street	Monday @ 7:00pm bi-weekly
Troop 1515	St. Stephens & St. Agnes School	1000 Saint Stephens St.	Monday @ 7:15pm bi-weekly
Troop 2005	Church of the Resurrection	2280 N. Beaugard St.	Thursday @ 5:30pm

Boy Scouts of America

Troop 1851

Carl Sandburg Middle School

8428 Fort Hunt Road
Alexandria, VA 22308

abtuccillo@cox.net

Eligibility: Boys 12-19

Hours: Tuesday 6:30 - 7:30pm (bi-monthly)

Fees: Annual dues of \$100

Sponsored by the Mount Vernon Kiwanis Club, Troop 1851 is for youth who are challenged physically, intellectually or both. Troop members have a range of disabilities, including autism, downs syndrome, mitochondrial disease and moderate MR. Scouts advance using a scouting program that has been modified to meet each boy's individual needs. Advancement and merit badge work are performed within troop meetings rather than independently at home.

Boy Scouts of America

Troop 2005

Church of the Resurrection
2280 N. Beaugard Street
Alexandria, VA 22311-2200

(703) 549-7295

bsatrop2005.org wbashton2002@yahoo.com

Eligibility: Boys ages 11-17

Hours: Thursday 6:00pm - 7:30pm

Scouting experience for boys who might have difficulty fitting in due to mild learning or social/emotional issues such as ADHD, anxiety, mild learning differences, or mild autism; activities include eight or more campouts/overnight trips, and working towards required merit badges (camping, hiking and environmental science) as well as merit badges in a wide range of areas from astronomy and computers to nature and fishing, based on the personal interests of the scouts.

Boy Scouts of America

Venturing Crew 80

First Christian Church

2723 King Street
Alexandria, VA 22302

(703) 820-2534

www.w3bsa.org venturecrew80@yahoo.com

Eligibility: Coed, ages 14-21

Hours: 1st and 3rd Thursdays 7:30pm

Sponsored by Mount Vernon Amateur Radio Club and First Christian Church for young people interested in emergency service with amateur radio as a communications tool; provides communication and first aid support to the Make-a-Wish Foundation's Bethany Beach Triathlon and the Marine Corps Marathon. Activities include camping, high adventure, disaster preparedness and community service.

**Boy Scouts of America
Venturing Crew 1150**

Cameron United Methodist Church
3130 Franconia Road
Alexandria, VA 22310
(703) 347-3645

www.crew1150.org tony@crew1150.org

Eligibility: Coed, ages 14-21

Hours: Monday 7:00 p.m.

Shooting sports (trap shooting, rifle and pistol competitions, etc); NRA Certified Instructors offer NRA training courses

**Boy Scouts of America
Venturing Crew 1942**

St. George's Episcopal Church
915 N. Oakland Street
Arlington, VA 22203
(703) 525-8286

Eligibility: Coed, 14-20

Youth learn sailing, and water and boating safety. Regular activities range from formal training in boat handling, rules of the road, and safety drills to boat maintenance, electronics and engine repair. The fleet ranges from day sailers and small cruising boats kept on the Potomac River to five cruising sloops from 27 to 39 feet at Solomons Island.

**Boy Scouts of America
Venturing Crew 2037**

Sport Rock Climbing Center
5308 Eisenhower Avenue
Alexandria, VA 22304
(703) 212-7625

<http://sites.google.com/site/crew2037>

Eligibility: Coed, ages 14-21

Hours: 1st & 3rd Monday 7:00pm

Rock climbing and general high adventure crew; rock climbing at every meeting.

Community Lodgings, Inc

Fifer Family Learning Center
607 Notabene Drive, #1
Alexandria, VA 22305
(703) 739-5856 Fax: (703) 739-8412

www.communitylodgings.org

Eligibility: low-income youth ages 8-18

After-school and summer program for low-income Hispanic and African-American youth: individual and group counseling, tutoring, mentoring, leadership and character development, and entrepreneurial skills; mental health counselor conducts workshops on sexuality, drugs, bullying and gangs.

Dunbar Alexandria Olympic Boys & Girls Clubs

401 N. Payne Street
Alexandria, VA 22314
(703) 370-3059

www.aobgc.org

Hours: M-F 2:00pm - 8:00pm

Programs that enable youth 6-18 to resist drugs, alcohol, tobacco and premarital sex and empower youth to make informed choices, SOL Prep and homework support, leadership clubs, sports leagues and a dance class, a youth employment program, and training that fosters financial management skills. Annual club membership of \$10

**Girl Scout Council of the Nation's Capital
Pride of Potomac, Association 60**

2670 Crain Highway, Suite 101
Waldorf, MD 20601
(301) 638-5373

www.gscnc.org info@gscnc.org

The Pride of the Potomac Association serves Alexandria and Arlington. For information about troops in the City of Alexandria (Service Unit 8) contact Paula Kennedy, (301) 638-5373, ext. 4060 pkennedy@gscnc.org

Girl Scout Cadette	Grades 6-8
Girl Scout Senior	Grades 9-10
Girl Scout Ambassador	Grades 11-12

Hispanic Committee of Virginia

Alianza Escolar

5827 Columbia Pike, Suite 200
Falls Church, VA 22041
(703) 671-5666 Fax: (703) 671-2325

Arlington Courthouse Metro

2049 North 15th Street, Suite 100
Arlington, VA 22201
(703) 243-3033 Fax: (703) 243-2297

<http://hcva.org>

Hours: T, W, Th 6:30pm - 8:00pm

Hispanic middle and high school students are assigned adult volunteer mentors who tutor them, review their school-work, and promote verbal, math, communication and critical thinking skills as well as community service.

Liberty's Promise

1010 Pendleton Street
Alexandria, VA 22314
(703) 549-9950 Fax: (703) 549-9953
<http://libertyspromise.org>

After-school civic engagement program, *Civics and Citizenship*, for immigrant youth ages 15-21 who are students at TC Williams High School that prepares them for meaningful community involvement, college attendance, and securing gainful employment.

Northern Virginia Urban League

College Survival 101

1315 Duke Street
Alexandria, VA 22314
(703) 836-2858 Fax: (703) 836-8948
www.nvul.org

Prepares high school juniors and seniors for the academic and social challenges of college life; program comprised of three workshops – Academic, Financial and Social.

NULITES

Northern Virginia Urban League

1315 Duke Street
Alexandria, VA 22314
(703) 836-2858 Fax: (703) 836-8948
www.nvul.org

Hours: 2nd and 4th Saturday 11:00am - 2:00pm

Fees: No charge

Eligibility: ages 11-18

Develops leadership, social and life skills; explores career options and encourages civic engagement.

Project Stepout

Department of Community & Human Services

421 King Street, Suite 400

Alexandria, VA 22314

(703) 746-5030 kim.hurley@alexandriava.gov

After-school program provides adolescent girls with the information and skills needed to take control of their lives in a responsible manner; comprised of skill and confidence building exercises in communication, decision making, goal setting, and career planning; meets weekly in public schools and other community-based locations. No fee

Virginia Cooperative Extension - 4-H

Lee Center

1108 Jefferson Street

Alexandria, VA 22314

(703) 746-5545 Fax: (703) 684-5285

Hours: M-F 8:00am - 5:00pm

Eligibility: Alexandria residents ages 5-19

Develops leadership, citizenship, and life skills through programs in animal science; careers and economic education; citizenship, communications and expressive arts; family sciences, food, nutrition and health; leadership and personal development; natural resources and environmental education, and science, engineering and technology. No fee

MENTORING

Alexandria Mentoring Partnership

(703) 746-4506

alexandriava.gov/mentoring/

Collaboration of mentoring organizations maximizes mentor recruitment, screening, and training to assure quality mentoring programs

Big Brothers & Big Sisters: mentors work with youth 8-15 (see separate listing) (703) 836-3752, ext. 30

Brent Place Tutoring/Mentoring: variety of prevention services are offered at the Essex House Apartments and Tucker Elementary School, including short-term individual, family and group supportive prevention counseling; education and referral services; tutoring and mentoring. (703) 975-1483

Alexandria Achievement Center: after-school and summer academy that cultivates in middle school students the behaviors, habits and attitudes needed to enhance academic performance and increase educational opportunities; scholarships available. kberry@higherachievement.org (202) 544-3633 ext. 133

iMentor: 6th grade boys are matched with male mentors to produce a movie using a digital/video camera and iMovie training (basic photography, story boarding, editing, iTunes, iPhoto, etc); movies debuted at community film festival. Email contact preferred: Linda.odell@alexandriava.gov (703) 746-4144

Gang Prevention & Intervention IPE Mentoring Program: Youth ages 6-21 are matched with mentors for career exploration, tutoring, and sports, cultural events, and entertainment. arogers@nvfs.org (703) 219-2193

SOHO – Space of Her Own: 5th and 6th grade girls are matched with adult females. Contact by email preferred: Linda.odell@alexandriava.gov (703) 746-4144

Project Protégé: adult mentors work with 8-18 year-olds interested in having a mentor as well as being a mentor. After training each mentor spends ten hours per month with a younger participant (known as a protégé), providing positive alternatives to destructive behavior (703) 549-4407

The Untouchables: matches young men in grades 2-12 with mentors (see separate listing). (703) 746-5460

Wright to Read: non-profit program that promotes literacy and tutors students in grades 1-5 in Alexandria City Public Schools who are reading below grade level and qualify for free lunch; students may remain in the program with their tutor/mentor beyond 5th grade. (703)549-0111 ext 101

Big Brothers Big Sisters of the National Capital Area

10210 Greenbelt Road

Lanham, MD 20706

(703) 836-3752 ext. 30 Fax: (301) 794-9181

Volunteer hotline: (888) NEED BIG (633-3244)

Eligibility: Ages 8-15; targeted to single-parent households

Volunteer mentors spend four hours per week one-on-one with their mentee playing sports, seeing a movie, cooking, going over schoolwork, visiting a museum, taking a walk, volunteering in their community, or just hanging out.

Hispanic Committee of Virginia
Alianza Escolar (Scholastic Alliance)
5827 Columbia Pike Suite 200
Falls Church, VA 22041
(703) 671-5666 Fax: (703) 671-2325

Arlington Courthouse Metro Office
2049 North 15th Street, Suite 100
Arlington, VA 22201
(703) 243-3033 Fax: (703) 243-2297
<http://hcva.org>

Hours: T, W, Th 6:30pm - 8:00pm

Tutoring and mentoring program for at-risk Hispanic teenagers in middle school and high school

NULITES (National Urban League Incentive to Excel and Succeed)

Northern Virginia Urban League
1315 Duke Street
Alexandria, VA 22314

(703) 836-2858 Fax: (703) 836-8948

Hours: 2nd and 4th Saturdays 10:00am - Noon

After-school program for ages 11-18 that develops leadership, social, and life skills; facilitates the exploration of career options, fosters mentoring and encourages civic engagement

Untouchables

Charles Houston Center
901 Wythe Street
Alexandria, VA 22314

(703) 746-5460

Hours: Th 4:30pm - 5:30pm

Eligibility: Grades 2-12

Youth-run club develops pride and self-esteem in young men of color. Adult male volunteers and prevention therapists provide supportive counseling, tutoring, training in peer pressure refusal skills, and assistance with anger management.

RECREATION

Alexandria Recreation, Parks & Cultural Activities

Just-4-Teens!

Lee Center

1108 Jefferson Street

Alexandria, VA 22314

(703) 746-5410 (703) 746-5575

<http://alexandriava.gov/Recreation>

Eligibility: City residents 13 years of age or older

Teen Time: neighborhood recreation centers offer programming for teens Monday-Friday, 6:00pm - 9:00pm and Sat 2:00pm - 6:00pm. Activities include a Homework Center, Red Cross clubs, 4-H program, chess club, cheerleading, cooking classes, mentoring programs, computer access, arts & crafts, video games, movies nights, weight training, aerobics, sports, games, talent shows, poetry slams, tournaments, field trips, book club, dance classes, rap sessions, nature projects, educational and cultural enrichment, volunteer opportunities and special events.

Late Night Recreation Program: extended teen programs and activities available at Cora Kelly (Friday & Saturday from 6:00pm - 11:00pm); William Ramsay (Friday & Saturday from 6:00pm - 11:00pm); and Charles Houston (Monday through Saturday 6:00pm - 11:00 p.m.).

Weightlifting and Conditioning: training in techniques of weightlifting and conditioning on Tuesday and Thursday at Nannie J. Lee (6:00pm - 7:00pm), Cora Kelly (7:00pm - 8:30pm), and Charles Houston (call for hours).

Saturday Night Hype: hosts middle school parties first Saturday of every month and two high school parties each year.

Citywide Cheerleading Exhibition/Competition: 5-16 year-olds display skills and stunts learned at recreation centers.

Power Up Program: after-school program at George Washington Middle School and Francis C. Hammond Middle School offers programming for 6th, 7th and 8th grade students from 3:15pm - 6:00pm on school days; Homework Center,

Red Cross clubs, sports, games, tournaments, field trips, educational and cultural enrichment opportunities, volunteer opportunities, and special events. Activity fee: \$50 per school year; financial assistance available for eligible families. **Citywide Teen Newsletter:** quarterly publication produced by teens for teens; teen program at each center develops one quarterly newsletter from articles, reviews, information and shout-outs submitted by teens and staff.

Chat & Chew Club: teens discuss various topics from movies, music, books, and politics to teen pregnancy, family and relationships. Very few topics are prohibited so parental consent required.

Volunteer Opportunities: volunteer opportunities and community service projects for teens in grades 8-12.

Recreation Teen Advisory Council: assists the development of programs, activities and events to be offered to teens

Alexandria Recreation, Parks & Cultural Activities

Alexandria City Community Theater (ACCT)

Nannie J. Lee Memorial Recreation Center

1108 Jefferson Street

Alexandria, VA 22314

(703) 746-5533

Eligibility: Alexandria residents ages 13-18

Exposure to theater arts through performance opportunities and participation in arts programming in centers – Magical Musical Theater, Beginning Puppet Theater, and Multilingual Children’s Theater Workshop.

Alexandria Recreation, Parks & Cultural Activities

Youth Sports

1108 Jefferson Street

Alexandria, VA 22314

(703) 746-5402 Fax (703) 746-5585 Youth Sports Hotline: (703) 746-5597

<http://alexandriava.gov/Recreation> Mac.Slover@alexandriava.gov

Fees: Costs vary; fee assistance available

Hours (Office): M-F 8:00am - 5:00pm

Boys & Girls Lacrosse (Spring)

Grades 3-8

Register: January 2 - 30

Track & Field (Spring)

Ages 7-14

Register: March 15 - May 1

Boys & Girls Swim Program (Summer)

Ages 6-18

Register: March 15 - May 15

Titan Track Club (Spring/Summer)

Ages 7-14

Register: March 15 - June 15

Rugby Program (Summer)

Ages 5-15

Register: March 15 - June 15

Tackle Football Program (Fall)

Ages 7-16

Register: March 15 - August 1

Soccer League (Spring/Fall)

Ages 5-19

Register: (703) 684-KICK

NJTL Tennis Program (Summer)

Ages 8-18

Register: May 1 - June 15

Basketball Fundamentals (Summer)

Ages 5-12

Register: May 1 - June 30

Basketball League (Summer)

Ages 12-17

Register: May 15 - June 10

Little League Fall Baseball

Ages 9-14

Register: August 1 - 30

Boys & Girls Volleyball (Fall)

Ages 10-14

Register: August 1 - September 7

Cheerleading Program

Ages 5-16

Register: August 1 - September 15

Basketball Fundamentals (Fall)

Ages 5-12

Register: September 15 - Oct. 23

Basketball League (Winter)

Ages 7-17

Register: September 15 - Nov. 15

Softball League (Spring)

Ages 5-15

Register: December 15 - March 15

Little League Baseball (Spring/Sum)

Ages 9-15

Register: December 15 - February 7

Alexandria Boxing Club

Age 12-Adult

Register: (703) 746-5552

Alexandria Soccer Association

1108 Jefferson Street, 1st Floor

Alexandria, VA 22314

(703) 684-KICK (5425) Fax: (703) 739-9668

Mailing Address: P.O. Box 25996 Alexandria, VA 22313

www.alexandria-soccer.com asasocl@alexandria-soccer.com

Hours: Tu, W, Th 9:15am - 12:15pm

Fees: \$105 per year for ages 6-12; \$125 per year for ages 13-19; financial aid available

Each player has the opportunity to play at least one half of every game. The Suburban Friendship League is part of the Recreation program and serves older players. The Travel Program enters teams in the National Capital Soccer League

(NCSL) for boys, the Washington Area Girls' Soccer League for girls, and the Old Dominion League for both boys and girls. ASA will facilitate the placement of children with special needs whenever possible.

YOUTH EMPLOYMENT

Alexandria Department of Community & Human Services/JobLink TeensWork!

1900 N. Beauregard Street, Suite 300
Alexandria, VA 22311
(703) 746-5940 Fax (703) 746-5984
Hours: M-F 8:00am - 5:00pm
Fees: None

Eligibility: must be a resident of the City of Alexandria and a U.S. citizen (or have the right to work in the U.S. if born in a foreign country); must have a current picture ID, signed Social Security card, birth certificate, and proof of residency and income. Youth with valid documentation of an Individual Education Plan (I.E.P), a disability, or who qualify for free lunch are automatically eligible.

TeensWork!: job readiness workshops and job search assistance for summer and year-round jobs in retail, administration, clerical, care giving, service and labor occupations; summer employment in public and non-profit organizations for 14 and 15-year olds who meet eligibility requirements.

Public Program: six-week summer work experience with government and non-profit agencies; must be 14 or 15 years old and meet income requirements. 16-21 years old may qualify if they have never worked before or have a disability.

Private Program: employment with private companies for 16-21 years olds with household income less than \$45,000.

Workforce Investment Act (WIA) Youth Program: 14-21 years old who meet income guidelines as well as one of the following criteria: dropout, pregnant or parenting, offender, homeless, runaway, foster child, deficient in basic literacy skills, or an individual who requires additional assistance in school or employment (including having a disability).

American Red Cross–Alexandria

123 N. Alfred Street
Alexandria, VA 22314
(703) 549-8300
www.alexandriaredcross.org infoalexandria@usa.redcross.org
Hours: M-F 9:00am - 5:00pm
CPR, first aid, and lifeguard training as well as instructor training

Hispanic Committee of Virginia

Employment Services

5827 Columbia Pike Suite 200
Falls Church, VA 22041
(703) 671-5666 Fax: (703) 671-2325

Arlington Office

2049 N. 15th Street Suite 100
Arlington, VA 22201
(703) 243-3033 Fax: (703) 243-2297
<http://hcva.org>

Hours: M-F 8:00am - 4:30pm

Reduces barriers to work and increases the long-term employability of Hispanic immigrants ages 17 and older. Services include job search assistance, skills assessment, career training, resume preparation, and interview coaching. No fee

Liberty's Promise

Opportunities Plus

1010 Pendleton Street
Alexandria, VA 22314
(703) 549-9950 Fax: (703) 549-9953
<http://libertyspromise.org>

Organizes professional internships for low-income documented youth ages 15-21 in government, the media, for-profit and nonprofit businesses.

Virginia Employment Commission

5520 Cherokee Avenue

Alexandria, VA 22312

(703) 813-1300 Fax: (703) 813-1380

www.vec.virginia.gov

Hours: M-F 8:30am – 4:30pm

Fees: No charge.

Provides information on summer and part-time jobs for high school and college students (14 years and older) in both the public and private sectors. Also offers career preparation guidance, computerized assessments, and school presentations and job fairs.

VOLUNTEERING**American Red Cross–Alexandria****Y.E.S. Team**

123 N. Alfred Street

Alexandria, VA 22314

(703) 299-2519

www.alexandriareddcross.org yesteam@usa.redcross.org

Hours: M-F 9:00am - 5:00pm

Fees: No charge

The Youth Engaged in Service (YES) Team is a group of high school students who work with the Alexandria Chapter to complete a variety of service projects and participate in leadership development activities that benefit the local and global community. Team members can take courses in Disaster Relief and go to disaster sites with adult volunteers.

Volunteer Alexandria

123 N. Alfred Street

Alexandria, VA 22314

(703) 836-2176 Fax: (703) 683-1793

www.volunteerallexandria.org mail@volunteerallexandria.org

Hours: M-F 9:00am - 5:00pm

Fees: No charge

Serves as a link between individual volunteers and nonprofit organizations and events; youth program promotes civic responsibility and community service among young people through volunteerism and provides resources such as the Youth Volunteer Guide (a directory of youth volunteer opportunities); the Youth Volunteer Internship (which allows youth to work directly with Volunteer Alexandria); and the Youth Volunteer Fair (annual event that enables youth to directly interact with nonprofit, city agencies and faith groups to find volunteer opportunities).