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.
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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  
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 - 2:45 pm
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  
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

Immunization Clinic:
4480 King Street
Alexandria, VA 22302
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.
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 - 4:00 pm

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.


CHIL D 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. Beauregard 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 care 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.PLTI-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.ccda.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

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

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.

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://servicestore.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  
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.

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.

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.

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.

**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) 219-2114
(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) 820-7622
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.carpentershelter.org  information@carpentershelter.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.
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

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.

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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://alexandravi.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
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

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.lsv.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)
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
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 chil
dren 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 ill-
ness, 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 Chinquapin 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 Chinquapin 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 Chinquapin 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@lemc.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
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.dmhmrsas.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  
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/mhmrsa  
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.
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.preventitalexandria.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

<table>
<thead>
<tr>
<th>Group</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Men’s Home Breakfast</td>
<td>Sunday</td>
<td>11:00am</td>
<td>Men’s Home of Alex.</td>
<td>402 E. Hume Avenue Alexandria</td>
</tr>
<tr>
<td>Bottoms Up Group</td>
<td>Sunday</td>
<td>3:00pm</td>
<td>Charles Houston</td>
<td>901 Wythe Street Alexandria</td>
</tr>
<tr>
<td>A New Beginning</td>
<td>Sunday</td>
<td>5:30pm</td>
<td>First Christian Church</td>
<td>2723 King Street Alexandria</td>
</tr>
<tr>
<td>Old Dominion Group</td>
<td>Sunday</td>
<td>5:30pm</td>
<td>United Methodist Church</td>
<td>115 S. Washington St. Alexandria</td>
</tr>
<tr>
<td>Eleventh Step Group</td>
<td>Sunday</td>
<td>7:00pm</td>
<td>Old Presbyterian Meeting House</td>
<td>316 S. Royal Street Alexandria</td>
</tr>
<tr>
<td>Speakeasy Group</td>
<td>Sunday</td>
<td>8:30pm</td>
<td>Old Presbyterian Meeting House</td>
<td>316 S. Royal Street Alexandria</td>
</tr>
</tbody>
</table>

#### MONDAY

<table>
<thead>
<tr>
<th>Group</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Birds Group</td>
<td>Monday-Friday</td>
<td>7:00am</td>
<td>Del Ray Methodist Church</td>
<td>100 E. Windsor Ave. Alexandria</td>
</tr>
<tr>
<td>High Noon Group</td>
<td>Monday-Thursday</td>
<td>12:30pm</td>
<td>Christ Church</td>
<td>118 N. Washington St. Alexandria</td>
</tr>
<tr>
<td>High Noon Tenth Step</td>
<td>Monday</td>
<td>12:30pm</td>
<td>Christ Church</td>
<td>118 N. Washington St. Alexandria</td>
</tr>
<tr>
<td>Commuters Group</td>
<td>Monday &amp; Friday</td>
<td>5:30pm</td>
<td>Salvation Army</td>
<td>1804 Mount Vernon Ave. Alexandria</td>
</tr>
<tr>
<td>Lawyers Group</td>
<td>Monday</td>
<td>6:00pm</td>
<td>Fairlington Presbyterian Church</td>
<td>3846 King Street Alexandria</td>
</tr>
<tr>
<td>Downtown Discussion</td>
<td>Monday</td>
<td>7:00pm</td>
<td>Downtown Baptist Church</td>
<td>212 S. Washington St. Alexandria</td>
</tr>
<tr>
<td>Woman’s Way</td>
<td>Monday</td>
<td>7:00pm</td>
<td>Emmanuel Episcopal Church</td>
<td>1608 Russell Road Alexandria</td>
</tr>
<tr>
<td>Monday Night Step Group</td>
<td>Monday</td>
<td>7:00pm</td>
<td>Alexandria Free Methodist</td>
<td>4901 Polk Avenue Alexandria</td>
</tr>
<tr>
<td>Living Sober</td>
<td>Monday</td>
<td>7:30pm</td>
<td>Christ Church</td>
<td>118 N. Washington St. Alexandria</td>
</tr>
<tr>
<td>Robinson House Group</td>
<td>Monday</td>
<td>7:30pm</td>
<td>The Robinson House</td>
<td>200 Laverne Avenue Alexandria</td>
</tr>
<tr>
<td>Del Ray Hill Group</td>
<td>Monday</td>
<td>7:45pm</td>
<td>Del Ray Baptist Church</td>
<td>2405 Russell Road Alexandria</td>
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</tbody>
</table>

#### TUESDAY

<table>
<thead>
<tr>
<th>Group</th>
<th>Day</th>
<th>Time</th>
<th>Location</th>
<th>Details</th>
</tr>
</thead>
<tbody>
<tr>
<td>Early Birds Group</td>
<td>Monday-Friday</td>
<td>7:00am</td>
<td>Del Ray Methodist Church</td>
<td>100 E. Windsor Ave. Alexandria</td>
</tr>
<tr>
<td>High Noon Group</td>
<td>Monday-Thursday</td>
<td>12:30pm</td>
<td>Christ Church</td>
<td>118 N. Washington St. Alexandria</td>
</tr>
<tr>
<td>Safe Harbor</td>
<td>Tuesday</td>
<td>5:30pm</td>
<td>Fairlington United Methodist Church</td>
<td>3900 King Street Alexandria</td>
</tr>
<tr>
<td>Fairlington Men’s</td>
<td>Tuesday</td>
<td>6:00pm</td>
<td>Fairlington Presbyterian</td>
<td>3846 King Street Alexandria</td>
</tr>
<tr>
<td>High Hopes</td>
<td>Tuesday</td>
<td>7:00pm</td>
<td>First Christian Church</td>
<td>2723 King Street Alexandria</td>
</tr>
<tr>
<td>Eleventh Step</td>
<td>Tuesday</td>
<td>7:00pm</td>
<td>First Christian Church</td>
<td>2723 King Street Alexandria</td>
</tr>
<tr>
<td>One Step at a Time</td>
<td>Tuesday</td>
<td>7:15pm</td>
<td>St. Mary’s Lyceum</td>
<td>313 Duke Street Alexandria</td>
</tr>
<tr>
<td><strong>ALCOHOLIC ANONYMOUS</strong></td>
<td><strong>WEDNESDAY</strong></td>
<td><strong>THURSDAY</strong></td>
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</tr>
<tr>
<td><strong>Twelve and Twelve</strong></td>
<td><strong>Early Birds Group</strong></td>
<td><strong>Monday-Friday 7:00am</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Men’s Home Beginners</strong></td>
<td><strong>High Noon Group</strong></td>
<td><strong>Monday-Thursday 12:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>The Outpatients Group</strong></td>
<td><strong>Lunch Bunch</strong></td>
<td><strong>Wednesday 12:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>Hope is Here Group</strong></td>
<td><strong>High Noon Beginners</strong></td>
<td><strong>Wednesday 12:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>King Street Group</strong></td>
<td><strong>King Street Round Table</strong></td>
<td><strong>Wednesday 6:00pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td><strong>The Outpatients Group</strong></td>
<td><strong>Windsor Group</strong></td>
<td><strong>Wednesday 7:00pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Dead on Arrival</strong></td>
<td><strong>Wednesday 7:00pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Old Town Big Book Group</strong></td>
<td><strong>Wednesday 7:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Free At Last Group</strong></td>
<td><strong>Wednesday 8:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Bradlee Group</strong></td>
<td><strong>Wednesday 8:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Seminary Road Up the Tubes Group</strong></td>
<td><strong>Wednesday 8:30pm</strong></td>
<td></td>
<td></td>
</tr>
<tr>
<td></td>
<td><strong>Alexandria Group</strong></td>
<td><strong>Wednesday &amp; Friday 8:30pm</strong></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**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**  
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-accessible  
2280 N. Beauregard Alexandria

**Alexandria Group**  
Wednesday & Friday 8:30pm  
Grace Episcopal Church  
Open, Handicapped-accessible  
3601 Russell Road Alexandria

**THURSDAY**  
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
- 316 S. Royal Street Alexandria

**FRIDAY**

**Early Birds Group**
- **Monday-Friday 7:00am**
- Del Ray Methodist Church
- 100 E. Windsor Ave. Alexandria

**Lunch Bunch**
- **Friday 12:30pm**
- Robinson House
- 200 Laverne Avenue Alexandria

**High Noon Searchers Group**
- **Friday 1:00pm**
- St. Mary’s Church
- 313 Duke Street Alexandria

**High Noon Beginners Group**
- **Friday 1:00pm**
- St. Mary’s Church
- 313 Duke Street Alexandria

**Commuters Group**
- **Monday & Friday 5:30pm**
- Salvation Army
- 1804 Mount Vernon Ave. Alexandria

**Star Steppers Group**
- **Friday 6:00pm**
- First Christian Church
- 2723 King Street Alexandria

**Friday Night Live Group**
- **Friday 7:00pm**
- Alexandria Church of Christ
- 111 W. Braddock Road Alexandria

**Came to Believe Group**
- **Friday 7:30pm**
- First Baptist Church
- 2932 King Street Alexandria

**Friday Night Beginners**
- **Friday 7:30pm**
- Old Presbyterian Meeting House
- 316 S. Royal Street Alexandria

**Old Town Speakers Group**
- **Friday 8:00pm**
- St. Mary’s Lyceum
- 313 Duke Street Alexandria

**Alexandria Group**
- **Wed & Fri 8:30pm**
- Grace Episcopal Church
- 3601 Russell Road Alexandria

**Immanuel Friday Night Group**
- **Friday 8:30pm**
- Immanuel Church-on-the-Hill
- 3606 Seminary Road Alexandria

**SATURDAY**

**Bar None**
- **Saturday 8:30am**
- Old Presbyterian Meeting House
- 316 S. Royal Street Alexandria

**Slow Learners Group**
- **Saturday 8:30am**
- Salvation Army
- 1804 Mount Vernon Alexandria

**Women’s Primary Purpose Group**
- **Saturday 9:00am**
- Westminster Presbyterian
- 2701 Cameron Mills Rd Alexandria

**Tools for Sobriety Group**
- **Saturday 10:30am**
- St. Clements
- 1701 N. Quaker Lane Alexandria

**Flounder Women’s Group**
- **Saturday 12:00pm**
- Old Presbyterian Meeting House
- 316 S. Royal Street Alexandria

**Heart To Heart Group**
- **Saturday 12:00pm**
- St. Andrews United Methodist
- 845 N. Howard Street Alexandria

**Temple View Men’s Group**
- **Saturday, 1:30pm**
- Commonwealth Baptist
- 700 Commonwealth Ave. Alexandria

**Saturday Night Couples Group**
- **Saturday 6:45pm**
- Fairlington United Methodist
- 3900 King Street Alexandria

**Progress Not Perfection Group**
- **Saturday 7:00pm**
- Downtown Baptist Church
- 212 S. Washington St. Alexandria

**Potomac Group**
- **Saturday 8:30pm**
- Commonwealth Baptist
- 700 Commonwealth Ave. Alexandria

**Saturday Incurables Group**
- **Saturday 8:30pm**
- Old Presbyterian Meeting House
- 316 S. Royal Street Alexandria

**Saturday Night Live**
- **Saturday 8:30pm**
- First Baptist Church
- 2932 King Street Alexandria
### AL-ANON

#### SUNDAY

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Awesome Alateen</td>
<td>Sunday 6:00pm</td>
<td>St. Mary’s Lyceum 313 Duke Street Alexandria</td>
</tr>
<tr>
<td>Parents Family Group</td>
<td>Sunday 6:00pm</td>
<td>St. Mary’s Lyceum 313 Duke Street Alexandria</td>
</tr>
<tr>
<td>Sunday Evening Old Town</td>
<td>Sunday 7:15pm</td>
<td>St. Mary’s Lyceum 313 Duke Street Alexandria</td>
</tr>
<tr>
<td>South Arlington Family Group</td>
<td>Sunday 7:30pm</td>
<td>Trinity Episcopal 2217 Columbia Pike Arlington</td>
</tr>
</tbody>
</table>

#### MONDAY

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Half Measures Availed Us Nothing</td>
<td>Monday 7:00pm</td>
<td>Unity Club – Room 3 116 B West Broad Street Falls Church</td>
</tr>
<tr>
<td>Chain Bridge Family Group</td>
<td>Monday 8:30pm</td>
<td>St. Peter’s Episcopal 4250 N. Glebe Road Arlington</td>
</tr>
</tbody>
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#### TUESDAY

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Tuesday Morn Serenity</td>
<td>Tuesday 7:15am</td>
<td>Unity Club – Room 2 116B West Broad St. Falls Church</td>
</tr>
<tr>
<td>Old Town Daytime Family Group</td>
<td>Tuesday 12:00 Noon</td>
<td>Christ Episcopal Church 118 N. Washington St. Alexandria</td>
</tr>
<tr>
<td>Del Ray Women’s Group</td>
<td>Tuesday 7:00pm</td>
<td>Church of the Nazarene 20 East Braddock Road Alexandria</td>
</tr>
<tr>
<td>Fe Y Paciencia</td>
<td>Tuesday 7:00pm</td>
<td>San Jose Episcopal 911 N. Oakland Street Arlington</td>
</tr>
<tr>
<td>Together We Can Make It Alateen</td>
<td>Tuesday 7:00pm</td>
<td>Unity Club – Room 3 116 B West Broad Street Falls Church</td>
</tr>
<tr>
<td>N 2 Relationships</td>
<td>Tuesday 7:30pm</td>
<td>St. James United Methodist 5000 Echols Avenue Alexandria</td>
</tr>
<tr>
<td>Crossroads Family Group</td>
<td>Tuesday 8:30pm</td>
<td>St. Anthony’s Catholic Church 3305 Glen Carlyn Road Falls Church</td>
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#### WEDNESDAY

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Alexandria Men’s AFG</td>
<td>Wednesday 6:00pm</td>
<td>Fairlington Presbyterian Church 3846 King Street Alexandria</td>
</tr>
<tr>
<td>Survival to Recovery Family Group</td>
<td>Wednesday 7:00am</td>
<td>First Baptist Church 2932 King Street Alexandria</td>
</tr>
<tr>
<td>Fortaleza Y Esperanza</td>
<td>Wednesday 8:00pm</td>
<td>St. Anthony’s Catholic Church 3305 Glen Carlyn Road Falls Church</td>
</tr>
<tr>
<td>Serenity One Family Group</td>
<td>Wednesday 8:00pm</td>
<td>Chesterbrook Taiwanese Presby. 2036 Westmoreland St. Falls Church</td>
</tr>
<tr>
<td>Arlandria Family Group</td>
<td>Wednesday 8:30pm</td>
<td>Grace Episcopal 3601 Russell Road Alexandria</td>
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#### THURSDAY

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Great Expectations</td>
<td>Thursday 10:00am</td>
<td>Holy Trinity Lutheran 3022 Woodlawn Ave. Falls Church</td>
</tr>
<tr>
<td>Old Town Daytime</td>
<td>Thursday 12:00 Noon</td>
<td>Christ Episcopal Church 118 N. Washington St. Alexandria</td>
</tr>
<tr>
<td>Thursday Niter</td>
<td>Thursday 7:15pm</td>
<td>Trinity Episcopal 2217 Columbia Pike Arlington</td>
</tr>
<tr>
<td>Live and Let Live</td>
<td>Thursday 7:30pm</td>
<td>Resurrection Lutheran 6201 Washington Boulevard Arlington</td>
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#### FRIDAY

<table>
<thead>
<tr>
<th>Group</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>First Things First</td>
<td>Friday 7:15am</td>
<td>Unity Club - Room 2 116B West Broad Ave. Falls Church</td>
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**AL-ANON**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
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</thead>
<tbody>
<tr>
<td>Friday AM Discussion Family Group</td>
<td>Friday 10:30am</td>
<td>Prince of Peace Lutheran Church</td>
</tr>
<tr>
<td>Healthy Relationships</td>
<td>Friday 7:00am</td>
<td>Unity Club</td>
</tr>
<tr>
<td>Valor Para Cambiar</td>
<td>Friday 8:00pm</td>
<td>St. Anthony’s Catholic Church</td>
</tr>
<tr>
<td>Ballston Family Group</td>
<td>Friday 8:30pm</td>
<td>St. Michael’s Episcopal</td>
</tr>
<tr>
<td>Falls Church City Family Group</td>
<td>Friday 8:30pm</td>
<td>Annex Building</td>
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**SATURDAY**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Grace’s 4th Step</td>
<td>Saturday 9:00am</td>
<td>Our Lady of Lourdes</td>
</tr>
<tr>
<td>Let It Begin W/Me 1</td>
<td>Saturday 10:00am</td>
<td>Our Lady of Lourdes</td>
</tr>
<tr>
<td>Let It Begin W/Me 2</td>
<td>Saturday 10:00am</td>
<td>Our Lady of Lourdes</td>
</tr>
<tr>
<td>As We Understood Family Group</td>
<td>Saturday 10:00am</td>
<td>Arlington United Methodist</td>
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**NARCOTICS ANONYMOUS**

**SUNDAY**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>NA in Del Ray</td>
<td>Sunday 9:00am</td>
<td>Open; Wheelchair access</td>
</tr>
<tr>
<td>NA Farsi</td>
<td>Sunday 10:30am</td>
<td>Open, Discussion; in Farsi</td>
</tr>
<tr>
<td>Just for Today</td>
<td>Sunday Noon</td>
<td>Unity Club</td>
</tr>
<tr>
<td>Sunday Sanity</td>
<td>Sunday 7:00pm</td>
<td>Open; Step; Wheelchair Access</td>
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**MONDAY**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women’s Choice</td>
<td>Monday 6:30pm</td>
<td>Fairlington Presbyterian</td>
</tr>
<tr>
<td>Just for Today Meditation</td>
<td>Monday 7:00pm</td>
<td>Charles Houston Rec. Alexandria</td>
</tr>
<tr>
<td>In the Heart of</td>
<td>Monday 7:00pm</td>
<td>Unity Club, Room 4</td>
</tr>
<tr>
<td>Men’s Step</td>
<td>Monday 7:00pm</td>
<td>Unity Club</td>
</tr>
<tr>
<td>Step and Tradition Blues</td>
<td>Monday 7:00pm</td>
<td>St. Albans Episcopal</td>
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**TUESDAY**

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
</tr>
</thead>
<tbody>
<tr>
<td>Recovery at Walter Reed</td>
<td>Tuesday 6:30pm</td>
<td>Walter Reed Recreation Center</td>
</tr>
<tr>
<td>NA in LA</td>
<td>Tuesday 7:00pm</td>
<td>Lee Center</td>
</tr>
<tr>
<td>Choose Life</td>
<td>Tuesday 7:00pm</td>
<td>Unity Club</td>
</tr>
<tr>
<td>Steps in the Valley</td>
<td>Tuesday 7:30pm</td>
<td>Drew Community Center</td>
</tr>
<tr>
<td>Comfort Zone</td>
<td>Tuesday 8:30pm</td>
<td>Virginia Hospital Ctr. (Cafeteria)</td>
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### NARCOTICS ANONYMOUS

#### WEDNESDAY

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Stepping Out of the Hole</td>
<td>Wednesday 7:00pm</td>
<td>Cora Kelly Recreation Center</td>
<td>Open; Wheelchair Access</td>
</tr>
<tr>
<td>Plan B</td>
<td>Wednesday 7:00pm</td>
<td>Unity Club</td>
<td>Open; Discussion</td>
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#### THURSDAY

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Women’s Step &amp; Tradition</td>
<td>Thursday 6:00pm</td>
<td>Lee Center</td>
<td>Women</td>
</tr>
<tr>
<td>Glad to Be Back</td>
<td>Thursday 7:00pm</td>
<td>Third Baptist</td>
<td>1108 S. Jefferson Street Alexandria</td>
</tr>
<tr>
<td>We Do Recover</td>
<td>Thursday 7:30pm</td>
<td>Alex Substance Abuse Ctr.</td>
<td>2355 Mill Road Alexandria</td>
</tr>
<tr>
<td>Old Time Recovery</td>
<td>Thursday 7:30pm</td>
<td>Langston-Brown Center</td>
<td>Closed (addicts only); Discussion</td>
</tr>
</tbody>
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#### FRIDAY

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
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</thead>
<tbody>
<tr>
<td>Recovery on the South Side</td>
<td>Friday 7:00pm</td>
<td>Lee Center</td>
<td>1108 S. Jefferson Street Alexandria</td>
</tr>
<tr>
<td>Women Need Women</td>
<td>Friday 7:00pm</td>
<td>Cora Kelly Recreation</td>
<td>25 Reed Avenue Alexandria</td>
</tr>
<tr>
<td>NA for Life</td>
<td>Friday 7:00pm</td>
<td>Walter Reed Recreation Ctr.</td>
<td>2909 S. 16th Street Arlington</td>
</tr>
<tr>
<td>Church Basement Recovery</td>
<td>Friday 7:15pm</td>
<td>Arlington Baptist</td>
<td>Open; Discussion; Wheelchair Access</td>
</tr>
<tr>
<td>Simplicity is the Key</td>
<td>Friday 8:30pm</td>
<td>Unity Club</td>
<td>Closed; Newcomer/Beginner</td>
</tr>
</tbody>
</table>

#### SATURDAY

<table>
<thead>
<tr>
<th>Event</th>
<th>Time</th>
<th>Location</th>
<th>Notes</th>
</tr>
</thead>
<tbody>
<tr>
<td>Sisters in Recovery</td>
<td>Saturday 11:00am</td>
<td>Fairlington Presbyterian</td>
<td>Women</td>
</tr>
<tr>
<td>Keep on Stepping Men’s Rap</td>
<td>Saturday 3:00pm</td>
<td>Charles Houston Recreation Ctr.</td>
<td>Men; Step</td>
</tr>
<tr>
<td>Steps to Serenity</td>
<td>Saturday 4:00pm</td>
<td>Macedonia Family Life Ctr.</td>
<td>Open; Step</td>
</tr>
<tr>
<td>NA Pavilion</td>
<td>Saturday 7:00pm</td>
<td>Greenbrier Baptist</td>
<td>3410 S. 22nd Street Arlington</td>
</tr>
<tr>
<td>Late But Straight</td>
<td>Saturday 10:30pm</td>
<td>Arlington Presbyterian</td>
<td>Closed; Discussion; Wheelchair</td>
</tr>
</tbody>
</table>

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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 Jujustsu 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 Chinquapin 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; gymnasiu; 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

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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 months 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

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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.ccda.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.

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Volunteer Alexandria  
123 N. Alfred Street  
Alexandria, VA 22314  
(703) 836-2176  Fax: (703) 683-1793  
www.volunteeralexandria.org  mail@volunteeralexandria.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 breastfeeding 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, physi-
cals, 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.naeye.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
Ever 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
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 - 11:00am

**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
CHAPTER III   YOUNG CHILDREN

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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.alanonna.org; 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  2nd 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  3rd 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)  3rd 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  Yvettebanley40@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.

I Mentor
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 emailbag@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 - Luckett 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
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://alexandriav.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.immanuelexandria.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
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
- **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
- **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

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   CS1!@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 licensure. 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
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 Bremo 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.adoptiontogether.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
(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 breastfeeding 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 avail-
able 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 ser-
VICES 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
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
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.
Rap It Up Program: youth workshops on HIV/AIDS, STDs, drugs, alcohol
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
Minority AIDS Project/SISTA (Sisters Informing Sisters on Topics about AIDS): African-American females age 14-30 attend five weekly group sessions.
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.
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.
Transportation: rides to medical and social services for low-income residents living with HIV/AIDS

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   (703) 527-4077
National Suicide Prevention Lifeline 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
Inform, 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
psychediatric 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.alanona.org; 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 for 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.preventitalexandria.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. Beauregard 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. Beauregard Street
Alexandria, VA 22311-2200
(703) 549-7295
bsatroop2005.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 schoolwork, 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.
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

<table>
<thead>
<tr>
<th>Activity</th>
<th>Grades</th>
<th>Register Dates</th>
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</thead>
<tbody>
<tr>
<td>Boys &amp; Girls Lacrosse (Spring)</td>
<td>3-8</td>
<td>Register: January 2 - 30</td>
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<tr>
<td>Track &amp; Field (Spring)</td>
<td>7-14</td>
<td>Register: March 15 - May 1</td>
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<tr>
<td>Boys &amp; Girls Swim Program (Summer)</td>
<td>6-18</td>
<td>Register: March 15 - May 15</td>
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<tr>
<td>Titan Track Club (Spring/Summer)</td>
<td>7-14</td>
<td>Register: March 15 - June 15</td>
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<tr>
<td>Rugby Program (Summer)</td>
<td>5-15</td>
<td>Register: March 15 - June 15</td>
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<tr>
<td>Tackle Football Program (Fall)</td>
<td>7-16</td>
<td>Register: March 15 - August 1</td>
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<tr>
<td>Soccer League (Spring/Fall)</td>
<td>5-19</td>
<td>Register: (703) 684-KICK</td>
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<tr>
<td>NJTL Tennis Program (Summer)</td>
<td>8-18</td>
<td>Register: May 1 - June 15</td>
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<tr>
<td>Basketball Fundamentals (Summer)</td>
<td>5-12</td>
<td>Register: May 1 - June 30</td>
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<tr>
<td>Basketball League (Summer)</td>
<td>12-17</td>
<td>Register: May 15 - June 10</td>
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<tr>
<td>Little League Fall Baseball</td>
<td>9-14</td>
<td>Register: August 1 - 30</td>
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<tr>
<td>Boys &amp; Girls Volleyball (Fall)</td>
<td>10-14</td>
<td>Register: August 1 - September 7</td>
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<tr>
<td>Cheerleading Program</td>
<td>5-16</td>
<td>Register: August 1 - September 15</td>
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<tr>
<td>Basketball Fundamentals (Fall)</td>
<td>5-12</td>
<td>Register: September 15 - Oct. 23</td>
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<tr>
<td>Basketball League (Winter)</td>
<td>7-17</td>
<td>Register: September 15 - Nov. 15</td>
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<tr>
<td>Softball League (Spring)</td>
<td>5-15</td>
<td>Register: December 15 - March 15</td>
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<tr>
<td>Little League Baseball (Spring/Sum)</td>
<td>9-15</td>
<td>Register: December 15 - February 7</td>
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<tr>
<td>Alexandria Boxing Club</td>
<td>12-Adult</td>
<td>Register: (703) 746-5552</td>
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</tbody>
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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; $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.alexandriaredcross.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.volunteeralexandria.org   mail@volunteeralexandria.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).