

Northern Virginia Health and Wellness Directory

2012



Northern Virginia Health Foundation
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About This Directory

The Northern Virginia Health Foundation developed this Health and Wellness Directory, which was first published in 2010, as a resource for all who share our vision of a community with the capacity to be and stay healthy.

In times of great economic uncertainty and demographic change, Northern Virginia is under tremendous pressure to offer the most efficient and accessible health and wellness programs. We hope this directory facilitates and supports strategic partnerships and key alliances among these and other groups. And we hope that the groups listed will use this information to direct their clients to additional resources which they may need.

The Foundation invited nonprofit organizations and government agencies that offer health and wellness programs in Northern Virginia to submit information for inclusion in this directory.

Our goal was to identify community-based programs that work with individuals and groups in one or more of the following ways:

- Adopting healthy behaviors and/or reducing health risks
- Increasing self-care skills
- Improving management of common ailments
- Using health care services more effectively and/or improving understanding of medical procedures and therapeutic regimens

We only included programs located in and serving Northern Virginia, operating under the auspices of a nonprofit or government agency and open to the public. The directory does not include commercial enterprises or health care treatment programs.

While some of the entries have been edited for length and consistency, we endeavored to maintain the uniqueness of each of the submissions. Despite our best efforts, there are sure to be some errors. If there are inaccuracies, omissions, or changes, please accept our apologies and email novahealthadmin@novahealthfdn.org with the correct information. We intend to update the directory periodically.

The directory is available for download as a PDF at the Northern Virginia Health Foundation website: www.novahealthfdn.org.

Sincerely,



Patricia N. Mathews
Executive Director
Northern Virginia Health Foundation

Abuse & Neglect

ABCs of Parenting

SCAN (Stop Child Abuse Now) of Northern Virginia

ABUSE & NEGLECT

Children

NONPROFIT

www.scanva.org

info@scanva.org

703-820-9001

1705 Fern Street, 2nd Floor
Alexandria, Virginia 22302

Where program is offered:

City of Alexandria, Fairfax County

Target population:

All parents and caregivers, more appropriate for parents of children ages 0-10

Fee information:

Free

Eligibility:

No requirements

Program activities:

Education/Awareness

The ABCs of Parenting Class is an 8-week parenting course offered in both English and Spanish, with dinner and childcare provided. SCAN also offers weekly, ongoing Educational Parent Support Groups in English and Spanish with childcare provided, and parent-child Developmental Playgroups for children ages 0 to 5 with developmentally appropriate activities.

Annandale Safe Youth Project

Alternative House

ABUSE & NEGLECT

Violence Prevention

NONPROFIT

www.thealternativehouse.org

admin@thealternativehouse.org

703-820-9039

4801 Ravensworth Rd,
Annandale, Virginia 22003

Where program is offered:

Fairfax County

Target population:

Children in 4th, 5th and 6th grade

Fee information:

Free

Eligibility:

Annandale children in grades 4-6

Program activities:

Advocacy, Collaboration and/or
Community Organizing,
Education/Awareness, Physical
Activity, Prevention, Support Groups

This Annandale after-school program provides tutoring and case management to vulnerable children and their families. The Safe Youth Project focuses on children in grades 4-6 because many younger children today are faced with gangs, drugs and violence. The program offers homework help, recreation activities, educational field trips and workshops to help children improve their grades and make positive decisions.

Partners: *St. Barnabas Episcopal Church*

Child Abuse Intervention, Advocacy and Prevention

ABUSE & NEGLECT

Childhelp Children's Center of Virginia

**Child Abuse
NONPROFIT****www.childhelp.org**

703-208-1500

11230 Waples Mill Road, Suite 105
Fairfax, Virginia 22030**Where program is offered:**

Fairfax County

Target population:

Child and adolescent victims of abuse and neglect and their non-offending family members

Fee information:

Free

Eligibility:

No requirements

Program activities:Advocacy, Counseling,
Education/Awareness, Prevention

CCCV offers multidisciplinary intervention, crisis counseling and advocacy services for victims of child abuse and neglect. Staff and representatives of partner agencies work together to stabilize child victims, their siblings and non-offending parents/caretakers and begin the healing process. Services are provided in English and Spanish.

Partners: *Fairfax County Police Department, Fairfax County Department of Family Services, Fairfax/Falls Church Community Services Board, Office of the Commonwealth's Attorney of Fairfax County, Inova Fairfax Hospital for Children, and Hispanics Against Child Abuse and Neglect*

Childhelp Counseling Services

ABUSE & NEGLECT

Childhelp Children's Center of Virginia

**Child Abuse
NONPROFIT****www.childhelp.org**

703-208-1500

11230 Waples Mill Road, Suite 105
Fairfax, Virginia 22030**Where program is offered:**

Fairfax County

Target population:

Children, teens and adults whose lives have been impacted by child abuse and neglect

Fee information:

Fee for services, Sliding scale, Free
Some services may be provided free of charge. Call for more information.

Eligibility:

No requirements

Program activities:

Advocacy, Counseling,
Education/Awareness, Prevention,
Support Groups, Screening/Testing

Childhelp Counseling Services offers assessment and treatment services for abused and neglected children and teens and their families. Services include psychological testing; mental health, developmental and parent-child assessments; and individual, family and group therapy. Services are provided in English and Spanish. **Partners:** *Fairfax County Police Department, Fairfax County Department of Family Services, Fairfax/Falls Church Community Services Board, Office of the Commonwealth's Attorney of Fairfax County, Inova Fairfax Hospital for Children, and Hispanics Against Child Abuse and Neglect*

Children's Program
 ACTS/Turning Points
ABUSE & NEGLECT**Domestic Violence - Children****NONPROFIT****www.actspwc.org**

703-221-4460
 P.O. Box 74
 Dumfries, Virginia 22026

Where program is offered:

City of Manassas, City of Manassas
 Park, Prince William County

Target population:

Children exposed to domestic violence

Fee information:

Free

Eligibility:

Ages 5-17

Program activities:

Advocacy, Education/Awareness,
 Prevention, Support Groups

Turning Points Children's Program offers age-appropriate peer educational support groups consisting of interactive projects, role playing, weekly discussions, expressive art activities, team building exercises, outdoor games, and videos. Group members learn about self esteem, social skills, how to appropriately express feelings, and how to establish healthy relationships. The program coordinator is available for one-on-one advocacy sessions as well as presentations on topics such as self-esteem, feelings, bullying, anger, problem solving, safety planning, and good touch / bad touch.

Community Awareness and Education
 ACTS/Turning Points
ABUSE & NEGLECT**Domestic Violence****NONPROFIT****www.actspwc.org**

703-221-4460
 P.O. Box 74
 Dumfries, Virginia 22026

Where program is offered:

City of Manassas, City of Manassas
 Park, Prince William County

Target population:

Anyone interested in learning about the
 impact of domestic violence on individuals,
 families and the community

Fee information:

Free

Eligibility:

No requirements

Program activities:

Advocacy, Collaboration and/or
 Community Organizing,
 Education/Awareness, Prevention

Turning Points provides speakers for groups, agencies and allied service providers on various aspects of domestic violence. Speakers and trainers are available seven days a week, including lunchtimes and evenings.

Community Outreach		ABUSE & NEGLECT
Sexual Assault Victims Advocacy Service (SAVAS)		Sexual Assault & Abuse
		NONPROFIT
<p>www.savasofpwc.org lwickham@savasofpwc.org 703-497-1192 P.O. Box 4783 Woodbridge, Virginia 22194</p> <p>Target population: Adults and youth</p> <p>Eligibility: No requirements</p>	<p>Where program is offered: City of Manassas, City of Manassas Park, Prince William County</p> <p>Fee information: <i>Free</i></p> <p>Program activities: Education/Awareness, Prevention</p>	
<p>Education and prevention programs are offered in public and private schools, and churches to educate community members and increase awareness and understanding of sexual violence dynamics. Programs can be designed to explore any aspect of sexual assault and can be targeted to audiences of any age and size. SAVAS also provides training to allied professionals.</p>		

Crisis Shelter for Teenagers		ABUSE & NEGLECT
Alternative House		Teens
		NONPROFIT
<p>www.thealternativehouse.org counselor@thealternativehouse.org 703-356-6360 2100 Gallows Road Vienna, Virginia 22182</p> <p>Target population: Youth ages 13-18 and their families</p> <p>Eligibility: Ages 13-18</p>	<p>Where program is offered: Fairfax County</p> <p>Fee information: <i>Free</i></p> <p>Program activities: Counseling, Education/Awareness</p>	
<p>The crisis shelter for teenagers provides a three-week residential program for youth in crisis, including individual, group, and family counseling.</p>		

Culmore Safe Youth Project
 Alternative House
ABUSE & NEGLECT**Violence Prevention****NONPROFIT**

www.thealternativehouse.org
 admin@thealternativehouse.org
 703-820-9039
 3304-B Culmore Ct
 Falls Church, Virginia 22041

Where program is offered:
 Fairfax County

Target population:
 Children in 4th and 5th grade

Fee information:
 Free

Eligibility:
 Children living in Culmore in grades 4-5

Program activities:
 Advocacy, Education/Awareness,
 Physical Activity, Prevention, Support
 Groups

This Culmore after-school program provides tutoring and case management to vulnerable children and their families. The Safe Youth Project focuses on children in grades 4 and 5 because many younger children today are faced with gangs, drugs and violence. The program offers homework help, recreation activities, educational field trips and workshops to help children improve their grades and make positive decisions. **Partners:** *Fairfax County, Hispanics Against Child Abuse and Neglect (HACAN)*

Culmore Teen Center
 Alternative House
ABUSE & NEGLECT**Violence Prevention****NONPROFIT**

www.thealternativehouse.org
 admin@thealternativehouse.org
 703-820-8611
 6017 Argyle Dr
 Falls Church, Virginia 22041

Where program is offered:
 Fairfax County

Target population:
 Teenagers

Fee information:
 Free

Eligibility:
 Culmore youth in grades 7-12

Program activities:
 Advocacy, Collaboration and/or
 Community Organizing,
 Education/Awareness, Physical
 Activity, Prevention, Support Groups

The Culmore Teen Center provides young people with a safe and welcoming place to obtain critical support services, in a safe environment away from neighborhood gangs and violence. Located in space donated by the Olde Salem Village Apartment complex, the center gives teens in grades 7-12 a place to study, get homework help, eat nutritious food, participate in educational field trips and supervised recreation, and receive counseling. Programs at the Teen Center are designed to keep young people safe, in school, and focused on a successful future, and staff also provide counseling and crisis intervention for high-risk youth. **Partners:** *Fairfax County Government Hispanic Against Child Abuse and Neglect (HACAN)*

Customer Service Center Arlington Aging and Disability Services		ABUSE & NEGLECT
		Elderly and Disabled GOVERNMENT
www.arlingtonva.us/departments/HumanServices/HumanServicesMain.aspx 703-228-1700 3033 Wilson Boulevard, Suite 700 Arlington, Virginia 22201		Where program is offered: Arlington County
Target population: Older adults and persons with disabilities	Fee information: <i>Fee for services, Sliding scale, Free</i>	
Eligibility: No requirements	Program activities: Advocacy, Collaboration and/or Community Organizing, Counseling, Education/Awareness, Prevention, Support Groups	

This program makes the assessment of, and designs the service plan for, individuals 60 years of age and older and persons with disabilities who because of their age, frailty, medical condition, or living situation are at risk of institutionalization in a hospital, nursing home, or shelter. Services are initiated to support and stabilize their living situations and to prevent or avoid abuse, neglect, or exploitation.

Darkness to Light CrisisLink		ABUSE & NEGLECT
		Children NONPROFIT
www.crisislink.org 703-527-4077 2503D N. Harrison Street #114 Arlington, Virginia 22207		Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County
Target population: Adults who can recognize and prevent child sexual abuse	Fee information: <i>Free</i>	
Eligibility: No requirements	Program activities: Education/Awareness, Prevention	
Provides emotional support, problem-solving skills and links to community resources and information to help adults recognize and prevent child sexual abuse. Partners: <i>Darkness to Light, a national nonprofit that educates and empowers people to prevent child sexual abuse</i>		

Domestic Violence and Anger Management Prevention ACTS/Turning Points	ABUSE & NEGLECT Domestic Violence Prevention NONPROFIT
www.actspwc.org 703-221-4460 3900 Acts Lane Dumfries, Virginia 22026	Where program is offered: Prince William County
Target population: Court-appointed and self-referred individuals	Fee information: <i>Fee for services</i>
Eligibility: No requirements	Program activities: Advocacy, Collaboration and/or Community Organizing, Education/Awareness, Prevention, Support Groups

Classes offered through this program help individuals prevent, reduce and eliminate domestic violence and angry, abusive behaviors. Participants learn to take responsibility for their behavior and feelings, develop improved self-esteem, regulate anger, and improve interpersonal communication skills. **Partners:** *Area police, courts, and human service agencies*

Domestic Violence Counseling The Women's Center	ABUSE & NEGLECT Domestic Violence NONPROFIT
www.thewomenscenter.org twc@thewomenscenter.org 703-281-2657 133 Park St. NE Vienna, Virginia 22180	Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County
Target population: Victims of domestic violence at any income level	Fee information: <i>Free</i>
Eligibility: Adolescents and adults (men and women)	Program activities: Advocacy, Collaboration and/or Community Organizing, Counseling, Education/Awareness, Prevention, Support Groups

The Domestic Violence Counseling program provides education on domestic violence topics, including power and control dynamics, the cycle of violence, teen and dating violence, elder abuse, and stalking. Services also include safety planning, risk assessment, connection to community resources (attorney network), court accompaniment, assistance with obtaining a protective order, and a resource room with phone and computer access.

Domestic Violence Services Northern Virginia Family Service		ABUSE & NEGLECT Domestic Violence Intervention NONPROFIT
<p>www.nvfs.org/mhs info@nvfs.org 703-533-3302 6400 Arlington Blvd, Suite 110 Falls Church, Virginia 22042</p> <p>Target population: Spanish-speaking victims of domestic violence and sexual assault within immigrant and refugee populations</p> <p>Eligibility: Clients must reside in the Commonwealth of VA; Spanish fluency</p>	<p>Where program is offered: Fairfax County</p> <p>Fee information: Free</p> <p>Program activities: Counseling, Education/Awareness, Support Groups</p>	
<p>The primary program offering is a 12-week group domestic violence group conducted in Spanish. In addition, counseling and case management are available based on participant needs. Partners: NVFS is part of the Fairfax County Domestic Violence Coordinating Council</p>		

Family Assistance Program Bethany House of Northern Virginia, Inc.		ABUSE & NEGLECT Domestic Violence NONPROFIT
<p>www.bhmv.org info@bhmv.org 703-658-9500 6121 Lincolnia Road, Suite 303 Alexandria, Virginia 22312</p> <p>Target population: Victims of domestic violence</p> <p>Eligibility: Victims of domestic violence</p>	<p>Where program is offered: City of Alexandria, City of Fairfax, City of Falls Church, Fairfax County</p> <p>Fee information: Free</p> <p>Program activities: Advocacy, Counseling, Education/Awareness</p>	
<p>The Bethany House hotline provides crisis counseling, support and referrals for victims of domestic violence. The emergency shelter serves women and children who are homeless as a result of domestic violence. Shelter services include crisis intervention, individual and group counseling, life-skill workshops and special group support activities.</p>		

Hospital Accompaniment	ABUSE & NEGLECT
Sexual Assault Victims Advocacy Service (SAVAS)	Sexual Assault & Abuse
	NONPROFIT

www.savasofpwc.org

lwickham@savasofpwc.org

703-497-1192

P.O. Box 4783

Woodbridge, Virginia 22194

Where program is offered:

City of Manassas, City of Manassas

Park, Prince William County

Target population:

Victims of sexual assault of any age

Fee information:

Free

Eligibility:

No requirements

Program activities:

Advocacy, Counseling

SAVAS companions are available round the clock to meet survivors and their loved ones at area hospital emergency rooms. Companions provide support, answer questions about medical procedures and collection of forensic evidence, and provide information should the victim or their loved ones desire follow-up support services or referral information. Victims who go to Potomac Hospital to receive medical attention as the result of a sexual assault can request that hospital staff call the SAVAS Companion on duty. SAVAS companions also are available to victims under age 18 at Fairfax Hospital for evidence collection.

Program for Survivors of Torture & Severe Trauma	ABUSE & NEGLECT
Northern Virginia Family Service	Torture / Trauma
	NONPROFIT

www.nvfs.org/pstt

info@nvfs.org

703-533-3302

6400 Arlington Blvd, Suite 110

Falls Church, Virginia 22042

Where program is offered:

Arlington County, City of Alexandria,

City of Fairfax, City of Falls Church,

City of Manassas, City of Manassas

Park, Fairfax County, Loudoun

County, Prince William County

Target population:

Victims of torture and severe trauma living in Metropolitan DC area

Fee information:

Free

Eligibility:

Clients must fit the US Code definition of torture

Program activities:

Counseling, Support Groups

The program provides case management, legal immigration assistance, counseling and psychiatry. Clients must fit the US Code definition of torture: "an act committed by a person acting under the color of law specifically intended to inflict severe physical or mental pain or suffering upon another person within his custody or lawful control (other than pain or suffering incidental to lawful sanctions)." **Partners:** *George Washington University Torture Abolition and Survivor Support Coalition*

Self-Defense Education & Training
Sexual Assault Victims Advocacy Service
(SAVAS)

ABUSE & NEGLECT

Sexual Assault & Abuse

NONPROFIT

www.savasofpwc.org

lwickham@savasofpwc.org

703-497-1192

P.O. Box 4783

Woodbridge, Virginia 22194

Where program is offered:

City of Manassas, City of Manassas

Park, Prince William County

Target population:

All potential victims of sexual abuse and assault, children and adults

Fee information:

Free

Eligibility:

No requirements

Program activities:

Education/Awareness

SAVAS offers the RAD (Rape Aggression Defense), Advanced RAD, and radKIDS classes to the community. This is an education and awareness and defense program designed to help children and adult community members that emphasizes awareness, prevention, risk reduction and avoidance. The adults program progresses to the basics hands-on defense training, while the children's program centers on violence prevention and personal safety education.

Sexual Assault Crisis Center
Sexual Assault Victims Advocacy Service
(SAVAS)

ABUSE & NEGLECT

Sexual Assault & Abuse

NONPROFIT

www.savasofpwc.org

lwickham@savasofpwc.org

703-497-1192

P.O. Box 4783

Woodbridge, Virginia 22194

Where program is offered:

City of Manassas, City of Manassas

Park, Prince William County

Target population:

Victims of sexual assault of any age

Fee information:

Free

Eligibility:

No requirements

Program activities:

Advocacy, Counseling, Support Groups

Hotline: Trained volunteers and staff offer immediate crisis intervention and support for all those who have been sexually assaulted, as well as for their friends and family members. Help is available 24 hours a day, 7 days a week. SAVAS companions provide information about medical concerns, legal procedures and community resources. Call the hotline at (703) 368-4141 and ask for a "SAVAS Companion". Crisis Counseling: free confidential crisis counseling is available for all community members and their loved ones who have been victimized by sexual violence. SAVAS also offers support groups for adult survivors of childhood sexual abuse, adult and teen survivors of sexual assault, non-offending parents, and partners or significant others of survivors.

Violence Intervention Program OAR of Fairfax	ABUSE & NEGLECT Domestic Violence Intervention NONPROFIT
<p>www.oarfairfax.org info@oarfairfax.org 703-246-3033 10640 Page Ave, Suite 250 Fairfax, Virginia 22030</p> <p>Target population: Adult males required by the courts or by probation to complete a certified Batterer Intervention Program</p> <p>Eligibility: No requirements</p> <p>The OAR Violence Intervention Program is fully certified by the State Batterer Intervention Program Board. The program meets once per week for two hours for a total of 18 weeks.</p>	<p>Where program is offered: City of Fairfax</p> <p>Fee information: <i>Fee for services</i> \$50 assessment fee and a \$400 program fee, which may be paid in installments; community service can be arranged in lieu of payment for indigent clients</p> <p>Program activities: Education/Awareness, Prevention, Support Groups</p>

Women's Program ACTS/Turning Points	ABUSE & NEGLECT Domestic Violence Intervention NONPROFIT
<p>www.actspwc.org 703-221-4460 3900 ACTS Lane Dumfries, Virginia 22026</p> <p>Target population: Abused women, including women who are court mandated to the program</p> <p>Eligibility: No requirements</p> <p>The Turning Points Women's Program provides confidential individual counseling, safety planning and support group. The group is a safe, supportive place to discuss concerns regarding domestic abuse issues with other women. Turning Points does not tell its clients what to do but offers options and resources. Partners: DSS, CPS, court, attorneys, SAVAS, and other domestic violence agencies</p>	<p>Where program is offered: City of Manassas, City of Manassas Park, Prince William County</p> <p>Fee information: <i>Fee for services, Free</i> Services are free except for court mandated women, for whom the fee is \$400 (if indigent, fee is reduced to \$100)</p> <p>Program activities: Advocacy, Collaboration and/or Community Organizing, Counseling, Education/Awareness, Prevention, Support Groups</p>

Disabilities

Alexandria Meals on Wheels Senior Services of Alexandria

DISABILITIES

Nutrition for Seniors/Disabled

NONPROFIT

www.seniorservicesalex.org

703-836-4414

700 Princess Street

Alexandria, Virginia 22314

Where program is offered:

City of Alexandria

Target population:

Senior adults 60 and over, or any disabled individual who can't prepare or access food

Fee information:

Fee for services, Free

Many individuals choose to pay for their meals

Eligibility:

Must be an Alexandria resident, 60 and over or disabled; eligibility determined after interview

Program activities:

Collaboration and/or Community Organizing, Education/Awareness

Over 200 volunteers deliver meals to elderly or disabled residents Monday through Friday and on holidays. Senior Services is working on arranging for meals on weekends when funding becomes available. **Partners:** *City of Alexandria*

Annandale Adult Day Health Care Fairfax County Health Department

DISABILITIES

Adult Day Care

GOVERNMENT

www.fairfaxcounty.gov/hd

703-750-3316

7200 Columbia Pike

Annandale, Virginia 22003

Where program is offered:

Fairfax County

Target population:

Individuals who need supervision during the day due to changes in their cognitive and/or functional abilities

Fee information:

Fee for services, Sliding scale

Medicaid Elderly & Disabled Waiver and some long-term care policies accepted

Eligibility:

Adults who reside in Fairfax County, Falls Church, Fairfax City, and the towns of Vienna and Herndon

Program activities:

Education/Awareness, Physical Activity, Support Groups

The Adult Day Health Care Program enables adults to remain in the community by promoting independence; preserves dignity and enhances quality of life; increases opportunity for socialization; and improves physical and mental well-being. The program provides activities by a certified therapeutic recreation specialist; health monitoring by a registered nurse; nutritional breakfast, lunch and snack; door to door transportation; support for guidance for family caregivers.

Arlington Meals on Wheels	
Meals on Wheels of Northern Virginia	
Nutrition for Seniors/Disabled	
NONPROFIT	
<p>www.mealsonwheelsarlington.com info@mealsonwheelsarlington.com 703-522-0811 P.O. Box 40203 Arlington, Virginia 22204</p> <p>Target population: Homebound individuals in Arlington County</p> <p>Eligibility: Residents of Arlington County who are homebound due to age, illness, or other distress</p> <p>Two meals are delivered by volunteers to clients around noon on Monday through Friday. Clients are usually homebound due to a long-term handicap or short-term convalescence. Partners: <i>First Presbyterian Church of Arlington</i></p>	<p>Where program is offered: Arlington County</p> <p>Fee information: <i>Fee for services, Sliding Scale, Free</i> Subsidies available for clients with limited incomes who are unable to pay for the cost of meals</p> <p>Program activities: Collaboration and/or Community Organizing, Education/Awareness</p>

Assisted Medical Transportation	
Loudoun Volunteer Caregivers	
Medical Transportation	
NONPROFIT	
<p>www.lvcaregivers.org lvcaregivers@lvcaregivers.org 703-779-8617 704 S. King Street, Suite 2 Leesburg, Virginia 20175</p> <p>Target population: Elderly and disabled adults who can no longer drive</p> <p>Eligibility: Those who have no other transportation alternatives or limited other alternatives; Individuals must be able to get themselves into and out of vehicles with minimal assistance</p> <p>Assisted Medical Transportation matches seniors and disabled adults with volunteers who take them to medical appointments - including dialysis, physical therapy, routine appointments, and pharmacy pick ups.</p>	<p>Where program is offered: Loudoun County</p> <p>Fee information: <i>Free</i></p> <p>Program activities: Prevention</p>

Audiological Services/ Hearing Loss Services		DISABILITIES
Blue Ridge Speech & Hearing Center		Speech & Hearing
		NONPROFIT
www.speechhearing.org 703-858-7620 19465 Deerfield Avenue, Suite 201 Lansdowne, Virginia 20176		Where program is offered: Loudoun County
Target population: People with hearing loss or hearing disorders, children with hearing deficiencies		Fee information: <i>Fee for services, Sliding scale, Free</i> Most major insurances accepted. Financial assistance is available to low-income clients and/or those that qualify for free or discounted services.
Eligibility: No requirements		Program activities: Education/Awareness, Screening/Testing

Blue Ridge Speech and Hearing Center provides quality assessment and treatment for people with speech, language, hearing and developmental challenges.

CareRing CrisisLink		DISABILITIES
		Homebound, Seniors, Disabled
		NONPROFIT
www.crisislink.org 703-516-6764 2503D N. Harrison Street #114 Arlington, Virginia 22207		Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County
Target population: Seniors and those with disabilities, home-bound and/or isolated individuals		Fee information: <i>Free</i>
Eligibility: No requirements		Program activities: Prevention

Offers a free telephone re-assurance and check-in service to help individuals who are living alone, elderly, disabled or chronically ill. Trained volunteers make scheduled 15-minute phone calls every day, seeking to prevent minor problems from escalating. Calls may include nutrition, appointment and medication reminders; mental health assessments; or monitoring of home caregivers' services. Calls are customized to meet the specific individual concerns. **Partners:** *Arlington County Sheriff's Office*

Community Based Support Services	
Brain Injury Services, Inc.	
	DISABILITIES
	Brain Injury
	NONPROFIT
<p>www.braininjurysvcs.org lgarver@braininjurysvcs.org 703-451-8881 8136 Old Keene Mill Road B-102 Springfield, Virginia 22152</p> <p>Target population: Children and adults with acquired brain injury which includes traumatic and non-traumatic injury</p> <p>Eligibility: Residing within service area; documentation of acquired (post-birth) non-degenerative brain injury; proof of legal U.S. status</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p> <p>Fee information: <i>Sliding scale, Free</i></p> <p>Program activities: Advocacy, Collaboration and/or Community Organizing, Counseling, Disease Management, Education/Awareness, Prevention, Support Groups</p>

The primary service provided is case management for children and adults with acquired brain injury, along with specialized support services. Brain Injury Services also provides a speakers' bureau, paid/volunteer supported employment services, and a PALS program that pairs a brain injury survivor with a volunteer who has similar interests. Service extends to Fauquier County and Fredericksburg.

Fairfax County Meals on Wheels	
Fairfax County Dept. of Family Services, Adult and Aging Division	
	DISABILITIES
	Nutrition for Seniors/Disabled
	GOVERNMENT
<p>www.fairfaxcounty.gov/dfs/olderadultservices 703-324-7984 12011 Government Center Parkway Fairfax, Virginia 22035</p> <p>Target population: Adults age 60 and over, disabled individuals</p> <p>Eligibility: Age 60 and over and disabled individuals who are unable to shop for or prepare meals</p>	<p>Where program is offered: City of Fairfax, City of Falls Church, Fairfax County</p> <p>Fee information: <i>Fee for services, Sliding scale, Free</i></p> <p>Program activities: Collaboration and/or Community Organizing, Education/Awareness, Prevention</p>

Meals on Wheels serves Fairfax area residents age 60 and over and adults with disabilities who cannot shop for or prepare their own meals. The program delivers two meals five days a week, with weekend service in limited areas. Ethnic Korean, Vietnamese and Middle Eastern meals are also available in some areas of the county. **Partners:** *Meals are prepared in local hospitals, Fairfax County Public Schools, senior centers, and ethnic food establishments under contract with the County. Community volunteer groups, also under contract with Fairfax County, deliver the meals.*

Good Eats! Health and Wellness Program The Arc	
DISABILITIES	
Developmental Disabilities	
NONPROFIT	
www.arcgpw.org jocetnik@arcgpw.org 703-670-4800 13505 Hillendale Dr. Woodbridge, Virginia 22193	Where program is offered: Prince William County
Target population: Teens and adults with developmental disabilities	Fee information: <i>Fee for services</i> \$25 for an eight-week course
Eligibility: Age 16 and up	Program activities: Education/Awareness, Physical Activity

This program offers a combination of exercise, nutrition information, and introducing healthy food alternatives for teens and adults with developmental disabilities. The program typically starts in June and runs thru July. **Partners:** *Prince William County Extension Office*

Herndon Harbor Adult Day Health Care Fairfax County Health Department	
DISABILITIES	
Adult Day Care	
GOVERNMENT	
www.fairfaxcounty.gov/hd 703-435-8729 875 Grace Street Herndon, Virginia 20170	Where program is offered: Fairfax County
Target population: Individuals who need supervision during the day due to changes in their cognitive and/or functional abilities	Fee information: <i>Fee for services, Sliding scale</i> Medicaid Elderly & Disabled Waiver and some long-term care policies accepted
Eligibility: Adults who reside in Fairfax County, Falls Church, Fairfax City, and the towns of Vienna and Herndon	Program activities: Advocacy, Counseling, Education/Awareness, Physical Activity, Support Groups

The Adult Day Health Care Program enables adults to remain in the community by promoting independence; preserves dignity and enhances quality of life; increases opportunity for socialization; and improves physical and mental well-being. The program provides activities by a certified therapeutic recreation specialist; health monitoring by a registered nurse; nutritional breakfast, lunch and snack; door-to-door transportation; support for guidance for family caregivers.

I Can't Hear You! - Live and Laugh with Hearing Loss

Northern Virginia Resource Center for Deaf & Hard of Hearing

DISABILITIES**Hearing Impairment - Seniors****NONPROFIT****www.nvrc.org**

703-352-9055

3951 Pender Drive

Fairfax, Virginia 22030

Where program is offered:

Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, Fairfax County, Loudoun County

Target population:

Seniors who are coping with hearing loss and late-onset deafness

Fee information:

Free

Eligibility:

No requirements

Program activities:

Education/Awareness, Support Groups

I Can't Hear You! Is a three-part series about hearing loss. Outreach specialists, who also have hearing losses, lead the program and also provide program attendees with a free 70-page booklet that includes detailed information on the biology of the ear, how people lose their hearing, tinnitus, hearing aids, hearing assistive technologies, Virginia's Technology Assistance Program, and local and national resources for people with hearing loss.

Lewinsville Adult Day Health Care

Fairfax County Health Department

DISABILITIES**Adult Day Care****GOVERNMENT****www.fairfaxcounty.gov/hd**

703-734-1718

1609 Great Falls Street

McLean, Virginia 22101

Where program is offered:

Fairfax County

Target population:

Individuals who need supervision during the day due to changes in their cognitive and/or functional abilities

Fee information:

Fee for services, Sliding scale
 Medicaid Elderly & Disabled Waiver
 and some long-term care policies
 accepted

Eligibility:

Adults who reside in Fairfax County, Falls Church, Fairfax City, and the towns of Vienna and Herndon

Program activities:

Counseling, Education/Awareness, Physical Activity, Support Groups

The Adult Day Health Care Program enables adults to remain in the community by promoting independence; preserves dignity and enhances quality of life; increases opportunity for socialization; and improves physical and mental well-being. The program provides activities by a certified therapeutic recreation specialist; health monitoring by a registered nurse; nutritional breakfast, lunch and snack; door to door transportation; support for guidance for family caregivers.

Lincolnia Adult Day Health Care Fairfax County Health Department		DISABILITIES
		Adult Day Care GOVERNMENT
www.fairfaxcounty.gov/hd 703-914-0226 4710 North Chambliss Street Alexandria, Virginia 22312		Where program is offered: Fairfax County
Target population: Individuals who need supervision during the day due to changes in their cognitive and/or functional abilities		Fee information: <i>Fee for services, Sliding scale</i> Medicaid Elderly & Disabled Waiver and some long-term care policies accepted
Eligibility: Adults who reside in Fairfax County, Falls Church, Fairfax City, and the towns of Vienna and Herndon		Program activities: Advocacy, Counseling, Education/Awareness, Physical Activity, Support Groups
The Adult Day Health Care Program enables adults to remain in the community by promoting independence; preserves dignity and enhances quality of life; increases opportunity for socialization; and improves physical and mental well-being. The program provides activities by a certified therapeutic recreation specialist; health monitoring by a registered nurse; nutritional breakfast, lunch and snack; door to door transportation; support for guidance for family caregivers.		

Mental Health Services PRS, Inc.		DISABILITIES
		Mental Illness & Disorders NONPROFIT
www.prsinc.org info@prsinc.org 703-536-9000 1761 Old Meadow Road, Suite 100 McLean, VA 22102		Where program is offered: City of Alexandria, Fairfax County
Target population: Adults with serious mental illness, mild intellectual disabilities, developmental disorders, and/or substance abuse disorders (including those with dual diagnosis)		Fee information: <i>Fee for services</i>
Eligibility: Age 18 and over with appropriate diagnosis		Program activities: Counseling, Disease Management, Physical Activity, Support Groups
At its centers in McLean and Alexandria, PRS serves adults from Northern Virginia who suffer from serious mental illness, as well as those with mild intellectual disabilities, pervasive developmental disorders, and substance use disorders. PRS provides comprehensive services that reduce the need for hospitalization while helping clients develop social relationships, prepare for independent living, pursue appropriate education, secure and sustain employment, and maintain good physical health.		
Partners: <i>Carpenter's Shelter, Pathway Homes, RPJ Housing</i>		

Mount Vernon Adult Day Health Care Fairfax County Health Department		DISABILITIES
		Adult Day Care
		GOVERNMENT
www.fairfaxcounty.gov/hd 703-704-6050 8350 Richmond Highway, #137 Alexandria, Virginia 22309		Where program is offered: Fairfax County
Target population: Individuals who need supervision during the day due to changes in their cognitive and/or functional abilities		Fee information: <i>Fee for services, Sliding scale</i> Medicaid Elderly & Disabled Waiver and some long-term care policies accepted
Eligibility: Adults who reside in Fairfax County, Falls Church, Fairfax City, and the towns of Vienna and Herndon		Program activities: Advocacy, Counseling, Education/Awareness, Physical Activity, Support Groups
<p>The Adult Day Health Care Program enables adults to remain in the community by promoting independence; preserves dignity and enhances quality of life; increases opportunity for socialization; and improves physical and mental well-being. The program provides activities by a certified therapeutic recreation specialist; health monitoring by a registered nurse; nutritional breakfast, lunch and snack; door to door transportation; support for guidance for family caregivers.</p>		

Occupational Therapy (Developmental Delay Therapy) Blue Ridge Speech & Hearing Center		DISABILITIES
		Developmental Delay / Sensory Processing Disorders
		NONPROFIT
www.speechhearing.org 703-858-7620 19465 Deerfield Avenue, Suite 201 Lansdowne, Virginia 20176		Where program is offered: Loudoun County
Target population: Children age birth to 21 with autism, cerebral palsy, developmental delays, Down syndrome, sensory processing disorders, or other disorders and conditions that affect sensory processing and motor skills		Fee information: <i>Fee for services, Sliding scale, Free</i> Most major insurances accepted. Financial assistance provided to low-income families and/or families that qualify for free or discounted services.
Eligibility: No requirements		Program activities: Education/Awareness, Physical Activity, Screening/Testing
<p>Occupational therapists provide evaluations to identify needs in relation to sensory motor, fine motor, and gross motor skills and then develop a treatment plan that includes parents, teachers, physicians and any other individual involved in a child's care.</p>		

Parent Training Information Center Parent Educational Advocacy Training Center (PEATC)		DISABILITIES Disabilities / Special Education NONPROFIT
www.peatc.org partners@peatc.org 703-923-0010 100 N Washington St. Suite 234 Falls Church, Virginia 22046	Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County	
Target population: Focus on undeserved populations, minorities, low-income, Latino and rural residents	Fee information: <i>Free</i>	
Eligibility: No requirements	Program activities: Advocacy, Education/Awareness	
PEATC, Virginia's parent involvement resource center and parent training information center, is committed to helping families, schools and communities build positive futures for Virginia's children. The information center offers resources for parents about disabilities and special education, and the Virginia Latino Outreach program offers information, training and technical assistance to Spanish-speaking families.		

Senior Link ACTS/Helpline		DISABILITIES Seniors, Disabled, Chronically Ill NONPROFIT
www.actspwc.org 703-221-1144 3099 Acts Lane Dumfries, Virginia 22026	Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County	
Target population: Senior adults, disabled and chronically ill individuals	Fee information: <i>Free</i>	
Eligibility: No requirements	Program activities: Advocacy, Prevention	
Senior Link is a program of the ACTS Helpline that provides daily or weekly reassurance calls to seniors and homebound adults (disabled or chronically ill), scheduled at the recipient's convenience. Trained Senior Link volunteers offer socialization, companionship and encouragement.		

Speech and Hearing Clinic Fairfax County Health Department	DISABILITIES Speech & Hearing GOVERNMENT
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www.fairfaxcounty.gov/hd

703-246-7120

3750 Old Lee Highway

Fairfax, Virginia 22030

Where program is offered:

City of Fairfax, Fairfax County

Target population:

Children and adults with speech and hearing challenges

Fee information:*Sliding scale***Eligibility:**

No requirements

Program activities:

Counseling, Education/Awareness, Support Groups, Screening/Testing

The Speech and Hearing Clinic helps children and adults communicate effectively. Programs promote the highest standards of diagnostic, therapeutic and ethical behavior. Services available at three locations: Joseph Willard Speech & Hearing Clinic, Herndon Reston District Office, and Mount Vernon District Office. Call or visit the Fairfax County Health Department website for clinic location and hours: www.fairfaxcounty.gov/hd

Speech Therapy Blue Ridge Speech & Hearing Center	DISABILITIES Communication Disorders NONPROFIT
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www.speechhearing.org

703-858-7620

19465 Deerfield Avenue, Suite 201

Lansdowne, Virginia 20176

Where program is offered:

Loudoun County

Target population:

Children, special needs children, people with disabilities, people with brain injury

Fee information:

Fee for services, Sliding scale, Free
Most major insurance carriers accepted. Financial assistance is available to low-income families.

Eligibility:

No requirements

Program activities:

Education/Awareness, Physical Activity, Screening/Testing

Pediatric services target a diverse set of speech and language disorders. Treatment includes one-on-one time with a speech-language pathologist combined with a strong emphasis on parental education to ensure that successes in the clinic can be reinforced in the home environment.

Walter Reed Adult Day Health Care Center
Arlington Aging and Disability Services

DISABILITIES

Adult Day Care
GOVERNMENT

www.arlingtonva.us/departments/humanservices/humanservicesmain.aspx
703-228-5340
2909 16th Street, South
Arlington, Virginia 22204

Where program is offered:
Arlington County

Target population:
Adults with functional limitations

Fee information:
Fee for services, Sliding scale

Eligibility:
No requirements

Program activities:
Counseling, Disease Management,
Education/Awareness, Physical
Activity, Prevention, Support Groups

Provides programs and activities to help adults with functional limitations maintain or enhance their independence in order to remain in the community as long as possible. Adult day health care also provides support and respite to caregivers.

Disease Prevention & Management

Access Advocacy

Northern Virginia AIDS Ministry

DISEASE PREVENTION & MGMT

HIV/AIDS Case Management

NONPROFIT

www.novam.org

info@novam.org

703-533-5505

803 W. Broad Street, Suite 700

Falls Church, Virginia 22046

Where program is offered:

Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County

Target population:

Low-income families/children living with HIV/AIDS

Fee information:

Free

Eligibility:

For all programs, must be resident of one of above noted jurisdictions; for service components, must be **low-income** and have HIV/AIDS diagnosis

Program activities:

Counseling, Education/Awareness

Northern Virginia AIDS Ministry offers case management for low-income families/children living with HIV/AIDS. **Partners:** *Local health departments, Inova Health System, schools*

Alzheimer's Caregiver Support Group

Virginia Hospital Center

DISEASE PREVENTION & MGMT

Alzheimer's Caregivers

NONPROFIT

www.virginiahospitalcenter.com

703-558-6859

1701 N George Mason Dr

Arlington, Virginia 22205

Where program is offered:

Arlington County

Target population:

Caregivers and family members who have a loved one with Alzheimer's disease

Fee information:

Free

Eligibility:

No requirements

Program activities:

Support Groups

The Alzheimer's Caregiver Support Group meets the third Wednesday of every month from 10:30 to 11:00 a.m. at The Carlin Springs Health Pavillion. **Partners:** *Alzheimer's Association*

Alzheimer's Family Day Center	
Alzheimer's Family Day Center	
DISEASE PREVENTION & MGMT	
Alzheimer's Disease	
NONPROFIT	
<p>www.alzheimersfdc.org afdc@alzheimersfdc.org 703-204-4664 2812 Old Lee Highway, Suite 210 Fairfax, Virginia 22031</p>	<p>Where program is offered: Fairfax County</p>
<p>Target population: Adults with Alzheimer's disease and related memory loss disorders</p>	<p>Fee information: <i>Fee for services, Sliding scale</i> Financial assistance is provided through a scholarship program, and the facility is also Medicaid certified</p>
<p>Eligibility: Must have a primary diagnosis of a form of dementia</p>	<p>Program activities: Counseling, Disease Management, Education/Awareness, Physical Activity, Support Groups</p>

This licensed day health program provides meaningful activity, medical oversight, meals, and assistance with personal care, for adults with Alzheimer's disease and related memory loss disorders. The center allows family caregivers to work or carry out daily activities without concern for the safety and well-being of their loved one. The program also provides individual counseling, support groups, and free education programs for caregivers.

Children's Vision Screening	
Prevention of Blindness Society of Metro Washington	
DISEASE PREVENTION & MGMT	
Vision / Visual Impairments	
NONPROFIT	
<p>www.youreyes.org 202-234-1010 1775 Church Street NW Washington, DC 20036</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p>
<p>Target population: School-based program</p>	<p>Fee information: <i>Fee for services</i></p>
<p>Eligibility: Ages 3-18</p>	<p>Program activities: Screening/Testing</p>

The Children's Vision Screening program provides screenings to school children ages 3 to 18 for distance acuity, amblyopia and strabismus. Vision screenings are an accurate and cost-effective way to find children who need a full eye exam. Each child is sent home with the results of their vision screening, and those with an identified problem receive a detailed referral in the mail.

Chronic Pain Management Group		DISEASE PREVENTION & MGMT
Arlington Free Clinic		Chronic Pain
		NONPROFIT
www.arlingtonfreeclinic.org 703-979-1425 2921 11th Street S Arlington, Virginia 22204	Where program is offered: Arlington County	
Target population: Individuals experiencing chronic pain	Fee information: Free	
Eligibility: Patients of Arlington Free Clinic	Program activities: Support Groups	
Patients with chronic pain learn relaxation techniques and gain an improved understanding of the mind-body connection. Program offered in English and Spanish.		

Diabetes Education		DISEASE PREVENTION & MGMT
Alexandria Neighborhood Health Services, Inc.		Diabetes
		NONPROFIT
www.anhsi.org 703-535-5568 2 East Glebe Road Alexandria, Virginia 22305	Where program is offered: City of Alexandria	
Target population: Patients with diabetes and their families	Fee information: <i>Sliding scale</i> Sliding scale applies to primary care services. Educational classes are at no cost to the patient.	
Eligibility: Patients of Alexandria Neighborhood Health Services	Program activities: Disease Management, Education/Awareness	
This diabetes management program is offered to patients who receive primary care at Alexandria Neighborhood Health Services. Partners: <i>Inova Diabetes Education program</i>		

Diabetes Education		DISEASE PREVENTION & MGMT
Jeanie Schmidt Free Clinic		Diabetes
		NONPROFIT
www.jsfreeclinic.org 703-481-8160 13525 Dulles Technology Drive Herndon, Virginia 20171	Where program is offered: Fairfax County	
Target population: Adults with diabetes	Fee information: <i>Free</i>	
Eligibility: Patients of Jeanie Schmidt Free Clinic	Program activities: Disease Management	
<p>This diabetes management program is offered to patients who receive primary care at the Jeanie Schmidt Free Clinic.</p>		

Diabetes Self Management Education		DISEASE PREVENTION & MGMT
Loudoun Community Health Center		Diabetes
		NONPROFIT
www.loudounchc.org 703-443-2000 224 A Cornwall St, NW Leesburg, Virginia 20176	Where program is offered: Loudoun County	
Target population: Established patients of Loudoun Community Health Center	Fee information: <i>Sliding scale</i>	
Eligibility: Patients of Loudoun Community Health Center	Program activities: Counseling, Disease Management, Education/Awareness	
<p>Diabetes self-management skills are taught in weekly two-hour sessions over eight weeks. Offered in English and Spanish.</p>		

ECDC African Community Center: Breast Cancer Awareness Ethiopian Community Dev. Council, Inc.		DISEASE PREVENTION & MGMT Breast Cancer Awareness NONPROFIT
www.ecdcinternational.org info@ecdcinternational.org 703-685-0510 901 S. Highland Street Arlington, Virginia 22204		Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, Fairfax County
Target population: African refugee and immigrant population	Fee information: Free	
Eligibility: Low-income / uninsured immigrant women	Program activities: Advocacy, Education/Awareness, Prevention, Screening/Testing	
ECDC's Breast Cancer Awareness Program offers education and assists low-income and uninsured and other immigrant women with access to mammograms. Partners: <i>ECDC works with over 150 area businesses and organizations.</i>		

ECDC African Community Center: Diabetes Education and Prevention Ethiopian Community Dev. Council, Inc.		DISEASE PREVENTION & MGMT Diabetes NONPROFIT
www.ecdcinternational.org info@ecdcinternational.org 703-685-0510 901 S. Highland Street Arlington, Virginia 22204		Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, Fairfax County
Target population: African refugee and immigrant population	Fee information: Free	
Eligibility: No requirements	Program activities: Advocacy, Education/Awareness, Prevention, Screening/Testing	
Funded by the Centers for Disease Control, ECDC's Diabetes Education and Prevention project is assessing the burden of diabetes among African newcomers, developing culturally and linguistically appropriate outreach materials, and conducting education outreach. Partners: <i>ECDC works with over 150 area businesses and organizations.</i>		

Ed Cavanaugh Resource Library
 Inova Juniper Program
DISEASE PREVENTION & MGMT**HIV/AIDS Information****NONPROFIT****www.inova.org/juniper**

703-321-2600
 8001 Forbes Place, Suite 200
 Springfield, Virginia 22151

Where program is offered:

Fairfax County

Target population:

General public, consumers of HIV care,
 providers of HIV care

Fee information:

Free

Eligibility:

No requirements

Program activities:

Education/Awareness

The Ed Cavanaugh Resource Library offers a wide range of information on all aspects of HIV/AIDS treatment and prevention.

Face to Face
 Northern Virginia AIDS Ministry
DISEASE PREVENTION & MGMT**HIV/AIDS Prevention****NONPROFIT****www.novam.org**

info@novam.org
 703-533-5505
 803 W. Broad Street, Suite 700
 Falls Church, Virginia 22046

Where program is offered:

Arlington County, City of Alexandria,
 City of Fairfax, City of Falls Church,
 City of Manassas, City of Manassas
 Park, Fairfax County, Loudoun
 County, Prince William County

Target population:

Schools and community groups

Fee information:

Free

Eligibility:

No requirements

Program activities:

Education/Awareness, Prevention

Education programs feature a speaker who is person living with AIDS and a Health Educator. **Partners:** *Local health departments, Inova Health System, schools*

Flu Clinic	
Loudoun Community Health Center	
DISEASE PREVENTION & MGMT	
Communicable Diseases	
NONPROFIT	
www.loudounchc.org 703-443-2000 224 A Cornwall St, NW Leesburg, Virginia 20176	Where program is offered: Loudoun County
Target population: Established patients of Loudoun Community Health Center	Fee information: <i>Sliding scale</i>
Eligibility: Patients of Loudoun Community Health Center	Program activities: Education/Awareness, Prevention
The Flu Clinic provides flu shots to patients receiving primary care at Loudoun County Health Center.	

HEARTS	
Northern Virginia AIDS Ministry	
DISEASE PREVENTION & MGMT	
HIV/AIDS Risk Reduction	
NONPROFIT	
www.novam.org info@novam.org 703-533-5505 803 W. Broad Street, Suite 700 Falls Church, Virginia 22046	Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County
Target population: Black, adolescent MSM (men who have sex with men), HIV+ or HIV-	Fee information: <i>Free</i>
Eligibility: For all programs, must be resident of one of above noted jurisdictions; for service components, must be low-income and have HIV/AIDS diagnosis	Program activities: Advocacy, Counseling, Education/Awareness, Prevention, Support Groups, Screening/Testing
Intensive, multi-session prevention and risk reduction program for black, adolescent MSM who are HIV+ or HIV-. Partners: <i>Local health departments, Inova Health System, schools</i>	

HEAT - Health Education Alternatives for Teens	DISEASE PREVENTION & MGMT
Northern Virginia AIDS Ministry	HIV/AIDS Case Management
<p>www.novam.org info@novam.org 703-533-5505 803 W. Broad Street, Suite 700 Falls Church, Virginia 22046</p> <p>Target population: Youth and young adults, age 14-24, who are HIV+ or have AIDS</p> <p>Eligibility: Must be resident of one of above noted jurisdictions, low-income, and have HIV/AIDS diagnosis</p>	<p>NONPROFIT</p> <p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p> <p>Fee information: Free</p> <p>Program activities: Advocacy, Education/Awareness, Prevention</p>
<p>HIV prevention education programs target specific populations of youth - GLBTQ, African American, Latino, youth at high risk (juvenile detention). Education programs include component of speaker who is person living with AIDS. Free, confidential HIV counseling/testing open to all up to age 24. Partners: <i>Local health departments, Inova Health System, schools</i></p>	

HIV/AIDS Testing	DISEASE PREVENTION & MGMT
Northern Virginia AIDS Ministry	HIV/AIDS Testing
<p>www.novam.org info@novam.org 703-533-5505 803 W. Broad Street, Suite 700 Falls Church, Virginia 22046</p> <p>Target population: Youth and young adults, age 14-24</p> <p>Eligibility: Age 24 or younger and resident of the above jurisdictions</p>	<p>NONPROFIT</p> <p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p> <p>Fee information: Free</p> <p>Program activities: Screening/Testing</p>
<p>Free, confidential HIV counseling/testing open to all up to age 24. Partners: <i>Local health departments, Inova Health System, schools</i></p>	

Holistic Education & Prevention K.I.Services, Inc	DISEASE PREVENTION & MGMT Chronic & Communicable Diseases NONPROFIT
<p>www.kiservices.org 703-823-4401 25 South Quaker Lane, Unit 4 Alexandria, Virginia 22314</p> <p>Target population: Individuals with chronic and/or communicable diseases, and those whose behaviors put them at risk for contracting such a disease</p> <p>Eligibility: No requirements</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County</p> <p>Fee information: Free</p> <p>Program activities: Collaboration and/or Community Organizing, Counseling, Education/Awareness, Prevention, Support Groups, Screening/Testing</p>
<p>Program provides client-centered, culturally relevant and competent services to low-income, no-income and working poor individuals. Partners: <i>INOVA Juniper program, Fairfax, Alexandria, Arlington, Loudoun and Prince William Health Departments; Carpenter's, Bailey's, Hilda Berg and Arlington community shelters; Guest House; Vanguard Services; Alexandria, Arlington and Fairfax Detention Centers; Bethlehem and Alfred Street Baptist Church and Meade Memorial Church in Alexandria</i></p>	
Inova Alexandria Hospital Diabetes Center Inova Health System	DISEASE PREVENTION & MGMT Diabetes NONPROFIT
<p>www.inova.org/diabetes 703-504-3678 4320 Seminary Road Alexandria, Virginia 22034</p> <p>Target population: People with Type 1, Type 2, gestational diabetes and/or individual needs</p> <p>Eligibility: Services require a written order from a physician</p>	<p>Where program is offered: City of Alexandria</p> <p>Fee information: <i>Fee for services</i> Diabetes education is a covered benefit with Medicare and most major insurers.</p> <p>Program activities: Disease Management, Education/Awareness, Physical Activity, Prevention, Support Groups</p>
<p>Certified Diabetes Educators (registered nurses and dietitians) are available to help people with Type 1, Type 2, gestational diabetes and/or individual needs with diabetes prevention, insulin training, pump skills, and support groups. Topics include: What is Diabetes?, Carbohydrates, Healthy Eating, Reading Food Labels, Dining Out, Medications, Blood Glucose Checks, Exercise, and Preventing Complications.</p>	

Inova Fair Oaks Hospital Diabetes Center Inova Health System		DISEASE PREVENTION & MGMT
		Diabetes
		NONPROFIT
www.inova.org/diabetes 703-391-3746 3700 Joseph Siewick Drive, Suite 408A Fairfax, Virginia 22033		Where program is offered: Fairfax County
Target population: People with Type 1, Type 2, gestational diabetes and/or individual needs		Fee information: <i>Fee for services</i> Diabetes education is a covered benefit with Medicare and most major insurers. Some health insurance plans require pre-authorization.
Eligibility: Services require a written order from a physician.		Program activities: Disease Management, Education/Awareness, Physical Activity, Prevention, Support Groups
Certified Diabetes Educators (registered nurses and dietitians) are available to help people with Type 1, Type 2, gestational diabetes and/or individual needs with diabetes prevention, insulin training, pump skills, and support groups. Topics include: What is Diabetes?, Carbohydrates, Healthy Eating, Reading Food Labels, Dining Out, Medications, Blood Glucose Checks, Exercise, and Preventing Complications.		

Inova Fairfax Hospital Diabetes Center Inova Health System		DISEASE PREVENTION & MGMT
		Diabetes
		NONPROFIT
www.inova.org/diabetes 703-698-2500 2700 Prosperity Avenue, Suite 100 Fairfax, Virginia 22031		Where program is offered: City of Fairfax, Fairfax County
Target population: People with Type 1, Type 2, gestational diabetes and/or individual needs		Fee information: <i>Fee for services</i> Diabetes education is a covered benefit with Medicare and most major insurers. Some health insurance plans require pre-authorization.
Eligibility: Services require a written order from a physician.		Program activities: Disease Management, Education/Awareness, Physical Activity, Prevention, Support Groups
See previous entry for program description.		

Inova Loudoun Hospital Diabetes Center Inova Health System		DISEASE PREVENTION & MGMT
		Diabetes
		NONPROFIT
www.inova.org/diabetes 703-858-6358 44045 Riverside Parkway Leesburg, Virginia 20175		Where program is offered: Loudoun County
Target population: People with Type 1, Type 2, gestational diabetes and/or individual needs		Fee information: <i>Fee for services</i> Diabetes education is a covered benefit with Medicare and most major insurers. Some health insurance plans require pre-authorization.
Eligibility: Services require a written order from a physician.		Program activities: Disease Management, Education/Awareness, Physical Activity, Prevention, Support Groups
Certified Diabetes Educators (registered nurses and dietitians) are available to help people with Type 1, Type 2, gestational diabetes and/or individual needs with diabetes prevention, insulin training, pump skills, and support groups. Topics include: What is Diabetes?, Carbohydrates, Healthy Eating, Reading Food Labels, Dining Out, Medications, Blood Glucose Checks, Exercise, and Preventing Complications.		

Life with Cancer Life with Cancer		DISEASE PREVENTION & MGMT
		Cancer
		NONPROFIT
www.lifewithcancer.org 703-698-2526 8411 Pennell Street Fairfax, VA, Virginia 22033		Where program is offered: City of Alexandria, City of Fairfax, City of Falls Church, Fairfax County, Loudoun County
Target population: Adults and children with cancer and their family members		Fee information: <i>Free</i> (oncology massage \$50 per hour)
Eligibility: Must have cancer or have a loved one with cancer		Program activities: Counseling, Disease Management, Education/Awareness, Physical Activity, Support Groups
Life with Cancer provides information, education and support at its main facility, the Life with Cancer Family Center, and throughout Northern Virginia. Services include counseling; support groups; classes on cancer, treatments and treatment side-effects; and classes in fitness, nutrition, yoga, meditation, guided imagery, and expressive arts. Oncology massage and body work also available at the center at \$50 per hour, paid directly to the massage therapist. Partners: <i>Inova Cancer Services</i>		

Living Well with Diabetes	
Virginia Cooperative Extension Prince William County	
DISEASE PREVENTION & MGMT	
Diabetes	
GOVERNMENT	
www.pwcgov.org/vce/nuritioned nstegon@vt.edu 703-792-4764 8033 Ashton Avenue Suite 105 Manassas, Virginia 20109	Where program is offered: City of Manassas, City of Manassas Park, Prince William County
Target population: People with diabetes and their families and caregivers	Fee information: <i>Fee for services</i> \$40 fee for persons with diabetes includes two hemoglobin A1c tests, notebook and five meals. \$15 fee for spouse, family member or friend.
Eligibility: Over 18	Program activities: Education/Awareness

Living Well with Diabetes is taught by a registered dietitian and registered nurse, with a guest speaker who is a Certified Diabetes Educator who can review and answer questions about medications and insulin. Class addresses meal and snack planning to manage blood sugar and strategies to manage exercise and physical activity. Light meal served at each class. Classes offered in English and Spanish.

Low Vision Learning Center	
Prevention of Blindness Society of Metro Washington	
DISEASE PREVENTION & MGMT	
Vision / Visual Impairments	
NONPROFIT	
www.youreyes.org 703-652-7803 103 S. Alfred Street Alexandria, Virginia 22312	Where program is offered: City of Alexandria
Target population: Anyone with low vision	Fee information: <i>Fee for services</i>
Eligibility: No requirements	Program activities: Education/Awareness, Support Groups

The Low Vision Learning Center provides low vision examinations and develops rehabilitation programs for those patients with low vision. Each low vision rehabilitation program is uniquely designed based on the individual's needs and goals. The center also provides low vision patients with the opportunity to test the latest visual aids and low vision technology, from LED hand-held magnifiers and telescopes, to electronic closed-circuit TVs that can perform a variety of visual tasks.

MAI - Minority Aids Initiative
 Northern Virginia AIDS Ministry
DISEASE PREVENTION & MGMT**HIV/AIDS Prevention****NONPROFIT****www.novam.org**

info@novam.org

703-533-5505

803 W. Broad Street, Suite 700

Falls Church, Virginia 22046

Where program is offered:

Prince William County

Target population:

Minority populations

Fee information:

Free

Eligibility:

No requirements

Program activities:Screening/Testing,
Education/Awareness, Prevention

Community-based HIV/STI prevention and HIV Testing, targeting minority populations.

Partners: *Local health departments, Inova Health System, schools*
Minority AIDS Project SISTA and SIHLE
 Northern Virginia AIDS Ministry
DISEASE PREVENTION & MGMT**HIV/AIDS Prevention****NONPROFIT****www.novam.org**

info@novam.org

703-533-5505

803 W. Broad Street, Suite 700

Falls Church, Virginia 22046

Where program is offered:Arlington County, City of Alexandria,
City of Fairfax, City of Falls Church,
City of Manassas, City of Manassas
Park, Fairfax County, Loudoun
County, Prince William County**Target population:**

African American females age 14-30

Fee information:

Free

Eligibility:

No requirements

Program activities:

Education/Awareness, Prevention

Intensive, structured, multisession HIV/STI prevention program for African American females. **Partners:** *Local health departments, Inova Health System, schools*

Orion Northern Virginia AIDS Ministry		DISEASE PREVENTION & MGMT
		HIV/AIDS Prevention
		NONPROFIT
<p>www.novam.org info@novam.org 703-533-5505 803 W. Broad Street, Suite 700 Falls Church, Virginia 22046</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p>	
<p>Target population: Gay, Lesbian, Bisexual, Transgender, Questioning (GLBTQ) youth ages 14-24</p>	<p>Fee information: Free</p>	
<p>Eligibility: No requirements</p>	<p>Program activities: Education/Awareness, Prevention</p>	
<p>Outreach and support for GLBTQ youth with dedicated internet HIV/STI prevention education component. Partners: <i>Local health departments, Inova Health System, schools</i></p>		

Partnerships for Hope Northern Virginia AIDS Ministry		DISEASE PREVENTION & MGMT
		HIV/AIDS Prevention
		NONPROFIT
<p>www.novam.org info@novam.org 703-533-5505 803 W. Broad Street, Suite 700 Falls Church, Virginia 22046</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p>	
<p>Target population: African American faith communities</p>	<p>Fee information: Free</p>	
<p>Eligibility: No requirements</p>	<p>Program activities: Advocacy, Education/Awareness, Prevention</p>	
<p>Works in partnership with African American faith communities to develop HIV and STI (Sexually Transmitted Infection) prevention programs. Partners: <i>Local health departments, Inova Health System, schools</i></p>		

Rap it Up Northern Virginia AIDS Ministry	DISEASE PREVENTION & MGMT
www.novam.org info@novam.org 703-533-5505 803 W. Broad Street, Suite 700 Falls Church, Virginia 22046	HIV/AIDS Prevention NONPROFIT Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County
Target population: High-risk youth at juvenile detention centers, group homes, alternative schools	Fee information: <i>Free</i>
Eligibility: No requirements	Program activities: Education/Awareness, Prevention
Intensive multisession HIV/STI prevention education. Partners: <i>Local health departments, Inova Health System, schools</i>	

Sexually Transmitted Disease (STD) Clinics	DISEASE PREVENTION & MGMT
Fairfax County Health Department	Sexually Transmitted Diseases GOVERNMENT
www.fairfaxcounty.gov/hd 703-246-2411 10777 Main Street, Suite 203 Fairfax, Virginia 22030	Where program is offered: City of Fairfax, Fairfax County
Target population: General Public	Fee information: <i>Free</i>
Eligibility: No requirements	Program activities: Counseling, Disease Management, Education/Awareness, Prevention, Screening/Testing

STD Services are available at five locations: Joseph Willard Health Center, Herndon-Reston District Office, Falls Church District Office, Springfield District Office, and Mount Vernon District Office. Call or visit the Web site for clinic locations and hours: <http://www.fairfaxcounty.gov/hd>

Youth Speaks

Northern Virginia AIDS Ministry

DISEASE PREVENTION & MGMT**HIV/AIDS Prevention****NONPROFIT****www.novam.org**

info@novam.org

703-533-5505

803 W. Broad Street, Suite 700

Falls Church, Virginia 22046

Where program is offered:

Arlington County, City of Alexandria,
 City of Fairfax, City of Falls Church,
 City of Manassas, City of Manassas
 Park, Fairfax County, Loudoun
 County, Prince William County

Target population:

Youth and young adults, age 14-24

Fee information:

Free

Eligibility:

No requirements

Program activities:

Advocacy, Education/Awareness,
 Prevention

Trained peer educators provide school-based HIV prevention education and work with NOVAM staff in the community to provide outreach and education **Partners:** *Local health departments, Inova Health System, schools*

General Wellness & Education

Community Education – Suicide Prevention & Crisis Response CrisisLink

GENERAL WELLNESS & EDUCATION

Suicide Prevention

NONPROFIT

www.crisislink.org

703-516-6771

2503D N. Harrison Street #114
Arlington, Virginia 22207

Where program is offered:

Arlington County, City of Alexandria,
City of Fairfax, City of Falls Church,
City of Manassas, City of Manassas
Park, Fairfax County, Loudoun
County, Prince William County

Target population:

Anyone interested in suicide prevention

Fee information:

Fee for services

Call for more information,
scholarships are available.

Eligibility:

No requirements

Program activities:

Education/Awareness

CrisisLink offers training on depression awareness and suicide prevention, active listening, communication, handling difficult calls and call management, crisis hotlines, and customer service skills. It also provides training in ASIST (Applied Suicide Intervention Skills Training), QPR (Question, Persuade and Refer), poetry and expressive arts therapy, crisis response, and working through grief and traumatic loss. The trainer is a Licensed Professional Counselor and Certified Poetry Therapist. Contact the Director of Community Education and Crisis Response to assess needs and design training.

Congregational Health Partnership Inova Health System

GENERAL WELLNESS & EDUCATION

Training & Consultation

NONPROFIT

www.inova.org

703-698-2558

2700 Prosperity Avenue, Suite 100
Fairfax, Virginia 22031

Where program is offered:

Arlington County, City of Alexandria,
City of Fairfax, City of Falls Church,
Fairfax County, Loudoun County

Target population:

Multicultural and multiethnic faith communities
in Northern Virginia

Fee information:

Free

Eligibility:

No requirements

Program activities:

Collaboration and/or Community
Organizing, Education/Awareness,
Prevention, Screening/Testing

The Partnership provides training and consultation for health ministers, faith community nurses, and lay health workers. The program facilitates health needs assessments, provide monthly electronic health information, and provide classes and resources for faith community members. **Partners:** *Governmental and nonprofit agencies to provide health promotion initiatives*

Fairfax County Older Adult Services	
Fairfax County Dept. of Family Services, Adult and Aging Division	
GENERAL WELLNESS & EDUCATION	
Seniors	
GOVERNMENT	
www.fairfaxcounty.gov/dfs/olderadultservices 703-324-7984 12011 Government Center Parkway Fairfax, Virginia 22035	Where program is offered: City of Fairfax, City of Falls Church, Fairfax County
Target population: Older adults, caregivers, adults with disabilities	Fee information: <i>Fee for services, Sliding scale, Free</i>
Eligibility: Requirements vary by program	Program activities: Advocacy, Collaboration and/or Community Organizing, Disease Management, Education/Awareness, Prevention, Support Groups
<p>Fairfax County Older Adults Services include: Aging, Disability and Caregiver Resource Line (information and referral); care management and social work; caregiver support and respite; in-home care for older adults; health insurance counseling (VICAP); Meals on Wheels; and nursing homes and assisted living assistance.</p> <p>Partners: <i>Community-based organizations, faith-based organizations and nonprofits</i></p>	

Girls on the Run of Northern Virginia	
Girls on the Run of Northern Virginia	
GENERAL WELLNESS & EDUCATION	
Youth Wellness	
NONPROFIT	
www.gotrnova.org info@gotrnova.org 703-273-3153 10560 Main Street, Suite 514 Fairfax, Virginia 22030	Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, Fairfax County, Loudoun County, Prince William County
Target population: Girls in grades 3-8	Fee information: <i>Fee for services, Sliding scale, Free</i>
Eligibility: Girls must be in 3rd through 8th grade	Program activities: Collaboration and/or Community Organizing, Education/Awareness, Physical Activity, Prevention, Support Groups
<p>This after-school program combines training for a 5K running event with self-esteem enhancing lessons that encourage positive emotional, social, mental, spiritual, and physical development. The objective is to reduce the potential display of at-risk activities, with goals of lowering the incidence of adolescent pregnancies, eating disorders, depression, suicide attempts, substance/alcohol abuse problems, and confrontations with the juvenile justice system. Partners: <i>Various school-based Parent Teacher Associations and Organizations</i></p>	

Health Promotion and Wellness Activities Prince William Area Agency on Aging, Senior Center at Manassas	GENERAL WELLNESS & EDUCATION Senior Wellness GOVERNMENT
<p>www.pwcgov.org/aoa 703-792-6405 9320 Mosby St. Manassas, Virginia 20110</p>	<p>Where program is offered: City of Manassas, City of Manassas Park, Prince William County</p>
<p>Target population: Adults 55 and older</p>	<p>Fee information: <i>Fee for services, Free</i> Some activities have small fees, others are no charge</p>
<p>Eligibility: Adults 55 and older</p>	<p>Program activities: Counseling, Disease Management, Education/Awareness, Prevention, Screening/Testing</p>

Health promotion and wellness activities include health screenings, seminars related to health education and promoting optimal health, special activities to encourage healthy behaviors, and individual wellness counseling.

Health Promotion and Wellness Activities Prince William Area Agency on Aging, Senior Center at Woodbridge	GENERAL WELLNESS & EDUCATION Senior Wellness GOVERNMENT
<p>www.pwcgov.org/aoa 703-792-5081 13850 Church Hill Dr. Woodbridge, Virginia 22191</p>	<p>Where program is offered: City of Manassas, City of Manassas Park, Prince William County</p>
<p>Target population: Adults 55 and older</p>	<p>Fee information: <i>Fee for services, Free</i> Some activities have small fees; others have no charge</p>
<p>Eligibility: Adults 55 and older</p>	<p>Program activities: Counseling, Disease Management, Education/Awareness, Prevention, Screening/Testing</p>

Health promotion and wellness activities include health screenings, seminars related to health education and promoting optimal health, special activities to encourage healthy lifestyles, and individual wellness counseling.

Infant Mortality Prevention Education SIDS Mid-Atlantic	GENERAL WELLNESS & EDUCATION
<p>www.sidsma.org sidsma27@aol.com 703-955-6899 P.O. Box 799 Haymarket, Virginia 20168</p>	<p>SIDS and Infant Mortality NONPROFIT</p> <p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p>
<p>Target population: Health and child care providers, parents, families</p>	<p>Fee information: <i>Free</i></p>
<p>Eligibility: No requirements</p>	<p>Program activities: Education/Awareness</p>
<p>Trainings provided by Betty Connal, RN, MS, a nurse with over 40 years experience in perinatal education. Trainings can be done at your location, at your convenience. Available training sessions include: Keys to a Healthy Baby, Preconception Health, SIDS for Emergency Personnel, SIDS for Child Care Providers, SIDS for Health Care Providers, SIDS for Nursery and Post-Partum Nurses, Grief and Loss in Pregnancy and the First Year of Life, Perinatal Care, Prematurity, Smoking Cessation for Pregnant Mothers, Perinatal Substance Abuse, Infant Development in the First Year of Life, and Shaken Baby Syndrome.</p>	

Inova HealthSource Inova Health System	GENERAL WELLNESS & EDUCATION
<p>www.inova.org 703-698-2404 2700 Prosperity Avenue, #100 Fairfax, VA, Virginia 22031</p>	<p>CPR, AED and First Aid NONPROFIT</p> <p>Where program is offered: Fairfax County, Loudoun County</p>
<p>Target population: People who work in the healthcare field, daycare providers, parents</p>	<p>Fee information: <i>Fee for services</i></p>
<p>Eligibility: No requirements</p>	<p>Program activities: Education/Awareness, Prevention</p>
<p>Training in CPR, Automated External Defibrillator (AED), and First Aid gives healthcare workers, daycare providers, and parents the skills and confidence to respond quickly and appropriately in emergency situations. Partners: <i>The American Heart Association</i></p>	

Loudoun County Area Agency on Aging	GENERAL WELLNESS & EDUCATION
Loudoun County Dept. of Parks, Recreation & Community Services	Senior Wellness

GOVERNMENT**www.loudoun.gov/aaa**

703-777-0257

215 Depot Court, SE

Leesburg, Virginia 20175

Where program is offered:

Loudoun County

Target population:

Senior citizens and individuals with disabilities

Fee information:*Fee for services, Free*

Call for information

Eligibility:

Various programs have age requirements, residency requirements, and income eligibility requirements

Program activities:

Advocacy, Counseling, Education/Awareness, Physical Activity, Prevention

Senior Centers serve individuals age 55 and over. The Elder Resources Team serves seniors age 60 and over and their caregivers, and the Adult Day Center serves seniors 60 and over who have at least two problems with activities of daily living. Home Delivered Meals and On-Demand Transportation are available to seniors age 60 and over.

One on One Health Assessments	GENERAL WELLNESS & EDUCATION
Virginia Hospital Center	Health Screenings

NONPROFIT**www.virginiahospitalcenter.com**

703-558-6740

1701 N. George Mason Dr

Arlington, Virginia 22205

Where program is offered:

Arlington County

Target population:

General public

Fee information:*Fee for services*

Fees vary depending on the screening.

Eligibility:

No requirements

Program activities:

Screening/Testing

Screenings include body fat, bone density, metabolism, cholesterol, hypothyroidism and A1C Diabetes. Must call for appointment.

Resident Services AHC Inc.	GENERAL WELLNESS & EDUCATION
www.ahcinc.org 703-486-0626 2230 N. Fairfax Drive Arlington, Virginia 22201	<div data-bbox="1117 281 1323 336">Senior Wellness NONPROFIT</div> <div data-bbox="873 346 1203 401">Where program is offered: Arlington County</div> <div data-bbox="873 497 1081 552">Fee information: Free</div> <div data-bbox="873 590 1279 737">Program activities: Collaboration and/or Community Organizing, Education/Awareness, Physical Activity, Prevention, Screening/Testing</div>
Target population: Senior citizens	
Eligibility: No requirements	

AHC is a nonprofit developer of affordable housing or low- and moderate-income families. The resident services program at Hunter's Park, an AHC apartment community in Arlington for independent seniors, offers twice-weekly seated senior exercise and monthly visits from a group of certified nurses who provide free blood pressure and sugar screenings, along with health chats on different relevant topics, such as fall prevention. In addition, 30 seniors at Hunter's Park receive a box of food each month to supplement their existing food budgets through the Capital Area Foodbank's Senior Brown Bag Program.

School Physical Program Loudoun Community Health Center	GENERAL WELLNESS & EDUCATION
www.loudounchc.org 703-443-2000 224 A Cornwall St, NW Leesburg, Virginia 20176	<div data-bbox="1101 1131 1323 1186">School Physicals NONPROFIT</div> <div data-bbox="873 1194 1203 1249">Where program is offered: Loudoun County</div> <div data-bbox="873 1346 1081 1400">Fee information: Free</div> <div data-bbox="873 1497 1266 1587">Program activities: Advocacy, Education/Awareness, Prevention, Screening/Testing</div>
Target population: Any child without a primary care provider and patients of Loudoun Community Health Center	
Eligibility: No requirements	

School physicals are provided to children who are patients of Loudoun Community Health Center, or any child without a primary care provider.

Youth After School Programs
 General Heiser Boys & Girls Club

GENERAL WELLNESS & EDUCATION

Youth Wellness

NONPROFIT

www.bgcprincewilliam.org

703-441-0611

 17565 Old Stage Coach Road
 Dumfries, VA 22026
Where program is offered:

Prince William County

Target population:

Youth ages 6-18

Fee information:*Fee for services*
 A minimal annual fee is charged;
 scholarships are available; other
 program fees may apply
Eligibility:

Must be in school

Program activities:
 Education/Awareness, Physical
 Activity, Prevention

The Boys & Girls Clubs in Dumfries offers a wide variety of health and life skills, prevention, and sports and fitness programs. Subject areas include: drug, alcohol, and tobacco prevention; fitness education; and obesity prevention.

Youth After School Programs
 Hylton Boys & Girls Club

GENERAL WELLNESS & EDUCATION

Youth Wellness

NONPROFIT

www.hyltonclub.org

703-670-3311

 5070 Dale Boulevard
 Dale City, Virginia 22193
Where program is offered:
 City of Manassas, City of Manassas
 Park, Prince William County
Target population:

Youth ages 6-18

Fee information:*Fee for services*
 A minimal annual fee is charged, but
 some scholarships are available
Eligibility:

Must be in school

Program activities:
 Education/Awareness, Physical
 Activity, Prevention

The Boys & Girls Clubs offers a wide variety of health and life skills, prevention, and sports and fitness programs. Subject areas include: drug, alcohol, and tobacco prevention; fitness education; and obesity prevention.

Youth After School Programs
 Manassas Boys & Girls Club
GENERAL WELLNESS & EDUCATION**Youth Wellness****NONPROFIT**

www.manassasclub.org

703-365-2582

9501 Dean Park Lane

Manassas, Virginia 20110

Target population:

Youth ages 6-18

Eligibility:

Must be in school

Where program is offered:

City of Manassas, City of Manassas
Park, Prince William County

Fee information:

Fee for services

A minimal annual fee is charged, but
some scholarships are available

Program activities:

Education/Awareness, Physical
Activity, Prevention

The Boys & Girls Clubs offers a wide variety of health and life skills, prevention, and sports and fitness programs. Subject areas include: drug, alcohol, and tobacco prevention; fitness education; and obesity prevention.

Mental Health

ACTS Helpline ACTS/Helpline

MENTAL HEALTH

Crisis Intervention Hotline

NONPROFIT

www.actspwc.org

703-221-1144

3900 Acts Lane

Dumfries, Virginia 22026

Target population:

All community members

Eligibility:

No requirements

Where program is offered:

City of Manassas, City of Manassas
Park, Prince William County

Fee information:

Free

Program activities:

Counseling, Education/Awareness,
Prevention, Support Groups

Helpline provides free, confidential crisis listening, emotional support, and information and referral to community resources. Helpline: 703-368-4141; Teleten: 703-368-8069

Partners: *National Suicide Prevention Lifeline 1-800 273 TALK (8255)*

ACTS Helpline Training Program ACTS/Turning Points

MENTAL HEALTH

Suicide Prevention Training

NONPROFIT

www.actspwc.org

703 221-1144

3900 Acts Lane

Dumfries, Virginia 22026

Target population:

All community members

Eligibility:

No requirements

Where program is offered:

City of Manassas, City of Manassas
Park, Prince William County

Fee information:

Free

Program activities:

Education/Awareness

The ACTS Helpline offers training in depression awareness, suicide prevention, intervention, and post-vention, stress management, communication skills, and active listening by certified ASIST (Applied Suicide Intervention Skills Training) and QPR (Question, Persuade, Refer) trainers. The program also offers periodic depression screenings.

Alzheimer's Caregiver Support
 Alzheimer's Family Day Center

MENTAL HEALTH

Alzheimer's Caregivers

NONPROFIT

www.alzheimersfdc.org

afdc@alzheimersfdc.org

703-204-4664

2812 Old Lee Highway, Suite 210

Fairfax, Virginia 22031

Where program is offered:

Fairfax County

Target population:

Caregivers and family members who have a loved one with Alzheimer's disease

Fee information:*Fee for services, Sliding scale*

Financial assistance is provided through a scholarship program, and the facility is also Medicaid certified

Eligibility:

No requirements

Program activities:

Counseling, Disease Management, Education/Awareness, Physical Activity, Support Groups

The adult day health center allows family caregivers to work or carry out daily activities without concern for the safety and well-being of their loved one. The center also provides individual counseling, support groups, and free education programs for caregivers.

Alzheimer's Caregiver Support Group
 Virginia Hospital Center

MENTAL HEALTH

Alzheimer's Caregivers

NONPROFIT

www.virginiahospitalcenter.com

703-558-6859

1701 N George Mason Dr

Arlington, Virginia 22205

Where program is offered:

Arlington County

Target population:

Caregivers and family members who have a loved one with Alzheimer's disease

Fee information:*Free***Eligibility:**

No requirements

Program activities:

Support Groups

Meets 3rd Wednesday of every month from 10:30 to 11:30 a.m. at The Carlin Springs Health Pavillion. **Partners:** *Alzheimer's Association*

Behavioral Health	MENTAL HEALTH
Greater Prince William Community Health Center	Counseling NONPROFIT
<p>www.gpwhealthcenter.org Information@GPWHealthCenter.org 703-680-7950 4379 Ridgewood Center Drive, Suite 102 Woodbridge, Virginia 22192</p>	<p>Where program is offered: City of Manassas, City of Manassas Park, Prince William County</p>
<p>Target population: Adults 18 and older (Children are eligible to receive care from the Prince William Community Service Board)</p>	<p>Fee information: <i>Fee for services, Sliding scale</i> A sliding scale fee is available for uninsured patients, calculated by income and number of dependents.</p>
<p>Eligibility: No requirements</p>	<p>Program activities: Counseling, Education/Awareness, Prevention, Support Groups</p>
<p>Group and individual counseling available. Services offered in English and Spanish. Partners: <i>Prince William Community Service Board</i></p>	

Bereavement Support	MENTAL HEALTH
SIDS Mid-Atlantic	Sudden Infant Death Syndrome NONPROFIT
<p>www.sidsma.org sidsma27@aol.com 703-955-6899 P.O. Box 799 Haymarket, Virginia 20168</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p>
<p>Target population: Families whose babies have died</p>	<p>Fee information: <i>Free</i></p>
<p>Eligibility: Open to anyone who is bereaved</p>	<p>Program activities: Support Groups</p>
<p>SIDS Mid-Atlantic provides support groups, peer-to-peer support, and educates health providers about bereavement support.</p>	

CareRing CrisisLink		MENTAL HEALTH	
		Homebound, Seniors, Disabled NONPROFIT	
www.crisislink.org 703-516-6764 2503D N. Harrison Street #114 Arlington, Virginia 22207		Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County	
Target population: Seniors and those with disabilities, home- bound and/or isolated individuals		Fee information: Free	
Eligibility: No requirements		Program activities: Prevention	
Offers a free telephone re-assurance and check-in service to help individuals who are living alone, elderly, disabled or chronically ill. Trained volunteers make scheduled 15-minute phone calls every day, seeking to prevent minor problems from escalating. Calls may include nutrition, appointment and medication reminders; mental health assessments; or monitoring of home caregivers services. Calls are customized to meet the specific individual concerns under long-term or short-term contracts. Partners: <i>Arlington County Sheriff's Office</i>			

Community Crisis Response Team CrisisLink		MENTAL HEALTH	
		Suicide & Disaster Response	
		NONPROFIT	
www.crisislink.org 703-516-6764 2503D N. Harrison Street #114 Arlington, Virginia 22207		Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County	
Target population: Suicide survivors, disaster victims		Fee information: <i>Fee for services</i> Fees based on nature of response and services.	
Eligibility: No requirements		Program activities: Counseling, Prevention	
The Community Crisis Response Team supports communities in the aftermath of trauma and disasters to help people cope and recover. Team members offer immediate assistance in the event of natural and manmade disasters, including acts of terrorism, transportation and industrial accidents, suicide and homicide.			

**Community Education – Suicide
Prevention & Crisis Response**
CrisisLink
MENTAL HEALTH**Suicide Prevention****NONPROFIT****www.crisislink.org**

703-516-6771

2503D N. Harrison Street #114

Arlington, Virginia 22207

Where program is offered:

Arlington County, City of Alexandria,
City of Fairfax, City of Falls Church,
City of Manassas, City of Manassas
Park, Fairfax County, Loudoun
County, Prince William County

Target population:

Anyone interested in suicide prevention

Fee information:*Fee for services*

Call for more information,
scholarships are available.

Eligibility:

No requirements

Program activities:

Education/Awareness

CrisisLink offers training on depression awareness and suicide prevention, active listening, communication, handling difficult calls and call management, crisis hotlines, and customer service skills. It also provides training in ASIST (Applied Suicide Intervention Skills Training), QPR (Question, Persuade and Refer), poetry and expressive arts therapy, crisis response, and working through grief and traumatic loss. The trainer is a Licensed Professional Counselor and Certified Poetry Therapist. Contact the Director of Community Education and Crisis Response to assess needs and design training.

Crisis Shelter for Teenagers
Alternative House
MENTAL HEALTH**Teen Crisis Intervention****NONPROFIT****www.thealternativehouse.org**

counselor@thealternativehouse.

703-356-6360

2100 Gallows Road

Vienna, Virginia 22182

Where program is offered:

Fairfax County

Target population:

Youth ages 13-18 and their families

Fee information:*Free***Eligibility:**

Ages 13-18

Program activities:

Counseling, Education/Awareness

The crisis shelter for teenagers provides a three-week residential program for youth in crisis, including individual, group, and family counseling.

Crisis Hotline CrisisLink		MENTAL HEALTH Suicide Prevention NONPROFIT
<p>www.crisislink.org 703-527-4077 2503D N. Harrison Street #114 Arlington, Virginia 22207</p> <p>Target population: All community members</p> <p>Eligibility: No requirements</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p> <p>Fee information: Free</p> <p>Program activities: Counseling, Prevention</p>	
<p>CrisisLink offers free, confidential active listening, crisis de-escalation and suicide prevention. The 24/7 hotline also provides emotional support, problem-solving skills, and information regarding community resources. Crisis Hotlines can be reached through 703-527-4077, 1-800-273-TALK, 1800-SUICIDE or through the Virginia relay system by dialing 711 Partners: <i>The National Suicide Prevention Lifeline – 1-800-273-TALK</i></p>		

Domestic Violence Counseling The Women's Center		MENTAL HEALTH Domestic Violence NONPROFIT
<p>www.thewomenscenter.org twc@thewomenscenter.org 703-281-2657 133 Park St. NE Vienna, Virginia 22180</p> <p>Target population: Victims of domestic violence at any income level</p> <p>Eligibility: Adolescents and adults (men and women)</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p> <p>Fee information: Free</p> <p>Program activities: Advocacy, Collaboration and/or Community Organizing, Counseling, Education/Awareness, Prevention, Support Groups</p>	
<p>The Domestic Violence Counseling program provides education on domestic violence topics, including power and control dynamics, the cycle of violence, teen and dating violence, elder abuse, and stalking. Services also include safety planning, risk assessment, connection to community resources (attorney network), court accompaniment, assistance with obtaining a protective order, and a resource room with phone and computer access.</p>		

Domestic Violence Services
 Northern Virginia Family Service
MENTAL HEALTH
Domestic Violence
NONPROFIT

www.nvfs.org/mhs

info@nvfs.org

703-533-3302

6400 Arlington Blvd, Suite 110

Falls Church, Virginia 22042

Where program is offered:

Fairfax County

Target population:

Spanish-speaking victims of domestic violence and sexual assault within immigrant and refugee populations

Fee information:

Free

Eligibility:

Clients must reside in the Commonwealth of VA; Spanish fluency

Program activities:

Counseling, Education/Awareness, Support Groups

The primary program offering is a 12-week group domestic violence group conducted in Spanish. In addition, counseling and case management are available based on participant needs. **Partners:** NVFS is part of the Fairfax County Domestic Violence Coordinating Council

Education Workshops
 The Women's Center
MENTAL HEALTH
Coping Skills / Life Skills
NONPROFIT

www.thewomenscenter.org

twc@thewomenscenter.org

703-281-2657

133 Park St. NE

Vienna, Virginia 22180

Where program is offered:

Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County

Target population:

Adults, adolescents and families

Fee information:

Fee for services, Sliding scale, Free
Reduced fees based on financial need

Eligibility:

No requirements

Program activities:

Counseling, Education/Awareness, Prevention, Support Groups

Education workshops at The Women's Center are divided into several categories: Career Corner, Money Matters, Healthy Relationships, Personal Growth, Separation & Divorce. Programs are offered in English and Spanish.

Family Caregiver Support ProgramFairfax County Dept. of Family Services,
Adult and Aging Division

MENTAL HEALTH

Caregiver Support & Respite

GOVERNMENT

www.fairfaxcounty.gov/dfs/olderadultservices

703-324-7984

12011 Government Center Parkway

Fairfax, Virginia 22035

Where program is offered:City of Fairfax, City of Falls Church,
Fairfax County**Target population:**

Caregivers for older adults and people with disabilities

Fee information:

Fee for services, Sliding scale, Free

Eligibility:

No requirements

Program activities:Advocacy, Education/Awareness,
Support Groups

The Caregiver Support program offers free seminars and trainings on issues such as providing care, handling finances, handling stress, legal issues, Medicare, and more. Support groups - including telephone support groups facilitated in English and Korean - help caregivers deal with the physical and emotional challenges of caregiving. Caregiver respite allows caregivers a break for either few hours each week or for an overnight. In addition, the volunteer respite program offers six hours of respite care from a trained volunteer each month. **Partners:** *Community-based organizations, faith-based organizations and other nonprofits*

Family Support Group

OAR of Fairfax

MENTAL HEALTH

Incarceration Support

NONPROFIT

www.oarfairfax.org

info@oarfairfax.org

703-246-3033

10640 Page Avenue

Fairfax, Virginia 22030

Where program is offered:

City of Fairfax

Target population:

Family and friends of incarcerated individuals

Fee information:

Free

Eligibility:

No requirements

Program activities:

Support Groups

The Family Support Group offers a safe environment for the family and friends of those incarcerated. Participants meet in a group with a trained facilitator to share their experiences and the challenges related to incarceration and the criminal justice system.

Latina Mothers Separated from Their Children	MENTAL HEALTH
Arlington Free Clinic	Latina Mothers Support
	NONPROFIT

www.arlingtonfreeclinic.org

703-979-1425

2921 11th Street S

Arlington, Virginia 22204

Where program is offered:

Arlington County

Target population:

Latina mothers

Fee information:

Free

Eligibility:

Must be patient of Arlington Free Clinic

Program activities:

Support Groups

This support group explores the many challenges of adjusting to life after leaving children in home country. Arlington Free Clinic provides this program to Latina women who receive primary care at the clinic.

Men's Group	MENTAL HEALTH
Arlington Free Clinic	Men - Stress Mgmt & Support
	NONPROFIT

www.arlingtonfreeclinic.org

703-979-1425

2921 11th Street S

Arlington, Virginia 22204

Where program is offered:

Arlington County

Target population:

Male patients of Arlington Free Clinic

Fee information:

Free

Eligibility:

Must be patient of Arlington Free Clinic

Program activities:

Support Groups

This support group helps men learn about stress management and provides peer support. The group is offered to male patients of the Arlington Free Clinic.

Mental Health Services
 PRS, Inc.
MENTAL HEALTH**Mental Illness & Disorders****NONPROFIT****www.prsinc.org**

info@prsinc.org
 703-536-9000
 1761 Old Meadow Road, Suite 100
 McLean, VA 22102

Where program is offered:

City of Alexandria, Fairfax County

Target population:

Adults with serious mental illness, mild intellectual disabilities, developmental disorders, and/or substance abuse disorders (including those with dual diagnosis)

Fee information:

Fee for services

Eligibility:

Age 18 and over with appropriate diagnosis

Program activities:

Counseling, Disease Management, Physical Activity, Support Groups

At its centers in McLean and Alexandria, PRS serves adults from Northern Virginia who suffer from serious mental illness, as well as those with mild intellectual disabilities, pervasive developmental disorders, and substance use disorders. PRS provides comprehensive services that reduce the need for hospitalization while helping clients develop social relationships, prepare for independent living, pursue appropriate education, secure and sustain employment, and maintain good physical health.

Partners: *Carpenter's Shelter, Pathway Homes, RPJ Housing*

Multicultural Human Services
 Northern Virginia Family Service
MENTAL HEALTH**Depression & Counseling****NONPROFIT****www.nvfs.org/mhs**

info@nvfs.org
 703-533-3302
 6400 Arlington Blvd, Suite 110
 Falls Church, Virginia 22042

Where program is offered:

City of Fairfax, City of Falls Church, Fairfax County

Target population:

Immigrant and refugee individuals, youth and families

Fee information:

Fee for services, Sliding scale
 Some insurances accepted, all clients contribute towards their services

Eligibility:

Clients must reside in Fairfax County and eligibility for sliding scale requires household income below 200% of poverty level

Program activities:

Counseling, Support Groups

This program provides comprehensive, culturally sensitive mental health, social, educational, health and language services. Services are geared to the values and characteristics of clients from diverse cultures, and the program is staffed by multi-ethnic, multilingual social workers, counselors, art therapists, and psychiatrists. Languages: Arabic, Spanish, French, Portuguese, Japanese, and Vietnamese.

Program for Survivors of Torture & Severe Trauma	
Northern Virginia Family Service	
MENTAL HEALTH	
Torture / Trauma	
NONPROFIT	
<p>www.nvfs.org/pstt info@nvfs.org 703-533-3302 6400 Arlington Blvd, Suite 110 Falls Church, Virginia 22042</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p>
<p>Target population: Victims of torture and severe trauma living in Metropolitan DC area</p>	<p>Fee information: Free</p>
<p>Eligibility: Clients must fit the US Code definition of torture</p>	<p>Program activities: Counseling, Support Groups</p>
<p>The program provides case management, legal immigration assistance, counseling and psychiatry. Clients must fit the US Code definition of torture: "an act committed by a person acting under the color of law specifically intended to inflict severe physical or mental pain or suffering upon another person within his custody or lawful control (other than pain or suffering incidental to lawful sanctions)." Partners: <i>George Washington University Torture Abolition and Survivor Support Coalition</i></p>	

Psychological Assessment and Evaluation	
The Women's Center	
MENTAL HEALTH	
Psychological Testing	
NONPROFIT	
<p>www.thewomenscenter.org twc@thewomenscenter.org 703-281-2657 133 Park St. NE Vienna, Virginia 22180</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p>
<p>Target population: Adults, children age 4 and up</p>	<p>Fee information: <i>Fee for services, Sliding scale</i> Fee varies depending on provider status, with fee options discussed during initial intake</p>
<p>Eligibility: No requirements</p>	<p>Program activities: Counseling, Education/Awareness, Screening/Testing</p>

The Women's Center offers psychological and psychoeducational testing for learning disabilities, attention deficit problems, and differential diagnosis or clarification of clinical issues. IQ testing for educational planning and mental health evaluations are also available.

Renewed Hope ACTS/Helpline		MENTAL HEALTH
		Suicide Recovery
		NONPROFIT
www.actspwc.org 703-221-1144 3900 Acts Lane Dumfries, Virginia 22026		Where program is offered: Prince William County
Target population: Persons who have survived a suicide attempt		Fee information: Free
Eligibility: No requirements		Program activities: Education/Awareness, Support Groups

Renewed Hope is a support group for individuals who have made a suicide attempt. Group meets twice each month in Prince William County and is also open to individuals from other Northern Virginia jurisdictions.

Senior Link ACTS/Helpline		MENTAL HEALTH
		Seniors, Disabled, Chronically Ill
		NONPROFIT
www.actspwc.org 703-221-1144 3099 Acts Lane Dumfries, Virginia 22026		Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County
Target population: Senior adults, disabled and chronically ill individuals		Fee information: Free
Eligibility: No requirements		Program activities: Advocacy, Prevention

Senior Link is a program of the ACTS Helpline that provides daily or weekly reassurance calls to seniors and homebound adults (disabled or chronically ill), scheduled at the recipient's convenience. Trained Senior Link volunteers offer socialization, companionship and encouragement.

Stress Management		MENTAL HEALTH
Arlington Free Clinic		Stress Management
		NONPROFIT
www.arlingtonfreeclinic.org 703-979-1425 2921 11th Street S Arlington, Virginia 22204	Where program is offered: Arlington County	
Target population: All patients of Arlington Free Clinic	Fee information: Free	
Eligibility: Must be a patient of Arlington Free Clinic	Program activities: Support Groups	
This program gives patients of the Arlington Free Clinic the opportunity to learn stress management techniques.		

Suicide Survivor Support		MENTAL HEALTH
ACTS/Helpline		Suicide Bereavement
		NONPROFIT
www.actspwc.org 703-368-4141 3900 Acts Lane Dumfries, Virginia 22026	Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County	
Target population: Anyone who has lost a loved one to suicide	Fee information: Free	
Eligibility: No requirements	Program activities: Support Groups	
Surviving After Suicide is a support group for people who have lost a loved one to suicide.		

Support and Therapy Groups
 The Women's Center
MENTAL HEALTH**Support & Counseling****NONPROFIT****www.thewomenscenter.org**

twc@thewomenscenter.org

703-281-2657

133 Park St. NE

Vienna, Virginia 22180

Where program is offered:

Arlington County, City of Alexandria,
 City of Fairfax, City of Falls Church,
 City of Manassas, City of Manassas
 Park, Fairfax County, Loudoun
 County, Prince William County

Target population:

Children, adolescents and adults

Fee information:

Fee for services, Sliding scale, Free
 Reduced fees based on financial
 need

Eligibility:

No requirements

Program activities:

Counseling, Education/Awareness,
 Support Groups

The Women's Center offers a variety of ongoing support and therapy groups, including: Coping with Separation and Divorce, Dealing with Anger, Eating Awareness, Emotional Abuse, Survivors of Sexual Abuse, Healthy Relationships, and Women's General Support.

**Support for New Mothers with Postpartum
 Depression**
MENTAL HEALTH

Postpartum Support Virginia

Postpartum Depression**NONPROFIT****www.postpartumva.org**

info@postpartumva.org

703-829-7152

P.O. Box 7251

Arlington, Virginia 22207

Where program is offered:

Arlington County, Fairfax County

Target population:

New and expectant mothers who are
 experiencing depression or anxiety

Fee information:*Free***Eligibility:**

No requirements

Program activities:

Advocacy, Education/Awareness,
 Support Groups

Up to one in five new or expectant mothers will experience depression or anxiety, making these illnesses the most common complication of childbirth. Postpartum Support Virginia provides the following activities and services: 1) Support for new and expectant mothers, including one-on-one and free peer-led group support; 2) Information and resources, including lists of mental health care professionals who treat women with these illnesses; and 3) outreach and education, specifically to maternal health care providers such as OB/GYNs and pediatricians.

Tara Sirmans Survivor HOPE Program - LOSS TEAM		MENTAL HEALTH
CrisisLink		Suicide / Trauma Survivors
		NONPROFIT
www.crisislink.org 703-516-6771 2503D N. Harrison Street #114 Arlington, Virginia 22207		Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County
Target population: Suicide survivors and trauma survivors		Fee information: Free
Eligibility: No requirements		Program activities: Counseling, Prevention, Support Groups

The Loss Team provides immediate on-the-scene support to family and friends after a suicide or other traumatic loss. Connects survivors to community resources. Also meets with survivors in the first few days after a loss to provide support and help with coping with the aftermath of such events. Also offers hope and guidance for the healing process after a loss. The HOPE program also offers a twice-monthly support group for those who have lost a loved one to suicide. Additionally, provides training in working through grief and traumatic loss for law enforcement and mental health professionals and others responding to traumatic loss. **Partners:** *Fairfax County Homicide*

Wellness Hour for Women		MENTAL HEALTH
Arlington Free Clinic		Women - Stress Mgmt & Support
		NONPROFIT
www.arlingtonfreeclinic.org 703-979-1425 2921 11th Street S Arlington, Virginia 22204		Where program is offered: Arlington County
Target population: Female patients at Arlington Free Clinic		Fee information: Free
Eligibility: Must be a patient of Arlington Free Clinic		Program activities: Counseling, Education/Awareness

The Wellness Hour for Women is a program for patients of the Arlington Free Clinic that addresses stress management and provides peer support. Offered in English and Spanish.

Women's Program
 ACTS/Turning Points
MENTAL HEALTH**Domestic Violence****NONPROFIT**

www.actspwc.org

703-221-4460
 3900 ACTS Lane
 Dumfries, Virginia 22026

Target population:

Abused women, including women who are court mandated to the program

Eligibility:

No requirements

Where program is offered:

City of Manassas, City of Manassas Park, Prince William County

Fee information:

Fee for services, Free
 Services are free except for court mandated women, for whom the fee is \$400 (if indigent, fee is reduced to \$100)

Program activities:

Advocacy, Collaboration and/or Community Organizing, Counseling, Education/Awareness, Prevention, Support Groups

The Turning Points Women's Program provides confidential individual counseling, safety planning and support group. The group is a safe, supportive place to discuss concerns regarding domestic abuse issues with other women. Turning Points does not tell its clients what to do but offers options and resources. **Partners:** *DSS, CPS, court, attorneys, SAVAS, and other domestic violence agencies*

"You Talk, We Listen" Teen Line
 CrisisLink
MENTAL HEALTH**Suicide & Crisis Intervention****NONPROFIT**

www.crisislink.org

703-527-4077
 2503D N. Harrison Street #114
 Arlington, Virginia 22207

Target population:

Adolescents

Eligibility:

No requirements

Where program is offered:

Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County

Fee information:

Free

Program activities:

Counseling, Prevention

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

Nutrition

Alexandria Meals on Wheels Senior Services of Alexandria

NUTRITION

Nutrition for Seniors/Disabled

NONPROFIT

www.seniorservicesalex.org

703-836-4414

700 Princess Street

Alexandria, Virginia 22314

Where program is offered:

City of Alexandria

Target population:

Seniors age 60 and over, or any disabled individual who can't prepare or access food

Fee information:

Fee for services, Free

Many individuals choose to pay for their meals.

Eligibility:

Must be an Alexandria resident, 60 and over or disabled, eligibility determined after interview

Program activities:

Collaboration and/or Community Organizing, Education/Awareness

Over 200 volunteers deliver meals to elderly or disabled residents Monday through Friday and on holidays. **Partners:** *City of Alexandria*

Arlington Meals on Wheels Meals on Wheels of Northern Virginia

NUTRITION

Nutrition for Seniors/Disabled

NONPROFIT

www.mealsonwheelsarlington.com

info@mealsonwheelsarlington.com

703-522-0811

P.O. Box 40203

Arlington, Virginia 22204

Where program is offered:

Arlington County

Target population:

Homebound individuals in Arlington County

Fee information:

Fee for services, Sliding Scale, Free
Subsidies available for clients with limited incomes who are unable to pay for the cost of meals

Eligibility:

Resident of Arlington County who are homebound due to age, illness, or other distress

Program activities:

Collaboration and/or Community Organizing, Education/Awareness

Two meals are delivered by volunteers to clients around noon on Monday through Friday. Clients are usually homebound due to a long-term handicap or short-term convalescence. **Partners:** *First Presbyterian Church of Arlington*

Congregate Nutrition Program

Prince William Area Agency on Aging

NUTRITION

Senior Nutrition GOVERNMENT

www.pwcgov.org/aoa

703-792-6400
5 County Complex Court Suite 240
Woodbridge, Virginia 22192

Where program is offered:

City of Manassas, City of Manassas
Park, Prince William County

Target population:

Adults 60 years and older

Fee information:

Free
Suggested donation

Eligibility:

Senior citizens

Program activities:

Advocacy, Collaboration and/or
Community Organizing, Counseling,
Disease Management,
Education/Awareness, Physical
Activity, Prevention, Support Groups,
Screening/Testing

Nutritious meals and related services for socially and/or economically needy adults are provided in a communal setting. **Partners:** *Virginia Department on Aging*

Fairfax County Meals on Wheels

Fairfax County Dept. of Family Services,
Adult and Aging Division

NUTRITION

Nutrition for Seniors/Disabled GOVERNMENT

www.fairfaxcounty.gov/dfs/olderadultservices

703-324-7984
12011 Government Center Parkway
Fairfax, Virginia 22035

Where program is offered:

City of Fairfax, City of Falls Church,
Fairfax County

Target population:

Adults age 60 and over, disabled individuals

Fee information:

Fee for services, Sliding scale, Free

Eligibility:

Age 60 and over and disabled individuals who
are unable to shop for or prepare meals

Program activities:

Collaboration and/or Community
Organizing, Education/Awareness,
Prevention

Meals on Wheels serves Fairfax area residents age 60 and over and adults with disabilities who cannot shop for or prepare their own meals or have no one available to prepare meals. The program delivers five days a week, with weekend service available in limited areas, and provides two nutritious meals each day. Ethnic Korean, Vietnamese and Middle Eastern meals are also available in some areas of the county. **Partners:** *Meals are prepared in local hospitals, Fairfax County Public Schools, senior centers, and several ethnic food establishments under contract with the County. Community volunteer groups, also under contract with Fairfax County, deliver the meals.*

Good Eats! Health and Wellness Program The Arc		NUTRITION
		Developmentally Disabled
		NONPROFIT
<p>www.arcgpw.org jocetnik@arcgpw.org 703-670-4800 13505 Hillendale Dr. Woodbridge, Virginia 22193</p>	<p>Where program is offered: Prince William County</p>	
<p>Target population: Teens and adults with developmental disabilities</p>	<p>Fee information: <i>Fee for services</i> \$25 for an eight-week course.</p>	
<p>Eligibility: Age 16 and up</p>	<p>Program activities: Education/Awareness, Physical Activity</p>	
<p>This program offers a combination of exercise, nutrition information, and introducing healthy food alternatives for teens and adults with developmental disabilities. The program starts in June and runs through July. Partners: <i>Prince William County Extension Office</i></p>		

Healthy Choices Arlington Free Clinic		NUTRITION
		Nutrition - Chronic Illness
		NONPROFIT
<p>www.arlingtonfreeclinic.org 703-979-1425 2921 11th Street S Arlington, Virginia 22204</p>	<p>Where program is offered: Arlington County</p>	
<p>Target population: Individuals with chronic diseases</p>	<p>Fee information: <i>Free</i></p>	
<p>Eligibility: Patients of Arlington Free Clinic</p>	<p>Program activities: Disease Management</p>	
<p>Healthy Choices helps individuals who have chronic illnesses, such as diabetes, develop supportive nutritional habits.</p>		

Healthy Cholesterol Class	
Loudoun Community Health Center	
	NUTRITION
	Cholesterol
	NONPROFIT
www.loudounc hc.org 703-443-2000 224 A Cornwall St, NW Leesburg, Virginia 20176	Where program is offered: Loudoun County
Target population: Individuals with high cholesterol	Fee information: <i>Sliding scale</i> \$5 for 1 hr session offered in English and Spanish
Eligibility: Patients of Loudoun Community Health Center	Program activities: Counseling, Disease Management, Education/Awareness, Prevention
The Healthy Cholesterol Class is provided to patients of Loudoun Community Health Center to help them learn to prevent and lower high cholesterol.	

Healthy Eating Active Living (HEAL)	
Prince William Health Partnership	
	NUTRITION
	Childhood Obesity
	NONPROFIT
www.pwhealthpartnership.org 703-670-1340 2296 Opitz Boulevard Suite 320 Woodbridge, Virginia 22191	Where program is offered: City of Manassas, City of Manassas Park, Prince William County
Target population: Elementary schoolchildren in Prince William County	Fee information: <i>Free</i>
Eligibility: No requirements	Program activities: Education/Awareness, Physical Activity

The Healthy Eating Active Living (HEAL) program reinforces and strengthens existing school wellness policies, offering grade-level interactive curriculum while responding to the Virginia Standards of Learning. The HEAL Program also promotes 9-5-2-1-0 for Health, an initiative for children stressing 9 hours of sleep, 5 fruits and vegetables each day, no more than 2 hours of recreational screen time each day, at least 1 hour of exercise each day, and zero sugary drinks. **Partners:** *School systems in Prince William County and the Cities of Manassas and Manassas Park; 4 H/Cooperative Extension; Kaiser Permanente*

Northern Virginia Healthy Kids Coalition: 9-5-2-1-0 for Health Inova Health System		NUTRITION
		Youth Nutrition
		NONPROFIT
www.tippingthescales.net rhonda.richardson@inova.org 703-698-2516 2700 Prosperity Avenue Fairfax, Virginia 22031	Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County	
Target population: Children and adolescents (aged 2 to 18)	Fee information: Free	
Eligibility: No requirements	Program activities: Collaboration and/or Community Organizing, Education/Awareness, Physical Activity, Prevention	

The Northern Virginia Healthy Kids Coalition is a multijurisdictional grass roots coalition whose core message is 9-5-2-1-0 for Health, which stresses five key behaviors which promote healthy weight and overall good health for children.

Partners: *Local public schools, health departments, and parks and recreation departments; Partnership for a Healthier Alexandria; Inova Health System; Partnership for Healthier Kids; Prince William County Cooperative Extension; Prince William Health Partnership; SLEEP (Start Later for Excellence in Education Proposal)*

SNAP Classes Virginia Cooperative Extension - Prince William County		NUTRITION
		Food Literacy
		GOVERNMENT
www.pwcgov.org/vce/nutritioned nstegon@vt.edu 703-792-4764 8033 Ashton Avenue Suite 105 Manassas, Virginia 20109	Where program is offered: City of Manassas, City of Manassas Park, Prince William County	
Target population: Low-income families, individuals and groups of all ages; youth program offered in schools with 50% or more free and reduced-price lunches	Fee information: Free	
Eligibility: Low-income, receiving SNAP or WIC benefits	Program activities: Education/Awareness	

SNAP (Supplemental Nutrition Assistance Program) classes teach the basics of nutrition and meal preparation, including meal planning and recipe ideas. Participants learn how to eat well within a food budget by making money and food stamps go further. Classes are offered to individuals and families of all ages who receive or qualify to receive food stamps, free or reduced school lunches, WIC or DSS assistance. Adult classes are conducted in English and Spanish. **Partners:** *WIC, PWC schools, churches, senior centers, county agencies, local nonprofits*

We Can! Child Obesity Program
 Jeanie Schmidt Free Clinic

NUTRITION

Childhood Obesity

NONPROFIT

www.jsfreeclinic.org

703-481-8160

13525 Dulles Technology Dr.

Herndon, Virginia 20171

Where program is offered:

Fairfax County

Target population:

Children in Fairfax county at risk for obesity

Fee information:

Free

Eligibility:

Uninsured individuals with income at or below 200% of Federal Poverty Guidelines

Program activities:

Prevention

Jeanie Schmidt Free Clinic is a partner in the "We Can!" (Ways to Enhance Children's Activity & Nutrition) program, a national movement designed to give parents, caregivers, and communities a way to help children 8 to 13 years old stay at a healthy weight. The We Can! national education program provides parents and caregivers with tools and activities that encourage healthy eating, increased physical activity, and reduced time sitting in front of the screen (TV or computer) for their entire family.

Partners: Kaiser Permanente, YMCA

Women Infants Children (WIC)
 Fairfax County Health Department

NUTRITION

Supplemental Nutrition - WIC

GOVERNMENT

www.fairfaxcounty.gov/hd

703-246-2411

10777 Main Street, Suite 203

Fairfax, Virginia 22030

Where program is offered:

City of Fairfax, Fairfax County

Target population:

Pregnant women, breastfeeding women up to one year from delivery, postpartum women up to six months from delivery, infants, and children up to their fifth birthday

Fee information:

Free

Eligibility:

Must be a resident of the state of Virginia (U.S. Citizenship is not required), at or below 185% of Federal Poverty Guidelines or on Medicaid or food stamps, and determined by WIC clinic staff to be at nutrition or health risk.

Program activities:

Counseling, Prevention, Support Groups, Screening/Testing

The Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a short-term intervention program designed to influence nutrition and health behaviors of those eligible for WIC. Services are available at seven locations: Falls Church Office, Neighborhood Resource Center in Herndon, Mt. Vernon Office, Herndon Reston Office, Springfield Office, Joseph Willard Center, Centreville Clinic. Visit the Health Department's website for locations and hours: www.fairfaxcounty.gov/hd

Farmers Markets in Northern Virginia

Check market websites for start and end dates for the current season, holiday hours, and information about vendors and the types of produce available at each location.

Arlington County

Arlington

www.arlingtonfarmersmarket.com

Arlington County Dept of Parks, Recreation and Cultural Resources
news@arlingtonfarmersmarket.com

Day/Time/Season: Saturday, 8 a.m. - Noon, May to Dec.; 9 a.m. - Noon, Jan. - April

Location: North Courthouse Road & North 14th St., next to Arlington County Courthouse parking lot

Ballston

www.ballstonfarmersmarket.blogspot.com

Ballston Partnership
703-528-3527

Day/Time/Season: Thursday, 3 p.m. - 7 p.m., May - Oct.

Location: Welburn Square (Ballston Circle) between North Stuart & North 9th St.

Clarendon

www.clarendon.org

Clarendon Alliance
703-812-8881

Day/Time/Season: Wednesday, 2 p.m. - 7 p.m., year-round

Location: Clarendon Metro Park

Columbia Pike

www.columbia-pike.org

Columbia Pike Revitalization Organization
703-892-2776

Day/Time/Season: Sunday, 9 a.m. - 1 p.m., May - Nov.; 10 a.m. - 1 p.m., Dec. - April

Location: Pike Park, in front of Rite Aid at Columbia Pike and South Walter Reed Dr.

Crystal City

www.crystalcity.org/green/farmers-market

FRESHFARM Markets
crystalcity@freshfarmmarkets.org

Day/Time/Season: Tuesday, 3 p.m. - 7 p.m., May - Nov.

Location: Crystal Drive between 18th Street and 20th Street

Rosslyn

www.rosslynva.org/play/markets

Rosslyn BID
703-522-6628

Day/Time/Season: Thursday, 11 a.m. - 3 p.m., May - Oct.

Location: Wilson Boulevard and North Oak Street

City of Alexandria

Del Ray

alexandriava.gov/FarmersMarket

Day/Time/Season: Saturday, 8 a.m. - Noon, year-round

Location: East Oxford and Mount Vernon Avenues

Four Mile Run

www.4mrmarket.org

4mrm@arlandria.org / 804-464-7861

Day/Time/Season: Sundays, 8 a.m. - 1 p.m., April - Oct.

Location: 4109 Mount Vernon Ave.

Old Town Alexandria

alexandriava.gov/FarmersMarket

City of Alexandria

703-746-3200

Day/Time/Season: Saturday, 5:30 a.m. - 11 a.m., year-round

Location: Market Square, 301 King Street

Upper King Street

www.upperkingstreet.org/farmersmarketfrontpage.htm

Upper King Street Neighborhood Association

UKSNAMarketCom@gmail.com

Day/Time/Season: Wednesday, 3 p.m. - 7 p.m., May - Oct.

Location: King Street Gardens Park, next to King Street Metro station

West End

www.westendfarmersmarket.org

West End Farmer's Market

Day/Time/Season: Sunday, 9 a.m. - 1 p.m., May - Nov.

Location: Ben Brenman Park at 4800 Brenman Park Drive

City of Fairfax

Downtown Fairfax

www.fairfaxsaturndaymarket.com

Downtown Fairfax Coalition

info@downtownfairfaxcoalition.com

Day/Time/Season: Saturday: 8 a.m. - 1 p.m., May - Oct.

Sunday: 11 a.m. - 2 p.m., May - Oct.

Location: Saturday: West & Main Streets behind Wachovia Bank, next to the Fairfax County Courthouse. Sunday: Old Lee Highway & North Street (Surf Shop parking lot)

City of Falls Church

Falls Church

www.fallschurchva.gov/content/government/departments/recparks/farmersmarket/

Department of Recreation and Parks
recreation@fallschurchva.gov / 703-248-5077

Day/Time/Season: Saturday, 8 a.m. - Noon, April - Dec.; 9 a.m. - Noon, Jan. - March

Location: City Hall parking lot, 300 Park Ave.

Fairfax County

Fairfax County

www.fairfaxcounty.gov/parks/wp-farm-mkt.hm

Fairfax County Park Authority
703-642-0128

Season: May to December

Locations & times: 12 market locations - visit website for addresses and directions

Annandale, Thursday, 8 a.m. - Noon
Burke, Saturday, 8 a.m. - Noon
Fairfax, Tuesday, 8 a.m. - Noon
Frying Pan, Wednesday, 8 a.m. - 12:30 p.m.
Herndon, Thursday, 8 a.m. - Noon
Kingstowne, Friday, 4 p.m. - 7 p.m.

Lorton, Sunday, 9 a.m. - 1 p.m.
McLean, Friday, 8 a.m. - Noon
Mount Vernon, Wednesday, 8 a.m. - Noon
Oak Marr, Wednesday, 8 a.m. - Noon
Reston, Saturday, 8 a.m. - Noon
Wakefield, Wednesday, 2 p.m. - 6 p.m.

Oakton

www.smartmarkets.org

Smart Markets, Inc.
jean@smartmarkets.org

Day/Time/Season: Saturday, 10 a.m. - 2 p.m., year-round

Location: Unity of Fairfax Church, 2854 Hunter Mill Rd.

Reston

www.restonfarmersmarket.com

John and Fran Lovaas, Co-Market Masters
info@restonfarmersmarket.com / 703-318-9628

Day/Time/Season: Saturday, 8 a.m. - Noon, May - Oct.

Location: Lake Anne Plaza

Vienna

www.viennafarmersmarket.com

Optimist Club of Greater Vienna
manager@viennafarmersmarket.com / 571-266-5051

Day/Time/Season: Saturday, 8 a.m. - Noon, May - Oct.

Location: 131 Church Street NE

Loudoun County

Loudoun Valley

www.loudounfarmersmarkets.org

Loudoun Valley Homegrown Markets Cooperative

info@loudounfarmersmarkets.org / 540-454-8089

Season: Four markets operate May - Nov.; Saturday market in Leesburg is year-round

Locations & times: Visit website for addresses and directions

Ashburn, Saturday, 8 a.m. - Noon

Brambleton, Sunday, 9 a.m. - 1 p.m.

Cascades, Sunday, 9 a.m. - 1 p.m.

Leesburg, Wednesday, 3 p.m. - 6 p.m.

Leesburg, Saturday, 8 a.m. - Noon, May - Oct.

Leesburg, Saturday, 9 a.m. - Noon, Nov. - April

Middleburg

www.middleburgfarmersmarket.org

Town of Middleburg

cpearson@townofmiddleburg.org / 540-687-5152

Day/Time/Season: Saturday, 8 a.m. - Noon, May - Oct.

Location: Behind the Middleburg Community Center on Stonewall Avenue

Purcellville

www.purcellvillecommunitymarket.com

Purcellville Community Market

703-967-0431

Day/Time/Season: Saturday, 9 a.m. - Noon, April - Nov.

10 a.m. - 1 p.m., Dec. - March

Location: Town Hall parking lot; during winter months, held indoors at It's Bazaar

Prince William County

Dale City

www.pwcparks.org

Prince William County Park Authority

703-670-7115

Day/Time/Season: Sunday, 8 a.m. - 1 p.m., April - Nov.

10 a.m. - 1 p.m., Dec. - March

Location: Dale City Commuter Lot on Dale Blvd.

Gainesville

www.smartmarkets.org

Smart Markets, Inc.

jean@smartmarkets.org

Day/Time/Season: Sunday, 10:30 a.m. - 1:30 p.m., year-round

Location: Virginia Gateway Shopping Center

Oral Health

Dental Care

Greater Prince William Community Health Center

ORAL HEALTH

Dental Care

NONPROFIT

www.gpwhealthcenter.org

Information@GPWHealthCenter.org
703-680-7950
4379 Ridgewood Center Drive, Suite 102
Woodbridge, Virginia 22192

Where program is offered:

City of Manassas, City of Manassas Park, Prince William County

Target population:

All persons are eligible to receive care

Fee information:

Fee for services, Sliding scale
A sliding fee scale is available for uninsured patients. Fees are calculated based on income and number of dependents.

Eligibility:

No requirements

Program activities:

Disease Management, Education/Awareness, Prevention, Screening/Testing

Preventative and emergency services are available to patients. No cosmetic dentistry is available.

Dental Health Care

Fairfax County Health Department

ORAL HEALTH

Dental Care - Youth

GOVERNMENT

www.fairfaxcounty.gov/hd

703-246-2411
10777 Main Street, Suite 203
Fairfax, Virginia 22030

Where program is offered:

City of Fairfax, Fairfax County

Target population:

Children up to 18 years old

Fee information:

Sliding scale

Eligibility:

Virginia Medicaid recipients age 3-20

Program activities:

Prevention, Screening/Testing

The Dental Health Care program assist the residents of Fairfax County by providing dental services to children whose families are income eligible and/or to whom treatment is not available in the private sector. Services are available by appointment only at three locations: Herndon-Reston District Office, Mount Vernon District Office, and Joseph Willard Health Center. Visit the department's website for office locations and hours: www.fairfaxcounty.gov/hd

Medical Education Campus Restorative Dental Clinic Northern Virginia Community College	ORAL HEALTH Dental Care GOVERNMENT
<p>www.nvcc.edu hkelley@nvcc.edu 703-822-2086 6699 Springfield Center Drive Springfield, Virginia 22150-1913</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p>
<p>Target population: Adult residents of Northern Virginia</p>	<p>Fee information: <i>Sliding scale</i> Any and all emergency services cost \$75 per visit. All non-emergency services require a fixed fee per service, or sliding fee if the patient wishes to disclose family income.</p>
<p>Eligibility: Age 13 or older with ability to pay for dental services</p>	<p>Program activities: Disease Management, Education/Awareness, Prevention, Screening/Testing</p>
<p>The program focuses on encouraging patients to know and understand their oral health status and dental care needs. A hard copy of the treatment plan is given to the patient before any restorative service is delivered. Partners: <i>Northern Virginia Family Service and Northern Virginia Dental Clinic</i></p>	

Northern Virginia Dental Clinic Northern Virginia Dental Clinic, Inc.	ORAL HEALTH Oral Health NONPROFIT
<p>www.nvds.org 703-820-7170 5827 Columbia Pike, Suite 405 Falls Church, Virginia 22041</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, Fairfax County, Loudoun County</p>
<p>Target population: Low-income adults</p>	<p>Fee information: <i>Fee for services</i> Flat rate of \$40 per visit. Additional fees are charged for biopsies and for prosthetic appliances.</p>
<p>Eligibility: Residents of Northern Virginia, age 18 or older, with an annual income at or below 200% of Federal Poverty Guidelines</p>	<p>Program activities: Disease Management, Prevention, Screening/Testing</p>
<p>The Northern Virginia Dental Clinic offers a comprehensive menu of oral health care services provided by licensed dental professionals with the goal of restoring each individual to an infection-free and functional state of oral health, and educating each individual about the importance of maintaining good oral health. Partners: <i>Local government jurisdictions and social service agencies designated by each jurisdiction.</i></p>	

Oral Health Access Program
 Northern Virginia Family Service
ORAL HEALTH**Dental Care****NONPROFIT****www.nvfs.org**

703-385-3267

10455 White Granite Drive

Manassas, Virginia 22124

Where program is offered:

Arlington County, Fairfax County,

Prince William County

Target population:

Residents of Arlington, Fairfax, or Prince William County, 18 and older without dental coverage

Fee information:*Fee for services, Reduced cost*

Qualified residents receive at least a 50% discount on services provided by NVFS' network of private dentists

Eligibility:

Proof that annual income falls below 200% of Federal Poverty Guidelines, no current dental coverage

Program activities:

Prevention

The Oral Health Access Program provides Northern Virginia residents with access to reduced cost dental services. Case managers also actively assist residents in need of additional financial assistance to access assistance they may qualify for. Contact Information for case managers: Arlington Dental Link: Cecelia (CC) Schnabel, 703-769-4600 ext. 3144; Health Link (serving Prince William County): Maria Teresa Cruz 703-490-3646 ext. 6763; Adult Health Program (serving Fairfax County): Vida Sanchez – 703-219-2175 **Partners:** *A network of 65 private dental practices offer substantially discounted comprehensive oral health services to qualified residents*

Parenting & Infant Health

ABCs of Parenting

SCAN (Stop Child Abuse Now) of Northern Virginia

PARENTING & INFANT HEALTH

Children

NONPROFIT

www.scanva.org

info@scanva.org

703-820-9001

1705 Fern Street, 2nd Floor

Alexandria, Virginia 22302

Where program is offered:

City of Alexandria, Fairfax County

Target population:

All parents and caregivers, more appropriate for parents of children ages 0-10

Fee information:

Free

Eligibility:

No requirements

Program activities:

Education/Awareness

The ABCs of Parenting Class is an 8-week parenting course offered in both English and Spanish, with dinner and childcare provided. SCAN also offers weekly, ongoing Educational Parent Support Groups in English and Spanish with childcare provided, and parent-child Developmental Playgroups for children ages 0 to 5 with developmentally appropriate activities.

Alexandria Head Start / Early Head Start

The Campagna Center

PARENTING & INFANT HEALTH

Childhood Nutrition & Wellness

NONPROFIT

www.campagnacenter.org

703-549-0111

418 S Washington Street

Alexandria, Virginia 22314

Where program is offered:

City of Alexandria

Target population:

Children and families

Fee information:

Free

Eligibility:

Based on residency, income, age of child

Program activities:

Advocacy, Collaboration and/or Community Organizing, Counseling, Education/Awareness, Physical Activity, Prevention, Screening/Testing

In Early Head Start, for ages 0-3, children and families receive ongoing health and nutrition services and referrals, including developmental screenings and nutritional assessments. In Head Start, pre-school age children and families receive ongoing health and nutrition services and referrals, including hearing, vision and developmental screenings as well as nutritional assessments.

Arlington Pediatric Center		PARENTING & INFANT HEALTH
Arlington Pediatric Center		Pediatric Health Care
		NONPROFIT
<p>www.arlpedcen.org 703-271-8800 601 S. Carlin Springs Road Arlington, Virginia 22204</p>	<p>Where program is offered: Arlington County</p>	
<p>Target population: Children ages 0-18 residing in Arlington County</p>	<p>Fee information: <i>Sliding scale</i> APC accepts Medicaid, FAMIS and FAMIS+ but does not accept any private insurance. Fees for uninsured children are discounted based on family income.</p>	
<p>Eligibility: Arlington resident under 19 years of age, with family income at or below 200% of Federal Poverty Guidelines</p>	<p>Program activities: Counseling, Disease Management, Education/Awareness, Prevention, Screening/Testing</p>	
<p>The Arlington Pediatric Clinic provides a medical home offering patient-centered care in a culturally sensitive environment. Parents may call 703-271-8134 to schedule an eligibility screening to enroll their children. The eligibility screening must be completed prior to the first appointment with a physician. The screening is updated annually thereafter. APC sees patients by appointment. Physicians are on call 24/7.</p>		

Assisting Young Mothers		PARENTING & INFANT HEALTH
Alternative House		Young Mothers
		NONPROFIT
<p>www.thealternativehouse.org aym@thealternativehouse.org 703-280-2162 P.O. Box 694 Dunn Loring, Virginia 22027</p>	<p>Where program is offered: Fairfax County</p>	
<p>Target population: Young mothers and their children</p>	<p>Fee information: <i>Free</i></p>	
<p>Eligibility: Ages 16-21</p>	<p>Program activities: Counseling, Education/Awareness</p>	
<p>Assisting Young Mothers is a residential program for homeless young mothers and their children offering parenting and life skills groups, case management, and therapy.</p>		

Bereavement Support
 SIDS Mid-Atlantic

PARENTING & INFANT HEALTH

Sudden Infant Death Syndrome

NONPROFIT

www.sidsma.org

sidsma27@aol.com

703-955-6899

PO Box 799

Haymarket, Virginia 20168

Where program is offered:

Arlington County, City of Alexandria,
 City of Fairfax, City of Falls Church,
 City of Manassas, City of Manassas
 Park, Fairfax County, Loudoun
 County, Prince William County

Target population:

Families whose babies have died

Fee information:

Free

Eligibility:

Open to anyone who is bereaved

Program activities:

Support Groups

SIDS Mid-Atlantic Bereavement Support services include support groups, peer-to-peer support, and bereavement education for health providers.

Breastfeeding Support
 Loudoun Community Health Center

PARENTING & INFANT HEALTH

Breastfeeding

NONPROFIT

www.loudounchc.org

703-443-2000

224 A Cornwall St, NW

Leesburg, Virginia 20176

Where program is offered:

Loudoun County

Target population:

Breastfeeding patients

Fee information:

Sliding scale

Eligibility:

Patients of Loudoun Community Health
 Center

Program activities:

Counseling, Education/Awareness,
 Support Groups

Loudoun Community Health Center offers Breastfeeding Support to patients who receive primary care at the center.

Cribs for Kids
 SIDS Mid-Atlantic

PARENTING & INFANT HEALTH

Sudden Infant Death Syndrome

NONPROFIT

www.sidsma.org

sidsma27@aol.com

703-955-6899

P.O. Box 799

Haymarket, Virginia 20168

Where program is offered:

Arlington County, City of Alexandria,
 City of Fairfax, City of Falls Church,
 City of Manassas, City of Manassas
 Park, Fairfax County, Loudoun
 County, Prince William County

Target population:

Low-income parents of infants

Fee information:

Free

Eligibility:

Low-income families enrolled in health
 department programs, and NICU's in local
 hospitals

Program activities:

Education/Awareness, Prevention,
 Support Groups

In addition to providing safe cribs for low-income parents, SIDS Mid-Atlantic provides support for families whose babies have died and education and training to prevent infant deaths. **Partners:** *Health departments, hospitals, Healthy Families programs*

Falls Church / Bailey's Crossroads
Head Start / Early Head Start
 Higher Horizons

PARENTING & INFANT HEALTH

Childhood Nutrition & Wellness

NONPROFIT

www.higherhorizons.org

703-820-2457

5920 B-Summers Lane

Falls Church, Virginia 22041

Where program is offered:

Fairfax County

Target population:

Low-income families in the Falls Church /
 Bailey's Crossroads community

Fee information:

Free

Eligibility:

Federal/Local income-eligibility requirements
 apply

Program activities:

Collaboration and/or Community
 Organizing, Education/Awareness,
 Screening/Testing

All services are customized to the individual child's developmental level (including children with disabilities). In Early Head Start, for ages 0-3, children and families receive ongoing health and nutrition services, including developmental screenings and nutritional assessments. In Head Start, pre-school age children and families receive ongoing health and nutrition services and referrals, including hearing, vision and developmental screenings. **Partners:** *Fairfax County Office for Children*

Fatherhood Program OAR of Fairfax		PARENTING & INFANT HEALTH
		Fathering NONPROFIT
www.oarfairfax.org info@oarfairfax.org 703-246-3033 10640 Page Ave, Suite 250 Fairfax, Virginia 22030		Where program is offered: City of Fairfax
Target population: Adult men incarcerated at the Fairfax County Adult Detention Center		Fee information: <i>Free</i>
Eligibility: No requirements		Program activities: Education/Awareness, Support Groups

The Opportunities, Alternatives and Resource (OAR) Fatherhood program uses the nationally recognized Inside Out Dad curriculum. The evidence-based program meets weekly for 10 weeks and connects incarcerated fathers to their families as it prepares them for release.

Healthy Lifestyles: Prenatal and New Moms' Classes Inova HealthSource		PARENTING & INFANT HEALTH
		Fitness Classes NONPROFIT
www.inova.org/fitnessclass 1-855-MY-NOVA 2700 Prosperity Ave, Suite 100 Fairfax, Virginia 22031		Where program is offered: Fairfax County
Target population: Pregnant women, new moms and babies		Fee information: <i>Fee for services</i>
Eligibility: No requirements		Program activities: Physical Activity, Prevention

The Inova HealthSource Healthy Lifestyles program offers classes for pregnant women and new moms. Classes include: Prenatal Yoga, Prenatal Fitness, Mat Pilates for New Moms, and Step and Stroll.

Infant Mortality Prevention Education SIDS Mid-Atlantic	PARENTING & INFANT HEALTH
<p>www.sidsma.org sidsma27@aol.com 703-955-6899 POBox 799 Haymarket, Virginia 20168</p>	<p>SIDS and Infant Mortality NONPROFIT</p> <p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p>
<p>Target population: Health and child care providers, parents, families</p>	<p>Fee information: Free</p>
<p>Eligibility: No requirements</p>	<p>Program activities: Education/Awareness</p>
<p>Trainings are provided by Betty Connal, RN, MS, a nurse with over 40 years experience in perinatal education. Trainings can be done at your location, at your convenience. Available training sessions include: Keys to a Healthy Baby, Preconception Health, SIDS for Emergency Personnel, SIDS for Child Care Providers, SIDS for Health Care Providers, SIDS for Nursery and Post-Partum Nurses, Grief and Loss in Pregnancy and the First Year of Life, Perinatal Care, Prematurity, Smoking Cessation for Pregnant Mothers, Perinatal Substance Abuse, Infant Development in the First Year of Life, Shaken Baby Syndrome.</p>	

Inova HealthSource Inova Health System	PARENTING & INFANT HEALTH
<p>www.inova.org 703-698-2404 2700 Prosperity Avenue, #100 Fairfax, VA, Virginia 22031</p>	<p>CPR, AED and First Aid NONPROFIT</p> <p>Where program is offered: Fairfax County, Loudoun County</p>
<p>Target population: People who work in the healthcare field, daycare providers, parents</p>	<p>Fee information: Fee for services</p>
<p>Eligibility: No requirements</p>	<p>Program activities: Education/Awareness, Prevention</p>
<p>Training in CPR, Automated External Defibrillator (AED), and First Aid gives healthcare workers, daycare providers, and parents the skills and confidence to respond quickly and appropriately in emergency situations. Partners: <i>The American Heart Association</i></p>	

Latina Mothers Separated from their Children Arlington Free Clinic	
	PARENTING & INFANT HEALTH Parenting Education NONPROFIT
www.arlingtonfreeclinic.org 703-979-1425 2921 11th Street S Arlington, Virginia 22204	Where program is offered: Arlington County
Target population: Latino mothers	Fee information: Free
Eligibility: Patients of Arlington Free Clinic	Program activities: Support Groups
Group support to explore the many challenges of mothers adjusting to life after leaving children in their home countries.	

Medical Care for Children Partnership MCCP Foundation	
	PARENTING & INFANT HEALTH Children's Health Care Access NONPROFIT
www.mccpfoundation.org 703-286-0881 1616 Anderson Road McLean, Virginia 22102	Where program is offered: Fairfax County
Target population: Children of uninsured working families in Fairfax County, ages birth to 18	Fee information: Free
Eligibility: Uninsured children; 250% of poverty level in Fairfax County	Program activities: Collaboration and/or Community Organizing
MCCP-eligible children have working parents who don't have access to health insurance and whose incomes are too high for Medicaid but too low to be able to afford health care. The program provides these families with a support system that ensures access to doctors and dentists. Fairfax County provides case management for the families, including transportation, language assistance, and help accessing specialty care that might be needed. Partners: <i>Fairfax County Department of Social Services, Kaiser Permanente, private doctors and dentists</i>	

Parent Training Information Center Parent Educational Advocacy Training Center (PEATC)		PARENTING & INFANT HEALTH Disabilities / Special Education NONPROFIT
www.peatc.org partners@peatc.org 703-923-0010 100 N Washington St. Suite 234 Falls Church, Virginia 22046		Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County
Target population: Focus on undeserved populations, minorities, low-income, Latino and rural residents		Fee information: Free
Eligibility: No requirements		Program activities: Advocacy, Education/Awareness
PEATC, Virginia's parent involvement resource center and parent training information center, is committed to helping families, schools and communities build positive futures for Virginia's children. The information center offers resources for parents about disabilities and special education, and the Virginia Latino Outreach program offers information, training and technical assistance to families who are primarily Spanish speakers.		

Prenatal and Postnatal Exercise Virginia Hospital Center		PARENTING & INFANT HEALTH Fitness Classes (Prenatal / New Moms) NONPROFIT
www.virginiahospitalcenter.com 703-558-6740 1701 N George Mason Dr. Arlington, Virginia 22205		Where program is offered: Arlington County
Target population: Pregnant and new moms		Fee information: Fee for services
Eligibility: No requirements		Program activities: Physical Activity
This program offers a variety of prenatal and postnatal exercise classes, including Prenatal Yoga, Prenatal Partner Yoga, Postpartum Pilates, Postpartum Yoga, and Yoga for Babies and Tots.		

Prenatal Care Greater Prince William Community Health Center	PARENTING & INFANT HEALTH Prenatal Care NONPROFIT
<p>www.gpwhealthcenter.org Information@GPWHealthCenter.org 703-680-7950 4379 Ridgewood Center Drive, Suite 102 Woodbridge, Virginia 22192</p>	<p>Where program is offered: City of Manassas, City of Manassas Park, Prince William County</p>
<p>Target population: Pregnant women</p>	<p>Fee information: <i>Fee for services, Sliding scale</i> A sliding scale fee is available for uninsured patients. The fee is calculated by income and number of dependents.</p>
<p>Eligibility: Patients of Greater Prince William Community Health Center</p>	<p>Program activities: Disease Management, Education/Awareness, Prevention, Support Groups, Screening/Testing</p>
<p>Prenatal Care includes services from the time a woman learns she is expecting to the arrival of the newest family member. The Health Center can coordinate all aspects of patients' prenatal care and offer education and support throughout the pregnancy. Postpartum visits also are available, as well as check-ups for newborns. Partners: <i>Prince William Hospital, Potomac Hospital</i></p>	

Prepared Childbirth Education Inova Health System	PARENTING & INFANT HEALTH Prenatal Care NONPROFIT
<p>www.inova.org/childbirthclasses 703-750-8800 2700 Prosperity Ave Suite 100 Fairfax, Virginia 22031</p>	<p>Where program is offered: City of Alexandria, City of Fairfax, Fairfax County</p>
<p>Target population: Pregnant women and new mothers</p>	<p>Fee information: <i>Fee for services</i></p>
<p>Eligibility: No requirements</p>	<p>Program activities: Education/Awareness, Support Groups</p>

A comprehensive educational program for all members of the childbearing family. Maternity tours of Inova Alexandria Hospital, Inova Fair Oaks Hospital and Inova Fairfax Hospital are available in English.

Project Family	PARENTING & INFANT HEALTH
Department of Human Services Arlington County	Hispanic Prenatal Education
	GOVERNMENT

www.arlingtonva.us/departments/humanservices/humanservicesmain.aspx
 gstarr@arlingtonva.us
 703-228-1549
 21000 Washington Blvd, 3rd Floor
 Arlington, Virginia 22204

Where program is offered:
 Arlington County

Target population:
 Hispanic pregnant women and parents with children from 0-5 years who live in Arlington

Fee information:
 Free

Eligibility:
 Arlington County residents with children from 0-5 years old

Program activities:
 Education/Awareness, Physical Activity, Prevention, Support Groups

Project Family works with parents and children together to optimize children's growth and development and to promote parenting skills and health education. Classes include Spanish, English, and bilingual options. **Partners:** *Virginia Hospital Center, Arlington Housing Corporation, Arlington Schools, Libraries, Wolf Trap*

Resource Mothers Program	PARENTING & INFANT HEALTH
Northern Virginia Urban League	Prenatal Care - Teen Mothers
	NONPROFIT

www.nvul.org
 noval2859@aol.com
 703-246-8723
 1315 Duke Street
 Alexandria, Virginia 22314

Where program is offered:
 City of Fairfax, City of Falls Church, Fairfax County

Target population:
 Teens who are first-time mothers (18 years and younger) and enrolled in high school

Fee information:
 Free

Eligibility:
 Ages 11-18, must be first time mothers

Program activities:
 Advocacy, Counseling, Education/Awareness, Prevention

The Resource Mothers Program increases awareness about importance of prenatal care, inclusive of providing transportation to all medical appointments, encouraging the participation of fathers in a child's life, and discouraging second pregnancy before graduation of high school. Key primary program goals are the reduction of infant mortality and increasing access to early, regular prenatal care. Comprehensive support services commence during the early stages of the prenatal period and continue through the child's first birthday. The program also emphasizes the importance of early childhood immunizations. **Partners:** *Virginia Department of Health*

Support for New Mothers with Postpartum Depression	PARENTING & INFANT HEALTH
Postpartum Support Virginia	Postpartum Depression
<p>www.postpartumva.org info@postpartumva.org 703-829-7152 P.O. Box 7251 Arlington, Virginia 22207</p>	<p>Where program is offered: Arlington County, Fairfax County</p>
<p>Target population: New and expectant mothers who are experiencing depression or anxiety</p>	<p>Fee information: Free</p>
<p>Eligibility: No requirements</p>	<p>Program activities: Advocacy, Education/Awareness, Support Groups</p>

Up to one in five new or expectant mothers will experience depression or anxiety, making these illnesses the most common complication of childbirth. Postpartum Support Virginia provides the following activities and services: 1) Support for new and expectant mothers, including one-on-one and free peer-led group support; 2) Information and resources, including lists of mental health care professionals who treat women with these illnesses; and 3) outreach and education, specifically to maternal health care providers such as OB/GYNs and pediatricians.

The Naomi Project	PARENTING & INFANT HEALTH
Virginia Council of Churches	Prenatal Care / Parenting Skills
<p>www.naomiproject.org NaomiProject@hotmail.com 703-860-2633 225 East Broad Street Falls Church, Virginia 22046</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, Fairfax County</p>
<p>Target population: Pregnant and newly parenting women</p>	<p>Fee information: Free</p>
<p>Eligibility: No requirements</p>	<p>Program activities: Advocacy, Collaboration and/or Community Organizing, Counseling, Education/Awareness, Prevention</p>

The Naomi Project promotes healthy pregnancies, fosters good parenting skills, and helps mothers plan productively for the future. Ecumenical, all-volunteer program.

Partners: Local health departments, hospitals and social service organizations who make referrals

Women Infants Children (WIC)
 Fairfax County Health Department
PARENTING & INFANT HEALTH
Supplemental Nutrition - WIC
GOVERNMENT

www.fairfaxcounty.gov/hd

703-246-2411

10777 Main Street, Suite 203

Fairfax, Virginia 22030

Where program is offered:

City of Fairfax, Fairfax County

Target population:

Pregnant women, breastfeeding women up to one year from delivery, postpartum women up to six months from delivery, infants, and children up to their fifth birthday

Fee information:

Free

Eligibility:

Must be a resident of the state of Virginia (U.S. Citizenship is not required), at or below 185% of Federal Poverty Guidelines or on Medicaid or food stamps, and determined by WIC clinic staff to be at nutrition or health risk.

Program activities:

Counseling, Prevention, Support Groups, Screening/Testing

The Supplemental Nutrition Program for Women, Infants, and Children (WIC) is a short-term intervention program designed to influence nutrition and health behaviors of those eligible for WIC. Services are available at seven locations: Falls Church Office, Neighborhood Resource Center in Herndon, Mt. Vernon Office, Herndon Reston Office, Springfield Office, Joseph Willard Center, Centreville Clinic. Visit the Health Department's website for locations and hours: www.fairfaxcounty.gov/hd

Physical Fitness

Ballston Mall Walking Program Virginia Hospital Center

PHYSICAL FITNESS

Fitness Classes (Seniors)

NONPROFIT

www.virginiahospitalcenter.com
703-558-6859
1701 N George Mason Drive
Arlington, Virginia 22205

Where program is offered:
Arlington County

Target population:
Seniors

Fee information:
Free

Eligibility:
No requirements

Program activities:
Physical Activity

This program for seniors meets two times a week. **Partners:** *Ballston Common Mall*

Fitness Classes Virginia Hospital Center

PHYSICAL FITNESS

Fitness Classes

NONPROFIT

www.virginiahospitalcenter.com
703-558-6740
1701 N George Mason Dr.
Arlington, Virginia 22205

Where program is offered:
Arlington County

Target population:
Adults

Fee information:
Fee for services

Eligibility:
No requirements

Program activities:
Physical Activity

Fitness classes include Body Sculpting, Yoga, Tai Chi, Pilates, Pi-Yo, Nordic Walking, and Cardio Strength Circuit.

Fitness Programs		PHYSICAL FITNESS
Prince William Area Agency on Aging Senior Center at Manassas		Fitness Classes (55+)
		GOVERNMENT
www.pwcgov.org/aoa 703-792-6405 9320 Mosby St. Manassas, Virginia 20110		Where program is offered: City of Manassas, City of Manassas Park, Prince William County
Target population: Adults age 55 and older		Fee information: <i>Fee for services, Free.</i>
Eligibility: Must be 55 or older		Program activities: Physical Activity
These fitness programs include: Aerobics; Stand Tall, Don't Fall - strength, balance, flexibility; Chair Exercise; Gentle Yoga; Tai Chi; Line Dancing; Dance Movement; and Tap Dance.		

Fitness Programs		PHYSICAL FITNESS
Prince William Area Agency on Aging, Senior Center at Woodbridge		Fitness Classes (55+)
		GOVERNMENT
www.pwcgov.org/aoa 703-792-5081 13850 Church Hill Dr. Woodbridge, Virginia 22191		Where program is offered: City of Manassas, City of Manassas Park, Prince William County
Target population: Adults age 55 and older		Fee information: <i>Fee for services, Free</i> Some activities are fee-based; others have no charge
Eligibility: Must be 55 or older		Program activities: Physical Activity
These fitness programs include: Aerobics; Stand Tall, Don't Fall - strength, balance, flexibility; Chair exercise; Gentle Yoga; Tai Chi; and Line Dancing.		

Girls on the Run of Northern Virginia

Girls on the Run of Northern Virginia

PHYSICAL FITNESS**Youth Wellness****NONPROFIT****www.gotrnova.org**

info@gotrnova.org

703-273-3153

10560 Main Street, Suite 514

Fairfax, Virginia 22030

Where program is offered:Arlington County, City of Alexandria,
City of Fairfax, City of Falls Church,
City of Manassas, Fairfax County,
Loudoun County, Prince William
County**Target population:**

Girls in grades 3-8

Fee information:*Fee for services, Sliding scale, Free***Eligibility:**

Girls must be in 3rd through 8th grade

Program activities:Collaboration and/or Community
Organizing, Education/Awareness,
Physical Activity, Prevention, Support
Groups

Girls on the Run inspires girls to be joyful, healthy, and confident using a fun, experience-based curriculum which creatively integrates running. This after-school program combines training for a 5K running event with self-esteem enhancing lessons that encourage positive emotional, social, mental, spiritual, and physical development. The objective is to reduce the potential display of at-risk activities, with goals of lowering the incidence of adolescent pregnancies, eating disorders, depression, suicide attempts, substance/alcohol abuse problems, and confrontations with the juvenile justice system. **Partners:** *Various school-based Parent Teacher Associations and Organizations*

**Healthy Lifestyles: General Fitness
Classes**

Inova HealthSource

PHYSICAL FITNESS**Fitness Classes****NONPROFIT****www.inova.org/fitnessclass**

1-855-MY-INOVA

2700 Prosperity Ave, Suite 100

Fairfax, Virginia 22031

Where program is offered:

Fairfax County

Target population:

Adults

Fee information:*Fee for services***Eligibility:**

No requirements

Program activities:

Physical Activity, Prevention

The Inova HealthSource Healthy Lifestyles program offers a wide variety of classes that focus on the body, mind and spirit. Classes are offered throughout the Northern Virginia area and are designed for all ages and abilities.

Healthy Lifestyles: Prenatal and New Moms' Classes	PHYSICAL FITNESS
Inova HealthSource	Fitness Classes (Prenatal / New Moms)

NONPROFIT**www.inova.org/fitnessclass**

1-855-MY-INOVA
 2700 Prosperity Ave, Suite 100
 Fairfax, Virginia 22031

Where program is offered:

Fairfax County

Target population:

Pregnant women, new moms and babies

Fee information:

Fee for services

Eligibility:

No requirements

Program activities:

Physical Activity, Prevention

The Inova HealthSource Healthy Lifestyles program offers classes for pregnant women and new moms. Classes include: Prenatal Yoga, Prenatal Fitness, Mat Pilates for New Moms, and Step and Stroll.

Healthy Lifestyles: Seniors' Classes	PHYSICAL FITNESS
Inova HealthSource	Fitness Classes (Seniors)

NONPROFIT**www.inova.org/fitnessclass**

1-855-MY-INOVA
 2700 Prosperity Ave, Suite 100
 Fairfax, Virginia 22031

Where program is offered:

Fairfax County

Target population:

Seniors

Fee information:

Fee for services
 Senior discount offered

Eligibility:

No requirements

Program activities:

Physical Activity, Prevention

The Inova HealthSource Healthy Lifestyles program offers a variety of classes for seniors, including: Chair Fitness, Strength Training, Stretch and Tone, and Yoga.

Prenatal and Postnatal Exercise	
Virginia Hospital Center	
PHYSICAL FITNESS	
Fitness Classes (Prenatal / New Moms)	
NONPROFIT	
www.virginiahospitalcenter.com 703-558-6740 1701 N George Mason Dr. Arlington, Virginia 22205	Where program is offered: Arlington County
Target population: Pregnant women and new moms	Fee information: <i>Fee for services</i>
Eligibility: No requirements	Program activities: Physical Activity
This program offers a variety of prenatal and postnatal exercise classes, including Prenatal Yoga, Prenatal Partner Yoga, Postpartum Pilates, Postpartum Yoga, and Yoga for Babies and Tots.	

Senior Exercise	
Virginia Hospital Center	
PHYSICAL FITNESS	
Fitness Classes (Seniors)	
NONPROFIT	
www.virginiahospitalcenter.com 703-558-6740 1701 N George Mason Dr. Arlington, Virginia 22205	Where program is offered: Arlington County
Target population: Seniors	Fee information: <i>Fee for services</i>
Eligibility: No requirements	Program activities: Physical Activity
This program offers a variety of fitness programs for seniors, including Senior Strength Training, Seniorcise, Fitness for Bone Health, Tai Chi, Gentle Yoga, and Gentle Pilates.	

Smoking & Tobacco Cessation

Smoking Cessation

Loudoun Community Health Center

SMOKING & TOBACCO CESSATION

Smoking Cessation

NONPROFIT

www.loudounchc.org

703-443-2000

224 A Cornwall St, NW

Leesburg, Virginia 20176

Where program is offered:

Loudoun County

Target population:

Smokers

Fee information:

Sliding scale

Eligibility:

Patients of Loudoun Community Health Center

Program activities:

Counseling, Education/Awareness, Support Groups

Loudoun Community Health Center offers smoking cessation education and counseling to patients of the center who wish to stop smoking.

Smoking Cessation for Pregnant Mothers Education Program

SIDS Mid-Atlantic

SMOKING & TOBACCO CESSATION

Smoking Cessation During Pregnancy

NONPROFIT

www.sidsma.org

sidsma27@aol.com

703-955-6899

P.O. Box 799

Haymarket, Virginia 20168

Where program is offered:

Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County

Target population:

Health and child care providers, parents, families

Fee information:

Free

Eligibility:

No requirements

Program activities:

Education/Awareness

SIDS Mid-Atlantic offers a training program on Smoking Cessation for Pregnant Mothers, led by Betty Connal, RN, MS, a nurse with over 40 years experience in perinatal education. Trainings can be held at your location, at your convenience.

Quit for Good Smoking Cessation Class Virginia Hospital Center		SMOKING & TOBACCO CESSATION
		Smoking Cessation
		NONPROFIT
www.virginiahospitalcenter.com 703-558-6740 1701 N George Mason Dr. Arlington, Virginia 22205		Where program is offered: Arlington County
Target population: Smokers		Fee information: <i>Fee for services</i>
Eligibility: No requirements		Program activities: Counseling
Quit for Good is a five-session class that helps smokers conquer three aspects of smoking: addiction, habit and psychological dependency.		

Substance Abuse

Perinatal Substance Abuse Education Program SIDS Mid-Atlantic

SUBSTANCE ABUSE

Perinatal Substance Abuse

NONPROFIT

www.sidsma.org

sidsma27@aol.com

703-955-6899

P.O. Box 799

Haymarket, Virginia 20168

Where program is offered:

Arlington County, City of Alexandria,
City of Fairfax, City of Falls Church,
City of Manassas, City of Manassas
Park, Fairfax County, Loudoun
County, Prince William County

Target population:

Health and child care providers, parents,
families

Fee information:

Free

Eligibility:

No requirements

Program activities:

Education/Awareness

SIDS Mid-Atlantic offers a training program on Perinatal Substance Abuse, led by Betty Connal, RN, MS, a nurse with over 40 years experience in perinatal education. Trainings can be held at your location, at your convenience.

Strengthening Families Program / Familias Fuertes Arlington County Dept. of Health Services

SUBSTANCE ABUSE

Teen Substance Abuse

GOVERNMENT

www.extension.iastate.edu/sfp

jlandis@arlingtonva.us

703-228-1108

3033 Wilson Blvd.

Arlington, Virginia 22201

Where program is offered:

Arlington County

Target population:

Families with children 10 to 14 years old

Fee information:

Free

Eligibility:

Open to Arlington residents

Program activities:

Education/Awareness, Prevention

The Strengthening Families Program is focused on family education to prevent teen substance abuse and other behavior problems. Parents meet together while youth meet together, and at the end of the each evening parents and their children come together for fun family activities. Families that attend are typically looking for resources to be better prepared to navigate teenage years and help things run more smoothly at home.

Washington Regional Alcohol Program Washington Regional Alcohol Program	SUBSTANCE ABUSE
<p>www.wrap.org wrap@wrap.org 703-893-0461 1420 Spring Hill Road, Suite 250 McLean, Virginia 22102</p>	<p>Drunk Driving / Underage Drinking NONPROFIT</p>
<p>Target population: Teen and adults</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p> <p>Fee information: <i>Free</i></p>
<p>Eligibility: Residents of Northern Virginia (program also serves DC, Montgomery and Prince George's Counties)</p>	<p>Program activities: Advocacy, Collaboration and/or Community Organizing, Education/Awareness, Prevention</p>
<p>Founded in 1982, the Washington Regional Alcohol Program (WRAP) works to prevent drunk driving and underage drinking in the Washington-metropolitan area through public education, innovative health education programs and advocacy. WRAP is probably best known for SoberRide, the organization's popular free cab ride service for would-be drunk drivers.</p>	

Supportive Services

2-1-1 VIRGINIA

Virginia Department of Social Services

SUPPORTIVE SERVICES

Information / Referrals

GOVERNMENT

www.211virginia.org

211info@councilofcommunityservices.org

800-230-6977 / 2-1-1

P.O. Box 598

Roanoke, VA 24004

Where program is offered:

Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County

Target population:

Virginia residents

Fee information:

Free

Eligibility:

No requirements

Program activities:

Advocacy, Collaboration and/or Community Organizing, Education/Awareness, Prevention

Offers information about and referrals to a wide variety of resources, including government, nonprofit and some for-profit agencies. All information is free and confidential. Part of 2-1-1 VIRGINIA/Statewide Information and Referral System. Additional websites: www.211metrodc.org. **Partners:** *Council of Community Services, Family Resource and Referral Center, Northern Virginia Regional Commission, The Planning Council, United Way of Central Virginia, United Way of Greater Richmond & Petersburg, VAIRS*

Assisted Medical Transportation

Loudoun Volunteer Caregivers

SUPPORTIVE SERVICES

Medical Transportation

NONPROFIT

www.lvcaregivers.org

lvcaregivers@lvcaregivers.org

703-779-8617

704 S. King Street, Suite 2

Leesburg, Virginia 20175

Where program is offered:

Loudoun County

Target population:

Elderly and disabled adults who can no longer drive

Fee information:

Free

Eligibility:

Elderly and disabled adults who have no other transportation alternatives or limited alternatives. Individuals must be able to get themselves into and out of vehicles with minimal assistance

Program activities:

Prevention

Loudoun Volunteer Caregivers matches seniors and disabled adults with volunteers who can provide Assisted Medical Transportation to appointments, including dialysis, physical therapy, routine appointments, and pharmacy pick-ups.

Health Access Medication Access Programs	SUPPORTIVE SERVICES
Northern Virginia Family Service	Prescription Assistance
	NONPROFIT
<p>www.nvfs.org 703-385-3267 10455 White Granite Drive, Suite 100 Manassas, Virginia 22124</p>	<p>Where program is offered: City of Alexandria, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p>
<p>Target population: Uninsured residents of all ages without current prescription drug assistance/coverage who have chronic conditions</p>	<p>Fee information: <i>Free</i></p>
<p>Eligibility: Annual income less than 200% of the Federal Poverty Guidelines, chronic illness, and current prescription(s) from a physician</p>	<p>Program activities: Prevention</p>
<p>The Health Access Medication Access program helps residents who have chronic illnesses access free prescription medication. Case managers assist individuals in completing the Prescription Assistance Program (PAP) application and submitting the application to pharmaceutical companies. They also track refill schedules and submit refill applications as required. Partners: <i>More than 200 pharmaceutical companies offering Prescription Assistance Programs (PAPs).</i></p>	

Interpretation and Translation Services	SUPPORTIVE SERVICES
Northern Virginia Area Health Education Center	Medical Interpreters
	NONPROFIT
<p>www.nvahec.org info@nvahec.org 703-549-7060 3127 Mt. Vernon Avenue Alexandria, Virginia 22305</p>	<p>Where program is offered: Arlington County, City of Alexandria, City of Fairfax, City of Falls Church, City of Manassas, City of Manassas Park, Fairfax County, Loudoun County, Prince William County</p>
<p>Target population: Health care providers who work with Limited English Proficient (LEP) community members</p>	<p>Fee information: <i>Fee for services</i></p>
<p>Eligibility: No requirements</p>	<p>Program activities: Collaboration and/or Community Organizing; Education/Awareness</p>
<p>Northern Virginia Area Health Education Center (NV AHEC) improves access to health and human services for residents who are designated as Limited English Proficient (LEP). Programs are directed to healthcare providers working with the poor, the uninsured, the underinsured, and the area's large number of immigrants and refugees. Program provides cultural competence training, interpreter training, on-site interpreter services, document translation and consultation.</p>	

Medical Care for Children Partnership MCCP Foundation		SUPPORTIVE SERVICES	
		Children's Health Care Access	
		NONPROFIT	
www.mccpfoundation.org 703-286-0881 1616 Anderson Road McLean, Virginia 22102		Where program is offered: Fairfax County	
Target population: Children of uninsured working families in Fairfax County, ages birth to 18		Fee information: Free	
Eligibility: Uninsured children; 250% of poverty level in Fairfax County		Program activities: Collaboration and/or Community Organizing	
<p>MCCP-eligible children have working parents who don't have access to health insurance and whose incomes are too high for Medicaid but too low to be able to afford health care. The program provides these families with a support system that ensures access to doctors and dentists. Fairfax County provides case management for the families, including transportation, language assistance, and help accessing specialty care that might be needed. Partners: <i>Fairfax County Department of Social Services, Kaiser Permanente, private doctors and dentists</i></p>			

Office of Health Equity Inova Health System		SUPPORTIVE SERVICES	
		Medical Interpreters	
		NONPROFIT	
www.inova.org 703-698-2576 2700 Prosperity Ave. #100 Fairfax, Virginia 22031		Where program is offered: City of Alexandria, Fairfax County, Loudoun County	
Target population: Hospital patients requiring communication support		Fee information: Free	
Eligibility: No requirements		Program activities: Education/Awareness	

The Office of Health Equity provides medical interpreters to patients in the Inova Health System.

Pharmacist InSite Volunteer Pharmacist Counseling NOVA ScriptsCentral	SUPPORTIVE SERVICES Medication Management NONPROFIT
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www.novascriptscentral.org
703-532-0269
6400 Arlington Blvd. Suite 120
Falls Church, Virginia 22042

Where program is offered:
Fairfax County

Target population:
Safety-net clinic patients who take three or more medications for chronic health conditions, with an emphasis on diabetics and hypertensives who have health indicators that place them at high risk for complications

Fee information:
Free

Eligibility:
Currently limited to patients seen at Jeanie Schmidt Free Clinic, but will be expanding to other safety-net partners in the future

Program activities:
Counseling, Disease Management, Prevention

Volunteer pharmacists in the Pharmacist InSite program work with individual patients at the Jeanie Schmidt Free Clinic to provide a medication therapy review, a personal medication record, and a patient-centered medication action plan. They also communicate with the provider, follow-up on any identified concerns, and track interventions and outcomes of services. **Partners:** *Currently Jeanie Schmidt Free Clinic, but will partner with any of the clinics that are interested in the service.*

Virginia Insurance Counseling and Assistance Program Fairfax County Dept. of Family Services, Adult and Aging Division	SUPPORTIVE SERVICES Insurance Counseling GOVERNMENT
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www.fairfaxcounty.gov/dfs/olderadultservices
703-324-7984
12011 Government Center Parkway
Fairfax, Virginia 22035

Where program is offered:
City of Fairfax, City of Falls Church, Fairfax County

Target population:
Older adults

Fee information:
Fee for services, Sliding scale, Free

Eligibility:
Older adults

Program activities:
Education/Awareness

The Virginia Insurance Counseling and Assistance Program (VICAP) of Fairfax County provides older adults free confidential insurance counseling about Medicare, Medicare drug and health plans, Medigap insurance and long-term care insurance.

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