

## Norfolk Parent Education and Support Programs

Organization	Program	Child Age	Contact	Cost
<b>Information and Referral</b>				
Central Intake for Home Visiting & Parent Education	Information and Referral	All	622-9268	Free
Hampton Roads Parent Education Network	Information and Referral	All	<a href="http://www.chkd.org/HRPEN">www.chkd.org/HRPEN</a>	Free
Kids Priority One	Information and Referral	All	<a href="http://www.kidspriorityone.org">www.kidspriorityone.org</a>	Free
Virginia 211	Information and Referral	All	211	Free
<b>Early Childhood Home Visiting, Education and Support</b>				
Children's Health Investment Program	Parent Education, Support and Home Visiting	0-6	543-9100	Free
Healthy Start/ Loving Steps	Parent Education, Support and Home Visiting	0-6	683-9239	Free
Norfolk Health Department Babycare	Parent Education, Support and Home Visiting	0-2	355-5641	Free
Up Center	Parent Education, Support and Home Visiting	0-6	622-7017	Free
<b>Parenting Classes</b>				
Bon Secours Family Focus	Active Parenting Now	5-12	886-6511	Free
Catholic Charities	24/7 Dads Happiest Baby on the Block Strengthening Families	All Infants 12-16	456-2366	Free
CHKD	Parenting Classes, Workshops & Resources— No Drama Discipline, Positive Discipline, Special Needs Children, Happy Baby, Emotional Intelligence, Mindful Parenting, Grief, Stress and many more!	All	668-9304	Free
Fleet and Family Support	Programs for Military Families	All	444-2102	Free
Garden of Hope	Positive Parenting	All	390-4328	Free
Norfolk Human Services	ACT: Raising Safe Kids Triple P: Parents of Troubled Teens Fatherhood Development Parent Café Support Group	0-10 12-16 All All	664-7708 664-7790 664-6143 664-7705	Free Free Free Free
UP Center	Systematic Training for Effective Parenting	1-6	622-2366	TBA
<b>Support Groups/Programs</b>				
Community Services Board (NAMI)	Peer support for families living with mental illness	All	484-8140	Free
FACES	Relatives caring for children	All	877-823-2237	Free
Kin and Kids Consulting	Relatives caring for children	All	434-5162	Free

Classes are subject to change without notice. Please contact organization directly for program information. Updated January 2016

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# Parents ... Can You Relate?

- Does it seem like your kids are acting out of control?
- Are you struggling to keep your family together?
- Do you worry that your children are not safe?
- Would you like help connecting to community resources?



## Help Is On the Way

### At the Norfolk Family Services Center

**We believe** that parents want their families to be safe, healthy and strong.

**We believe** that families are experts about their children.

**We believe** that with a little help from community resources, families have the power to find solutions and make positive changes.

**We believe...in YOU!**

#### FREE SERVICES FOR NORFOLK RESIDENTS

- Resources & Information
- Community Referrals
- Home Visits
- Crisis Intervention
- Family Assessments
- Short Term Counseling
- Case Management
- Family Conflict Resolution
- Parent Education & Support
- Fatherhood Outreach



**Call the Early Prevention Unit at 664-7790**

for a free and confidential consultation