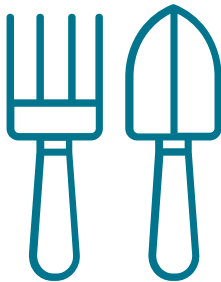


Education Makes a Difference

Programs that strengthen families
and protect our environment.



Programs & Classes

Environmental Education

Staff and volunteers with Prince William Cooperative Extension's Environment and Natural Resource Program provide educational programs to help implement environmentally sound and aesthetically pleasing landscapes.

Topics Include:

Lawns	Soils & Soil Testing	Stormwater Management	Pesticide Applicator Education
Plant & Pest Questions	Master Gardener Volunteer Training	Horticulture Classes	Landscape Best Practices
School & Community Gardens	Technical Assistance for Farmers	Well Testing	Native Plants

To learn more about each class, visit pwcgov.org/grow | 703-792-7747 | master_gardener@pwcgov.org.

Financial Education & Housing Counseling*

VCE staff and volunteers are ready to help you increase your savings, reduce debt and improve your credit score. We are a HUD certified counseling agency offering one-to-one appointments for Pre-Purchase Homebuying, Foreclosure Prevention, Rental Issues, or for Reverse Mortgages. Our Financial Counseling helps find where your money is going. We offer research-based financial seminars that provide tools, resources and strategies to strengthen financial decision-making skills. Set your goal and say goodbye to debt, or prepare for homeownership or anything in between. VCE will walk you through proven strategies to develop better money management skills. Make a housing counseling appointment email, housingcounseling@pwcgov.org; For a financial review with one of our counselors please see the contact information below. **a certified HUD Housing Counseling Agency.*

Topics Include:

Smart Money Management	Money Saving Strategies	Protecting Against Fraud	Financial Recovery
Improving Your Credit Score	Small Business 101	First Time Homebuyer	Getting Ready for Taxes

To learn more, visit pwcgov.org/money | 703-792-6287 | Spanish 703-792-4713 | smartmoney@pwcgov.org

Nutrition Education

VCE provides food, nutrition and health education for limited-resource families. Education involves healthy food choices, food preparation, active living, safe food handling, and thrifty food shopping. Programs include: Eat Healthy, Be Active community program for adults & age-appropriate food, nutrition, and health programs for school-age youth. Programming is grant-funded by USDA's Supplemental Nutrition Assistance Program - Education (SNAP-Ed).

Topics Include:

Food Resource Management	Food Safety Skills	Nutrition Basics	Youth and Adult Programs
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To learn more, visit pwcgov.org/nutrition | 703-792-4722 | aeggleton@pwcgov.org

Programs & Classes

4-H Youth Development

4-H programs provide experiential learning opportunities for youth through project and community clubs, in-school and afterschool programs, and 4-H camps. Caring and trained adults follow a planned program and offer multiple learning opportunities for youth in areas of their choosing. 4-H after-school and in-school programs incorporate hands-on activities with 4 H curriculum. 4-H overnight and day camps offer recreational and educational opportunities in a camp setting. 4-H curriculum is research based and promotes positive youth development through experiential learning.

Topics Include:

Animal Science	Career & Economic Education	Citizenship & Community Action	Communications & Expressive Arts
Family Sciences	Food & Nutrition	Leadership & Personal Development	Natural Resources & Environmental Education
Science, Engineering & Technology	Overnight & Day Camps	Health & Fitness	Social & Emotional Well Being

To learn more, visit pwcgov.org/4-H | 703-792-6286 | 4HPWC@pwcgov.org

Parent Education

VCE offers classes to equip adults to raise, nurture, and strengthen family relationships. The Systematic Training for Effective parenting classes is available to adults of young children, school age children, and teens. In addition, we offer a When Families Get Angry class which focuses on understanding anger in the family and the Juvenile Justice Parenting Program for parents who have a teen exhibiting at-risk behavior or may become court involved. All programs are also offered in Spanish.

Topics Include:

Managing Family Anger	Parenting Styles	Disciplining Strategies	Improving Communication
Strengthen Family Relationships	Encouraging Cooperation	Building Self-Esteem	Understanding Behavior

Classes meet weekly and vary from 3 to 8 weeks in length, depending on the class. Cost is \$40 per person/couple. Classes are held in locations throughout the county, primarily in the evenings, but occasionally on weekends.

Advance registration is required. Complete and mail/fax/email the Parent Education Registration Form. Class schedules and registration forms available at pwcgov.org/parenting

To learn more, visit pwcgov.org/parenting | 703-792-6288 | parenteducation@pwcgov.org | Spanish 703-792-5940

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PRINCE WILLIAM
COUNTY



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