

# Getting support in place!



## COMMUNITY RESOURCES

**Resource Mothers:** 703-836-2858

*Provides free social, educational, and practical assistance with expectant teens until the infant turns one year old.*

**Healthy Families:** 703-212-1702

*Provides free services to pregnant women and first-time parents with children age 0-3 to support healthy child development and parenting through assessment & home visits.*

**Preschool Prevention Team:** Contact Arika Van Brunt at 703-746-6015

*Get information on play groups and individual or family services to support your child's social and emotional development.*

Overwhelmed? Do you feel like you need to speak someone about your pregnancy and need extra support? No support at Home?

**Teen Wellness Center** provides counseling: 703-746-4776

**Young Lives** has a program geared for Teen Moms: 571-276-0401

*Contact Sharon Holland for info on parenting classes, mentors, and other fun activities planned through out the year.*

**First Baptist Church of Alexandria Teen Mom Outreach:** 703-684-3720

*Events, donations, and support available. If you are interested, email [teenmopsfbca@gmail.com](mailto:teenmopsfbca@gmail.com) or call Kim Eskridge at 703-299-3616*

## CHILD CARE

Apply for Child Care. There are waiting lists so it is important to start the process early.

You will also need to provide documentation of income, residency, and other materials.

**Early Headstart:** Contact Leann Smuthkojourn at 703-549-0111 ext. 113

*You can apply as soon as you have a due date.*

**Dept. of Comm. & Human Services:** Contact Silvia Borda at 703-746-5437

*You can apply as soon as your baby is born.*

## PLANNING YOUR FUTURE

College? **Pathway Program** is an available resource for all Alexandria residents at TC Williams ask the counselor how to get in this program toward a college education. Visit the Career Center at TC for more information.

Employment? **Joblink** has a youth program for all Alexandria residents under 18. Contact Lizette Pippy at 703-746-5880 for more information.