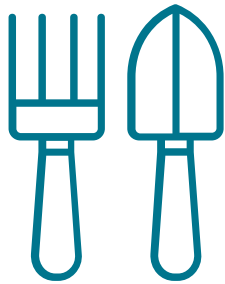


# Education Makes a Difference

Programs that strengthen families  
and protect the environment.



# Programs & Classes

## Environmental Education

Staff and volunteers with Prince William Cooperative Extension's Agriculture 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, visit [pwcva.gov/grow](http://pwcva.gov/grow) | 703-792-7747 | [mastergardener@pwcva.gov](mailto:mastergardener@pwcva.gov)

## Financial Education & Housing Counseling\*

VCE Counselors, coaches and educators are ready to help you increase your savings, reduce debt and improve your credit score. We are a HUD certified counseling agency offering personal and confidential appointments for Pre-Purchase Homebuying, Foreclosure Prevention, Rental Success, or Reverse Mortgage counseling. Our Financial coaches help you find your extra money! Our experienced financial educators lead research-based seminars with tools, apps and resources to strengthen your financial decision-making skills. Say goodbye to debt, prepare for homeownership, or anything in between. VCE shares proven strategies to grow your financial management skills. Financial Counseling or Coaching appointments call or email [smartmoney@pwcgov.org](mailto:smartmoney@pwcgov.org), Housing Counseling appointments email [housingcounseling@pwcgov.org](mailto:housingcounseling@pwcgov.org). \*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 [pwcva.gov/money](http://pwcva.gov/money) | 703-792-6287 | Spanish 703-792-4713 | [smartmoney@pwcgov.org](mailto: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: Eating Smart-Being Active for young families and Healthy Eating and Staying Active As We Age for adults. Programming is funded through two USDA grant programs, the Supplemental Nutrition Assistance Program - Education (SNAP-Ed) and the Expanded Food and Nutrition Education Program (EFNEP).

### Topics Include:

Food Resource Management	Food Safety Skills	Nutrition Basics	Youth and Adult Programs
--------------------------	--------------------	------------------	--------------------------

To learn more, visit [pwcva.gov/nutrition](http://pwcva.gov/nutrition) | 703-792-4722 | [aeggleton@pwcgov.org](mailto: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 [pwcva.gov/4-H](http://pwcva.gov/4-H) | 703-792-6286 | [4HPWC@pwcgov.org](mailto:4HPWC@pwcgov.org)

## Parent Education

VCE offers interactive classes to equip participants to raise, nurture, and strengthen family relationships. Our experienced educators lead the following research-based classes. Systematic Training for Effective Parenting (S.T.E.P.), When Families Get Angry (W.F.G.A.), and the Juvenile Justice Parenting Program (J.J.P.P.). Classes are offered in English or Spanish. Classes are court accepted with prior approval.

### Topics Include:

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

Class schedules and registration forms available at [pwcva.gov/parenting](http://pwcva.gov/parenting). Advanced registration is required. Registrations are accepted online or in-person at main office in Manassas. Cost is \$40 per person/couple. In-person payment and material pickup is required at main office. No credit card payment accepted. Classes are virtual on ZOOM. Limited in-person classes throughout the county.



To learn more, visit [pwcva.gov/parenting](http://pwcva.gov/parenting) | 703-792-6288 | [parenteducation@pwcgov.org](mailto:parenteducation@pwcgov.org) | Spanish 703-792-5940

**Virginia Cooperative Extension Prince William**  
8033 Ashton Avenue, Suite 105  
Manassas, VA 20109

---

703-792-6289 | [pwcva.gov/vce](http://pwcva.gov/vce)



**PRINCE WILLIAM**  
COUNTY



Virginia Cooperative Extension is a partnership of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and local governments. Its programs and employment are open to all, regardless of age, color, disability, gender, gender identity, gender expression, national origin, political affiliation, race, religion, sexual orientation, genetic information, military status, or any other basis protected by law.