

# **FAMILY RESOURCE CENTER GROUPS/CLASSES**

**All Groups/Classes are FREE of charge, participants must register**

**Please contact us at 540-483-5088 for more information**

## **DV Support Group**

Mondays 12:30PM-1:30PM

Mondays 5:00PM-6:00PM

Tuesdays 12:30:00PM -1:30PM -*Spanish*

## **Stress & Anger Management Class**

Thursdays 12:30PM -2:30PM

## **Helping Children Who Witness DV**

Tuesdays 4:00PM -6:00PM- *Spanish*

Wednesdays 4:00PM -6:00PM

## **Children's Activity Group**

Monday, Tuesday and Wednesday's Group is open to the children whose parent is participating in the above evening time group/class. Parents must register their child/ren when registering themselves.

Ages: 4-12

Monday: 5:00PM-6:00PM

Tuesday: 4:00pm-6:00pm

Wednesday: 4:00pm – 6:00pm

## **Children's Support through Activity Groups:**

Monday: For Ages 9-12 6:00pm-7:00pm

Thursday: For Ages 4-8 5:00pm – 6:00pm

Open to all children at risk of DV, have witnessed, or are victims of DV.

Parents/Legal Guardian must register their child and sign waiver before child can attend.

