

YOU are not alone!

Join our Virtual Parent Cafés



Get connected

Where a TTY number is not indicated, use 711/Virginia Relay. Reasonable accommodations made upon request

Discuss parenting topics such as...



SELF-CARE



FAMILY RULES



DISCIPLINE



ROUTINES

Are you parenting a child 0-18 years old?

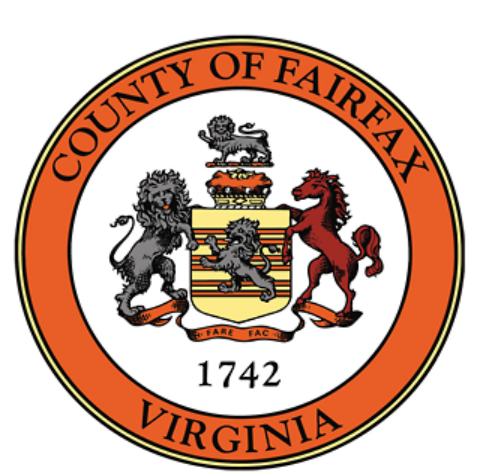
Are you looking for a community of supportive parents during these stressful times?

Join the Parenting Education Programs' Virtual Parent Cafés
Mondays, 7:45-9:15 p.m.

Sign-up today!

buildingstrongerfamilies@fairfaxcounty.gov

or Call 703-324-7720



FAIRFAX COUNTY DEPARTMENT OF **FAMILY SERVICES**



[FairfaxCounty.gov/family services](http://FairfaxCounty.gov/family_services)

buildingstrongerfamilies@fairfaxcounty.gov