

# Resources for Military-Connected Families

Stratford Landing Elementary School  
8484 Riverside Road, Alexandria, VA 22308  
Main Office (703) 619-3600



**Principal**  
Kevin Morris

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Welcome Stratford Landing Families!

Fairfax County Public Schools welcomes all of our new and returning military-connected families throughout the year! Whether your family is moving permanently to the school district or living here for a short time, our schools and support staff welcome you and will be able to assist with your transition into and/or out of our district.

For further assistance or questions about how our military-connected families are supported, please email [Family and School Partnerships](#) or contact the [Fort Belvoir School Liaison Officer](#). In addition to Family and School Partnerships, there is an abundance of resources for your student and your family. [Blue Star Families](#) is committed to strengthening military families by connecting them with their neighbors to create vibrant communities of mutual support. We invite FCPS military families to join [The Sheila and George Casey National Capital Region Chapter](#) and connect with military families from around our region.

FCPS Military Families - News You Choose - We encourage FCPS military families to [sign up](#) to receive the Family Engagement - Military Families newsletter. Updates are sent out frequently! This is a great way to stay in touch.

Fairfax County Public Schools Family and School Partnerships (FSP) provide support for our military-connected families. Please contact Haruka Hopp, Family Liaison for assistance and additional information [hhopp@fcps.edu](mailto:hhopp@fcps.edu) or 703-619-3690.

Family Partnerships Specialist, Military-Connected Youth & Families  
703-204-4305

[Katie Server](#), Military Outreach Liaison  
703-204-3954

[The FCPS Family Resource Center](#) (FRC) offers a welcoming and engaging environment for families, educators, and community members. The FRC provides access to information and resources to support the success of all students, including those with learning challenges, special needs, and disabilities. They offer a [padlet](#) (digital bulletin board) for military-connected families, a lending library, webinars, and other resources for military-connected families.

Contact FCPS Family Resource Center (FRC) for more information @ [703-204-3941](tel:703-204-3941) or [frc@fcps.edu](mailto:frc@fcps.edu)

## Education

### **Resources for Military Families with Children Requiring Special Accommodations**

The Exceptional Family Member Program provides assistance and support to military families with members who have special needs.

- [Fort Belvoir EFMP](#)
- [Joint Base Myer-Henderson Hall EFMP](#)
- [Joint Base Anacostia-Bolling EFMP](#)
- [MCCS Quantico](#)
- [Walter Reed National Military Medical Center EFMP](#)
- [Coast Guard Special Needs Program \(SNP\)](#)

The [FCPS Office of Special Education Instruction](#) supports the development, implementation, operation, and evaluation of our pre-k-12 educational programs, curricula, and services that meet the needs of students with disabilities.

### **FCPS Procedural Support Liaison (PSL) – Region 3 – West Potomac Pyramid**

Procedural Support Liaisons help with providing information about services or federal state, or local special education guidelines and procedures.

For more information, please contact:

Tami Ogden @ [tlogden@fcps.edu](mailto:tlogden@fcps.edu) or [703-317-1408](tel:703-317-1408).

### **Fairfax County Public Schools (FCPS)**

<https://www.fcps.edu/registration/military-families>

571-423-3000

The military families page for Fairfax County Public Schools offers information on a variety of topics such as registration, academic planning, special needs, and Purple Star Schools.

### **Military Interstate Children’s Compact Commission (MIC3)**

<https://mic3.net/>

859-244-8000

The Military Interstate Children’s Compact Commission (MIC3) includes representatives from all 50 states, the District of Columbia, and 5 ex-officio members, including the US Department of Defense, who work together to ease the educational transitions of school-aged, military connected students attending public schools and Department of Defense schools worldwide. The Compact addresses key educational transition issues encountered by military families including enrollment, placement, attendance, eligibility, and graduation.

### **Military Child Education Coalition**

<https://www.militarychild.org/about/mission-vision>

254-953-1923

The Military Child Education Coalition (MCEC) supports military-connected children by education and advocating to resolve the education challenges associated with the military

lifestyle. MCEC delivers programs, services, and professional development to meet the needs of military-connected students, parents, and professionals.

### **The Parent Education Advocacy Training Center (PEATC)**

<https://peatc.org/services/military-outreach/>

800-869-6782

PEATC supports Virginia's military families and the professionals who serve them by providing Virginia-specific information on special education and state disability services.

### **Partners in PROMISE**

<https://thepromiseact.org/>

Partners in Promise offers resources and guidance for parents and students as they navigate special education and the military's Exceptional Family Member Program (EFMP).

### **College Scholarships for Military Connected Teens**

<https://www.militaryonesource.mil/benefits/college-scholarships-for-military-teens/>

800-342-9647

Military One Source offers information regarding college scholarships for military connected teens.

### **Tutor.com**

[www.tutor.com](http://www.tutor.com)

800-411-1970

Tutor.com provides tutoring and homework help at no cost to active-duty service members and their eligible dependents.

### **FCPS Approved Tutors**

<https://www.fcps.edu/resources/family-engagement/tutors-and-tutoring/parent-resource-center-tutor-list>

703-204-3941

The FCPS Family Resource Center (FRC) Tutor List contains the names of current FCPS employees who hold a valid and current teaching license in Virginia and want to tutor after their contracted school day. These tutors are current FCPS employees and private, independent contractors who provide instructional services to the public for a fee.

### **The Army Educational Outreach Program**

<https://www.usaeop.com/>

AEOP provides both students and teachers a collaborative, cohesive, portfolio of Army-sponsored STEM programs that effectively engage, inspire, and attract the next generation of STEM talent through K through college programs and expose them to DoD STEM careers.

### **Military OneSource: Education**

<https://www.militaryonesource.mil/education-employment/>

800-342-9647

Military One Source offers practical information and resources for service members, spouses, and children as they pursue their education goals. Education consultants are available to assist with questions regarding education for you and your child.

### **School Liaison Officer @ Fort Belvoir**

School liaisons can help smooth school transitions for your child and assist with all your education needs pre-K through 12. They provide information on school districts and boundaries, assist with registration, and connect you with necessary programs such as the Exceptional Family Member program and the school district's special education program.

Name: Ms. Marie Bailey  
Email: pharnice.m.bailey.naf@army.mil  
Number: 703-805-2963

Contact Name: Ms. Ayesha Mahaffey  
Email: ayesha.d.mahaffey.naf@army.mil  
Number: 703-805-2963

### **GI Bill and other Education Benefits**

<https://www.va.gov/education/>  
888-442-4551

The Department of Veterans Affairs education benefits help Veterans, service members, and their qualified family members with needs like paying college tuition, finding the right school, or training program, and getting career counseling.

### **Yellow Ribbon Program**

<https://www.va.gov/education/about-gi-bill-benefits/post-9-11/yellow-ribbon-program/>  
888-442-4551

The Yellow Ribbon Program can help pay for higher out-of-state, private school, foreign school, or graduate school tuition and fees that the post-9/11 GI Bill does not cover. Schools participating in the program are listed on the website.

## **Getting Connected in Fairfax County**

In addition to school-sponsored programs, there are a variety of sports and programs within Fairfax County:

### **Boy Scouts of America**

<https://www.scouting.org/>  
301-530-9360

The Scouting experience is divided into five programs (Cub Scouts, Scouts BSA, Venturing, Exploring, and Sea Scouts) according to age and activities. The website provides information on each of the programs and local scouting units.

### **Girl Scouts of the USA**

<https://www.girlscouts.org>  
202-237-1670

The Girl Scouts offers a variety of activities both in person and virtually. The website provides information on how to become involved and information on local troops.

#### **4-H**

<https://4-h.org/>  
703-324-5369

The 4-H programs, kids, and teens complete hands-on projects in areas like health, science, agriculture, and civic engagement and are encouraged to take on proactive leadership roles. 4-H is available in every county in the country through in-school and after-school programs, school and community clubs and 4-H camps.

#### **Fairfax County Park Authority**

<https://www.fairfaxcounty.gov/parks/>  
703-324-8700

The Fairfax County Park authority offers information on recreation programs and activities, local parks, recreation centers, and outdoor activities.

#### **Fairfax County Youth Clubs**

<https://www.fairfaxcounty.gov/neighborhood-community-services/athletics/sports-directory>  
703-324-5533

The Fairfax County Sports Directory provides a list of a variety of athletic activities for both youth and adults. Activities for Individuals with Special Needs are also available.

#### **Army Community Services (ACS), USAG Fort Belvoir**

<https://belvoir.armymwr.com/programs/acs>  
571-231-7001

ACS offers a variety of no-cost classes and trainings that are designed to equip Servicemembers, Family Members, Retirees, and Department of Defense Civilians with the life skills, knowledge and support needed to face the challenges of military life. ACS also provides information on recreation activities, child and youth services, and post-wide events.

#### **Virginia High School League**

<https://www.vhsl.org/about-vhsl/>  
434-977-8475

The VHSL is an alliance of Virginia's public and approved non-boarding, non-public high schools that promotes education, leadership, sportsmanship, character, and citizenship for students by establishing and maintaining high standards for school activities and competitions. The website offers information about eligibility and various sports and academic programs.

#### **USO Metro Family Programs**

571-267-2080

<https://metro.uso.org/>

The USO offers a variety of programs in the National Capital District. Join their mailing list to receive the last information regarding events and programs offered in the area.

### **Blue Star Families**

<https://bluestarfam.org/>

202-630-2583

Blue Star Families provides support for military connected families through welcome programs, peer to peer support networks, and local chapter events. On the Blue Star Families website, information regarding local chapters is available.

## **Deployment**

### **Preparing for Deployment**

<https://planmydeployment.militaryonesource.mil/pre-deployment/>

800-342-9647

In the pre-deployment section of Military One Source, there are articles and resources relevant to service members, family members, and loved ones. There are printable resources such as a pre-deployment tasks and considerations.

### **Supporting Children and Youth During Deployment**

<https://planmydeployment.militaryonesource.mil/deployment/family-members/supporting-kids-during-deployment/>

800-342-9647

Military One Source offers information and other resources to help parents and caregivers understand how to support children and youth during a deployment.

### **Returning Home from Deployment**

<https://www.militaryonesource.mil/resources/millife-guides/post-deployment-reintegration/>

800-342-9647

Military One source offers a guide to assist service members and families through the reunion and reintegration phases after a deployment.

### **Yellow Ribbon Reintegration Program**

<https://www.yellowribbon.mil/>

The Yellow Ribbon Reintegration Program (YRRP) is a Department of Defense-wide effort to promote the well-being of National Guard and Reserve members, their families, and communities by connecting them with resources throughout the deployment cycle.

### **Sesame Street for Military Families**

<https://sesamestreetformilitaryfamilies.org/>

212-595-3456

Sesame Street for Military Families offers a variety of resources, including videos and printable activity pages, for Military families to help them navigate the unique challenges of military life.

Sesame Street for Military Families covers a variety of topics including deployment, rehabilitation from injuries, relocation, and more.

### **Coping Strategies for your Child during Deployment**

<https://www.zerotothree.org/wp-content/uploads/2022/04/Little-Listeners-in-an-Uncertain-World.pdf>

202-638-1144

The Zero to Three Organization offers a guide for parents and caregivers with concrete guidance and activities to support their young children throughout these challenging events.

### **Our Military Kids**

<https://www.ourmilitarykids.org/>

703-734-6654

Our Military Kids is a grant program that pays for the extracurricular activities of deployed National Guard, deployed Reserve, or post 9/11 combat-injured service members. The application is available on their website.

## **Mental Health**

### **Tricare**

<https://tricare.mil/>

800-444-5445

Tricare is the health care program for military members and their families. The program is divided into two regions (East and West) and offers overseas assistance. TRICARE may provide coverage for medically necessary mental health services. Mental Health Care Services offers outpatient psychotherapy for up to two sessions per week in any combination of individually or as a, family, group, or collateral sessions.

### **Military and Family Life Consultants**

<https://www.militaryonesource.mil/non-medical-counseling/military-and-family-life-counseling/>

800-342-9647

The Military and Family Life Counseling program supports service members, their families, and survivors with confidential non-medical counseling where they are stationed. Non-medical counseling can help individuals address issues such as improving relationships at home and work, stress management, adjustment difficulties, parenting, and grief or loss. Military One Source and your installation's Family Support Center maintain a list of MFLCs.

### **InTransition**

<https://www.health.mil/Military-Health-Topics/Centers-of-Excellence/Psychological-Health-Center-of-Excellence/inTransition>

800-424-7877



InTransition is a free, confidential program that offers specialized coaching and assistance to service members, veterans and retirees who need access to mental health care during times of transition, such as returning from deployment, relocating to another assignment, or preparing to leave military service.

### **Military Crisis Line**

<https://www.veteranscrisisline.net/get-help-now/military-crisis-line/>

988 then press 1

text: 838255

The Military Crisis Line is a free, confidential resource for all service members, including members of the National Guard and Reserve, and Veterans, even if they are not enrolled in VA benefits or health care.

### **PTSD and Traumatic Brain Injury**

<https://www.militaryonesource.mil/resources/millife-guides/ptsd-traumatic-brain-injury/>

800-342-9647

While Military OneSource does not provide health care services, it can connect service members and their families with the appropriate resources for those diagnosed with PTSD or TBI.

### **The Virginia Veteran & Family Support Program (VVFS)**

<https://www.dvs.virginia.gov/virginia-veteran-and-family-support-2>

(804) 786-0286

The Virginia Veteran & Family Support Program (VVFS) is operated statewide by the Virginia Department of Veterans Services and provides outreach, connection and support to veterans and their families as they address the challenges of military service, transition, deployments, post-traumatic stress or other behavioral health concerns as well as traumatic brain injuries and physical injuries.

### **The Barry Robinson Center [www.barryrobinson.org](http://www.barryrobinson.org)**

800-221-1995

The BRC is a residential treatment center that serves military connected youth and is a Tricare approved facility. Treatment focuses on a variety of mental health concerns such as trauma, depression, and self-destructive behaviors.

### **Camp Corral**

[www.campcorral.org](http://www.campcorral.org)

855-605-1267

Camp Corral serves military-connected children of wounded, ill, or fallen service members. The camp helps build life skills to empower strong and resilient individuals as they navigate their unique circumstances. Camp Corral offers summer camps for children (ages 8-15) and family camps throughout the United States.

FCPS school counselors, psychologists, and social workers are also available to address academic, mental health, and behavioral needs of our students.

Mersal Shaker – School Counselor [mshaker@fcps.edu](mailto:mshaker@fcps.edu)

Raina Roop – School Counselor [rroop@fcps.edu](mailto:rroop@fcps.edu)

Kristina Jorden - School Social Worker [kjorden@fcps.edu](mailto:kjorden@fcps.edu)

Allison Krusinski – School Psychologist [ajkrusinski1@fcps.edu](mailto:ajkrusinski1@fcps.edu)

## Employment

### Careers at Fairfax County Public Schools

<https://www.fcps.edu/careers>

571-423-3000

FCPS offers a wide range of careers. FCPS not only hires teachers, but the district also needs engineers, IT professionals, HVAC technicians, occupational therapists, financial analysts, electricians, administrative assistants, building supervisors, and many other positions.

### Fairfax County Jobs

<https://www.fairfaxcounty.gov/topics/jobs>

703-324-7329

Fairfax County maintains a list of current job openings within the county.

### Federal Jobs

<https://www.usajobs.gov/Help/working-in-government/unique-hiring-paths/>

There are unique hiring pathways for those military connected individuals interested in pursuing a federal job.

### Army Community Service Employment Readiness

<https://belvoir.armymwr.com/programs/acs/employment-readiness-program>

571-231-7001

ACS Employment Readiness provides up-to-date information of local and national employment opportunities and job fairs. This program also offers classes on resume writing, interview techniques, and more.

### Military One Source Education and Employment

<https://www.militaryonesource.mil/education-employment/>

800-342-9647

Military OneSource offers practical information and resources for pursuing education goals and achieving career aspirations.

### Spouse Education and Career Opportunities

<https://myseco.militaryonesource.mil/portal/>

800-342-9647

The Department of Defense Spouse Education and Career Opportunities program provides Education and Career Guidance to military spouses worldwide and offers comprehensive resources and tools for all stages of your career progression.

### **Hiring Our Heroes**

<https://www.hiringourheroes.org/>  
202-463-5500

Hiring our Heroes connects the military community—service members, military spouses, and veterans—with American businesses to create economic opportunity and a strong and diversified workforce. HOH's offers career counseling, hiring events, fellowship programs, and other resources to help build your career.

### **My Career Advancement Account (MYCAA) Scholarship Program**

<https://mycaa.militaryonesource.mil/mycaa/>  
800-342-9647

The My Career Advancement Account Scholarship is a workforce development program that provides up to \$4,000 in financial assistance to eligible military spouses for the pursuit or maintenance (including continuing education courses) of a license, certification, or associate degree necessary to gain employment in an occupation or career field.

### **Military Tuition Assistance Program**

<https://www.militaryonesource.mil/education-employment/for-service-members/how-to-use-the-military-tuition-assistance-program/>  
800-342-9647

The Military Tuition Assistance Program assist with tuition costs, and it is available to active duty, National Guard, and Reserve Component service members.

### **Certification and Licensing Compacts**

<https://www.militaryfamily.org/licensing-certification/>  
703-931-6632

Military spouse professionals may be required to relicense when they move to a new state. This link offers a list of occupational licensure compacts and an interactive map to see which states are making progress on passing these compacts.

### **Blue Star Families Employment Resources**

<https://bluestarfam.org/careers/>  
202-630-2583

Blue Star Families offers career development resources, information regarding remote work and telecommuting, and connections to military-friendly staffing partners.

### **Entrepreneurship for Military Spouses**

<https://www.sba.gov/business-guide/grow-your-business/military-spouse-businesses>  
202-205-6773

The Small Business Administration supports military spouse entrepreneurs with training, counseling, and other resources.

## **Childcare**

### **School Age Childcare**

<https://www.fairfaxcounty.gov/office-for-children/sacc>

703-449-8989

SACC provides care for children in kindergarten-sixth grade before school, after school and during school vacations in most Fairfax County public elementary schools and some County community centers. Children with special needs are fully included in all SACC centers.

### **Military Childcare**

<https://public.militarychildcare.csd.disa.mil/mcc-central/mcchome/>

855-696-2934

The DoD created MilitaryChildCare.com (MCC) to streamline the search for childcare process and connect families to information and quality childcare resources.

### **Child Care Aware of America**

<https://www.childcareaware.org/>

800-424-2246

Child Care Aware of America partners with the United States Military and Department of Defense to serve and support their families through Fee Assistance and Respite Child Care Programs. It has a network of more than 10,000 licensed childcare providers.

### **Fort Belvoir Parent Central Services**

<https://belvoir.armymwr.com/programs/parent-c>

703-805-5555

Parent Central Services manages enrollment for all Child & Youth Services programs. Through this office you can register for childcare, teen and middle school programs, and sports, and other programs.

### **Little Beginners Daycare**

2701 Dawn Dr, Alexandria, VA 22306

(703) 972-5596

<https://www.littlebeginnersdaycare.com/childcare-provider-lpz>

### **United Community Early Learning Center**

2709 Popkins Ln, Alexandria, VA 22306

(703) 765-0909

<http://www.earlylearningctr.org/>

**Childtime of Alexandria**

2272 Huntington Ave, Alexandria, VA 22303

(877) 220-0584

[childtime.com](http://childtime.com)

**Fordson Road Kinder Care**

7901 Fordson Rd, Alexandria, VA 22306

(703) 780-9099

[kindercare.com](http://kindercare.com)

**Innovation Station Child Development Center**

500 Dulany Street JEF, 500 Dulany St Suite 1, Alexandria, VA 22314

(571) 255-4291

[brighthorizons.com](http://brighthorizons.com)

**Great Beginnings Early Learning Center**

618 N Washington St, Alexandria, VA 22314

(703) 520-9966

<https://www.greatbeginningsva.com/>

**The FCPS Family Resource Center (FRC)**

[FRC@FCPS.EDU](mailto:FRC@FCPS.EDU)

2334 GALLOWS ROAD, ROOM 105

DUNN LORING, VA 22027

703-204-3941

**Other Guides Available from the Family Resource Center**

LGBTQ+ Resource Guide for Youth

LGBTQ+ Resource Guide for Adult

Family Support Resource Guide

Summer Camp Guide

Respite Care Guide

Adapted Sports and Recreation

Digital Resources Guide

## Local Attractions in the DMV

- **Capital One Arena** - Is an indoor arena in Washington, D.C. Located in Chinatown (sports, music & other entertainment).
- **George Washington's Mount Vernon** - Is the former residence and plantation of George Washington located in Alexandria, VA.
- **Fedex Field** – Is an American football stadium located in Landover, Maryland.
- **National Harbor** - The site has a convention center, six hotels, restaurants, shops, and condominiums. National Harbor hosted Cirque du Soleil and also features outdoor activities such as a culinary festival and outdoor concerts by military bands, an outdoor movie screen facing the river, kayaking, an annual ice sculpture exhibition, and a Peeps Day with a Peeps eating contest. The national spelling bee competition is held there.
- **Gravelly Point Park** – Gravelly Point has served as an iconic spot for plane spotters, picnickers and others to watch planes take off and land from National Airport for more than half a century.
- **The Steven F. Udvar-Hazy Center** (also called the Udvar-Hazy Center) - Is the Smithsonian National Air and Space Museum (NASM)'s annex at Dulles International Airport in the Chantilly area of Fairfax County, Virginia. It holds numerous exhibits, including the Space Shuttle *Discovery*, the *Enola Gay*, and the Boeing 367-80, the main prototype for the popular Boeing 707 airliner.
- **John F. Kennedy Center for the Performing Arts** - Commonly referred to as the Kennedy Center) is the United States National Cultural Center, located on the eastern bank of the Potomac River in Washington, D.C.
- **Mount Vernon Trail** - is an 18-mile (29 km) long shared use path that travels along the George Washington Memorial Parkway in Northern Virginia between Rosslyn and George Washington's home at Mount Vernon. The trail connects the easternmost portions of Arlington County, the City of Alexandria, and Fairfax County, and travels mostly on dedicated trail with a small portion on city streets.

### Connecting Trails:

- Four Mile Run Trail
- Washington & Old Dominion Railroad Trail
- Rock Creek Park
- Northern Extension (Potomac Heritage Trail)
- Capital Crescent Trail

- **Fort Hunt Park** - is a public park located in Fort Hunt, Fairfax County, Virginia. It is administered by the National Park Service as part of the George Washington Memorial Parkway. The park preserves the remains of the eponymous Fort Hunt, portions of which date to the time of the Spanish–American War.
- **Lake Accotink** - Is a reservoir in North Springfield in Fairfax County, Virginia. The park has bikes, canoes, paddleboats, and rowboats available for rent. Visitors can also ride tour boats or walk or run the 3.75 miles (6.04 km) trail loop around the lake. Other trails stretch beyond the park and connect to the Cross County Trail, with its running trails and mountain biking trail. A miniature golf course surrounds an antique carousel near the south entrance to the park. Gas-powered motorboats are not allowed on the lake.
- **Great Falls Park**- Overlooks the Great Falls of the Potomac River. The park has several viewing platforms that provide visitors with vantage points overlooking the falls. Fifteen miles (24 km) of hiking trails traverse the park and follow a small stream known as Difficult Run. A scenic trail near the river travels upstream from a landing at the mouth of Difficult Run, climbs to the top of Mather Gorge and passes the falls, a dam, and a reservoir before ending in Fairfax County's Riverbend Park. Rock climbers frequent the cliffs in Mather Gorge above the Potomac. The park contains a large picnic area and sufficient parking for 600 vehicles. On busy weekends, all the parking may fill up by early in the morning, creating delays and temporary closures lasting up to several hours. The NPS does not permit camping in the park. The falls total 76 feet (20 m) over a series of major cascades. The Great Falls are rated Class 5-6 Whitewater. Below the falls, through Mather Gorge, the river is rated class 2-3 and has been a very popular kayaking run since the 1960s.
- **Huntley Meadows Park** - The largest park operated by the Fairfax County Park Authority, is located in the Hybla Valley area of Fairfax County, Virginia, south of the city of Alexandria. The park features a visitor center, a beaver-created wetland with boardwalk, wildlife observation platforms, and an interpretative trail system. The park is home to abundant wildlife and is known for attracting many birds, amphibians, and plants that are considered less common in the region.
- **Dyke Marsh Wildlife Preserve** - is a freshwater wetland and wildlife preserve located on the west bank of the Potomac River south of Alexandria, Virginia between Old Town Alexandria and Mount Vernon. Dyke Marsh consists of about 380 acres (1.5 km<sup>2</sup>) of tidal marsh, floodplain, and swamp forest. It formed 5,000 to 7,000 years ago. With a total size of 485 acres, Dyke Marsh is one of the largest remaining pieces of freshwater tidal wetlands left in the Baltimore-Washington Metropolitan Area.<sup>[1]</sup> The marsh is managed by the National Park Service as part of the George Washington Memorial Parkway.<sup>[1]</sup> Dyke Marsh contains a wide array of plant and animal life. "Haul Road" is a trail that leads visitors into the marsh. It is frequented by area birdwatchers. Dyke Marsh is located off the George Washington Memorial Parkway at the Belle Haven Marina exit.

## Transportation

**Metro – Washington Metropolitan Area Transit Authority** – (service, schedules & maps, rider guide, fares, etc.)

<https://www.wmata.com/>

- **Huntington Metro Station**  
2501 Huntington Ave, Alexandria, VA 22303
- **Eisenhower Metro Station**  
Alexandria, VA 22314
- **King St-Metro Station**  
1900 King St, Alexandria, VA 22301
- **Braddock Metro Station**  
700 N West St, Alexandria, VA 22301

### Taxis Services:

- Yellow Cab Alexandri - (703) 996-3450
- Go Green Cab - (703) 212-2000
- King Cab: (703) 549-3530
- VIP Cab: (703) 333-5800
- White Top Cab: (703) 683-4004

### Car Sharing

Zipcar has parking spaces in Old Town Alexandria and Carlyle, and many more throughout the D.C. area. For a map of Zipcar locations, and information on membership, visit the Zipcar website. Alexandria is also serviced by car sharing services like Lyft and Uber.

## Grocery Stores

### Safeway

7900 Fort Hunt Rd, Alexandria, VA 22308  
(703) 765-0924

### Costco

7940 Richmond Hwy, Alexandria, VA 22309  
(571) 458-3500

### Aldi

8256 Richmond Hwy, Alexandria, VA 22309  
(855) 955-2534



**Giant**

6800 Richmond Hwy, Alexandria, VA 22306  
(703) 768-6720

**Wegmans**

7905 Hilltop Village Center Dr, Alexandria, VA 22315  
(571) 527-2400

**Whole Foods**

1700 Duke St, Alexandria, VA 22314  
(703) 706-0891

**Amazon Fresh**

7005 Manchester Blvd, Franconia, VA 22310  
(800) 250-0668

**Balducci's**

600 Franklin St, Alexandria, VA 22314  
(703) 549-6611

**Fresh Market**

3680 King St, Alexandria, VA 22302  
(703) 824-5205

**Alexandria Restaurants/Delivery Services**

- The Wharf - [\(703\) 836-2836](tel:7038362836)
- Ada's On The River - [\(703\) 638-1400](tel:7036381400)
- Belle Haven Pizzeria (The Haven) – [\(703\) 765-5300](tel:7037655300)
- Primo Family Restaurant - [\(703\) 765-6767](tel:7037656767)
- Milk & Honey Southern Inspired Kitchen - [\(703\) 721-0030](tel:7037210030)
- Crab Cab - [\(571\) 371-8037](tel:5713718037)
- McAlister's Deli - [\(703\) 347-6882](tel:7033476882)
- Mamas Kitchen - [\(571\) 312-6690](tel:5713126690)
- Sweet Fire Donna's - [\(571\) 312-7960](tel:5713127960)
- Vola's Dockside Grill and Hi-Tide Lounge - [\(703\) 935-8890](tel:7039358890)
- Aldo's Italian Kitchen - [\(703\) 888-2243](tel:7038882243)
- El Fresco Tex-Mex Grill - [\(703\) 991-0005](tel:7039910005)
- Smyrna Restaurant - [\(571\) 371-8228](tel:5713718228)
- Momo Café Sushi - - [\(703\) 229-9092](tel:7032299092)
- Zento Japanese Restaurant - [\(703\) 566-3695](tel:7035663695)

- Uber Eats [https://www.ubereats.com/city/alexandria-va?srsltid=AfmBOopz2w0DjaXUkH5k7Doo8dXh5t0CYAdmpLCO\\_YRo9y0cRT9913sT](https://www.ubereats.com/city/alexandria-va?srsltid=AfmBOopz2w0DjaXUkH5k7Doo8dXh5t0CYAdmpLCO_YRo9y0cRT9913sT)
- Grubhub <https://www.grubhub.com/delivery/va-alexandria-22307>
- Doordash [https://www.doordash.com/food-delivery/alexandria-dc-restaurants/?srsltid=AfmBOoqjjLkb\\_gU-IM9KoseEGtzFYwt5UPJGKP4lvMecprAlj0RK-wX](https://www.doordash.com/food-delivery/alexandria-dc-restaurants/?srsltid=AfmBOoqjjLkb_gU-IM9KoseEGtzFYwt5UPJGKP4lvMecprAlj0RK-wX)

## **Fitness/Recreation/Community Centers**

### **Snap Fitness Alexandria-Belle View**

1508 Belle View Blvd., Alexandria, VA 22307

(703) 348-8507

[www.snapfitness.com](http://www.snapfitness.com)

Hours: Open 24/7

### **Results Fitness**

7770 Richmond Hwy ste c, Alexandria, VA 22306

Phone: (703) 360-1400

[www.resultsgymalexandria.com](http://www.resultsgymalexandria.com)

### **Gum Springs Community Center**

8100 Fordson Rd, Alexandria, VA 22306

703-360-6088

<http://www.fairfaxcounty.gov/neighborhood-community-services/gum-springs-community-center>

### **Hybla Valley Community Center**

7950 Audubon Ave, Alexandria, VA 22306

(703) 324-9270

<https://www.fairfaxcounty.gov/neighborhood-community-services/hybla-valley-community-center>

### **Nannie J Lee Memorial Recreation Center**

1108 Jefferson St, Alexandria, VA 22314

(703) 746-5550

<https://www.alexandriava.gov/recreation-centers/nannie-j-lee-recreation-center>

**Patrick Henry Recreation Center**

4653 Taney Ave, Alexandria, VA 22304

(703) 746-5557

<http://alexandriava.gov/Recreation>

**Southern Regional Technology and Rec Complex**

7007 Bock Rd., Fort Washington, MD 20744

(301) 749-4160

<http://www.pgparcs.com/>

**Franconia Rec Center**

6601 Telegraph Rd, Alexandria, VA 22310

(703) 922-9841

<https://www.fairfaxcounty.gov/parks/recenter/franconia>

**Alexandria Recreation and Parks**

1108 Jefferson St, Alexandria, VA 22314

(703) 746-4343

[www.alexandriava.gov](http://www.alexandriava.gov)

**South County Teen Center Gym**

Original Mt. Vernon High School, 8333 Richmond Hwy, Alexandria, VA 22309

(703) 704-6234

<https://www.fairfaxcounty.gov/parks/recenter/franconia>

**Summer Camps****Military-Connected Youth**

(For questions, contact the FCPS Family Resource Center at 703-204-3941 or [frc@fcps.edu](mailto:frc@fcps.edu))

**Operation Purple Camp**

Offers military kids a free week of summer camp where they connect with other kids, just like them. They combine fun-filled activities and targeted resources that support military kids to improve their well-being, build connections, and equip them to thrive in the face of the challenges and adventures that come with military life. Children of active-duty service members and veterans, from all uniformed services, including the National Guard, Reserve, Space Force, the Commissioned Corps of the United States Public Health Service, and National Oceanic and Atmospheric Administration may apply.

## **Camp Corral**

The camp's mission is to transform the lives of children of wounded, ill, and fallen military heroes by providing camps, advocacy, and enrichment programs.

### **Off Leash Dog Parks in Alexandria**

- **Founders Park Off-Leash Area** - [339 N Union St, Alexandria, VA, US, 22314](#)
- **Dog Park at Eugene Simpson Stadium Park** - [426 E Monroe Ave, Alexandria, VA, US, 22301](#)
- **Dog Run Park at Carlyle** - [450 Andrews Ln, Alexandria, VA, US, 22314](#)
- **Chambliss Street Off-Leash Area** - [2505 N Chambliss St, Alexandria, VA, US, 22311](#)
- **Duke Street Dog Park** - [5000 Duke St, Alexandria, VA, US, 22304](#)
- **Dog Park at Ben Brenman Park** - [4800 Brenman Park Dr, Alexandria, VA, US, 22304](#)
- **Grist Mill Dog Park** - [4710 Mt Vernon Memorial Hwy, Alexandria, VA, US, 22309](#)
- **Chinquapin Park Off Leash Area** - [3210 King St, Alexandria, VA, US, 22302](#)
- **Monticello Park Off Leash Area** - [320 Beverley Dr, Alexandria, VA, US, 22305](#)
- **Dog Park at Montgomery Park** - [901 North Royal St, Alexandria, VA, US, 22314](#)
- **Mount Jefferson Park Off Leash Dog Area** - [276 E Raymond Ave, Alexandria, VA, US, 22301](#)
- **Ft. Williams Parkway Off Leash Dog Area** - [379 Fort Williams Pkwy, Alexandria, VA, US, 22304](#)
- **Tarleton Park Off Leash Area** - [4420A Vermont Ave, Alexandria, VA, US, 22304](#)
- **Timberbranch Parkway Off Leash Area** - [Parkway Terrace & W Timber Branch Pkwy, Alexandria, VA, US, 22302](#)
- **Windmill Hill Park Off Leash Area** - [501 S Union St, Alexandria, VA, US, 22314](#)
- **Barkhaus** - [529 E Howell Ave, Alexandria, VA, US, 22301](#)
- **Hooff's Run Park & Greenway** - [18 E Linden St, Alexandria, VA, US, 22301](#)