

# Parenting Class Resource List

Provided by the Spotsylvania County Public Schools Parent Resource List. This is not a complete list of all services in the area. For more information please contact the Parent resource Center at 540-582-7060. Checked for accuracy March 2019.

Class Name/Type	Description	Date	Time	Contact
Healthy Families	Intensive home-based services for expectant parents through child 3 months of age; assists parents in providing a nurturing and supportive environment for their children	Call for information	Call for information	540-374-3366 ext. 0
Parenting Education Sponsored by Fredericksburg Department of Social Services	Building Self Esteem and enhancing communication skills to support children who have experienced abuse and/or neglect	Saturdays	10 AM—1 PM	540-372-1032
Are We There Yet? Sponsored by Spotsylvania Department of Social Services	Group for parents of children birth-11 Years - Children's program available  <b>Spotsylvania Dept. of Social Services 9019 Battlefield Blvd. 2nd Floor, Spotsylvania, VA 22553</b>	Call for dates	Evening Classes	540-507-7845
Parent Resource Center	Serving all families! Spotsylvania, Stafford and Caroline	Call to Schedule	Monday—Friday times vary	Spotsy— 540-582-7060 Stafford— 540-899-6000 Caroline—804-633-7083
Parenting Today's Teens Sponsored by Spotsylvania Department of Social Services	Group for parents of children 10 - 17 years - Teen program also available  Ron Rosner Family YMCA	Call for Dates	Evening Classes	540-507-7845
DARE to be You	Award winning family based program that empowers youth, families and communities	Call for more information	Interactive workshops	540-374-3337 ext. 101  Rap. Area Community Services Board
Basic Parenting Classes	Parents and guardians; sessions offered by age of child include: birth to 4, 5-12 & teens	Call or email for information	Classes	540-658-4284  kimberly.strader@dss.virginia.gov

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## **Court approved parenting classes in Spotsylvania and surrounding areas**

<b>Class Name/Type</b>	<b>Description/Location (if applicable)</b>	<b>What</b>	<b>When</b>	<b>Contact</b>
High-Conflict Parenting & Co-Parenting	Online classes that meet the requirements of court appointed classes in Virginia	Online	Visit website to register and view class options	<a href="http://Courtorderedclasses.com/PA.html">Courtorderedclasses.com/PA.html</a>
Court Ordered Classes	Online classes ranging from parenting to theft and more	Online	Visit website to register and view all class options	<a href="http://Courtorderedclasses.com">Courtorderedclasses.com</a>
Co-Parenting: Two Houses, Two Homes	Court approved co-parenting classes <b>Commonwealth Behavioral Health, Inc.</b> <b>13356 Midlothian Tnpk.</b>	Classroom Sessions	Call or email to register	804-378-1880 pwright@commonwealthbehavioralhealth.com
Co-Parenting: Two Parents, Two Homes	Court approved co-parenting classes <b>Guidance, Inc.</b> <b>P.O. Box 4242</b> <b>Midlothian, VA 23112</b>	Classroom Sessions	Call or email to register	804-398-1614 804-229-9650 guidenceinc@yahoo.com
Co-Parenting: Two Parents, Two Homes (Spanish)	Court approved co-parenting classes offered in Spanish only <b>Latinos En Virginia, LLC</b> <b>P.O. Box 82</b> <b>Colonial Heights, VA 23834</b>	Classroom Sessions	Must Register Visit the website, call or email for more information	<a href="http://latinosenrichmond.com/parenting">latinosenrichmond.com/parenting</a> 804-728-0048 manager@latinosenrichmond.com
Saving People and Parenting Partnerships as Relationships End S.P.A.R.E.	Court approved parenting classes <b>Family Innovations and SPARE</b> <b>P.O. Box 5185</b> <b>Fredericksburg, VA 22403</b>	Classroom Sessions	Check website for call or more information	<a href="http://coparentingeducation.com">coparentingeducation.com</a> 540-371-4889 divorceeducation@hotmail.com
Parents Apart Co-Parenting Together P.A.C.T.	Court approved co-parenting classes <b>Family Solutions</b> <b>5610 Southpoint Ctr. Blvd. Ste. 103</b> <b>Fredericksburg, VA 22407</b>	Classroom Sessions	Check website for class schedules and information Office open by appointment only	<a href="http://familysolutions.net">familysolutions.net</a> 877-582-6363 btouhey@familysolutions.net

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Co-Parenting: Two Parents, Two Homes	Court approved co-parenting classes  <b>Janet L.S. Brown</b> <b>160 Winding Creek Rd.</b> <b>Stafford, VA 22554</b>	Classroom Sessions	Call or email to register	540-272-3131  540-424-9661  thereferee@comcast.net
Co-Parenting: Two Parents, Two Homes	Court approved co-parenting classes  <b>Parenting Matter s</b> <b>9125 Courthouse Rd.</b> <b>Spotsylvania, VA 22553</b>	Classroom Sessions	Call, email, or visit website for more information	<a href="http://aparentingmatter.com">aparentingmatter.com</a>  804-572-0000  aparentingmatter @gmail.com
Co-Parenting: Two Parents, Two homes	Court approved co-parenting classes  <b>The Mediation Center, Inc</b> <b>1119 Caroline St.</b> <b>Fredericksburg, VA 22401</b>	Classroom Sessions	Call, email or check website for more information	<a href="http://vamediation.com/blog">vamediation.com/blog</a>  540-373-5306  staff@virginiamediation. com