

Education Makes a Difference!

Building Strong families—

The family is the most effective and economical unit for rearing children and nurturing adults. For more than 85 years, Cooperative Extension's educational programs have helped families...

- manage their financial resources
- develop skills to effectively meet the challenges of parenting
- choose nutritious foods, and
- help youth develop skills and abilities

Protecting the Environment—

The state of our environment will determine the quality of life for our children and grandchildren. Individuals can make a positive impact toward conserving and protecting the environment. Virginia Cooperative Extension offers educational programs, plant clinics, and publications on environmentally safe lawn care, landscaping, plant selection, gardening and pest control.

Prince William Cooperative Extension complies with the terms of the ADA. Any individual with a disability who wishes to request an accommodation may contact the Extension Office.

Extension Leadership Council

The mission of the Virginia Cooperative Extension Leadership Council (ELC) is to advance and promote the educational programs of Virginia Cooperative Extension (VCE)

The membership of the ELC represents the diversity of the community. The membership consists of representatives from the seven magisterial districts of Prince William County, the City of Manassas, and the City of Manassas Park, and local Virginia Cooperative Extension Staff.

The VCE-Prince William Extension Leadership Council wants your input on community issues you'd like to see addressed. For more information, contact us.

How you can reach us

Prince William Cooperative Extension
8033 Ashton Avenue, Suite 105
Manassas, VA 20109
703-792-6289 FAX 703-792-4630

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Virginia Tech Web Site
www.ext.vt.edu/offices/prince.william

Prince William County Web Site:
www.pwcgov.org/vce

Virginia
Cooperative Extension

A partnership of Virginia Tech and Virginia State University www.ext.vt.edu

VirginiaTech
Invent the Future



VIRGINIA STATE UNIVERSITY

Virginia Cooperative Extension programs and employment are open to all, regardless of race, color, national origin, sex, religion, age, disability, political beliefs, sexual orientation, or marital or family status. An equal opportunity/affirmative action employer. Issued in furtherance of Cooperative Extension work, Virginia Polytechnic Institute and State University, Virginia State University, and the U.S. Department of Agriculture cooperating. Mark A. McCann, Director, Virginia Cooperative Extension, Virginia Tech, Blacksburg, Alma C. Hobbs, Administrator, 1890 Extension Program, Virginia State, Petersburg.

PRINCE WILLIAM COUNTY

VIRGINIA COOPERATIVE EXTENSION

*Strengthening
Families
and
Conserving
the Environment
through Education*

www.pwcgov.org/vce

Strengthening Families Through Education

Financial Education Program



Our programs teach people how to manage their personal finances and prepare for home ownership. Participants may enroll in a one-time personal financial assessment.

We also offer:

- Smart Money Management Workshop
- Home Buying Seminar
- Mortgage Default counseling

We ensure confidentiality; we never give information to credit bureaus or other agencies such as insurance companies. We do not provide financial assistance.

703-792-6289, Option 5



Nutrition Education Program



Provides education about making food choices to promote health and prevent chronic diseases including how to plan nutritious meals and snacks that fit the family budget. Diabetes nutrition education includes learning about blood sugar control:

planning carbohydrate intake, reading labels and eating out.

Nutrition education programs include:

- Dining with Diabetes
- ServSafe for food service managers
- Family Nutrition Program for low income families, individuals and youth
- Childhood Obesity Initiative

703-792-6289

Parent Education Program



We offer educational programs that provide parents with skills and tools to nurture children and strengthen family relationships.

Different programs are available for:

- Parents of young children, school-age children, or teens
- Parents whose children are at risk of court involvement
- Parents dealing with anger issues in the home

703-792-6288



4-H Youth Development Program

4-H programs provide “hands-on” learning experiences for youth. 4-H staff and trained volunteers help youth develop practical skills for living and leadership. The 4-H program includes:

- Community clubs for youth ages 5-18
- A wide variety of project curriculum
- Emphasis on public speaking and community service
- Camping opportunities
- Teen leadership programs
- Special Interest programs — Strong Families: Competent Kids and Character Counts!



703-792-6286

Conserving the Environment through Education

Environment and Natural Resources



By addressing citizens' needs for attractive, problem-free lawns and gardens, we are able to minimize potential water quality impairments. Our staff and Master Gardener volunteers are here to help in a number of ways:

- Extension Horticulture Help Desk and seasonal plant clinics to answer questions about insect, disease, or gardening problems
- Soil test kits
- Great 'Scapes lawn program
- Free lectures to the public
- Education for businesses and non-profit organizations in the management of stormwater runoff
- Training for interested citizens who wish to become Master Gardener volunteers
- Low maintenance gardening techniques demonstrated at the Teaching Garden.
- Basics of Gardening Series offered each winter



You can reach a Master Gardener by calling the Horticulture Help Line at 703-792-7747, or e-mail master_gardener@pwvcgov.org

703-792-6289

www.ext.vt.edu—Virginia Cooperative Extension web site

Extension is a joint program of Virginia Tech, Virginia State University, the U.S. Department of Agriculture, and state and local governments.

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