

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.



Virginia Tech • Virginia State University

www.ext.vt.edu

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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

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Prince William

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

06/2013



VIRGINIA COOPERATIVE EXTENSION

*Strengthening
Families
and
Conserving
the Environment
through Education*

www.pwcgov.org/vce

Strengthening Families Through Education

Financial Education and Housing Counseling



VCE staff and trained volunteers teach you how to manage your personal finances and prepare for homeownership in

group activities or individually. Choose one activity or try them all!

- Smart Money Management Workshop
- Homeownership Seminar
- Am I Ready to Buy a House?
- Financial Assessment

We also offer foreclosure prevention and reverse mortgage counseling services.

703-792-6287



Nutrition Education



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:

- Living Well with Diabetes
- Family Nutrition Program for low income families, individuals and youth
- Childhood Obesity Initiative: Teaching childcare providers, cooking with teens
- Eating and activity for Seniors

703-792-4764

Parent Education



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

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 — “Safe at Home, Safe Alone”, “Get Fit, That’s It”, and more

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
- BEST Lawns 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.
- Pesticide Safety and Educational programs for the Green industry.



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

703-792-6285