

Parents, You Matter. Let's Connect.



For More Info and Class Registration visit:
www.vbgrowsmart.com/lena-start

FREE LENA Start classes can help you make a difference in your baby's life just through early talk and interaction!



OR SCAN HERE

This program is presented by:



VIRGINIA BEACH
PARKS & RECREATION

VBGOV.COM/PARKS

Build school readiness and strengthen families with parent-group classes.

Measurable outcomes delivered through a scalable, ready-to-launch community program.

LENA Start helps parents promote and participate in their child's learning. Feedback-based educational content helps parents advance their own learning interests, and the peer model builds social well-being and community. Built-in effectiveness measures indicate that through their work with LENA Start, adults are talking more and children are increasing language skills as a result.

Why focus on early language?

The 0-3 age window is the critical time to improve school readiness. Research shows that increasing spoken language, and conversational turns in particular, is key to brain stimulation.

Also, children whose parents participated in LENA Start are doubling the amount of developmental skill gained each month.

Plus, receive the following when you participate:

- FREE children's books
- High-quality parent materials
- FREE incentives for graduating
- Classes offered virtually and in-person

For more information about this program and others, visit www.vbgrowsmart.com/lena-start



Upcoming Classes

Classes begin in September, 2022!
Classes are **FREE** and run for
10 weeks
Classes offered either **in-person OR**
virtually

In-Person Classes:

Mondays @ 6:00 pm
Williams Farm Recreation Ctr.
(5252 Learning Circle)
Orientation: Sept 19th @ 6 pm

Tuesdays @ 10 am
Oceanfront Library
(700 Virginia Beach Blvd)
Orientation: Sept 20th @ 10 am

Weds @ 6:00 pm
Seatack Recreation Ctr.
(141 S Birdneck Rd.)
Orientation: Sept 21st @ 6 pm

Virtual Classes:

Weds @ 10 am
Virtual via Zoom
Orientation: Sept 21st @ 10 am

Weds @ 6 pm
Virtual via Zoom
Orientation: Sept 21st @ 6 pm

To sign up for an Orientation Session complete an Interest Form:
Visit www.vbgrowsmart.com/lena-start or call 757-385-0144.

www.vbgrowsmart.com



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