

# Parents, You Matter. Let's Connect.



For More Info and Class Registration visit:  
[www.vbgrowsmart.com/lena-start](http://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](http://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](http://www.vbgrowsmart.com/lena-start)



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## Upcoming Classes

**Classes begin in February, 2023!**

**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: Feb 20th @ 6 pm**

**Wednesdays @ 6:00 pm**

**Bow Creek Recreation Ctr.**

*(3427 Club House Rd.)*

**Orientation: Feb 22nd @ 6 pm**

**Thursdays @ 10:00 am**

**Central Library**

*(4100 Virginia Beach Blvd)*

**Orientation: Mar 9 @ 10 am**

### Virtual Classes:

**Wednesdays @ 10:00 am**

**Virtual via Zoom**

**Orientation: Feb 22nd @ 10 am**

**Thursdays @ 6:00 pm**

**Virtual via Zoom**

**Orientation: Feb 23rd @ 6 pm**

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

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