



VIRGINIA BEACH  
**TALKS**

LENA  
**START**

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!

*Classes start in February 2024!*

This program is presented by:

VIRGINIA BEACH  
**GROWSMART**  
Planting the seeds for a successful life.



Public  
Library



Parks &  
Recreation



OR SCAN HERE

# 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)



## Upcoming Classes

**Classes begin in February, 2024!**

**Classes are FREE and run for 10 weeks**

**Classes are family friendly and offered in-person**

### In-Person Classes:

**Mondays @ 6:00 pm**

**Williams Farm Recreation Ctr.  
(5252 Learning Circle)**

**Orientation: Feb 12th @ 6 pm**

**Class runs weekly Feb 19 - Apr 29  
(No class on April 1st)**

**Tuesdays @ 11:00 am**

**Central Library**

**(4100 Virginia Beach Blvd.)**

**Meet in the story time room**

**Orientation: Feb 13th @ 11 am**

**Class runs weekly Feb 20 - Apr 30  
(No class on April 2nd)**

**Wednesday @ 6 pm**

**Virtual via Zoom**

**Orientation: Feb 21st @ 6 pm**

**Class Runs weekly Feb 28 - May 8  
(No class on April 3rd)**

**Zoom link will be sent once you complete the interest form for this class**

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.

**[www.vbgrowsmart.com](http://www.vbgrowsmart.com)**



**Virginia Beach GrowSmart  
4525 Main Street, Suite 700  
Virginia Beach, VA 23462**

**Phone** 757-385-0144

**Web** [www.vbgrowsmart.com](http://www.vbgrowsmart.com)

**Email** [vbgrowsmart@vbgov.com](mailto:vbgrowsmart@vbgov.com)