



## Family/Marriage/Parenting Support

### **Culpeper Youth Mentoring Program (Healthy Culpeper)**

763 Madison Road, Suite 208  
Culpeper, VA, 22701  
Telephone: (540) 829-2065 x 313  
Fax: (540) 829-2097  
Web: [www.healthyculpeper.org](http://www.healthyculpeper.org)

Hours: 9-12, M-F  
Contact: Denise Walker, Program Coordinator  
Email: [walker@hfculpeper.org](mailto:walker@hfculpeper.org)

SERVICE OBJECTIVE: To encourage youth to develop to their fullest potential by promoting self esteem, individual growth and leadership by providing an additional support system with positive role models.

### **Culpeper Youth Network**

101 South West Street, Suite 303  
Culpeper, VA, 22701  
Telephone: (540) 727-3414  
Fax: (540) 727-3414  
Web: [www.culpepercounty.gov/CYN/index.asp](http://www.culpepercounty.gov/CYN/index.asp)

Hours: 7:30-3:30, M-F  
Contact: Margie Messick  
Email: [mmessick@culpepercounty.gov](mailto:mmessick@culpepercounty.gov)

SERVICE OBJECTIVE: Program available by referral only for troubled at-risk youth. Referrals may include Special Education, Foster Care, or Foster Care Prevention needs.

### **Families First**

763 Madison Road, Suite 209  
Culpeper, VA, 22701  
Telephone: (540) 829-2065  
Fax: (540) 829-2097  
Web: [www.culpepercounty.gov/humanserv/familiesfirst.asp](http://www.culpepercounty.gov/humanserv/familiesfirst.asp)

Hours: 8:30-5, M-F  
Director: Cindy Colson  
Program Manager: Diana Gioffre  
Email: [gioffre@hfculpeper.org](mailto:gioffre@hfculpeper.org)

SERVICE OBJECTIVE: Provides in-home family support & parenting information to pregnant women and families with newborns; parenting classes.

### **MOMS Club of Culpeper**

Telephone: (540) 439-4279 Contact Person: Amee

SERVICE OBJECTIVE: The MOMS Club is an international non-profit organization, specifically for at-home mothers serving Culpeper County and southern Fauquier.

### **MOPS (Mothers of Preschoolers)**

Telephone: (540)727- 7315 Contact: Stacey Metcalf (Enrollment)  
Telephone: (540) 854-8740 Contact: Susan Hitt (To Volunteer)

SERVICE OBJECTIVE: Support group for mothers of preschoolers; meets once a month at Culpeper Baptist Church.

### **Rainbows**

Precious Blood Church Contact: Phyllis Byrne  
114 East Edmondson Street  
Culpeper, VA, 22701  
Telephone: (540) 825-8945

SERVICE OBJECTIVE: Helps children deal with their feelings of loss due to divorce, death, or abandonment. Groups are small and close in age. There is no charge to participants.

## **Shiloh Hope Builders**

P.O. Box 813  
Culpeper, Virginia 22701  
Telephone: (540) 827-4539  
Web: [www.hopebuilders.tv](http://www.hopebuilders.tv)

Director: Sheila Smith  
Email: [shilohhopebuilders@vabb.com](mailto:shilohhopebuilders@vabb.com)

SERVICE OBJECTIVE: Create an environment where persons can discover common ground with and mentor those who are seeking to move from dependency to self-sufficiency and together partner for change and growth.

## **Single Mother's Support Group**

Pregnancy Centers of Central Virginia  
420 Sunset Lane  
Culpeper, VA, 22701  
Telephone: (540) 727-0400

Location & Time: TBA

SERVICE OBJECTIVE: To encourage, support and inform single mothers about issues important to them.

## **Virginia Cooperative Extension-Culpeper County**

101 S. West Street  
Culpeper, VA, 22701  
Telephone: (540) 727-3435  
Fax: (540) 727-3451  
Web: <http://offices.ext.vt.edu/view.cfm?webname=culpeper>

Hours: 8 am-5pm, M-F  
Agent: Linda Murphy  
E-mail: [murphy1@vt.edu](mailto:murphy1@vt.edu)

SERVICE OBJECTIVE: Educational outreach of Virginia Tech & Virginia State University; Programs offered through the local office are designed to help residents improve their lives-through classes, literature sent upon request and individual consultation.

ELIGIBILITY: Most programs are open to all. The SCNEP is for families enrolled in the food stamp program.

FEES: Varies with program. Most are available at no charge. Call for information.

LANGUAGES: Some materials available in Spanish.

SERVICE AREA: Culpeper County; Child Care Training and Parenting Programs to the planning district (PD9); Agriculture Programs to the planning district (PD9).

### **Family & Consumer Sciences Programs**

Provide informal education that increases knowledge, influences attitudes, teaches skills, and inspires aspirations. Through the adoption and application of these practices, the quality of individual, family, and community life is improved. Family and Consumer Sciences brings specialist, agent, and volunteer expertise together to address the needs and priority issues facing Virginia's families. Food safety, nutrition and exercise, parenting, childcare training, and financial management are among the offerings. Contact: Linda Murphy

### **4-H Youth Development**

Youth between the ages of 5 and 18 engage in hands-on learning experiences under the guidance of adult or teen 4-H volunteers trained by 4-H agents. 4-H programs use experiential learning opportunities to teach the latest research-based subject matter knowledge and to foster skill development in effective citizenship, leadership, and other life skills. Contact: Vivienne Ellyson

### **SCNEP Smart Choices Nutrition Education Program**

Working with low and limited income audiences to develop healthy eating habits and lifestyle practices to improve health and to stretch food resources. Contact: Georgette Yates, Youth programs or Felecia Chavez, Adult programs

### **Agriculture**

Dairy, beef, sheep, horses, insects, soils, crops, forages, swine, weeds, diseases, commercial, horticulture. Contact: Carl Stafford

**Consumer Horticulture/Master Gardeners**

Lawns, Perennials, diseases, tree fruits, weeds, insects, annuals, landscaping, small fruits, vegetables, master gardener training.