



## Virginia Beach Talks: a LENA Start Program

### Parents, You Matter. Let's Connect.

FREE LENA Start classes can help you make a difference in your baby's life just through early talk and interaction! See the reverse side for more information.



For more information or to  
fill out an interest form, visit  
[www.VBGrowSmart.com/LENA-Start](http://www.VBGrowSmart.com/LENA-Start)



Classes offered in  
Fall, Winter/Spring,  
& Summer!

This program is presented by



The Blocker Foundation



Parks &  
Recreation



Public  
Library

## 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 each session
- 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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## Summer 2025 Upcoming Classes

Classes are FREE, family-friendly, and offered in-person. Meals or snacks are provided. Child care is offered for evening classes.

### In-Person Classes

Summer classes begin in May and run for 10 weeks.

#### Tuesdays at 6 p.m.

Williams Farm Recreation Center,  
5252 Learning Circle

#### Orientation Session:

##### May 27th at 6 p.m.

Class runs weekly from May 27<sup>th</sup> - August 5th.

#### Wednesdays at 10 a.m.

Location: VB Department of Public Health

#### Orientation Session:

##### May 21st at 10 a.m.

Class runs weekly from May 21st- July 30th

### 2025 Fall classes begin in September 2025!

To sign up for an Orientation Session, complete an Interest Form at [www.VBGrowSmart.com/LENA-Start](http://www.VBGrowSmart.com/LENA-Start) or call (757) 385-0147