



VIRGINIA BEACH
TALKS

LENA
START™



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



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

This program is presented by

 **UNITED WAY**
South Hampton Roads

The Blocker Foundation

 **Dominion
Energy**
Powering Your Every Day.™

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



Virginia Beach
DEPARTMENT OF
Public Health



**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



Virginia Beach GrowSmart
4100 Virginia Beach Blvd.
Virginia Beach, VA 23452

(757) 385-0147
www.VBGrowSmart.com
VBGrowSmart@VBgov.com

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 27th - 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 or call (757) 385-0147