**Fitness**

**Girls on the Run**
Afterschool activity designed to help girls develop essential skills through discussions, activities, and running games.
Potomac View Elementary School
Tuesday & Thursday
3:45pm-5:00pm
Beyvue Apartment Homes
Tuesday & Thursday
4:30pm-5:45pm
703-273-2051
www.gotnov.org/es/

**Boys & Girls Club of America, Hylton Club**
After school program.
5070 Dale Boulevard
Woodbridge, VA 22193
703-670-3311
www.bgcgw.org/clubs/hylton

**The House, Inc.**
Student leadership program encourages health and wellness through better food choices, increased physical activity, improved body image, and increased knowledge in nutrition and health.
14000 Crown Court
Suite 105
Woodbridge, VA 22193
703-909-5459
www.thehouse-inc.com

**Prince William Soccer**
Recreational soccer teams for youth and adults.
14716 Minnieville Road
Woodbridge, VA 22193
703-670-6061
www.pwsi.org

**Chinn Aquatics and Fitness Center**
Local recreational center that offers a variety of fitness activities. Also offers summer camps.
*small entry fee*
13025 Chinn Park Drive
Woodbridge, VA 22192
703-730-1051
www.pwc.gov/government/dept/park/chinn/Pages/Chinn-Schedules-and-Events.aspx

**Occoquan Bay National Wildlife Refuge Park**
National park with hike trails and lots of wildlife; one-square mile refuge, a sanctuary in an urban setting.
*small entry fee*
Everyday 7am-5pm
13950 Dawson Beach Rd,
Woodbridge, VA 22191
703-490-4979
www.fws.gov/refuge/occoquan_bay

**Leesylvania State Park**
Park including land and water activities, like hiking, picnicking, fishing and boating.
*small parking fee*
2001 Daniel K Ludwig Dr,
Woodbridge, VA 22191
703-730-8205
www.dcr.virginia.gov/state-parks/leesylvania

**Food Security**

**SNAP**
Qualifying families receive an EBT card that they can use to purchase food at supermarkets AND some Farmers Markets. Apply for SNAP online (available in Spanish) through Confidential, initial screening.
www.commonhelp.virginia.gov

**WIC**
Qualifying pregnant, breastfeeding & non-breastfeeding mothers with children under age 5 receive an EBT card to purchase food at supermarkets and nutritional advice. Breast pumps available to those who meet criteria.
www.myvawic.org

**Farmer’s Markets**

**Dale City Farmer’s Market**
1st Weekend April – December
Sunday 8am-1pm (Rain/Shine)
2nd Weekend December – April
14090 Gemini Way
Dale City, VA 22192
703-672-7112
www.dalecitymarket.com

**Tackett’s Mill Farmer’s Market**
Every Tuesday
May – October
2235 Tacketts Mill Dr
Lake Ridge, VA 22192
www.tackettsmill.com/farmers-market/
Health Clinics

Prince William Area Free Clinic
Free primary care for uninsured patients.
Monday & Wednesday:
7:30am – 5:30pm
13900 Church Hill Dr
Woodbridge, VA 22193
703-499-9034
www.pwafc.org

Greater Prince William Community Health Center
Primary, prenatal, dental and behavioral health care. Accepts insurance or has reduced rates for uninsured patients.
Monday & Wednesday: 8 am – 7 pm
Tuesday, Thursday & Friday:
8:00 am – 4:30 pm.
4379 Ridgewood Center Dr.
Suite 102
Woodbridge, VA 22191
703-680-7950
https://www.gpwhealthcenter.org/spanish/

Mason and Partners (MAP) Clinic
Serve the uninsured, immigrant, and refugee community within Prince William and Fairfax counties
Monday & Thursday: 9am-2pm
(Follow-up/Appointment Only)
Tuesday: Open at 8am
(Walk-in; Maximum 20 patients)
99 Tremont St.
Manassas Park, VA
703-993-5880

MAP Extension
Monday: 11:00am-3:00pm
4001 Prince William Pkwy. Suite 101
Woodbridge, VA 22192
www.chhs.gmu.edu/mapclinics

Food Pantries

Fresh Fruit & Vegetable Giveaway
every 4th Thursday
12 to 1pm at
Cokesbury United Methodist Church,
14806 Blackburn Road,
Woodbridge, VA 22191
http://salvationarmynca.org/princewilliam/

Greater Prince William Community Health Center
Primary, prenatal, dental and behavioral health care. Accepts insurance or has reduced rates for uninsured patients.
Monday & Wednesday: 8 am – 7 pm
Tuesday, Thursday & Friday:
8:00 am – 4:30 pm.
4379 Ridgewood Center Dr.
Suite 102
Woodbridge, VA 22191
703-680-7950
https://www.gpwhealthcenter.org/spanish/

Bag of Hope-Food Pantry
Every Wednesday
6:00-7:00pm
Grace Youth Center
17889 Fraley Boulevard,
North Dumfries, VA 22026
https://www.gracechurchva.org/bagofhope

Northern Virginia Family Services (NVFS)
10056 Dean Dr,
Manassas, VA 20110
Call: 571.748.2680
https://www.nvfs.org/our-services/health-well-being/food-assistance/

Behavioral Services

Youth for Tomorrow
Behavioral and mental health treatment or assessment for anyone over the age of 5.
9720 Capital Court Suite 303
Manassas, VA 20110
703-368-7995
http://youthfortomorrow.org/princewilliam-behavioral-health

George Mason University Center for Psychological Services
Individual and group sessions, assessments and testing, and psychological treatment. Can apply for a fee-reduction based on demonstrated financial need.
10340 Democracy Lane
Room 202
Fairfax, VA 22030
703-993-1370
https://psyclinic.gmu.edu/services/services-we-offer

Other Services

CASA de Virginia
Services to the immigrant community in areas of: legal, education, health and pro bono services.
1455 Old Bridge Rd
Suite # 203
Woodbridge, VA 22192
571-421-2211
https://wearecasa.org/