

## Contact the PREP Staff

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## Getting to OAR

### Travel by Metro

Take the Orange Line to Court House. Exit the station by turning right to the Court House Plaza exit. The OAR office is in the tan brick building directly behind the AMC Movie Theater.

### From Alexandria

Take the 10B or 10C Metro bus from Washington St. to the Ballston-MU Metro station. Ride the Orange Line to Court House. The OAR office is in the tan brick building adjacent to the metered parking lot.

### From Falls Church

Take the 2A or 2B bus to Ballston, then the 1B or 1C to Court House. Turn right from Wilson Blvd. onto Court House Road and walk two blocks. The OAR office is in the tan brick building adjacent to the metered parking lot.

### From Suburban Maryland

Take Woodrow Wilson Bridge, I-95 South, I-395 North to Washington Blvd. Then 50 East, left on Court House Road to North 14th St. turn left to building.

## PREP Hours

Tuesdays, Wednesdays, Thursdays:  
10:30am- 12:00pm (noon) *and*  
6:00pm- 8:00pm

Saturdays:  
10:00am- 12:00pm (noon)

## Stay Involved with OAR

There are many ways for you to give back to the community and to OAR.

**Get Smart Speakers Bureau:** Share your experiences and wisdom at speaking engagements in the media, schools, faith communities, and at community events.

**Volunteer:** Most of our educational programs are possible through the support of our volunteers. Talk with us about the opportunities.



1400 North Uhle Street,  
Suite 704  
Arlington, VA 22201  
[www.OARonline.org](http://www.OARonline.org)  
Tel.: 703-228-7030  
Fax: 703-228-3981

Please call for more information or to make an appointment.



Serving the County of Arlington and the Cities  
of Alexandria and Falls Church in Virginia, and  
Washington DC

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# PREP PROGRAM

## Post-Release Education Program



*The Gateway to Stable Employment*

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# OAR PREP PROGRAM

## What is OAR?

Offender Aid and Restoration (OAR) is a community-based nonprofit organization which has been assisting incarcerated individuals, offenders, and ex-offenders since 1974. OAR offers a variety of programs to help former offenders return to the community as productive and responsible citizens. OAR's PREP Program offers individuals the opportunity to earn their high school diploma; prepare for and pass the GED exam; attend life skills courses, such as Anger Management, Parenting and others; and complete Computer classes.

## Who is Eligible?

You are eligible for OAR's PREP Program if you:

- Were once incarcerated in the Arlington County Detention Facility or the Alexandria Detention Center.
- Reside in Arlington County or the Cities of Alexandria and Falls Church and have served time in a local jail, state prison, or federal institution.
- Are a family member of an offender or ex-offender who has served time in the Arlington County Detention Facility or the Alexandria Detention Center.



## The Doorway to Stable Employment

**Earning your GED or High School Diploma will take a personal time commitment and hard work, but the lifetime benefits are priceless.**

## Having a GED will lead to:

- Employment
- Career Advancement
- Lower Risk of Re-offending!
- Higher Education
- Increase in Salary
- Personal Achievement

## Why Now? Why Not!

- In 2008, more than 450,000 people passed the GED test. This year YOU could be one of them!
- Free help is available using a new online training program. Your own GED Counselor will help you along the way.
- Trained volunteers offer individualized life skills courses, including:
  - Anger Management
  - Stress Management
  - Computers
  - Parenting
  - Support Groups
- Make 2010 the year that you move forward in your life and career!
- Take the next step and call today

703-228-7030

## PREP Hours

Clients participating in the Post Release Education Program (PREP) can come to the OAR office 10:30am- noon and 6:00pm-8:00pm on Tuesdays, Wednesdays, and Thursdays, and 10:00am- noon on Saturdays, except holidays.