

Community

News

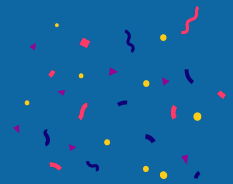
Andrea Ramalheira
Family Liaison



Fun Fact

The word pencil may have come from the Latin word *penicilius*, meaning little tail. Worldwide more than 14 billion pencils are made every year. On average, a single pencil can be sharpened 17 times and write 45,000 words!

"You have brains in your head. You have feet in your shoes. You can steer yourself in any direction you choose."—Dr. Seuss



Important Information

- Parent Resource Center Webinars
February 2023 – pg 2
- FCPS Tutor.com – virtual tutors
available 24/7 – pg 3
- Reality Check. Teen Driving Course
for parents and teens – Saturday,
March 11th (Inova in partnership with
Fairfax Fire Dept. and Fairfax County
Police Department.) – pg 4
- Inova Stay Active & Independent for
Life (SAIL) – strength, balance and
fitness program for adults 65 and
older. Every Tuesday at 12pm.– pg 5
- Volunteer Income Tax Assistance (VITA)
– Free Income Tax Preparation – pg 6
- Parenting Education Classes/Program
Groups – Fairfax County Dept. of Family
Services, Prevention Services – pg 7
- FCPS Stuff the Bus – Fight the Hunger in
our neighborhoods – pg 8



To get more information regarding these programs,
please reach out to me at aeramalheira@fcps.edu

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Important Information



Parent Resource Center February 2023 Webinars



Register Online

3 FEB	10 - 11:30 A.M. إستراتيجيات ووسائل لدعم الأسرة للتعامل مع الضغوطات النفسية انضموا للندوة لاستفاده من خبرات أخصائييه الاستشارات النفسيه ساره العمري و هناده زين الدين و الاجابه علي استفساراتكم.
9 FEB	7-8 P.M. Meet the Author Series All Cats are on the Autism Spectrum by Kathy Hoopmann Join Kathy Hoopmann as she celebrates the diversity within this neurodiverse community by reading from her book and answering audience questions.
10 FEB	10 - 11:30 A.M. Neurodiversity at Elementary School Join FCPS staff to discover how families can partner with schools. Learn strategies to help set your child up for success.
17 FEB	10 - 11:30 A.M. Supporting Mental Health Through Play Part 1 Join us to discover how incorporating more unstructured play & sensory foundational activities to support all young children's development <ul style="list-style-type: none">• The power of unstructured play in creating opportunities to build executive functioning skills• Benefits and ways of incorporating unstructured play into a child's day
24 FEB	10 - 11:30 A.M. Supporting Mental Health Through Play Part 2 Join us to discover how incorporating more unstructured play & sensory foundational activities to support all young children's development <ul style="list-style-type: none">• Angie Voss' "power sensations" (movement & touch)• Reflecting on our own temperaments, including sensory preferences, in order to provide a "goodness of fit" for our child

Parent Resource Center: 703-204-3941 and prc@fcps.edu
Registration: <https://bit.ly/3zjZrGH>

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Important Information



**Online tutoring
with Tutor.com
is available
at no cost
in Schoology®**



For more information,
scan the QR code below
or visit
[fcps.edu/resources/
online-tutoring-services](https://fcps.edu/resources/online-tutoring-services)



**FCPS (K-12) students
can get free help with:**


Homework

Tough classes

Test prep

Writing

**Live tutors are
available 24/7**

**Connect to  Tutor.com
through Schoology today**

Safe and anonymous • On-demand • 1-to-1

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Important Information



***Car crashes are the leading cause of
injury and death for teens.***

**Attend Reality Check with your teenager
Keep them from becoming another statistic**

This free course is designed for teens and their parents or guardians.

Student Program

- Interactive slideshow and video presentation
- Trauma bay & ER tour
- Mock trauma resuscitation
- EMS unit ambulance tour, Q & A Session with Fire & Rescue personnel
- Crash survivors who share their experiences
- Interactive driving simulator demonstrating effects of impaired and drowsy driving

Parent Program

- How to be an effective role model to teen drivers
- How to coach and teach teen drivers
- How to talk to teens about decision making, alcohol, and other difficult subjects
- How to implement a parent-teen driving safety contract

**Saturday, March 11, 2023
10:30 a.m.— 1:30 p.m.
Inova Fairfax Medical Campus
Physicians Conference Center**

Registration:

<https://www.surveymonkey.com/r/RCMarch2023>



Questions: linda.watkins@inova.org or 703-776-3259

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Important Information

INOVA
Stay Active
& Independent
for Life (SAIL)

Balance, Strength & Falls Prevention Class

FREE PROGRAM

**EVERY TUESDAY
AT 12:00 PM**

SAIL Class

DESIGNED TO REDUCE THE RISK OF FALLS THROUGH EXERCISE AND EDUCATION, SAIL IS AN EVIDENCE-BASED FALLS PREVENTION PROGRAM WITH PROVEN RESULTS THAT FOCUSES ON IMPROVING STRENGTH, BALANCE AND FITNESS.

All SAIL exercises can be done standing or sitting. Individuals of all abilities are invited to join.

Location:
Inova Joan and Russell Hitt Center for Healthy Living
8100 Innovation Park Drive, Fairfax, VA 22031

For more information about SAIL, contact Linda Watkins at 703.776.3259 or healthylifestyles@inova.org

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Important Information

FREE TAX PREPARATION**FREE E-FILE****FREE PRINTED COPY**

Get Your Taxes Done for FREE!

IRS-certified volunteers will ensure you receive the maximum tax refund and help determine if you are eligible for the earned income tax credit.

If you or your family earned less than \$60,000 in 2022 you may qualify for this free service.

PLEASE BRING THE FOLLOWING ITEMS:

- Photo ID for you and your spouse if filing jointly.
- Social Security card or ITIN letter for all family members. (This includes returning customers.)
- All income statements for each working dependent: W-2, etc.
- All income statements: W-2, W-2G & 1099, etc.
- Voided check for direct deposit.
- Expense documents: dependent care, education-related expenses, home mortgage interest payments.
- Forms 1095-A from the Marketplace for those claiming the Premium Tax Credit.

Individuals and families throughout Northern Virginia received over \$3 million in refunds last tax season through this free service.

LOCATIONS AVAILABLE IN FAIRFAX COUNTY & FALLS CHURCH CITY

ALEXANDRIA Gerry Hyland Government Center 8350 Richmond Hwy. Tue & Wed 6-8 p.m.; Sat 10 a.m.-3 p.m. January 31-April 15	HERNDON Neighborhood Resource Center 1086 Elden St. Thu 6-8 p.m.; Sat 9:30-11:30 a.m. February 2-April 15
ANNANDALE Virginia Career Works—Fairfax Annandale Center 7611 Little River Tpk 300W, Tue & Thu 4-6:30 p.m.; Sat 10 a.m.-4 p.m. January 31-April 15.	RESTON Reston Employment Resource Center 11484 Washington Plaza W., Tue 3:30-7 p.m.; Sat 9 a.m.-12 p.m. January 31-April 15.

FOR MORE INFORMATION CONTACT US: <https://bit.ly/FairfaxVITA>
703-533-5320





Where IT Translates to Individualized and Focused Help
Available at our community partner locations call 703.533.5320
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Important Information

PROJECTED PARENTING EDUCATION PROGRAM GROUPS

Fairfax County Dept. of Family Services, Prevention Services
12011 Government Center Parkway, Fairfax, VA 22035

For more information or to enroll in a class, please contact the designated Parenting Education Programs staff.

Dates	Day & Time	Population Served	Location	Staff Contact Person
ARC REFLECTIONS 0-18				
3/28/23-5/30/23	Tuesday 6:00-8:00pm	0-18 Age Range Kinship ARC Reflections	This class will be held virtually	Mary Elizabeth Fleming 703-324-7870
6/5/23 – 8/21/23	Monday 5:30-8:00 p.m.	0-18 Age Range ARC Reflections	TBD	Marcus Garr 703-324-7737
0-4 PARENTING CLASSES				
2/1/23 - 5/17/23	Wednesday 6:00-8:00 p.m	0-4 age range Nurturing Parenting Curriculum	This class will be held virtually	Lisa Payne-Chesley 703-324-7734
5-11 PARENTING CLASSES				
1/24/23 – 5/9/23	Tuesday 6:00-8:00 p.m.	5-11 Age Range Nurturing Parenting Curriculum	This class will be held virtually	Lisa Payne-Chesley 703-324-7734
2/6/23-5/22/23	Monday 6:00-8:00 p.m.	5-11 Age Range Nurturing Parenting Curriculum Spanish	This class will be held virtually	Alba Quinones 703-324-7310
Adolescent 12-18				
6/21/23 – 8/30/33	Wednesday 5:30pm – 8:00 p.m.	Adolescent Age Range Active Parenting Spanish	TBD	Alba Quinones 703-324-7310
PARENT CAFE				
11/16/22	Wednesday 7:00-8:30 p.m.	Learning Your Child's Love Languages	This event will be held virtually	To register contact the Parent Support Line 703-324-7720
11/17/22 & 12/15/22	Thursday 6:30 – 8:00p.m.	Kinship Café Open Forum	This event will be held virtually	To register contact the Parent Support Line 703-324-7720

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Saturday, January 14

Lorton Giant (9:30 a.m. – 4:30 p.m.)
8941 Ox Road, Lorton, VA 22079
[Lorton Community Action Center \(LCAC\)](#)
Fox Mill Giant (10 a.m. – 3 p.m.)
2551 John Milton Dr., Herndon, VA 20171
[Helping Hungry Kids \(HHK\)](#)

Saturday, January 21

Falls Church Giant (10 a.m. – 3 p.m.)
7235 Arlington Blvd., Falls Church, VA 22042

Saturday, January 28

Vienna Giant (10 a.m. – 3 p.m.)
359 Maple Ave. East, Vienna, VA 22180
[The Committee for Helping Others \(CHO\)](#)
Herndon Giant (10 a.m. – 3 p.m.)
2425 Centreville Road, Herndon, VA 20171
[Cornerstones](#)

Saturday, February 4

Herndon Safeway (10 a.m. – 2 p.m.)
413 Elden Street Herndon, VA 20170
[LINK Against Hunger](#)
McLean Giant (10 a.m. – 4 p.m.)
1454 Chain Bridge Rd., McLean, VA 22101
[Share of McLean](#)
Mount Vernon Shoppers (10 a.m. – 3 p.m.)
7660 Richmond Hwy., Alexandria, VA 22306
[United Community](#)

Saturday, February 11

Annandale Giant (9:30 a.m. – 4:30 p.m.)
7137 Columbia Pike Annandale, VA 22003
[Annandale Christian Community for Action](#)
Fairfax Walmart (10 a.m. – 3 p.m.)
11181 Lee Highway, Fairfax, VA 22030
[Britepaths](#)
Chantilly Walmart (9:30 a.m. – 3 p.m.)
4368 Chantilly Shopping Center Drive
Chantilly, VA 20151
[Western Fairfax Christian Ministries \(WFCM\)](#)

Saturday, February 18

Cardinal Forest Giant (10 a.m. – 3 p.m.)
8320 Old Keene Mill Rd., Springfield, VA 22152
[Ecumenical Community Helping Others ECHO](#)
Kingstowne Walmart (9:30 a.m. – 3 p.m.)
5885 Kingstowne Blvd., Alexandria, VA 22315
[Koinonia](#)

For more information, visit: <http://bit.ly/FfxStufftheBus>



Walmart



SAFEWAY



For more information on Stuff the Bus, indigent weather arrangements or to request this information in an alternate format, visit www.fairfaxcounty.gov, and search "Stuff the Bus," or call 703-222-9784, TTY 711. A Fairfax County, VA, publication. 1/2023



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