

# Community

## News

Andrea Ramalheira  
Family Liaison



### Fun Fact

#### The Real St. Patrick Was Born in Britain


Much of what is known about St. Patrick's life has been interwoven with folklore and legend. Historians generally believe that St. Patrick, the patron saint of Ireland, was born in Britain (not Ireland) near the end of the 4th century. At age 16 he was kidnapped by Irish raiders and sold as a slave to a Celtic priest in Northern Ireland. After toiling for six years as a shepherd, he escaped back to Britain. He eventually returned to Ireland as a Christian missionary.

## Important Information

- Parent Resource Center – March Webinar – Pg2
- Health Clinic Service, Fairfax County Health Department – Pg3
- Webinar (FREE) – Partnering with Indigenous Families from Latin America: Resources for Schools – Pg4
- Camp Fairfax – Fairfax County Gov. – Pg5
- Western Fairfax Christian Ministries. Food Pantry and Financial aid – Pg6

GOOD NEWS

**PARENT LIAISON**




**DIRECT CONTACT INFORMATION**

**MY DIRECT PHONE NUMBER IS**

**571-279-1225**

Please call me or text me if you have any questions



To get more information regarding these programs, please reach out to me at [aeramalheira@fcps.edu](mailto:aeramalheira@fcps.edu)

# Community News

The Parent Resource Center is open from 9 a.m. - 4 p.m. Monday through Friday for families and staff.  
Staff is available by phone 703-204-3941 or email [prc@fcps.edu](mailto:prc@fcps.edu).



## Parent Resource Center March 2023 Webinars



Register Online

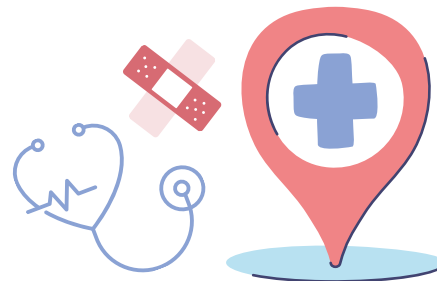
<b>6</b> MAR	<b>10 - 11:30 A.M.</b> <b>IEP Updates</b> Join us to learn about new communication protocols, strategies for improved family input in the special education process, updated policies and procedures, and an overview of the FCPS Special Education Enhancement Plan	<b>7</b> MAR	<b>6:30-8 P.M.</b>
<b>10</b> MAR	<b>10 - 11:30 A.M.</b> <b>Neurodiversity in Middle School: How can Families Partner with schools?</b> Join us in to learn strategies to set your child up for success, how to advocate for your child, and tools for collaborating with your child's school		
<b>14</b> MAR	<b>10 - 11:30 A.M.</b> <b>Sleep Part 1</b> Join us for this series on the importance of sleep and understand how it effects children's development.	<b>28</b> MAR	<b>10 - 11:30 A.M.</b> <b>Sleep Part 2</b>
<b>17</b> MAR	<b>10 - 11:30 A.M.</b> <b>Apoyando a sus hijos durante tiempos estresantes</b> Aprende a construir resiliencia, estructurando nuestro pensamiento y reparando la relación con nuestros hijos.		
<b>21</b> MAR	<b>10 - 11:30 A.M.</b> <b>Preparing Families for Difficult Conversations about Alcohol &amp; Drugs</b> Join us to understand basic info about alcohol, nicotine, cannabis, and opioids, identify what you can do as a caregiver, and identify & connect with community resources		
<b>28</b> MAR	<b>10 - 11:30 A.M.</b> <b>Suicide Prevention: A School and Family Partnership</b> In this session, caregivers will learn about the topic of youth suicide and how to respond to youth who may be demonstrating warning signs of a mental health challenge or who are in crisis.		

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

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FAIRFAX COUNTY HEALTH DEPARTMENT



## Health Clinic Services



**ALL SERVICES ARE BY APPOINTMENT ONLY.**  
Services at all locations unless otherwise noted. Fees and eligibility vary.

### IMMUNIZATIONS

For children and adults, including immunizations required for school and international travel.

### MATERNAL AND CHILD HEALTH

Services for pregnant people and new mothers including prenatal care, dental care, nutrition services, safety seat distribution, and home visits.

### HIV SERVICES

HIV testing, prevention education and counseling, and HIV/AIDS care and treatment support.

### STI SERVICES

Screening, testing, treatment and counseling.

### TUBERCULOSIS (TB) SERVICES

Testing and treatment.

### PREGNANCY TESTING

Testing, counseling and links to resources.

### VITAL RECORDS

Get certified copies of vital records including birth, death, marriage, and divorce certificates.

▲ \$12 per certificate

**Offered at:** Joseph Willard, Annandale, Mount Vernon, Herndon-Reston

### NUTRITION

Services offered through Woman, Infants, and Children (WIC) nutrition program are provided to people who are breastfeeding, infants, and children under 5. Services include supplemental nutritious food, counseling and education, and breastfeeding support.

▲ Contact a WIC site for eligibility requirements.

**WIC Locations and Phone Number: 703-246-5599**

Annandale District Office	Joseph Willard
Mount Vernon Office	HealthWorks at Sully Community Center
Herndon-Reston Office	Fort Belvoir* (Military community only)
Inova Cares Clinic for Women	HealthWorks for Northern Virginia
Springfield Office	

### SPEECH AND HEARING

Speech, hearing, and reading services for children and adults. Services include screening and evaluation, speech therapy, a reading program for children, and a stroke club support group.

▲ Services are offered on a sliding fee scale.

**Offered at:** Joseph Willard, Mount Vernon, Herndon-Reston

### EYE CARE

Basic eye exam and glasses offered to Fairfax County residents who meet income eligibility.

▲ Contact the Health Department Family Assistance Worker at 703-246-7127 to learn more about eye care services.

### FOR APPOINTMENTS, CALL: 703.246.7100

**Joseph Willard**  
3750 Blenheim Boulevard  
Fairfax, VA, 22030

**Annandale**  
7611 Little River Turnpike, Suite 400E  
Annandale, VA, 22003

**Springfield**  
8136 Old Keene Mill Road  
The Cary Building - Suite A100  
Springfield, VA, 22152

**Mount Vernon**  
8350 Richmond Highway, Suite 233  
Alexandria, VA, 22309

**Herndon-Reston**  
1850 Cameron Glen Drive, Suite 100  
Reston, VA, 20190-3310

→ [fairfaxcounty.gov/health/clinics](https://fairfaxcounty.gov/health/clinics)



[fairfaxcountyhealth](https://facebook.com/fairfaxcountyhealth)

[fairfaxhealth](https://twitter.com/fairfaxhealth)

To request this information in an alternate format, contact the Fairfax County Health Department 703-246-2411 TTY 711. A Fairfax County, Va., publication. March 2023

To get more information regarding these programs, please  
reach out to me at [aeramalheira@fcps.edu](mailto:aeramalheira@fcps.edu)

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## Partnering with Indigenous Families from Latin America: Resources for Schools

I invite you to join next week's webinar about partnering with  
Indigenous Families from Latin America.

Please use the link below for more information and on how to  
register (it's FREE!) Please share with colleagues and friends.

<https://sharemylesson.com/webinars/indigenous-families-latin-america>



March 22nd  
2:00 PM – 3:00 PM  
Online and Free

## Partnering with Indigenous Families from Latin America: Resources for Schools

In recent years, U.S. schools have seen an increase in the number of Indigenous students from Latin America. However, Indigenous communities in U.S. may be “hidden” if schools assume that these students are primarily Spanish speakers and Indigenous families don’t feel comfortable sharing more about their backgrounds. In addition, schools may not know how to provide language access for families who speak Indigenous languages.

[sharemylesson.com](https://sharemylesson.com)

**SPONSORS**

**LEAD4CHANGE**  
STUDENT LEADERSHIP PROGRAM

To get more information regarding these programs, please  
reach out to me at [aeramalheira@fcps.edu](mailto:aeramalheira@fcps.edu)



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## CAMP FAIRFAX

**Join Us for a Summer of Fun!**

### Featuring exciting opportunities in:

- \* Outdoor Adventures
- \* Performing Arts
- \* Sports & Recreation
- \* Visual Arts
- \* Science, Technology, Engineering and Math Exploration
- \* and much MORE!

### Locations and Dates

#### Community Centers

Weekly Sessions from Tuesday, June 20 – Friday, August 18, 2023  
(Closed Monday, June 19 and Tuesday, July 4)\*\*

Cathy Hudgins Community Center at Southgate  
Gum Springs Community Center • Hybla Valley Community Center  
James Lee Community Center • Lorton Community Center  
Mott Community Center • Providence Community Center  
Sully Community Center • Willston Multicultural Center

#### FCPS Sites

Weekly Sessions from Monday, June 26 – Friday, August 4, 2023  
(Closed Tuesday, July 4)\*\*

Aldrin E.S. • Annandale Terrace E.S. • Bailey's E.S. • Brookfield E.S.  
Centreville E.S. • Clermont E.S. • Dranesville E.S. • Eagle View E.S.  
Kent Gardens E.S. • Key Center\* • Kilmer Center\* • Kings Park E.S.  
London Towne E.S. • Marshall Road E.S. • Mason Crest E.S.  
Newington Forest E.S. • North Springfield E.S. • Pine Spring E.S.  
Springfield Estates E.S. • Stratford Landing E.S. • Terraset E.S.  
West Springfield E.S. • Weyanoke E.S. • White Oaks E.S.  
Willow Springs E.S. • Wolftrap E.S.

\* Sites serving individuals with multiple disabilities, ages 5-21.

\*\* Program dates subject to change.

### Serving

Rising 1st - 7th Grade Children  
Residing in Fairfax County or  
the City of Fairfax

### Program Information

- ♦ Program Hours, 7:30 a.m. – 6 p.m.
- ♦ Sliding fee scale available for income-eligible families.
- ♦ Breakfast, lunch and afternoon snack provided.



**To Register Or For More  
Information, Call:**

**703-449-8989**

8 a.m. – 4:30 p.m.

[www.fairfaxcounty.gov/ofc](http://www.fairfaxcounty.gov/ofc)



Where a TTY number is not indicated, use 711/  
Virginia Relay. Reasonable accommodations  
made upon request; call 703-449-1414.

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## Western Fairfax Christian Ministries



### Those eligible to apply for assistance are:

Residents of Centreville (20120, 20121), Clifton (20124), Chantilly (20151), Fairfax Station (22039), Fairfax (22030), Oak Hill (20171), Herndon (20170) and Fair Oaks (22033).

#### 1. Call Our Office

Call 703-988-9656 between 9:00 am to 3:00 pm Monday-Friday, or from 4:30 pm to 6:45 pm Tuesday/Thursday to schedule an appointment (in English or Spanish). Your certification | appointment will be by phone.

#### 2. Before Your Scheduled Appointment, Send Your Documents

Send the following documents to [clientservices@wfcma.org](mailto:clientservices@wfcma.org):

- Photo ID for everyone 18 or older in the household
- Current school records for everyone of school age in the household
- Birth certificates for children in the household
- Proof of all income for all adults in the household
  - 2-3 Paystubs
  - Bank statement showing deposits (cross through any account numbers or sensitive information), and/or benefits letter(s)
- Proof of residence for all adults in household:
  - Lease and current utility bill

#### 3. Attend Your Scheduled Appointment

Attend your scheduled appointment to discuss the services for which you may qualify. Be prepared for your appointment to last up to an hour.

### FOOD PANTRY

#### Featuring a "choice model" pantry

Western Fairfax Christian Ministries offers a "choice model" pantry which empowers our clients. Our clients can come into our food pantry and select food as they would at a grocery store by picking their own food items from the shelves. We do everything we can to continually stock all the items that would make a fully nutritious meal. Products include non-perishable items such as canned goods, as well as bread, produce, meat, and dairy products. In addition to food items, we also carry baby-specific items such as diapers and baby food for those who have infants.

We know that food can be one of the most expensive items on a household budget list. Our hope is that when clients select food in our pantry every 30 days (providing food for about two weeks) they will save enough money to pay for other expenses such as utility bills while remaining food secure with free nutritious food options for their families.

### FINANCIAL COUNSELING

Western Fairfax Christian Ministries partners with **Britepaths** to provide several class options each month in English and Spanish to meet our client's needs. Classes cover basic budgeting fundamentals.

To get more information regarding these programs, please  
reach out to me at [aeramalheira@fcps.edu](mailto:aeramalheira@fcps.edu)