

COMMUNITY NEWSLETTER



January 5th, 2024

Today is National Keto day, National Whipped Cream day and National Bird day!



Welcome back! I can't believe we're in the new year! I hope you were able to rest over the break and spend some family time doing some of your favorite things!

As you know, I have been away on maternity leave and I am so happy to be back to share oh so much valuable information.

On this Newsletter I will be sharing information on support, resources, information, and more...

KEEP READING FOR RESOURCES

If you want more information please contact me!

Andrea Ramalheira text or call me at 571-279-1225

COMMUNITY NEWSLETTER



Contact Us...Anytime, Anywhere

No-cost, confidential solutions to life's challenges.



Confidential Emotional Support

Up to 5 sessions per issue per year

Our highly trained clinicians will listen to your concerns and help you or your family members cope while experiencing:

- Anxiety, depression, stress
- Grief, loss and life adjustments
- Relationship/marital conflicts



Work-Life Solutions

Our specialists provide qualified referrals and resources for just about anything on your to-do list, such as:

- Finding child and elder care
- Hiring movers or home repair contractors
- Planning events, locating pet care



Legal Guidance

Talk to our attorneys for practical assistance with your most pressing legal issues, including:

- Divorce, adoption, family law, wills, trusts and more
- Need representation? Get a free 30-minute consultation and a 25% reduction in fees.



Financial Resources

Our financial experts can assist with a wide range of issues. Talk to us about:

- Retirement planning, taxes
- Relocation, mortgages, insurance
- Budgeting, debt, bankruptcy and more



Online Support

GuidanceResources* Online is your 24/7 link to vital information, tools and support. Log on for:

- Articles, podcasts, videos, slideshows
- On-demand trainings
- "Ask the Expert" personal responses to your questions



Free Online Will Preparation

EstateGuidance* lets you quickly and easily create a will online.

- Specify your wishes for your property
- Provide funeral and burial instructions
- Choose a guardian for your children

Your ComPsych* GuidanceResources* program offers someone to talk to and resources to consult whenever and wherever you need them.

Call: 855.355.9097

TTY: 800.697.0353

Your toll-free number gives you direct, 24/7 access to a GuidanceConsultant™, who will answer your questions and, if needed, refer you to a counselor or other resources.

Online: guidanceresources.com

App: GuidanceNow™

Web ID: FCPS

Log on today to connect directly with a GuidanceConsultant or to consult articles, podcasts, videos and other helpful tools.

24/7 Support, Resources & Information



Contact Your GuidanceResources* Program

Call: 855.355.9097

TTY: 800.697.0353

Online: guidanceresources.com

App: GuidanceNow™

Web ID: FCPS

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RAISE AWARENESS ABOUT FENTANYL AND OTHER DRUGS
EVENT PAGE - [HTTPS://WWW.FCPS.EDU/OPIOID/JANUARY10](https://www.fcps.edu/opioid/january10)



January 10, 2024
Help Our Community Be Informed!
Join this Important Conversation to Raise Awareness about Fentanyl and Other Drugs

LOCATION
Edison High School
5801 Franconia Rd, Alexandria, VA 22310
In the Auditorium
Entrance: Door # 17

DATE/TIME
Wednesday, January 10, 2024
6:30 p.m. to 7:30 p.m.

SCAN TO REGISTER



Registration is not required but will help us better plan the event.

**FREE REVIVE!
NARCAN TRAINING**

Language interpretation services are available as well as American Sign Language accommodation.

Childcare and transportation will also be provided, as needed.

Program appropriate for grades 6 and up.

[WWW.FCPS.EDU/OPIOID](https://www.fcps.edu/opioid)

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The Family Resource Center (FRC) provides resources, confidential consultations, and webinars for all families, school staff, and the community. The FRC is available to your school community.

Please contact us at frc@fcps.edu

We are here to assist you and support families, school staff, and your community.

FCPS
PARENT RESOURCE CENTER

Family Resource Center
January 2024 Webinars

Register Online

10-11:30 A.M.

5
JAN

Raising a Kid Who Can

Join us to examine with the authors why kids are struggling? And based on all that modern science has to offer, what are the most important things I can do in raising kids?

10 - 11:30 A.M.

12
JAN

Transition to Middle and High School for Twice Exceptional (2e) Students

Join Dr. Nonye Oladimeji, FCPS Educational Specialist for AAP twice exceptional (2e) children, as she shares ideas for families and schools on how to ease the transition for students.

9 A.M.-NOON

20
JAN

Sib Shops

The Sibshop workshops are for children in grades 2-6 enrolled in Fairfax County Public Schools who have siblings with special needs. This is an in-person workshop held at the Providence Community Center.

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COMMUNITY NEWSLETTER



PROGRAMS AT THE CHANTILLY REGIONAL LIBRARY THIS MONTH!!

Youth Services Events

Chantilly Regional Library

January 2024

*Requires Registration



Baby/Toddler

Baby Lap-Sit Storytime*
Wednesdays @10:15am

Toddler Storytime*
Tuesdays @10:15am

Little Wiggles Storytime*
1/4 & 1/18 @10:15am

Fun Twos and Threes Storytime*
1/5 @11:15am



Preschool

Wee Bilingual Storytime*
1/4 & 1/18 @11:15am

Storytime for 3-5s*
1/5 @10:15am
1/4 & 1/18 @1:30pm

Story, Craft, & Play*
1/10 @1:30pm

Preschool Storytime*
1/11 @10:15am

Ready for School Storytime*
1/19 @2:00pm

School Age

Passport to Fun (Gr. 1-6)*
1/12 @4:30pm

Pokémon Club (Gr. 4-6)*
1/23 @4:30pm

Teen

Jam Comics*
1/17 @6:00pm

Chara Crowds*
1/18 @4:30pm

Teen Advisory Board
1/21 @12:30pm

Teen Art Club*
1/27 @1:30pm



Fairfax County Public Library
12000 Government Center Parkway
Suite 324
Fairfax, VA 22035
www.fairfaxcounty.gov/library



A Fairfax County, Va.
publication



To request reasonable
ADA accommodations,
call 703-256-3900, TTY 711.

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PROGRAMS AT THE CHANTILLY REGIONAL LIBRARY THIS MONTH!!

Adult Services Events

Chantilly Regional Library
January 2024

*Requires Registration

Book Clubs

1/2 @7pm - Mystery Book Club
"Down a Dark Road" by Linda Castillo

1/10 @7:30pm - Chantilly Book Discussion Group
"The Double Bind" by Chris Bohjalian

Writers of Chantilly

1/8 & 1/22 @6:00pm

Lifelong Learning

Vietnamese Conversation
Group

1/5 & 1/19 @4pm

Bad Art Night*

1/24 @7:30pm

DMV Connect*

1/23 & 1/24
10am - 3:30pm

Fun and Games

Puzzle & Game Swap
1/7 @3:15pm

Saturday Cinema: Marcel the Snail
with Shoes On
1/13 @2:00pm

Dungeons & Dragons*
1/21 @2:30pm (Adults Only)

Citizenship Class*

First Class: January 22nd, 10am - 12pm

This 10-week class will prepare you for the
English and Civics portion of the U.S.

Citizenship Exam. Materials. Registration
and Regular Attendance Required.

Holiday Closings

12/31 - Close at 5pm for NYE
1/1 - Closed for New Years Day
1/15 - Closed for MLK Day

*Register for
events in the
online
calendar!



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PROGRAMS AT THE CHANTILLY REGIONAL LIBRARY THIS MONTH!!



Can't make it to the DMV?
DMV Connect is here at the
Chantilly Library!

Tues, Jan 23 & Wed, Jan 24
10am-3:30pm

Appointments available online at
<https://dmv.virginia.gov/appointments>



Fairfax County Public Library
12000 Government Center Parkway
Suite 324
Fairfax, VA 22035
www.fairfaxcounty.gov/library



A Fairfax County, Va.
publication
December 2023

 To request reasonable ADA
accommodations or
alternative format of materials,
call 703-324-8380
or TTY 711

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COMMUNITY NEWSLETTER



ENGLISH CLASSES!



Spring 2024 Online Class Schedule

Now Accepting:




Online sign-up required for online classes
La inscripción en línea es requerida para clases virtuales

Cash, check, credit card or money order payment due at sign-up.
Pago con efectivo, cheque, tarjeta de crédito, o giro postal se debe pagar en el día de inscripción.

No refunds or payment transfers | Make checks payable to English Empowerment Center | Fee includes books, assessments and supplemental services | All dates subject to change

All classes are \$85 unless otherwise indicated/*Todas las clases tienen un costo de \$85 menos que se indique lo contrario*

	Online Classes <i>Clases virtuales</i>	Class Schedule <i>Horarios de clase</i>	Sign-up Information <i>Inscripción</i>
ONLINE CLASSES / CLASES VIRTUALES	Beginning English Class Online/ <i>Clases de nivel principiante virtuales</i>	Monday & Wednesday 1:00pm-3:00pm February 12-May 1	<p>INTERESTED IN ONLINE CLASSES? <i>¿A USTED LE INTERESA LAS CLASES VIRTUALES?</i></p> <p>1. COMPLETE THE INTEREST FORM NOW! <i>POR FAVOR COMPLETE EL FORMULARIO DE INTERES</i> Use this link/Use este enlace : https://bit.ly/OnlineInterestForm or Scan this QR Code with your phone's camera <i>O escanee este código QR con la cámara de su celular :</i></p>  <p>2. STAFF WILL CONTACT YOU TO COMPLETE YOUR REGISTRATION DURING THE REGISTRATION PERIOD/SE PERSONAL SE COMUNICARÁ CON USTED PARA COMPLETAR SU INSCRIPCIÓN DURANTE EL PERIODO DE INSCRIPCIÓN : Tuesday, January 2 THROUGH FRIDAY, January 26 by 5pm</p> <p>*QUESTIONS OR PROBLEMS EMAIL: info@EnglishEmpowermentCenter.org or TEXT 1-844-413-1929</p> <p><u>You must complete 5 steps to register for Online English Class/Debe completar los 5 pasos para inscribirse en la clase de inglés virtual</u></p> <ol style="list-style-type: none"> 1. Complete interest form/Complete el formulario de interés 2. Complete online student profile/Completar en línea el perfil estudiantil 3. Complete reading test/Tomar el examen de lectura 4. Complete listening test/Tomar el examen de audición 5. Pay for class/Pagar por la clase
		Tuesday & Thursday 10:00am-12:00pm February 13-May 2	
		Monday & Wednesday 6:30pm-8:30pm February 12-May 1	
		Tuesday & Thursday 6:30pm-8:30pm February 13-May 2	
Family Learning Class Online for parents and caretakers/ <i>Clases de inglés para padres o personas al cuidado de niños</i>	Monday & Wednesday 10:00am-12:00pm February 12-May 1		
English for Work Class Online/ <i>Clases de inglés en línea para el trabajo</i>	Tuesday & Thursday 6:30pm-8:30pm February 13-May 2		

www.EnglishEmpowermentCenter.org | (703) 237-0866 | info@EnglishEmpowermentCenter.org

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COMMUNITY NEWSLETTER



ENGLISH CLASSES!

English Empowerment Center
Learn English. Change your life.
Formerly Literacy Council of Northern Virginia

**Spring 2024 In-Person
Class Schedule**

Now Accepting:

In-person and online classes are available/Clases presenciales y virtuales están disponibles.

Cash, check, credit card or money order payment due at sign-up.

No refunds or payment transfers | Make checks payable to EEC | Fee includes books, assessments and supplemental services | All dates subject to change | No children unless otherwise indicated | **Must be 18 or older to take class** | **Limited spaces available**

All classes are \$85 unless otherwise indicated/Todas las clases tienen un costo de \$85 menos que se indique lo contrario

	Locations/Ubicaciones	Class Schedule/Horarios de clase	Sign-up Times/Locations
BEGINNING ENGLISH CLASSES	Rising Hope United Methodist Church 8220 Russell Road Alexandria, VA 22309	Contact our office for more information.	Contact our office for more information.
	Lincolnia Senior Center 4710 North Chambliss Street Alexandria, VA 22312	Tuesday & Thursday 6:30pm-8:30pm February 13-May 2	Tuesday, January 16 6:30pm-8:00pm
	William Ramsay Recreation Center 5650 Sanger Avenue Alexandria, VA 22311	Monday & Wednesday 6:15pm-8:15pm February 12-May 1	Wednesday, January 17 6:30pm-8:00pm
	Annandale Community Center 7861 Heritage Dr B Annandale, VA 22003	Tuesday & Thursday 7:30pm-9:30pm February 13-May 2	Thursday January 11 7:30pm-9:00pm
	Korean Community Service Center 7700 Little River Turnpike, #406 Annandale, VA 22003	Monday & Wednesday 1:00pm-3:00pm February 12-May 1	Monday, January 8 1:00pm-2:30pm
	Culmore United Methodist 3400 Charles St Falls Church, VA 22041	Contact our office for more information.	Contact our office for more information.
	James Lee Community Center 285 Annandale Road Falls Church, VA 22042	Morning class: Tuesday, Wednesday, & Thursday 10:00am-12:00pm February 13-May 2	Tuesday January 9 10:00am-11:30am
		Evening class: Tuesday, Wednesday, & Thursday 6:30pm-8:30pm February 13-May 2	Tuesday, January 23 6:30pm-8:00pm
	Herndon Neighborhood Resource Center 1086 Elden Street Herndon, VA 20170	Evening class: Monday & Wednesday 6:30pm-8:30pm February 12-May 1	Wednesday, January 24 6:30pm-8:00pm
		Level 3 Class with Credential: Monday, Tuesday, & Wednesday 6:30pm-8:30pm February 12-May 1	
Lorton Community Center 9520 Richmond Hwy Lorton, VA 22079	Contact our office for more information.	Contact our office for more information.	
FAMILY LEARNING CLASS	Cathy Hudgins Community Center at Southgate 12125 Pinecrest Rd Reston, VA 20191 <i>* For parents & caretakers</i>	Tuesday & Thursday 10:30am-12:30pm Childcare available age 2+ February 13-May 2	Thursday, January 11 10:30am-12:00pm
SKILLS-BASED CLASSES	James Lee Community Center 285 Annandale Road Falls Church, VA 22042	Introduction to Writing Class: Monday & Friday 10:00am-12:30pm February 23-May 3	Tuesday January 9 10:00am-11:30am OR Tuesday, January 23 6:30pm-8:00pm
		Free Conversation Class: Monday 6:30pm-8:00pm February 26 - April 29	FREE No Registration Required Walk-Ins Welcome

INTERESTED IN ONLINE CLASSES? COMPLETE THE INTEREST FORM NOW! Use this link: <https://bit.ly/OnlineInteresForm>

www.englishempowermentcenter.org | (703) 237-0866 | info@englishempowermentcenter.org

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