

COMMUNITY NEWSLETTER



January 12th, 2024

National Hot Tea Day and Stick to Your New Year's
Resolution Day



January a month full of resolutions, fresh starts.
Full of hope for a year filled with growth, joy,
and good news.

To help you and your family start and continue
the positiveness, here I am sharing more
resources that can hopefully be help you and
your family!

KEEP READING FOR RESOURCES

If you want more information please contact me!

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

COMMUNITY NEWSLETTER



FAMILY SCIENCE NIGHT

Date: Tuesday, February 20th 2024

Time: 6:00-7:30

Location: Lees Corner Elementary School

Don't forget about our Family Science Night!

Bring the whole family for an evening of fun,
discovery and science learning!



NOCHE FAMILIAR DE CIENCIAS



Fecha: Martes, 20 de Febrero, 2024

Hora: 6:00-7:30

Lugar: Escuela Primaria Lees Corner

**¡Trae a toda la familia a una noche de diversión,
descubrimiento y aprendizaje de la ciencia!**

If you want more information please contact me

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COMMUNITY NEWSLETTER



GRACE Ministries *of the United Methodist Church*

FREE distribution
of food.

Distribución GRATUITA
de alimentos.

**Food distribution
from 8:00-9:00 a.m.**

**Distribución de
8:00 a 9:00 a.m.**

Grace Ministries and Floris UMC welcome all in need and partners with the Capital Area Food Bank to provide food via the USDA's TEFAP program. **USDA is an equal opportunity provider and employer. Esta institución es un proveedor que ofrece igualdad de oportunidades.**



2024 DATES

FECHAS EN 2024

January 6
February 3
March 2
April 6
May 4
June 1
July 6
August 3
September 7
October 5
November 2
December 7



Enero 6
Febrero 3
Marzo 2
Abril 6
Mayo 4
Junio 1
Julio 6
Agosto 3
Septiembre 7
Octubre 5
Noviembre 2
Diciembre 7

Floris United Methodist Church

13600 Frying Pan Rd, Herndon, VA 20171
703-793-0026 | FlorisUMC.org



FLORIS
UNITED METHODIST CHURCH

If you want more information please contact me

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CBC Bendice Mercado móvil

REGALAR BOLSAS DE PRODUCTOS FRESCOS

Martes, enero 23

Comienza a la 1:30 pm

Disponibilidad Limitada

Primero en llegar, primero en ser servido

Distribucion Sin Contacto! *Auto-servicio



Colección CAFB De Recetas Saludables



14312 Chantilly Baptist Lane, Chantilly, VA 20151
703.378.6880

www.chantillybaptist.org

Síganos en Facebook  [Facebook.com/ChantillyBaptist](https://www.facebook.com/ChantillyBaptist)



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COMMUNITY NEWSLETTER



who we are:

Grace Community Center Clinic is a non-profit organization founded by Christians to share the grace of God with neighbors.

14631 LEE HWY
SUITE 313
CENTREVILLE, VA 20121
703.650.9099

SUN. 1:30 PM – 5:00 PM
ELIGIBILITY SCREENING HOURS:
SUN. 1:30 PM – 3:00 PM



GRACE
COMMUNITY CENTER

CLINIC



WHAT WE DO

- Primary care medicine and pediatrics
- School Physical
- Referral for sub-specialty care
- Preventive education and training

WHOM WE SERVE

- Underserved of the area with no medical insurance
- Eligibility requirements:
- Income Based

**Required documents:
photo ID, Proof of Income*

OUR CORE VALUES

1. **HOLISTIC** approach to patient care and healing.
2. **SERVE AND COMMUNICATE** needs of patients in comprehensive and transparent way for the best outcome.
3. **PATIENT CENTERED** care through building relationships.
4. **COMPREHENSIVE HEALTHCARE** through providing accesses to all identified domain.

We exist to share the love with the community by providing healthcare service to the underserved of the community.

our mission

14631 LEE HWY SUITE 313 | CENTREVILLE, VA 20121 | 703.650.9099

If you want more information please contact me

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GMU Center for Community Mental Health

Emotional Support Line

**Are you living with stress,
anxiety or grief?**

You can access free, anonymous and confidential support from the comfort of your home. Trained providers are available 7 days/week to offer help, teach evidence based skills and to listen.

Low-cost therapy sessions are also available upon request.
ccmh.gmu.edu/services

Daily hours
8:30AM-8:30PM



703-215-1898



If you want more information please contact me

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PSYCHOLOGICAL & PSYCHOEDUCATIONAL TESTING



Center for
Community
Mental Health

Providing affordable, accessible, culturally sensitive mental health services to the Northern Virginia community while training the next generation of behavioral health providers.

Testing services include:

- Comprehensive psycho-educational assessments for children through adults
 - Psychological testing
 - Mental health evaluations
-
- What do we test for?
 - ADHD, Learning disorders, as well as cognitive/academic strengths & areas for growth
 - Social emotional concerns such as depression, anxiety, trauma

**For More Information
Visit Our Website
ccmh.gmu.edu**



About Us:

Services are provided by graduate students under the supervision of licensed faculty who are practicing, teaching, or conducting nationally funded research.

9900 Main St, Suite 400
Fairfax, VA 22031

Phone: (703) 993-1370
Fax: (703) 352-0035
Email: ccmh@gmu.edu

If you want more information please contact me

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



EVIDENCE-BASED THERAPY SERVICES



Center for
Community
Mental Health

Providing affordable, accessible, culturally sensitive mental health services to the Northern Virginia community while training the next generation of behavioral health providers.

WE WORK WITH KIDS, TEENS AND ADULTS

- Individual Therapy
- Brief Intervention Therapy
- Group Therapy
- Family Therapy
- Consultation

For More Information
Visit Our Website
ccmh.gmu.edu



About Us:

Services are provided by graduate students under the supervision of licensed faculty who are practicing, teaching, or conducting nationally funded research.

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COMMUNITY NEWSLETTER



Cornerstones
stability • empowerment • hope

CONNECTIONS FOR HOPE PARTNERSHIP RESOURCE LISTING

HERNDON NEIGHBORHOOD RESOURCE CENTER (HNRC)
1086 Elden St., Herndon, VA 20170
Phone: 703.435.6830
Monday - Friday 9:00am - 9:00pm
Saturday 9:00am - 12:00pm

JANUARY—MARCH 2024

CONNECTIONS FOR HOPE PARTNERSHIP (C4HP)
1141 Elden St. Suite 200
Herndon, VA 20170
Phone: 703.429.5000
Monday - Friday
9:00am - 5:00pm



Connections for Hope
Partnership

CHILDREN AND YOUTH

Herndon Afterschool Program

Out-of-school time for youth
October 11th - June 10th
Monday-Thursday
2:00pm-8:00pm
Contact Karen Pope: 703.429.5011



All Children and Youth Programs take place at
HERNDON NEIGHBORHOOD RESOURCE CENTER CAMPUS (HNRC)

All Ages Read Together (AART)

Kindergarten Readiness Classes



Tuesdays and Thursdays
10:15 am - 11:45 am
12:30 pm - 2:00 pm

If your child is 4 or 5 years old and not enrolled in a preschool program, AART is accepting students for fall registration.

Contact Carine Threlkeld 703.996.9775

Vecinos Unidos

Homework Assistance
Monday - Wednesday
4:00pm-6:00pm
Contact Andrea Ciecierski: 571.323.1408

Music Education

Music for Life
HNRC Campus
Guitar Instruction for ages 10-18
Low income basis
Mondays 5:00 pm-6:00 pm
Contact: Skip Chaples
703.644.1311

ADULT EDUCATION / COMMUNITY PROGRAMS

Classes

English Empowerment Center

HNRC Campus

English Spring Classes
Class: Feb 12 - May 1st
Mondays and Wednesdays
6:30 - 8:30pm

For information and registration visit
1086 Elden St. Herndon, VA 20170
or call 703.435.6830

American Citizenship Preparation

Sep 7, 2023- June 27, 2024
Thursdays
6:30 pm - 8:30 pm
Contact: Minnie Orozco
571.323.1410

Sudanese American Community Group

Arabic Instruction
September 2023—June 2024
Saturdays
9:30 am - 11:30 am
Contact Mohammed Beshir:
571.267.9815

Job Skills

Cornerstones' Employment Services C4HP Campus

For information on employment services and to register for classes

Job S.M.A.R.T Employment-Readiness Course

Monday—Friday
Mon. Jan 29 - Fri. Feb 9
9:30—12:30pm
Monday—Thursday
March 25 —March 29
10 am—4 pm

Contact: Nobiana Dodi
703.429.5016

Express Care Outreach HNRC Campus

Personal care aid outreach and information
Contact: Naila Alam
703.209.6889

Community Programs

Herndon -Reston FISH, Inc. C4HP Campus

Provides Friendly Instant Sympathetic Help to Herndon and Reston residents in short term financial crises
Contact: 571.267.2977

Opportunity Neighborhoods: Herndon

On Herndon exists to champion community priorities that relate to improving the lives of children, youth and their families, creating brighter futures full of opportunity for every child and youth in Herndon
Contact Jessica Gutierrez-Lugo
571.323.3673
and Luis Obregon 571.323.1418

VITA TAX HNRC Campus

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

For more information, visit or call
<https://bit.ly/FairfaxVITA>
703.533.5320
Thursday 6:00—8:00 pm
Saturday 9:00 a.m.—12:00 noon
January 30—April 16, 2024

If you want more information please contact me

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

COMMUNITY NEWSLETTER



Do you know someone who needs help?

Most of these resources are available 24 hours a day, 7 days a week.

National Suicide Prevention Hotline:
Dial 1(800) 273-8255 or 988

Suicide Prevention
PRS Crisis Link Hotline: 703.527.4077
PRS Crisis Text Connect to 85511

Community Services Board
Emergency Services: 703.573.5679

Life Threatening Emergency
Call 911

Domestic Violence Hotline:
703.360.7273

Mental Health Emergency: Dial 988

Need to report someone in need of help:
Call **Police at 703.691.2131**

Food Pantry (ASAPP) Cornerstones
Call 571.323.1400

Emergency Shelter
Embry Rucker Community Shelter:
703.437.1975

Mental Health Services:
Fairfax/Falls Church Community
Services: 703.383.8500

Substance Abuse
703.502.7000

Food, rental, and other assistance
call (CSP) 703.222.0880

HEALTH AND DIRECT SERVICES

Services Navigation and Care Management Support

C4HP Campus

Support and guidance is available for accessing community resources, meeting goals, and/or obtaining financial, medical, and other types of assistance

For more information or to schedule an appointment call:
703.429.5000

HealthWorks for Northern Virginia Herndon

C4HP Campus

1141 Elden St., Herndon, VA

Medical: 3rd Floor
Dental: 2nd Floor, Suite 218

Monday - Wednesday & Friday

8:00am - 5:00pm

Thursdays: 8:00am - 8:00pm

Closed daily from 1:00pm - 2:00pm

Comprehensive primary healthcare, behavioral health, medications, access to oral health services. All ages.

Sliding scale for patients under 200% FPL. Medicaid, Medicare, Private Insurance, Self-pay. All patients served regardless of ability to pay.

Dental clinic is now open to established patients.

Contact: 703.443.2000

Women, Infants, & Children (WIC)

Nutrition education and breast-feeding support for women and children, ages 0 - 5.

Monday - Friday
8:30am - 4:30pm

Closed daily from 12:00pm - 1:00pm

C4HP Campus

1141 Elden Street, Ste 200
Herndon, VA 20170
Monday - Friday

Reston Office

1850 Cameron Glen Dr, Ste 100
Reston, VA 20190

Sully Office

13800 Wall Road
Herndon, VA 20171

Contact: 703.246.5599

HOUSING, LEGAL, AND SOCIAL SERVICES

Housing Cornerstones' Housing Counseling Program

HNRC Campus

Monday—Friday

by appointment ONLY

Contact Patricia: 571.323.1439

Virginia Housing First Time

Homebuyer Class

HNRC Campus

Classes are held the third Sunday of each month

To register, please call Patricia at 571.323.1439

Legal Services

Pro Bono Legal Services (Civil cases only)

HNRC Campus

Legal Counseling by phone

To make an appointment,

Contact: 703.435.6830

Just Neighbors Immigration Legal Services

C4H Campus

Providing legal immigration services to low-income immigrants living in Virginia, Maryland, and D.C.

To make an appointment,

Contact: 703.979.1240

Social Services

SNAP Applications Assistance

HNRC Campus

First and last Thursday of the month

9:00 am—12:00 noon

For more information call
703.435.6830

Medicaid Applications Assistance

HNRC Campus

Every Monday

10:00 am — 2:00 pm

For more information call
703.435.6830

Domestic Violence and Sexual Abuse

(DVAC)

HNRC and C4H Campus

Tuesday and Wednesday

9:00 am—5:00 pm


Contact Julissa at 571.536.0030

If you want more information please contact me

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

COMMUNITY NEWSLETTER



 vcwnorthern.com



WIOA*

Designed to help job seekers find and retain employment through high-quality employment assistance.

*Workforce Innovation and Opportunity Act

Receive employment guidance and FREE training!

Services include:

- Career coaching
- Resume and job search assistance
- Occupational trainings and credentials
- Paid work experience opportunities
- Work uniforms, tools, and other supportive services

APPLY TODAY!

1. Visit VCWNorthern.com/WIOA.
2. Watch the WIOA orientation video.
3. Download and complete the **WIOA Application Packet** found under **TO APPLY** and gather the required eligibility documents listed on pages one and two.
4. [Sign up](#) for an Intake appointment.

To learn more about the WIOA program, register for a **Virtual Information Session**. Sessions are held on Fridays. For next available dates, click the registration link below:

Fridays at 10 a.m.

For a list of dates or to register, go to: bit.ly/10WIOA



Fridays at 2 p.m.

For a list of dates or to register, go to: bit.ly/WIOA2



The WIOA team is ready to help.

For additional assistance, contact Brittany Gordon at DFSWIOA@FairfaxCounty.gov or call 571-567-0254, VA Relay 711.

Virginia Career Works-Fairfax Centers and WIOA Title I-financially assisted programs are an equal opportunity program/employer committed to nondiscrimination on the basis of disability in all programs, services and activities. Reasonable accommodations, to include auxiliary aids and services, are available upon request to individuals with disabilities. For information, call the Virginia Career Works-Fairfax Centers at 703-533-5400, 711 VA relay.

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COMMUNITY NEWSLETTER



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.

The flyer is titled "Family Resource Center January 2024 Webinars" and features the FCPS Parent Resource Center logo and a QR code for online registration. It lists three webinars: "Raising a Kid Who Can" on Jan 5, "Transition to Middle and High School for Twice Exceptional (2e) Students" on Jan 12, and "Sib Shops" on Jan 20. Each webinar includes a date, time, and a brief description of the topic and speaker.

FCPS
PARENT RESOURCE CENTER

Family Resource Center
January 2024 Webinars

Register Online

5
JAN

10-11:30 A.M.

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?

12
JAN

10 - 11:30 A.M.

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.

20
JAN

9 A.M.-NOON

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.

If you want more information please contact me

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

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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COMMUNITY NEWSLETTER



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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