

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!





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

iTrae a toda la familia a una noche de diversión, descubrimiento y aprendizaje de la ciencia!





GRACE Ministries

of the United Methodist Church

FREE distribution of food.

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

Distribución GRATUITA de alimentos.

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

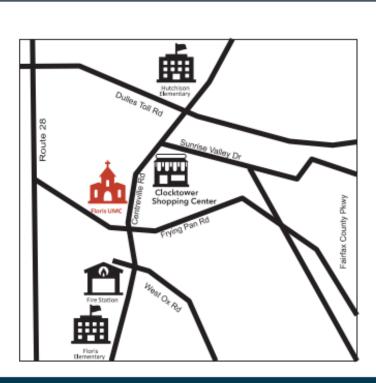
August 3

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







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



Colección CAFB De Recetas Saludables





14312 Chantilly Baptist Lane, Chantilly, VA 20151 703.378.6880 www.chantillybaptist.org

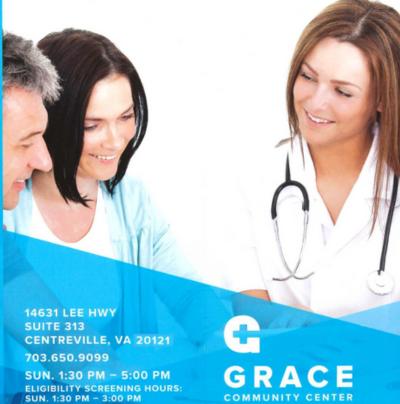


Síganos en Facebook Facebook.com/ChantillyBaptist



who we are:

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



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

- HOLISTIC approach to patient care and healing.
- 2.SERVE AND COMMUNICATE needs of patients in comprehensive and transparent way for the best outcome.
- 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



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

<u>Daily hours</u> 8:30AM-8:30PM



703-215-1898





PSYCHOLOGICAL & PSYCHOEDUCATIONAL TESTING



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



EVIDENCE-BASED THERAPY SERVICES



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





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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

CONECTIONS FOR HOPE PARTNERSHIP (C4HP)

1141 Elden St. Suite 200 Herndon, VA 20170 Phone: 703.429.5000 Monday - Friday 9:00am - 5:00pm

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 visit1086 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

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



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

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







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!

- Visit <u>VCWNorthern.com/WIOA</u>.
- 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: <u>bit.ly/WIOA2</u>





ready to help.

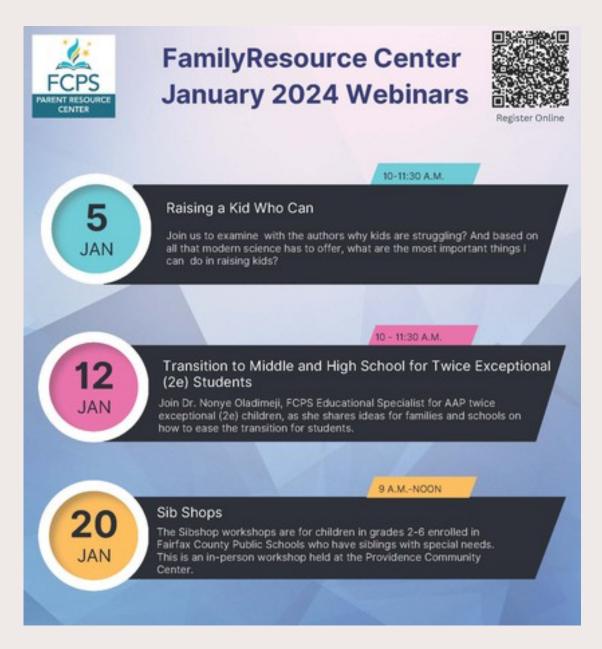
The WIOA team is | For additional assistance, contact Brittany Gordon at DFSWIOA@FairfaxCounty.gov or call 571-567-0254, VA Relay 711.

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.



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.

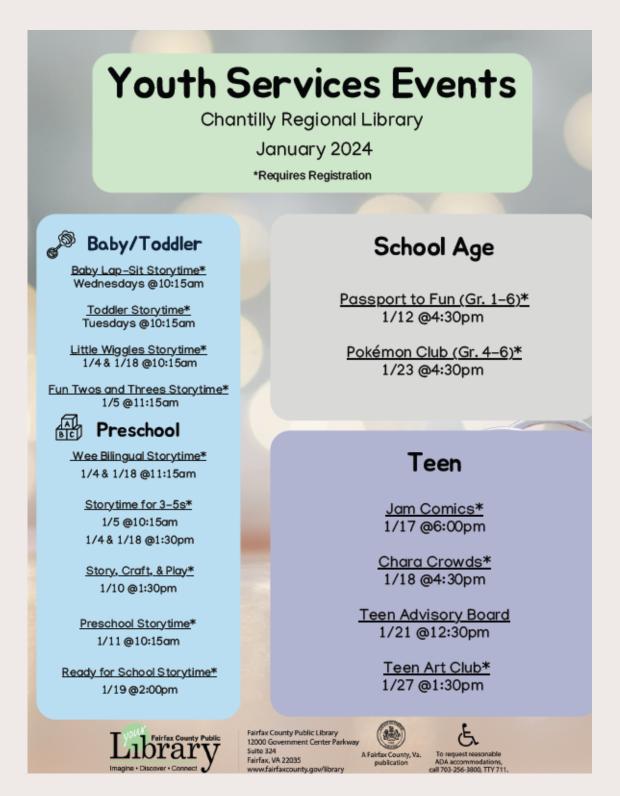
Please contact us at frc@fcps.edu
We are here to assist you and support families, school staff, and your community.



If you want more information please contact me



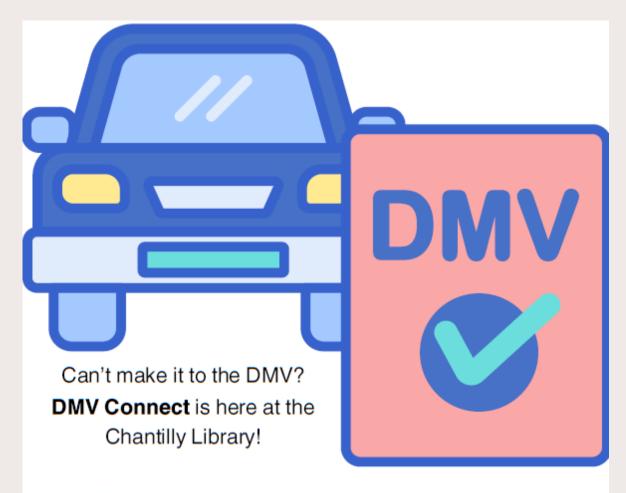
PROGRAMS AT THE CHANTILLY REGIONAL LIBRARY THIS MONTH!!



If you want more information please contact me



PROGRAMS AT THE CHANTILLY REGIONAL LIBRARY THIS MONTH!!



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 Sulte 324 Fairfax, VA 22035 www.fairfaxcounty.gov/library



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

If you want more information please contact me