

COMMUNITY NEWSLETTER



January 19th, 2024

Good Memory Day, National Popcorn Day, New Friends Day



Hope you are enjoying the snow
and staying warm!



"Kindness is like snow – it
beautifies everything it touches"
by Khalil Gibran

REMINDERS:

JANUARY 25TH - 2 HOUR EARLY RELEASE

JANUARY 26TH - NO SCHOOL



KEEP READING FOR RESOURCES

If you want more information please contact me!

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



Parenting Education Programs

The Department of Family Services offers free services to help families develop important skills to grow healthy relationships with their children.

5-11 Age Range Parenting Classes Offered in English and Spanish

Parents and children learn to increase their empathy, discover new ways to encourage appropriate behaviors, build positive self-concept and self-esteem, and learn how to have fun as a family. Uses the Nurturing Parenting Curriculum. View the schedule of classes.



These classes are offered in English and Spanish.

13-16 sessions (depending on the curriculum used)

Classes

2/7/24 – 5/22/24 Wednesdays 6-8 p.m.

This class will be held virtually.

Erika Rincon Diaz 703-324-5004

2/19/24 – 5/20/24 Mondays 5:30-8 p.m. (Spanish)

James Lee Community Center

2855 Annandale Rd

Falls Church, VA 22042

Alba Quinones 703-324-7310

3/7/24 – 6/20/24 Thursdays 5:30-8:00 p.m.

Grace Presbyterian Church

7434 Bath Street

Springfield, VA 22150

Agustina Bravo 703-324-7196

Tierra Graham 571-407-6639

Interested and ready to participate in a class for parenting children ages 5-11?

Contact Parenting Education by [email](#), phone at 703-324-7720 or contact the name listed in the class information.

Direct Link:

https://www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs?utm_medium=email&utm_source=govdelivery

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Virtual Parent Cafés A Community of Support for Parents

Join a community of support among others handling similar parenting situations. Parent Cafés are virtual and free and meet monthly during the school year. They're a great way for parents or guardians of children 0-18 years old to learn from each other as they grow in their parenting skills. Join us for a Virtual Parenting Cafe Tuesday, Feb. 13 from 6:30-8 p.m. to discuss Helping Children Manage Their Anger. This is an open forum discussion covering the importance of parents and caregivers modeling how to be angry, the three rules of anger, and other helpful tips and tools. Fairfax County parents or guardians with children ages 0-18 years old are welcome.

Sign up for any Virtual Parent Café by sending an email to:

BuildingStrongerFamilies@fairfaxcounty.gov or calling 703-324-7720 at least one business day before the Parent Café date listed. We look forward to you joining us!



You are Not Alone!
Virtual Parent Cafés
Contact Us
BuildingStrongerFamilies@fairfaxcounty.gov
or
703-324-7720

Tue., Feb. 13, 6:30–8 p.m.
Helping Children Manage Their Anger

 FAIRFAX COUNTY DEPARTMENT OF **FAMILY SERVICES** 

If you want more information please contact me

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Father Engagement Dads Parenting Groups

Do You Want to Improve Your Parenting and Fathering Skills?

Our Father Engagement Unit sponsors the services and activities below to enhance fathers' parenting and fathering skills, and to promote and celebrate the importance of fathers in Fairfax County.

Program Includes

- 24/7 Dad™ parenting group
- Meals
- Access to Fairfax County resources
- Access to father-child friendly community activities

Characteristics of a 24/7 Dad™

- Self-awareness
- Caring for self
- Fathering skills
- Parenting skills
- Relationship skills

12 Sessions and One Orientation Meeting – Free for all participants!

Sessions in Spanish

- 2024 Sessions take place virtually.
- April-June Sessions start First Wednesday in April (6:30-8:30 p.m.) (TBD)
- Sept.-Dec. Sessions start First Tuesday in Sept. (6:30-8:30 p.m.) (TBD)

Sessions in English

- 2024 Sessions take place virtually.
- Feb.-April Sessions start Tuesday, February 6 (6-8:30 p.m.)
- May-Aug. Sessions start First Monday in May (6-8:30 p.m.)
- Sept.-Dec. Sessions start First Wednesday, September (6-8:30 p.m.)

Pre-Registration Form:

<https://fairfaxcounty-639180.workflowcloud.com/forms/19493671-7f94-4e50-a853-040efd17bfd6>

Pre-registration is required. Enroll by [completing this form](#). (For Fathers Only)

For more information, contact Bennie Herron 703-324-7308, Mercedes Alonzo 703-324-7677 (Spanish).

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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

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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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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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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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