

Hi Lake Braddock Families,

Below are the resources for this week.

Stay Connected with FCPS this School Year - The Intercultural Engagement Team provides management oversight to all Fairfax County Public Schools (FCPS) programs and services related to community relations, family/community engagement, student registration, language services, and the ombudsman. The office is committed to ensuring effective operations to facilitate positive and equitable experience for Division stakeholders to include students, families, employees, and the community. More information and contact information can be found here in [English](#) and [Spanish](#).

Family Resource Center

<https://www.fcps.edu/family-resources/family-engagement/family-resource-center/register-free-workshops-family-resource>

Below are the links to register to November's events:

[Sibshops: An Exciting, In-Person Workshop for Brothers and Sisters of Children with Special Needs](#), **Monday, November 6, 9 a.m.-12 p.m.**, at [Providence Community Center](#).

[SibTeen: An Exciting, In-Person Workshop for Brothers and Sisters of Children with Special Needs](#), **Monday, November 6, 1-4 p.m.**, at [Providence Community Center](#).

[Moving on to Life in the Community Resource Fair](#), **Thursday, November 9, 6:30-8:30 p.m.**, at [Annandale High School \(Cafeteria\)](#).

[Coping Strategies for Anxiety, Depression, and Stress: Part Two \(Virtual\)](#), **Friday, November 10, 10-11:30 a.m.**

Parenting Programs and Workshops

<https://www.fairfaxcounty.gov/familyservices/children-youth/parenting-education-programs>

Military Families Resources

<https://www.fcps.edu/registration/military-families>

Check out the Library Events:

Burke Centre

<https://librarycalendar.fairfaxcounty.gov/calendar?cid=6524&t=d&d=0000-00-00&cal=6524&cm=3436&inc=0>

Kings Park

<https://librarycalendar.fairfaxcounty.gov/calendar?cid=6524&t=d&d=0000-00-00&cal=6524&cm=3446&inc=0>

Job Readiness and Employment Opportunities:

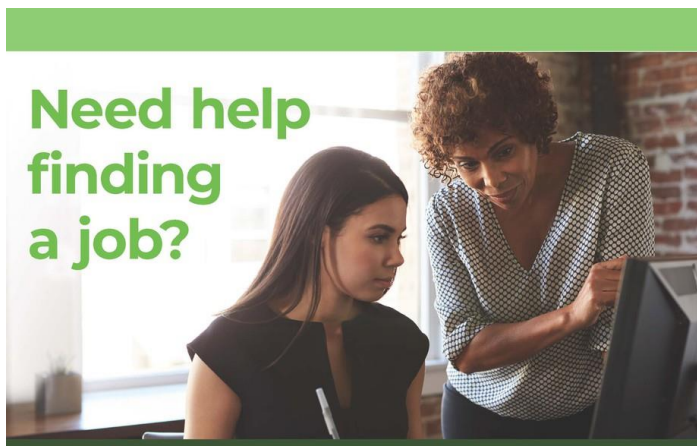
-Supplemental Nutrition Assistance Program Employment and Training (SNAPET)

Visit this website:

<https://www.fairfaxcounty.gov/familyservices/employment-and-training/supplemental-nutrition-assistance-program-employment-and-training>

Or watch the youtube video:

<https://www.youtube.com/watch?app=desktop&v=Q0XOd3Km8wc>



**Employment
& Training**

**If you receive SNAP, you can
receive employment services
through SNAP E&T!**

To sign up, contact your SNAP worker.

WATCH OUR VIDEO
<https://youtu.be/Q0XOd3Km8wc>



EMAIL (PREFERRED)
DFSNAPE@fairfaxcounty.gov

CALL
703-324-7712

SNAP E&T* INCLUDES:

- Help completing the GED or a high school diploma
- Career planning
- Job training
- Resume and interview preparation
- Assistance with childcare, transportation, work clothes
- And more!

Supplemental Nutrition Assistance Program Employment and Training

A FAIRFAX COUNTY, VA. PUBLICATION—11/2021



Where a TTY number is not indicated, use 711/Virginia Relay.
Reasonable accommodations provided upon request, call 703-324-7500.





FAMILY SERVICES
PUBLIC ASSISTANCE AND
EMPLOYMENT SERVICES



-Financial Empowerment Center at South County


<https://soco.financialemPOWERmentcenters.org/>

Upcoming events: <https://soco.financialemPOWERmentcenters.org/pageservices/>



PUT YOURSELF IN CHARGE!

Get direct access to financial education and guidance at **no cost**.



No matter your income level, we offer one-on-one support and workshops, so you can remain financial independent:




- Financial Coaching
- Personal Income Tax Assistance
- Small Business Consultation
- Workforce Development
- Personal Finance & Career Building Classes


To make an appointment or to get more information:
www.FECsoco.org / 703.704.6101 / info@FECSoCo.org

View our calendar of upcoming events:
<https://soco.financialemPOWERmentcenters.org/pageservices/>

We offer our services virtually, via video or phone!

In partnership with Fairfax County, UWNCA, and Britepaths.



To request reasonable ADA accommodations, please contact FEC at 703-704-6101 

-Lake Braddock School Planning Council (SPC)- We are looking for parents and guardians who want to be involved with helping provide feedback to Lake Braddock. The purpose of the SPC is to bring together our community to share progress and seek feedback on the direction of Lake Braddock. Providing an excellent education and safe learning environment for all our students is our primary goal and we recognize the role our community plays. This year, the SPC will focus on our School Improvement and Innovation Plan (SIIP) goals. We will meet once in the Fall to share our goals and seek feedback about strategies for implementation. We will reconvene in the Spring to share our progress and review feedback. This is also a great space to make connections in the community and learn more about what LBSS has to offer. **The council will meet in person twice during the school year (11/16/23 and 4/11/24) from 6:00PM-7:30PM. If you are interested in participating, please complete [this form](#) by November 10th.** Returning SPC members should still complete the form to continue their service on the committee.

Drug Take Back Day
Saturday, October 28th,
2023 10 a.m. – 2 p.m.



- ✓ Drop off unused or expired medications at the locations listed below.
(Accepted items: prescription and non-prescription pills, e-cigarettes and vaping devices with batteries removed, small liquid pods/packs for e-cigarettes and vaping devices, prescription ointments, and medications for pets. Not accepted: illegal drugs, pressurized canisters [inhalers/aerosol cans], needles, large sources of liquids, non-prescription ointments and lotions.)
 - ✓ Disposal is FREE, convenient, confidential, and safe.
 - ✓ Safe handling of unused or expired medications:
 - Protects the environment.
 - Prevents drug misuse.
 - Prevents accidental poisoning.
- Find year-round disposal options – visit
fairfaxcounty.gov
and search “medicine disposal”



Fair Oaks District Station 12300 Lee Jackson Memorial Highway Fairfax, VA 22033	Tysons Emergency 8240 Leesburg Pike Vienna, VA 22182	Sully District Station 4900 Stonecroft Boulevard Chantilly, VA 20151
Franconia District Station 6121 Franconia Road Alexandria, VA 22310	Mount Vernon District Station 2511 Parkers Lane Alexandria, VA 22306	West Springfield District Station 6140 Rolling Road Springfield, VA 22152
Mason District Station 6507 Columbia Pike Annandale, VA 22003	Reston Hospital Center 1850 Town Center Parkway Reston, VA 20190 <i>Outside Pavilion 1, across from Parking Garage B</i>	Town of Vienna Police Department 215 Center St South Vienna, VA 22180

The DEA Drug Take Back Day is coordinated by the Fairfax County Police Department in collaboration with various Fairfax County government departments: Fairfax-Falls Church Community Services Board, Health Department, Neighborhood and Community Services, Public Works and Environmental Services, and in partnership with the Rotary Clubs of Fairfax County, the Fairfax Prevention Coalition and local businesses.



A Fairfax County, Va., publication September 2023. For more information or to request information in an alternate format, call the Community Services Board at 703-324-7000, TT 711.

-Halloween Costume and Family Skate & Dance Night

<https://www.fairfaxcounty.gov/parks/reccenter/franconia>

A vibrant poster for a Halloween event. The top half has a black background with the words "HALLOWEEN COSTUME" in large, white, distressed font, and "FAMILY SKATE & DANCE NIGHT" in orange, distressed font below it. A red banner across the middle contains the date and time: "Saturday, October 28 • 6 – 10 p.m.". Below this is a group of seven cartoon characters in various costumes: a pirate, a man with a skull face, a ghost, a green-skinned person, a vampire, a witch, and a devil. They are holding three orange pumpkin-shaped signs that say "Dress in Your Best Costume!", "Live DJ!", and "Bring Your Own Skates!". At the bottom, a red banner displays the pricing: "\$10 in Advance; \$15 Day of the Event". A QR code is located in the bottom right corner of the poster area, with the text "SCAN ME" underneath it.

HALLOWEEN COSTUME

FAMILY SKATE & DANCE NIGHT

Saturday, October 28 • 6 – 10 p.m.

Dress in Your Best Costume!

Live DJ!

Bring Your Own Skates!

\$10 in Advance; \$15 Day of the Event

SCAN ME

Franconia Rec Center • 6601 Telegraph Rd. • Alexandria, Va. 22310

For more information, contact 703-922-9841 or visit <https://www.fairfaxcounty.gov/parks/reccenter/franconia>.



FAIRFAX COUNTY PARK AUTHORITY
Rec CENTERS



703-324-8563 TTY: Va. Relay 711
A publication of Fairfax County, Va. • 8/23

-The Fairfax County [Trauma-Informed Community Network](#) is seeking applicants to be on a human services consulting team. This team will review resources and share their perspective to ensure the development of training materials for our human services system in Fairfax are more healing-

Interested applicants can learn more and complete a brief application [HERE](#).

Trauma-Informed and Healing-Centered Family Engagement

The Fairfax County Trauma-Informed Community Network is seeking applicants to be on a human services consulting team. This team will review resources and share their perspective to ensure the development of training materials for our human services system in Fairfax are more healing-centered. Eligible applicants are caregivers and the non-profit staff who support them.

We need:

- The parents and caregivers of a child or youth.
- The parents and caregivers of an adult with disabilities.
- The caregivers of an older adult.
- Staff from a non-profit organizations that supports caregivers.

Group members must have:

- Lived experience of trauma that has played a role in your family's interactions with providers.
- Perspective to share about how providers across the human services system can best engage with families like yours.
- Time to review materials as they are developed and to share feedback.
- The capacity to attend four meetings (one hour each) on Monday evenings between November 2023 and January 2024.

Learn more and complete a brief application

- <https://www.surveymonkey.com/r/TICNFamilyEngagement>

Meetings will be virtual, and participants will be compensated with an \$80 per-meeting stipend upon provision of a current W-9.



<http://bit.ly/fairfaxTICN>



Fairfax County is committed to nondiscrimination on the basis of disability in all county programs, services and activities. Where a TTY number is not indicated, use 711/Virginia Relay. Reasonable accommodations made upon request; call 703-324-4600.

A Fairfax County, Virginia publication. 10/2023

-Energy Assistance- Get help with heating or cooling

<https://commonhelp.virginia.gov/>

ENERGY ASSISTANCE GET HELP WITH HEATING OR COOLING



FUEL ASSISTANCE

helps with home heating costs during the coldest months of the year.

Open application period: the **second Tuesday in October through the second Friday in November**.

Approved applicants will be notified of their benefit amount in late December. Payments begin in January and continue through April or until the benefit has been exhausted.



CRISIS ASSISTANCE

helps households that have no heat or are in imminent danger of being without heat.

Open application period: **November 1 through March 15** for heating equipment repair/purchase/maintenance and a one-time-only heat security deposit.

Open application period: the **first business day in January through March 15** for purchase of home heating fuel and payment of a heat utility bill.



COOLING ASSISTANCE

helps with cooling costs during the hottest months of the year for households with individuals who are age 60 or older, or under the age of 6, or that include someone with a disability.

Open application period: **June 15 through August 15** for payment of electric utility bill, cooling equipment repair/purchase and/or a one-time only electric security deposit.

APPLICATIONS FOR ENERGY ASSISTANCE ARE ACCEPTED IN THE FOLLOWING WAYS:

ONLINE

CommonHelp.Virginia.gov

PHONE

Enterprise Customer Service Center
833-522-5582

IN PERSON

paper applications are available at all four
DFS office locations.

PAPER APPLICATION

Mail: **12011 Government Center Parkway,
Suite 232,
Fairfax, VA 22035**

Fax: **703-653-1355**

Email: **DFSmycase@FairfaxCounty.gov**

In person: **drop off at one of the
four DFS office locations.**

Learn more about Energy Assistance and other benefits,
services and resources, and how to apply:

VISIT ONLINE

**Public Assistance and
Employment Services (PAES)**



OR CALL **703-324-7500**,
Monday through Friday,
between 8 a.m. and 4:30 p.m.



Where a TTY number is not indicated, use 711/Virginia Relay.
Reasonable accommodations provided upon request, call 703-324-7500.



FAIRFAX COUNTY DEPARTMENT OF
FAMILY SERVICES



-The [Future of Leadership Youth Conference](https://www.leadershipfairfax.org/event-5374153) will be held on **Saturday, November 11**. High school Juniors and Seniors are invited for a day of skill-building, self-awareness, public speaking, and mentorship.

<https://www.leadershipfairfax.org/event-5374153>

**THE FUTURE OF
LEADERSHIP
YOUTH CONFERENCE**

SATURDAY, NOVEMBER 11
VIRGINIA TECH – NORTHERN VA CENTER
For High School Juniors and Seniors

The YLN conference brings Fairfax County high school students together for a day of leadership sessions on:

- *Skill-building*
- *Self-awareness*
- *Public Speaking*
- *Finding Mentors*

ONLY \$10
Scholarships available

**SCAN TO
SIGN UP!**

Questions?
Contact susan@leadershipfairfax.org

**SCAN
ME**

Resource Fair at Centreville High School on Wednesday November 8, 2023, from 6:00-8:00 p.m.



-1st Stage YES Pass for Fairfax County High School Students: Free subscription to theatre company's award-winning productions for all high school students who live in Fairfax County or attend ta Fairfax County High School. In addition, they will receive invitations to SLICE IT UP, a pre-show acting workshop led by theatre professional. <https://r2.dotdigital-pages.com/p/731X-43M/thank-you?pfredir=3>

Health and Healthcare

-The health department has introduced extended hours next week and in November at various clinics, specifically tailored for school-age children to catch up on their essential, school-required immunizations.


[Link to the Health Department website](#) with information about new clinic location dates.

Appointments are available during [regular clinic hours](#). **Extended hours are now also being offered for school-age children to catch up on their school-required vaccines.** Please call ahead, appointments are required. Schedule your appointment by calling **703-246-7100**.

-Fairfax County Take Charge Programs

Catch My Breath- Teen Vaping Prevention Program

<https://www.fairfaxcounty.gov/neighborhood-community-services/prevention/take-charge/programs>



CATCH MY BREATH
TEEN VAPING PREVENTION PROGRAM

CATCH My Breath* is a peer-reviewed, evidence-based youth vaping prevention program. The program provides up-to-date information to equip students with the knowledge and skills they need to make informed decisions about the use of nicotine devices.

Four Versions

- 5th Grade
- 6th Grade
- 7th – 8th Grade
- 9th – 12th Grade

The program is designed in four versions to provide information, knowledge and skills for ages 12-18 (grades 5-12) in teen vaping prevention. Each version has four, 30-40 minute lessons.

LESSON TOPICS

5th Grade

- Consequences of Using E-Cigarettes.
- Making Our Own Choices.
- Don't Let Them Lie and Win.
- Your Life. Your Choice.

6th Grade

- Consequences of Using E-Cigarettes.
- Making Our Own Choices.
- Don't Let Them Lie and Win.
- Your Life. Your Choice.

7th – 8th Grade

- Understand the Choice.
- The Brain Rewired.
- Stand Firm on Your Choices.
- Your Life. Your Choice.

9th – 12th Grade

- Your Life. Your Choice.
- Addiction.
- Quit/Avoid.
- What's Your Why?

CURRICULUM GOALS AND RATIONALE

The overall goal of CATCH My Breath is to prevent the initiation of e-cigarette use among teens and preteens.

The program is designed to help students:

- Discover that non-use of e-cigarettes is the norm of adolescents.
- Identify reasons why young people might start using e-cigarettes.
- Recognize the subtle, and not so subtle, messages in e-cigarette advertising.
- Practice skills for resisting peer pressure and advertising pressure to use e-cigarettes.
- Decide on their personal reasons not to use e-cigarettes and set goals for future non-use.

The intended outcomes are to ensure that students will:

- Resist their own curiosity, peer and advertising pressure to experiment with e-cigarettes.
- Understand that e-cigarettes are addictive, unhealthy and not as popular as they think.
- Influence friends and peers not to use e-cigarettes.

FOR MORE INFORMATION, please contact NCS-TakeCharge@fairfaxcounty.gov or visit: www.fairfaxcounty.gov Search: Take Charge



CATCH
MY BREATH

Fairfax County
Neighborhood and
Community Services

*CATCH My Breath is a best-practice-based program that was modeled after an evidence-based program called the Class of 1989 Study with elements derived from the Coordinated Approach to Child Health (CATCH) Program.



Reasonable accommodations made upon request; call 703-324-4600 or TTY 711.



A Fairfax County, VA Publication.
Printed 7/2023

English classes:


- English Empowerment Center: Conversation Class and Continued Learning Between Semesters <https://englishempowermentcenter.org/free-conversation-class-and-continued-learning-between-semesters/>

Do you know someone who wanted to register for class with the Empowerment Center but missed the registrations? They can fill out the [Information Request Form](#) to hear about upcoming spring classes. The Center also encourages students to study on their own with [USA Learns](#).

-Fellowship Baptist Church:

<https://www.fellowshipbaptistva.org/english-classes>

**FREE
ENGLISH
CLASSES**



☞ Improve your listening, speaking, reading and writing skills

☞ Meet nice people and make new friends

ESL

Thursdays 7:00 to 9:00 PM
(September–May)

Sundays 9:30 to 10:30 AM
(All Year)

Call 703-569-5151

Fellowship Baptist Church
5936 Rolling Road
www.FellowshipBaptistVA.org