

Hello Lake Braddock Families,

6/7/2024

Please find all the information and resources for this week in our Newsletter below:

COMMUNITY EVENTS AND ENGAGEMENT OPPORTUNITIES

 Fairfax County Health Department - Immunization Clinics call 703 246-7100 for appointments.

Back-to-School Immunization Clinics



Open to all Fairfax County students who need immunizations regardless of if they have had vaccines in the past, new to the country, or those that just need a follow up to be up to date.

Call today! Appointments are limited. 703-246-7100



Aug 2, 1-4:00 pm JWHC. MVDO ADO, HRDO Aug 3, 8 am-12:00 pm ADO, HRDO, JWHC, MVDO, SDO Aug 6, 2-6:30 pm ADO, HRDO Aug 9, 1-4:00 pm Aug 10, 8 am-12:00 pm JWHC, MVDO ADO, HRDO, JWHC, MVDO, SDO Aug 12, 2-6:30 pm Aug 13, 2-6:30 pm ADO, HRDO, JWHC, MVDO, SDO Aug 14, 2-6:30 pm ADO, HRDO, JWHC, MVDO, SDO ADO, HRDO, JWHC, MVDO, SDO Aug 16, 1-4:00 pm Aug 17, 8 am-12:00 pm SDO Aug 20, 2-6:30 pm ADO, HRDO, JWHC, MVDO, SDO

*Appointments are also available during regular clinic hours (all day Monday–Thursday and Friday mornings). Please call to make an appointment.

Annandale (ADO) 7611 Little River Tnpk. #400-E, Annandale, VA Herndon Reston (HRDO) 1850 Cameron Glen Dr. #100, Reston, VA

Aug 23, 1-4:00 pm

Joseph Willard (JWHC) 3750 Blenheim Blvd. Fairfax, VA

ADO, HRDO, JWHC, MVDO, SDO

Mt. Vernon (MVDO) 8350 Richmond Hwy. #233 Alexandria, VA Springfield (SDO) 8136 Old Keene Mill Rd., 1st Fl., #A-100 Springfield, VA

To request this information in an alternate format, contact the Fairfax County Health Department 703-246-2411 TTY 711. A Fairfax County, Va., publication. March 2024.

• Inova Cares Clinic are proving free School Physicals and Immunizations for children 5+ to begin the 2024-2025 school year. This is for Medical or Uninsured Children Only



to offer a 6-week course for community members who want to take more control of their health. Participants can become certified and eventually teach their own workshops if they'd like. The course is offered in English, Spanish and other languages spoken across the county. To obtain more information about this free program contact Carla Paredes 703-246-6016; carla.paredesgomez@fairfaxcounty.gov



What is the Chronic Disease Self-Management Program (CDSMP)?

CDSMP helps individuals with chronic conditions learn how to manage and improve their own health, while reducing health care costs. The program focuses on problems that are common to individuals suffering from any chronic condition, such as pain management, nutrition, exercise, medication use, emotions, and communicating with friends, family and healthcare professionals.

CDSMP workshops meet once a week, over a six-week period, for two and a half ours. Each session is co-led by a pair of trained facilitators with 10 to 16 participants in community-based settings such as senior centers, churches, community health clinics, and public libraries.

CDSMP focuses on building the skills that participants need to manage their chronic conditions by sharing experiences and providing mutual support, creating weekly action plans, interactive learning, behavior modeling, problem-solving, decision making, and social support to promote changes in lifestyle, confidence and effectiveness in self-management of one's own health. CDSME is not a lecture-based program.

CDSMP is a program that is provided FREE of charge, throughout Fairfax County by the Fairfax County Health Department.

CDSMP curriculums were developed by the Self Management Resource Center, formerly Patient Education Research Center of Stanford University, http://selfmanagementresource.com

CDSMP programs are available in English and Spanish.

For more information or to register for an upcoming workshop series, please contact Carla Paredes Gomez at (703) 725-8929, email: Carla.paredesgomez@fairfaxcounty.gov.







• The Fairfax County Health Department has shared a comprehensive document that provides several health care options for families. Click on the link below to review the Health Safety Net Services list:

https://www.fairfaxcounty.gov/health/sites/health/files/assets/documents/pdf/nova-safety-net-providers.pdf

- Women Giving Back is a non-profit organization that provides clothing and shoes to women and children in crisis. Please check the shopping guideline video here.
 - Clients can shop at the boutique 4 times a year. Women Giving Back operates in 2 seasons Spring/Summer (April-September) and Fall/Winter (October-March).
 - Women Giving Back is holding its <u>Shop with Pride</u> event on Wednesday, June 12, from 4-6pm.
- Fairfax County's Farmers Markets have raised the amount of matching dollars for fruits
 and vegetables up to \$40 per week this season. Families who qualify can get these double
 SNAP funds when they shop with their EBT card at the markets. See the flyer for locations
 and details.



Inova Health Plate Club - Free Virtual Cooking Program for Kids



Sponsored by TRUIST HH

Inova Healthy Plate Club FREE Virtual Cooking Program for Kids





Kids will learn how to make veggies taste great!

We provide the ingredients to any family who needs assistance



Who: 1st-7th graders who are eligible for free or reduced lunch and/or who attend Title 1 schools. Please contact us if your student has food allergies.



Choose a Session:

Session #1 June 5:30

- · 5:30-6:30 p.m.
- Mon & Wed
- June 17, 19, 24, 26; July 1

Session #2 July 10:30

- 10:30-11:30 a.m.
- Mon & Thurs
- July 22, 25, 29; Aug 1 and 5

Session #3 July 5:30

- 5:30-6:30 p.m.
- Mon & Thurs
- July 22, 25, 29; Aug 1 and 5



Sign up!







Girl Scouts Camp

Discover Camp Mariposa with Girl Scouts Nation's Capital! Girls in grades K-5, come enjoy outdoor fun, arts and crafts, STEM activities, and more from June 17-21, 2024, in Springfield, Virginia. This exciting four-day camp is only \$50, with financial assistance available and transportation included.





Join Girl Scouts Nation's Capital for Camp Mariposa! Experience outdoor fun, arts and crafts, STEM, and learn what being a Girl Scout is about!

\$50

for all four days! (financial assistance available)



Buses included!

Registration link will list bus stops

For girls grades K-5 who are **not** currently Girl Scouts June 17, 18, 20, & 21 2024, 9am—4pm

No camp on Wednesday, June 19th in honor of the Juneteenth holiday.

Springfield, Virginia

Space is limited—Summer Camp Registration open now!

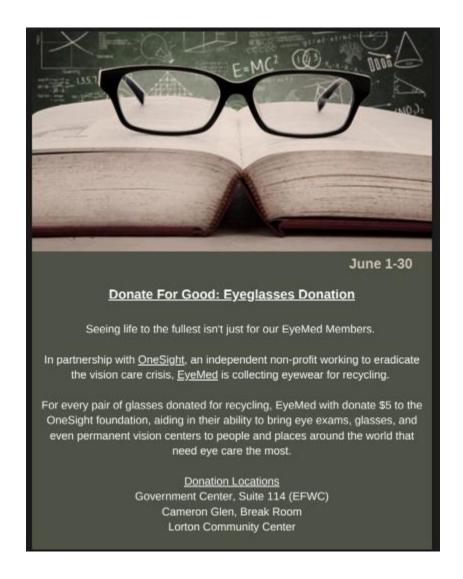
http://tinyurl.com/GSCNCcamp

Questions? Contact Michelle Johnson at mjohnson@gscnc.org or 703-372-4346

These materials are neither sponsored nor endorsed by the Board of Education of Pairfax County, the superintendent of schools or this school.

Donate for Good: Eyeglasses Donation Drive

Help others see life to the fullest by donating your old eyeglasses! EyeMed, in partnership with OneSight, is collecting eyewear for recycling. For every pair of glasses you donate, EyeMed will contribute \$5 to the OneSight foundation to provide eye exams, glasses, and permanent vision centers in communities worldwide. Donate at Government Center (Suite 114), Cameron Glen (Break Room), or Lorton Community Center from June 1-30.



Financial Empowerment Center @ South County

Summer is no time to relax when it comes to your finances. The Financial Empowerment Center will offer daytime and evening workshops throughout the summer. All classes are free and conducted virtually via Zoom. Topics include financial budgeting strategies, building better credit, evaluating if bankruptcy is right for you, and much more. To register, please visit https://fecworkshops.timetap.com/

Parenting Education Programs

Parenting Education Programs - African American Culturally Focused Class: For parents with children aged 5-11, starting June 26, 5:30–8:00 p.m. at Gum Springs Community Center, Alexandria, VA. Free for Fairfax County residents. Sessions are family-centered, offering dinner and childcare, aimed at developing healthy, nurturing relationships.



Parenting Education Programs - Summer 2024: Free sessions for parents with children aged 0-18, offered by Fairfax County Department of Family Services. Programs are designed to develop healthy, nurturing relationships and build on families' strengths. Most classes range from 10-16 weeks.

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

Fairfax Connector - High School and Middle School Students: Travel Fast and Free!

Sign up for a Free Student Bus Pass SmarTrip card at any Fairfax County High School or Middle School and enjoy free rides on the Fairfax Connector and City of Fairfax CUE buses. Visit your school's administration office for more information and to get started. Parental/guardian approval is required. Don't miss out on this convenient and cost-saving opportunity! For more information, please visit Student Bus Pass Program | Connector (fairfaxcounty.gov)

Where We Belong Art Contest

Celebrate Immigrant Heritage Month by participating in the "Where We Belong" art contest! All Fairfax County youth are invited to draw inspiration from their families or their communities to portray the colorful, diverse county we share. Winners will have their art displayed in a traveling exhibit and will receive a gift card.

All submissions are due by Saturday, June 15th

Link: More Information



• Resource: Medicaid Overview Multilingual Video Tutorial

This video tutorial, developed by Refugee Welcome Collective, provides an overview of Medicaid including who is eligible, what Medicaid helps pay for, and guidance on how to apply. This video is provided in Swahili, Spanish, Pashto, Dari, Burmese, and Arabic.

Link: Video Tutorial Collection

FAMILY RESOURCES:

- Computer CORE offers <u>FREE</u>, <u>online</u>, basic computer skills classes to dults 18 and over in Virginia. Classes are taught online over Zoom for three 10-week terms per year: Winter (Jan-Mar), Spring (Apr-June) and Fall (Sept-Nov). https://www.computercore.org/
- ONLINE Kindergarten registration is open! Registering your child early helps schools
 prepare and ensure they have the teachers and resources needed on the first day of
 school. After determining which school your child will attend, parents/caregivers may
 prepare for registration by gathering documents and completing forms. For details and
 language support, please visit the Kindergarten Registration page.
- Bridge to Kindergarten (B2K) Bridge to Kindergarten is designed to support students
 who have no or little preschool experience, with a successful transition into
 kindergarten by building executive functioning skills and routines. Fairfax County Public
 Schools will be conducting this free 3-week program in the summer, starting July 8th.



- <u>Parent Encouragement Program</u> "Encouraging Parents, Enriching Families" (webinars, in-person programs, podcasts, videos) https://pepparent.org/
- SIBSHOPS: An Exciting, In-person Workshop for Brothers and Sisters of Children with Special Needs!

The Sibshop workshops are for children in grades 2-6 enrolled in Fairfax County Public Schools who have siblings with special needs. Please click <u>Here</u> for more info.

June 28, 2024, 9 a.m.- noon

Leis Center (map) 7423 Camp Alger Ave Falls Church, VA 22042

Presented by FCPS School Social Work Services Register for this event

Military Families Resources

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

• Check out the Library Events:

Burke Centre

 $\frac{https://librarycalendar.fairfaxcounty.gov/calendar?cid=6524\&t=d\&d=0000-00-00&cal=6524\&cm=3436\&inc=0\\$

Kings Park

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

Pohick Library

6450 Sydenstricker Rd Burke, VA, 22015-4274

https://librarycalendar.fairfaxcounty.gov/calendar?cid=6524&t=d&d=0000-00-00&cal=6524&cm=3452&inc=0

• Summer Programs for Preschoolers and Kindergartners

Please see the camps in the links below.

https://dmv.kidsoutandabout.com/content/preschool-summer-camps-dc-metro-area

https://dcmoms.com/ages-stages/toddler/toddler-friendly-summer-camps-in-dc/

https://www.brighthorizons.com/programs/summer-camp

https://www.fairfaxva.gov/government/parks-recreation/camp-programs

 <u>SACC registration</u> is now open for the 2024-25 school year and the <u>Camp Fairfax</u> summer program.

Fairfax County Government's School Age Child Care (SACC) program provides fun, safe, and educational care for children in kindergarten through sixth grade. Care is available before school, after school, and during school breaks in select Fairfax County public elementary schools and community centers.

Fairfax County Parks Spring and Summer Camp Registration Opens January 23

Spring and Summer Camp Registration has begun! FCPA is sharing the full listing of camps, as well as offering multiple ways to search and tools to use that will make enrolling easier. Learn more about the camps and how to register on the <u>website</u>.

- FCPS Summer Camps, Fairfax County Park Authority, and spring sports are now registering. FCPS' IFTA, E-IFTA, Career Technical Education Summer Academy and Tech Adventure Camp web pages are now all updated with location, dates, and costs. Further details for how to register by phone and mail are on the website.
- FCPS Summer Learning Page

https://www.fcps.edu/academics/summer-learning

• The Family Resource Center has compiled information from several sources to create a Summer Camps Guide. This is a comprehensive resource for all ages and abilities.

• 2024 VIP Summer Camp

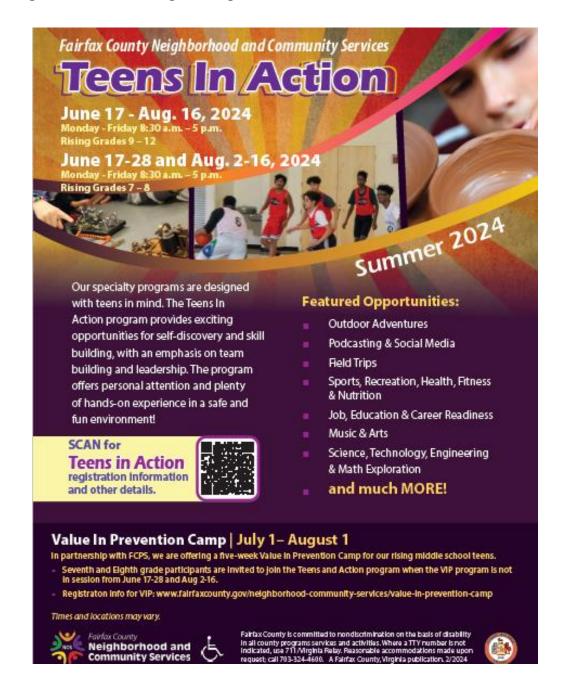
Irving Serving: Frost MS, Irving MS, Lake Braddock SS, Robinson SS, South County MS. 8100 Old Keene Mill Rd., Springfield, VA 22152

Natalie Duncan • NADuncan@fcps.edu or Jerald Minnis: jjminnis1@fcps.edu



• Teens In Action 2024 Summer program

Fairfax County Neighborhood and Community Service offers Teen in Action Summer program from June 17-August 16, 2024 for rising 9th- 12th graders and from June 17-28 and Aug. 2-16, 2024 for rising 7th- 8th graders.



LBSS EVENTS:

Lake Braddock Parent Teacher Student Association (PTSA)

Join PTSA: https://lbssptsa.org/

Need to activate your ParentVUE account?

<u>SIS ParentVue videos</u> are available on the FCPS website. SIS ParentVue is an invaluable tool for families to stay connected to their students' learning, especially in middle and high school.

YOUTH OPPORTUNITIES:

- Student Financial Aid Application Assistance Families of high school seniors are
 encouraged to utilize the Free Application for Federal Student Aid (FAFSA) which helps
 college students secure grants, loans, and financial assistance. Families who have
 questions or persistent technical issues filling out the FAFSA should schedule a FREE
 appointment with our partners at College Access Fairfax;
 email appointments@CollegeAccessFairfax.org
- Work Force Innovation and Opportunity Act (WIOA) Youth Program

This program support students who are not quite sure what career path they may want to take and usually for those who are going to be staying in the northern Virginia area.

WIOA has information sessions that you are welcome to attend on Tuesdays and the information to attend those are on the flier below.

WIOA has information sessions that you are welcome to attend on Tuesdays and the information to attend those are on the flyer below.

https://vcwnorthern.com/wioayouth/



WIOA Youth Program

Supporting young adults ages 17-24 seeking employment and training services.

Services Include:

- · Career coaching and mentorship
- · Resume and job search assistance
- · FREE skills trainings and credentials
- · Access to LinkedIn Learning to support training
- · Paid work experience and internship opportunities
- Leadership Development
- College exploration and vocational assistance
- · Additional support services

Apply Today!

- 1. Visit VCWNorthern.com/WIOAYouth
- 2. Watch the WIOA Youth orientation video
- 3. Under How Do I Apply, download and complete the application packet and gather the listed documents
- 4. Sign up for an Intake appointment

Email DFSWIOAYouth@fairfaxcounty.gov or call 571-536-0850, VA Relay 711 for additional assistance.

To learn more about the WIOA Youth program, register for a Virtual Information Session:



Tuesdays at 10 a.m.

Register at: bit.ly/WYInfo10



Tuesdays at 1 p.m.

Register at: bit.ly/WYInfo1

The Northern Virgnia WIOA Youth Program is operated by the Fairfax County Department of Family Services

Virginia Career Works-Fairfax Centers and WIOA Title I-financially assisted programs are an equal opportunity program/employer committed to nondiscrimination or 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.

This product was created using 100% of federal U.S. Department of Labor Employment and Training Administration Workforce innovation and Opportunity Act (WIOA) Youth award of \$2,002,868 (#AA-38561-22-55-A-51 made to Virginia Career Works - Northern on behalf of Northern Virginia Workforce Area #11 by the pass-through entity, the Virginia Community College System. No casts of this product were financed by nongovernmental sources. The information contained herein does not necessarily reflect the official position of the U.S. Department of Labor. The Department of Labor makes no guarantees, warrantees, of assurances of any kind, express or implied, with respect to such information, including any information on linked sites and including, but not limited to, accuracy of the information or its completeness, timeliness, usefulness, adequacy, continued availability, or

Apprenticeship Opportunity for Juniors and Seniors

How to register:

- Online by clicking <u>here</u>
- By calling (703) 658-1201
- By emailing educationalcounseling@fcps.edu



JOB READINESS AND EMPLOYMENT OPPORTUNITIES

• TalentUp Fairfax program for job seekers



An Initiative of Fairfax County Government

Fairfax County Job Seekers

Are you looking for a new career! We can help!

Talent Up Fairfax is a work-based learning initiative that can help job seekers find employment in high-demand industries such as IT, Healthcare, Finance, Sales, and more!

If you have experienced an employment-related challenge due to the effects of COVID-19, such as being laid off, furloughed, or having a difficult time finding a job, Talent Up Fairfax can help you achieve gainful employment.

For more information visit www.talentupfairfax.com, email talentupfairfax@vcwnorthern.com, or call 703-827-3782 (VA Relay: 711).



PROGRAM SERVICES

- · Subsidized Work Experience
- · Career Guidance
- Job Coaching
- · Case Management
- Placement Assistance

ELIGIBILITY

- · Minimum age of 18 years.
- · Primary residence in Fairfax County.
- Can demonstrate COVID-related employment challenges.
- · Eligible to work in the U.S.
- Resume or application that meets basic qualifications for a posted internship position.







- Britepaths and the Financial Empowerment Center at South County are offering free virtual consulting services and workshops to help with your personal finances, job search and more.
 - Financial Mentoring: Work with a dedicated trained volunteer virtually for six months or more on your financial goals. The volunteer is there to guide you and teach you skills pertinent to your life! If interested, please email CRogers@Britepaths.org
 - One-on-One, Confidential Coaching: Free and Confidential Coaching and Consulting. To book an appointment call 703.704.6101 or email info@FECSoCo.org, or click here: https://fecsoco.timetap.com/#/
- Supplemental Nutrition Assistance Program Employment and Training (SNAPET)

If you are a SNAP recipient, you have access to employment services through the SNAP Employment and Training Program! For additional details, please refer to links below.

Visit the website:

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

OTHER RESOURCES

• The Fairfax County Health Department offers maternal child health home visiting services through: Nurse-Family Partnership® and Maternal Child Health Field Nurse programs. The Public Health Nurses provide comprehensive, multifaceted care to clients, targeting a multitude of stressors such as low socioeconomic status, history of trauma or abuse, and mental health conditions in order to promote positive health outcomes.

You can fill out and return the <u>Maternal Child and Family Support Home Visiting Programs</u>
<u>Referral Form</u> to have a staff member contact you about home visiting services.

https://www.fairfaxcounty.gov/health/maternal-child-health

• Pet Resource Center

Looking for cost-effective pet vaccinations, help with pet food or supplies, details about PetHaven Program, or tips on finding affordable veterinary care? Check flyer below.

Fairfax County Animal Shelter's Pet Resource Center provides community- based resources and support anchored in keeping more pets with the families who love them. By identifying resource gaps experienced by Fairfax County residents, our Pet Resource Center works to prevent the rehoming of companion animals due to inequitable pet assistance services. https://www.fairfaxcounty.gov/animalshelter/petresources

Pet Resource Center



About our Pet Resource Center

Fairfax County Animal Shelter's Pet Resource Center provides communitybased resources and support anchored in keeping more pets with the families who love them.

By identifying resource gaps experienced by Fairfax County residents, our Pet Resource Center works to prevent the rehoming of companion animals due to inequitable pet assistance services.



Pet Resource Center Services

Vaccine and Microchip Clinics: These monthly clinics offer Fairfax County residents low-cost core vaccines and microchips.

Pet Pantry: Our pet pantry provides pet food and other supplies for Fairfax County residents facing hardship.

Upcoming 2024 Services

Low-Cost Spay and Neuter
Options: Our Pet Resource Center
will provide affordable spay and
neuter options for low-income
Fairfax County residents in 2024.
This initiative includes a voucher
program where residents can
apply for a voucher to have their
pet spayed or neutered at a local
veterinary clinic.

FAIRFAXCOUNTY.GOV/ANIMALSHELTER/PETRESOURCECENTER

ENGLISH CLASSES

- FCPS Adult English for Speakers of Other Languages (ESOL) Click on the link below for more information about testing locations for classes.
 https://www.fcps.edu/academics/adult-education-academics/esol-classes
- English Empowerment Center: Do you know someone who wanted to register for class
 with the Empowerment Center but missed the registrations? They can fill out
 the <u>Information Request Form</u> to hear about upcoming spring classes. The Center also
 encourages students to study on their own with <u>USA Learns</u>.

https://englishempowermentcenter.org/

Fellowship Baptist Church:

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