

Hi Lake Braddock Families,

Below are the resources for this week. Please reach out if there is anything you need.

Family Resource Center

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

-IBSHOPS: An Exciting, In-person Workshop for Brothers and Sisters of Children with Special Needs! Monday October 9, 2023 9am-noon at Providence Community Center. [Register for: SIBSHOPS: An Exciting, In-person Workshop for Brothers and Sisters of Children with Special Needs!](#)

-What Your 11th & 12th Graders Are Learning in School About Drugs and How You Can Talk with Them *presented in English, Friday, October 13, 2023 10-11:30AM. Students in grades 11 and 12 will receive drug lessons about substance misuse. Join **Tiffany Jones**, FCPS Senior Substance Abuse Prevention Specialist as she helps you understand the curriculum and how you might communicate with your child. [Register for What Your 11th & 12th Graders Are Learning in School About Drugs and How You Can Talk with Them - presented in English](#)

-Coping Strategies for Anxiety, Depression, and Stress: A Two-Part Series- Join Dr. Erin Berman, a Clinical Psychologist at the National Institute of Mental Health in Bethesda, Maryland for these important sessions helping children cope with anxiety, depression, and stress. Part 1, October, 27, 2023, 10-11:30am. [Register for Coping Strategies for Anxiety, Depression, and Stress: A Two-Part Series.](#)

Parenting Programs and Workshops

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

-Formed Families Forward's fall webinar series *Helping Foster, Adoptive and Kinship Families Navigate Special Education* is underway. All sessions are designed for formed families and professionals who support families and are offered live on Wednesdays from 7 - 8 PM.

October 11 -- [Communication, Collaboration, and What to Do When You Just Can't Agree webinar](#)

A comprehensive calendar of events for Formed Families Forward can be found [HERE](#).

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>

ECHO- Ecumenical Community Helping Others – An all volunteer, 501(c) (3) non-profit, gives food and financial help to people with short-term emergencies, and provides clothes and household items to people with low income

<https://www.echo-inc.org/>



Ecumenical Community Helping Others™

7205 Old Keene Mill Rd.
Springfield, VA 22150
703-569-9160
M - F 9:30 - 12:30 pm; Tu and Th 7 - 9 pm
www.echo-inc.org

ECHO™ is a community-based organization that provides assistance to Greater Springfield/Burke area residents within the boundaries established by Fairfax County including all addresses in the following zip codes: 22151, 22152, 22153 and 22015, and some addresses in 22150 and 22312.

ECHO currently provides the following:

- Emergency Food
- Clothing for Adults and Children
- School Supplies
- Diapers
- Limited Emergency Financial Assistance

Clients may be referred by Fairfax County Coordinated Services, churches, or schools. Self-referrals are also accepted.

Clients are seen by appointment only and appointments must be made by phone. We are unable to handle walk-ins, mail, fax, or e-mail requests. Hearing impaired should use the Virginia Relay center.

If ECHO is unable to help, every effort will be made to find the right community-based organization or county office to provide the needed assistance.



May 2023



#74224



#8426

Community Events and Engagement Opportunities:

-National PTA Reflections 2023-2024- Explore the Arts and Express Yourself. Register Now!

Students participate in the appropriate division for their grade: Primary (Pre-K - Grade 2), Intermediate (Grades 3-5), Middle School (Grades 6-8), High School (Grades 9-12), Special Artist (All grades welcome).*

Students submit their completed works of art in one or all of the available arts categories: Dance Choreography, Film Production, Literature, Music Composition, Photography, Visual Arts.

<https://www.pta.org/home/programs/reflections>



-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>

-Volunteer Fair:

<https://www.fairfaxcounty.gov/familyservices/older-adults/volunteer-solutions/volunteer-fair>



Venture into Volunteering Fair

EXPLORE A WIDE VARIETY OF OPPORTUNITIES!

Learn about various volunteer opportunities from nonprofit and county representatives.

On the lower level of the Springfield Town Center.

The Beacon 50+ Expo will be taking place on the upper level.

- Get helpful information from a variety of organizations and businesses.
- Health screenings, flu shots, and other vaccines will be offered.



Venture into Volunteering is sponsored by



Scan the QR code for the schedule and details!

VolunteerSolutions@FairfaxCounty.gov • 703-324-5406, TTY 711 • bit.ly/VOLFAIR

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♿ Where a TTY number is not indicated, use 711/Virginia Relay. Reasonable accommodations provided upon request, call 703-324-5406.

-Grand Opening of the Eileen Garnett Civic Space – Fairfax County Government and the Fairfax County Park Authority are pleased to announce the **grand opening** of the **Eileen Garnett Civic Space**, 7200 Columbia Pike in Annandale (formerly the Annandale Civic Space), on **Saturday, October 21, 2023**, from **10 a.m. to 1 p.m.** A variety of family friendly activities will be featured to commemorate the opening of this unique community space. The Civic Space is named in honor of Eileen Garnett, a longtime resident of Annandale and passionate voice for community revitalization who also supported the park's development. **Advance registration** for the event is **encouraged**, event details and amenities, including transportation options, are available at www.fcrevite.org/annandale-park-civic-space. Questions? Contact the Community Revitalization Section of the Department of Planning and Development at Revitalization@fairfaxcounty.gov, or call 703-324-9300.

-The 2nd annual Purple Star USA National Convening of Schools and Communities will take place on **Thursday, October 26 from 10:00 a.m. to 4:00 p.m.** Join Purple Star youth, families, teachers, counselors, and friends by registering at this [LINK](#).

https://drive.google.com/file/d/1XHTCdGFL05p53P-uuiky-HOWxT-dkqFI/view?usp=drive_link

Job Readiness and Employment Opportunities:

-Workshop Innovation and Opportunity Act

<https://vcwnorthern.com/WIOA/>

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](https://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:

<p>Fridays at 10 a.m.</p> <p>For a list of dates or to register, go to: bit.ly/10WIOA</p>	<p>Fridays at 2 p.m.</p> <p>For a list of dates or to register, go to: bit.ly/WIOA2</p>
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The WIOA team is ready to help. For additional assistance, contact Sothea Nou at DFSWIOA@FairfaxCounty.gov or call 571-536-0850, 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.

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

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