

July 2020


FAIRFAX CONNECTION
Virtual Program Calendar

June 2020							August 2020						
S	M	T	W	T	F	S	S	M	T	W	T	F	S
	1	2	3	4	5	6							1
7	8	9	10	11	12	13	2	3	4	5	6	7	8
14	15	16	17	18	19	20	9	10	11	12	13	14	15
21	22	23	24	25	26	27	16	17	18	19	20	21	22
28	29	30					23	24	25	26	27	28	29
							30	31					

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
			1 Speaker Series Lite 5pm - 6:30pm	2 Graphic Design 11am - 12:30pm	3	4 <i>Independence Day</i>
5	6 Tech Assistance 1pm - 2pm	7 9 Strategies to Navigate Change 11am - 12:30pm	8 Leveraging Your Online Profile 1pm - 2:30pm	9 Graphic Design 11am - 12:30pm	10 Basics of Online Learning 2pm - 3pm	11 Yoga 11am - 12pm
12	13 Tech Assistance 1pm - 2pm	14 Families in the Kitchen 12pm - 1:30pm	15 Financial Recovery 6pm - 7:30pm	16 Graphic Design 11am - 12:30pm	17	18 Yoga 11am - 12pm
19	20 Tech Assistance 1pm - 2pm	21 Book Club Lite 5pm - 6:30pm	22 Body Language 1pm - 2:30pm	23 Graphic Design 11am - 12:30pm	24 Basics of Online Learning 2pm - 3pm	25 Yoga 11am - 12pm
26 <i>Parents' Day</i>	27 Tech Assistance 1pm - 2pm	28	29 Speaker Series Lite 5pm - 6:30pm	30 Graphic Design 11am - 12:30pm	31	

Links to join each class will be sent the day of!

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 FAIRFAX
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Virtual Program Descriptions

Please Join Us!

All of our programs are hosted via WebEx!
If you anticipate any issues when joining a program
try joining the meeting 15 minutes early!
Staff will be logged on to assist.
A Call in option & tech support will also be available.

9 Strategies to Navigate Change

If there was a time that tested our ability to get through life-changes, it's now. But it's not just us; we have to help our families also. And it's not just our lives; we have to traverse change at work too. Enroll to learn 9 actionable things you can do at home, work, and with the people who rely on you to help navigate, not just any change, but big change and complexity.

Book Club Lite

Welcoming the same broad cross-section of participants who enjoy the Connection Book Club, focuses on news articles that reflect current events relevant to this Fairfax Connection community. Book Club Lite, which will follow the same general format as the live version (content review, core question, analysis, and dialogue), leverages the complexity of the article's nuances and core issues to foster discussion, exchange, and critical thinking. The result is a rich conversation that rises from and is fueled by the varied and diverse perspectives of the participants' lived experiences - the same participants who have often said the Club to them feels like "a warm and supportive learning space." Book Club Lite is simply the continuation of the same effective programming that supports the safety of social distancing, while also leveraging technology to bring people together to learn from and teach each other.

Body Language

Did you know that most of what you're saying is not coming out of your mouth? Did you know that we all read body language even if we were never formally taught how? What if you could control your body language to become a more effective and influential communicator? What if you could know what others thought about you regardless of whether they were speaking the truth or not? This training will give you the body language basics. You will gain a greater understanding of the messages you are giving off and you will learn what others are saying to you.

Breakfast with Brian

We are back, but different! Please join the PNCFC Staff and our executive director, Brian Williams to find out about upcoming virtual programs and general updates.

Connecting to the Community

Come share and hear about community events. All programs discussed must be open to the public, non-political and not require any experience to attend. Always scheduled directly after Breakfast with Brian.

Early Childhood Educator Workshop

A professional development workshop for preschool teachers to learn ways to integrate the foundations of STEM activities into their classroom routines even with the changes brought on by COVID-19. In partnership with GLSC. 1.5 hours of SUTQ credit offered.

Financial Recovery

During these changing times, stop to take time and assess your current financial situation. By attending this workshop you will identify ways to increase your income and decrease/prioritize expenses. You'll leave this workshop with steps to develop your financial recovery plan.

Families In The Kitchen

Cooking while Quarantined with Chef Tiffani. Join us as Chef Tiffani of the CuttingBoard Academy shows fun and creative ways to enhance simple meals.

Basics Of Online Learning

As we transition into a world of virtual meetings and events, join us to learn the basics of video conferencing & online learning with platforms like Webex and Zoom!

Graphic Design

Join us and Jamal "JayWorking" Collins to learn how to brand yourself using the art of graphic design. We will be discussing online creative platforms like Adobe Spark & Canva.

Healthy Relationships

Let's discuss how we can have healthy relationships of all kinds from business to family, romantic and with people of different races, backgrounds and beliefs. We all want to have healthy, productive, loving relationships with others but so many struggle to attain this seemingly simple goal. What is holding you back? What can you do to change your relationship status? How can you get along better with family and friends? How can you have healthy discussions that build tighter bonds with people who are not like you? We will discuss these topics and more.

Leveraging Your Online Profile

Join the PNCFC Staff and Lucas Tindell of Tindell Training to learn how to build your social media profiles to get the career or clientele that you desire! Learn how to connect to the professional world online!

Speaker Series Lite

Please join us for our second virtual speaker series. Our executive director will sit down with Dr. Deborah L. Plummer, psychologist, university professor, author, and speaker on topics central to racial equality, inclusion, and mutual respect.

Tech Assistance

Having issues joining our virtual classes? Join us on Mondays for general tech support. We will be able to provide 1:1 assistance to ensure that you are prepared and set up for our next program!

Yoga

Join us with our partner Kimberly Archibold-Russell for our normal Saturday yoga sessions ONLINE! Whether you are new to yoga or have taken classes, this is the best place for you to start! Yoga is a unique way of strengthening & toning the body.

Links to join each class will be sent the day of! All programs listed are not offered every month.