<table>
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<th>Sunday</th>
<th>Monday</th>
<th>Tuesday</th>
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<td>4</td>
<td>5 Tech Assistance 1pm - 2pm</td>
<td>6 Breakfast with Brian 10:30am - 11:30am Connecting the Community 11:30am - 12pm</td>
<td>7 Leveraging Your Online Profile 1pm - 2:30pm</td>
<td>8 Graphic Design 11am - 12:30pm</td>
<td>9 Basics of Online Learning 2pm - 3:30pm</td>
<td>10 Yoga 11am - 12pm Graphic Design 11am - 12:30pm</td>
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<td>11</td>
<td>12 Columbus Day</td>
<td>13 The Art of Narrative Podcasting 1pm - 2:30pm</td>
<td>14 Emotional Intelligence 1pm - 2:30pm Music Production Overview 4:30pm - 6pm</td>
<td>15 Graphic Design 11am - 12:30pm</td>
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<td>17 Yoga 11am - 12pm Graphic Design 11am - 12:30pm</td>
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<td>18</td>
<td>19 Tech Assistance 1pm - 2pm</td>
<td>20 Financial Recovery 1pm - 2pm Book Club Lite 3pm - 6:30pm</td>
<td>21 How to Have Healthy Relationships 1pm - 2:30pm Family Puppetry Show 3:30pm - 6:30pm</td>
<td>22 Graphic Design 11am - 12:30pm</td>
<td>23 Building Blocks 11am - 12pm Basics of Online Learning 2pm - 3:30pm</td>
<td>24 Yoga 11am - 12pm Graphic Design 11am - 12:30pm</td>
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<td>25</td>
<td>26 Tech Assistance 1pm - 2pm</td>
<td>27 Speaker Series Lite 5pm - 6:30pm</td>
<td>28 Graphic Design 11am - 12:30pm Family Halloween Game Night 5pm - 6:30pm</td>
<td>29</td>
<td>30 Building Blocks 11am - 12pm</td>
<td>31 Halloween</td>
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Links to join each class will be sent the day of!
October 2020

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.

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.

Emotional Intelligence
How gaining self-awareness will give you greater self control. Emotional Intelligence (EQ) is the ability to understand, use, & manage your own emotions in positive ways to relieve stress, communicate effectively, empathize with others, overcome challenges and defuse conflict. When it comes to happiness and success in life, emotional intelligence matters just as much as intellectual ability. Learn how to boost your EQ.

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 tools to develop your financial recovery plan.

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 Damaris Price, principal of Working River Leadership Consulting who specializes in executive coaching, leadership development, management training, strategic consultation, and leadership.

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!

The Art Narrative of Podcasting
Podcasts are recorded stories used to inform and entertain, available via web and mobile platforms. Learn how to access podcasts focused on current events, hobbies, professional development, and more. We will explore the equipment needed to record, edit, and publish a podcast. This course has been carefully adjusted to fit within our new virtual setting. Please join us!

Yoga
Join us with our partner Kimberly Archbold-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.

Family Puppetry Show
Join the Center for Puppetry Arts in Atlanta, GA, for a virtual puppetry show. Have the whole family join in for some fun and learn more about how to make and move puppets of your own!

Sell My Stuff
Learn to navigate popular internet based sales websites with ease and efficiency. Learn how to research your items, list, market, and ship to maximize profit.

Music Production Overview
Learn about the music business from an industry professional, including current trends, viral platforms, and the art of songwriting and production.

Building Blocks
Designed for children six and under. Join us for virtual storyline, craft, or lesson from your home or classroom.

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