

August Calendar

Links to join each class will be sent the day of the program.

2021 Virtual Programs

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1 Tech Assistance 1:00 pm – 2:00 pm	2	3	4 How to Ace a Job Interview 1:00 pm – 2:30 pm	5 Creative Design 11:00 am – 12:00 pm	6	7 Basic Yoga 11:00 am – 12:00 pm Creative Design 11:00 am – 12:00 pm
8	9 CLOSED Staff Development Day	10 CLOSED Staff Development Day	11 How to Reflect, Reset & Restart Your Life — Your Post-Pandemic Playbook 1:00 pm – 2:30 pm	12 Creative Design 11:00 am – 12:00 pm	13 Basic Facilitation Skills 10:00 am – 11:30 am	14 Basic Yoga 11:00 am – 12:00 pm Creative Design 11:00 am – 12:00 pm
15 Sell My Stuff 2:00 pm – 3:00 pm	16	17 Book Club 5:00 pm – 6:30 pm Breakfast with Brian 11:00 am - 12:00 pm Connecting with the Community 12:00 pm - 12:30pm	18 Financial Recovery 5:00 pm -6:30 pm	19 Creative Design 11:00 am – 12:00 pm The Art of Narrative Podcasting 2:00 pm – 3:00 pm	20	21 Basic Yoga 11:00 am – 12:00 pm Creative Design 11:00 am – 12:00 pm
22	23	24 Cooking LIVE with Chef Tiffani 5:30 pm – 7:30 pm	25 How to Control Your Emotions — Emotional Intelligence 1:00 pm – 2:30 pm	26 Creative Design 11:00 am – 12:00 pm	27 Building Blocks 12:00 pm – 1:00 pm	28 Basic Yoga 11:00 am – 12:00 pm Creative Design 11:00 am – 12:00 pm
29 Resume Writing 11:00 am – 12:30 pm	30	31 The Paint Box 5:30 pm – 7:00 pm	<p><i>Hours</i></p> <p>Monday through Friday 10:00 am – 4:00 pm</p> <p>Open by emergency appointment only; please call ahead of time for availability.</p>		<p>Take your first steps with the PNC Fairfax Connection.</p> <p>A free resource center dedicated to helping the community learn and grow</p> <p>classes • workshops • events • programs</p>	

Virtual Workshop Descriptions

Please join us!

All workshops are WebEx meetings.

Join the meeting 15 minutes prior to the scheduled start time for assistance with potential technology issues.

Links to join each class will be sent to members the day of the program.

Links to join are also available on our website in the calendar.

Basic Facilitation Skills:

This high-impact workshop shows you steps to becoming a dynamic instructor, masterful facilitator and polished speaker. The session provides focused feedback so that you will leave with tangible skills you can use immediately. Perfect your learning aids, icebreakers, transitions, managing time, encouraging participation and so much more!

Basic Yoga: Join us with our partner Kimberly Archibald-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 and toning the body.

Book Club: Welcoming the same broad cross-section of participants who enjoy the Connection Book Club, we are now virtual. Book Club will follow the same general format as the live version (content review, core question, analysis and dialogue), leveraging the complexity of the nuances of the book and its core issues to foster discussion, exchange and critical thinking.

Book Club — Beyond the Book:

Books are wonderful vehicles through which we can learn about others' stories. But books also serve the purpose of illuminating our own stories. Fairfax Connection Book Club: Beyond the Book aims to build a bridge between the book of the month and our own lives, to use the book as a lens to look at society and the groups that make up our identities, to take a deeper dive into ourselves, and, using the book as a vehicle, to draw and provide real-world wisdom.

Breakfast with Brian: Join us for our Breakfast with Brian workshop! 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.

Building Blocks: This fun program is for Fairfax families and other communities with children under 6, featuring arts and crafts, story time, music, healthy eating habits and many other interesting topics.

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

Cooking LIVE with Chef Tiffani: It's time again for our LIVE cooking class with Cutting Board Academy that will allow you to learn tips and tricks for creating various meals to enjoy with your family and friends. Join our very own Chef Tiffani as she walks through how to make a special dish. Register and potentially win the ingredients to prepare the delicious meal. Space is limited for this fun virtual experience. Ages 13 and older.

Creative 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 and Canva.

Financial Recovery: During these changing times, stop to take time to 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.

How to Ace a Job Interview: From researching the company to sending a follow-up thank-you note and so much more — this workshop covers all the basics needed to put you at ease for a successful interview.

How to Control Your Emotions — Emotional Intelligence: Emotional intelligence (EQ) is the ability to understand, use and 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 your intellectual ability. Join us and learn how you can boost your EQ.

How to Reflect, Reset & Restart Your Life — Post-Pandemic Playbook: Due to the pandemic, we are now faced with the need to create a new normal. It's time to stop playing defense and start playing offense. It's time to rewrite our playbooks by facing what happened, healing from the pain of what we went through, and charting a course forward.

This training will give us an opportunity to reflect, celebrate our accomplishments and rewrite our playbook to create a new game plan that will guarantee a winning mindset and predictable success.

The Paint Box: Join our painting workshop where we'll give you step-by-step instructions on how to create your own masterpiece. Your online instructor will show you exactly what to do using our virtual conferencing platform. You only need the basic painting supplies (canvas, acrylic paint and brushes) and a sense of creativity to join our paint party. Registered and confirmed attendees will receive some of the supplies needed so that you can follow along. Age 13 and above

Resume Writing: Participants will learn how to write a winning resume. Session will include the basics of a resume, how to create several versions of your resume as you look for different types of jobs, and the do's and don'ts of resume preparation.

Tech Assistance: Do you have any questions about technology? This is your time to ask. We will be able to provide one-on-one virtual assistance with all things technology.

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.