

# October 2020


**FAIRFAX CONNECTION**  
 Virtual Program Calendar



November 2020

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				<b>1</b> <b>Graphic Design</b> 11am - 12:30pm	<b>2</b>	<b>3</b>
<b>4</b>	<b>5</b> <b>Tech Assistance</b> 1pm - 2pm	<b>6</b> <b>Breakfast with Brian</b> 10:30am - 11:30am <b>Connecting the Community</b> 11:30am - 12pm	<b>7</b> <b>Leveraging Your Online Profile</b> 1pm - 2:30pm	<b>8</b> <b>Graphic Design</b> 11am - 12:30pm	<b>9</b> <b>Basics of Online Learning</b> 2pm - 3:30pm	<b>10</b> <b>Yoga</b> 11am - 12pm <b>Graphic Design</b> 11am - 12:30pm
<b>11</b>	<b>12</b> <i>Columbus Day</i>	<b>13</b> <b>The Art of Narrative Podcasting</b> 1pm - 2:30pm	<b>14</b> <b>Emotional Intelligence</b> 1pm - 2:30pm <b>Music Production Overview</b> 4:30pm - 6pm	<b>15</b> <b>Graphic Design</b> 11am - 12:30pm	<b>16</b>	<b>17</b> <b>Yoga</b> 11am - 12pm <b>Graphic Design</b> 11am - 12:30pm
<b>18</b>	<b>19</b> <b>Tech Assistance</b> 1pm - 2pm	<b>20</b> <b>Financial Recovery</b> 1pm - 2pm <b>Book Club Lite</b> 5pm - 6:30pm	<b>21</b> <b>How to Have Healthy Relationships</b> 1pm - 2:30pm <b>Family Puppetry Show</b> 5:30pm - 6:30pm	<b>22</b> <b>Graphic Design</b> 11am - 12:30pm	<b>23</b> <b>Building Blocks</b> 11am - 12pm <b>Basics of Online Learning</b> 2pm - 3:30pm	<b>24</b> <b>Yoga</b> 11am - 12pm <b>Graphic Design</b> 11am - 12:30pm
<b>25</b>	<b>26</b> <b>Tech Assistance</b> 1pm - 2pm <b>Sell My Stuff</b> 12pm - 1pm	<b>27</b>	<b>28</b> <b>Speaker Series Lite</b> 5pm - 6:30pm	<b>29</b> <b>Graphic Design</b> 11am - 12:30pm <b>Family Halloween Game Night</b> 5pm - 6:30pm	<b>30</b> <b>Building Blocks</b> 11am - 12pm	<b>31</b> <i>Halloween</i>

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

# October 2020



## 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.

### 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 steps 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 specialize 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 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.

### 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 song-writing and production.

### Building Blocks

Designed for children six and under. Join us for virtual storytime, 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.*