

August 2020

FAIRFAX CONNECTION
Virtual Program Calendar

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

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
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2	3 Tech Assistance 1pm - 2pm	4 Breakfast with Brian 10:30am - 11:30am	5 Leveraging Your Online Profile 1pm - 2:30pm	6 Graphic Design 11am - 12:30pm	7	8 Yoga 11am - 12pm
9	10 Tech Assistance 1pm - 2pm	11 9 Strategies to Navigate Change 10am - 11:30am	12 Family Game Night 6pm - 7pm	13 Graphic Design 11am - 12:30pm	14 Basics of Online Learning 2pm - 3pm	15 Yoga 11am - 12pm
16	17 Tech Assistance 1pm - 2pm	18 Book Club Lite 5pm - 6:30pm	19 Emotional Intelligence 1pm - 2:30pm	20 Graphic Design 11am - 12:30pm	21	22 Yoga 11am - 12pm
23	24 Tech Assistance 1pm - 2pm	25	26 Speaker Series Lite 5pm - 6:30pm	27 Graphic Design 11am - 12:30pm	28 Basics of Online Learning 2pm - 3pm	29
30	31 Tech Assistance 1pm - 2pm					

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

August 2020

 FAIRFAX
PNC CONNECTION
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.

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.

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!

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: Gain Self-Awareness to Greater Self-Control

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 intellectual ability

Family Game Night

Virtually join PNC Fairfax Connection team for our first Family Game Night! Gather the family and join a team to play a variety of fun virtual games.

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.

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!