

Pre-Register  
by Mar. 9, 2012

# Family Fair

Saturday, March 17, 2012 8 a.m. to 1:30 p.m.

Caroline Middle School 13325 Devil's Three Jump Road, Milford, VA

Door Prizes

- **1040's Made Easy** - Learn about the different credits such as: EIC, Child Tax Credit, Making Work Pay Credit, Schedule A, Schedule C and more. Learn how to make the most out of your tax situation and what you can do to save money in taxes. *Connie Garrison-Garrison Solutions Inc. SESSION 1*
- **Advocacy Basics: Strategies for Success** - Successful communication & advocacy tips for parents, family members & youth that can be used in a variety of settings. *Vicky Hardy-Murrell – Medical Home Plus, Inc- SESSION 2*
- **Basic Facts on Medicaid Waivers** - Learn basic information on Home and Community-Based Waivers. Workshop will also cover screening and eligibility criteria that will help navigate the Medicaid Long Term Care System. *SESSION 2*
- **Cyber-bullying Texting & Sexting-What Can You Do About It?**- What should you do if you or your friends are victims to cyber-bullying/sexting/etc? This & much more will be answered. *Deputy George Honeycutt – Caroline County Sheriff's Office- SESSIONS 1,2,3*
- **Don't Ignore Your Child's Growing Pains**- Your child complains of occasional achy joints. Is it growing pains or arthritis? According to the CDC, some form of arthritis or rheumatic condition affects 1 in every 250 children. Find out why arthritis is a public health problem. This workshop is a must for parents, childcare providers, and other interested persons. *Emily Long-Arthritis Foundation, Mid Atlantic Region- SESSIONS 2,3*
- **Enhance Your Learning Time and Space!** - Don't miss this childcare provider workshop! Spark young children's curiosity about the world around them with these award-winning hands-on activities for indoor/ outdoor play. Free "loaded" material kits to the first 15 family daycare providers/centers. *Anne J. Ulrey, CF and Pegi Wright, M.Ed. SESSION 3*
- **Hands Up, It's American Sign Language!** - A highly interactive, hands-on workshop that presents, American Sign Language and interactions between Deaf and Hearing communities. *Sharon Williams – Sign Language Instruction- SESSIONS 1, 2*
- **Ideas to Make Picky Eaters into Positive Eaters** - Tips to help parents and child care workers make life with picky eaters more enjoyable. Ideas to make them positive eaters of healthy foods. *Beth Jimenez-VA Cooperative Extension- SESSION 1*
- **Independent Living and Self-Determination for People with Disabilities** -disAbility Resource Center Services and Supports for People with Disabilities & Their Families- *Kim Lett-dRC- SESSION 2*
- **Learning Gym: How Fit is Your Brain; Energize & Retrain It**—Experiencing "writer's block", memory gaps, difficulty with math & comprehension? Learn brain exercises to improve brain health, learning styles, right/left brain & reduce stress. FOR ALL ages. *Carolyn Tubman SESSIONS 1, 2, 3 (Session 3 - Students ONLY)*
- **My Body Rules** - Talking to parents about preventing childhood sexual abuse & how to have a conversation with your children. *Carol Olson, David Shaefer - Rappahannock Council Against Sexual Assault (RCASA) SESSION 3*
- **Small Businesses - What taxes mean to you and how to pay the least!** - This is for anyone who is in a small business or thinking of starting up a small business. Learn the secrets of how to save on taxes & the write offs that could be used. *Connie Garrison-Garrison Solutions Inc. SESSION 3*
- **Supporting Organizational Skills for Home and School** Will provide various suggestions, tools, schedules, graphic organizers & to-do lists, for parents to custom make & take home. *Tamara Pfife-Stohr, Valeta Dixon – CCPS Psychologist/Social Worker - SESSIONS 1, 2*
- **The Fair Housing Law - Knowing Your Rights is Powerful!** Fair housing laws, the best kept secret in America. Though it prohibits discrimination based on race, color, national origin, religion, sex, familial status, handicap and elderliness, housing discrimination still subtly exists. This session will bring awareness of discrimination & the law enacted to protect ALL from being denied their right to housing "when qualified to rent or purchase a home". *Mahalia "Mally" Dryden-Mason- Department of Professional & Occupational Regulation - SESSION 3*
- **Title 1 Parent Involvement Workshop** – See how easy it is to make learning projects for your children. *Tiffany Garlick – HeadStart, Parents- SESSIONS 2, 3*
- **Understanding Special Education?** Identify your child's learning strengths/challenges; organize important information for educational planning. Learn the seven phases of the special education process; identify actions to take during the process. Become familiar with due process rights; learn ways to work as partners school personnel. Workshop in English & Spanish– *Suzanne Bowers, PEATC - SESSIONS 1, 2, 3*
- **Virginia's Home Care Program: Understanding & Benefiting from It as Caregivers** - Virginia's home care program can be very confusing. As the statewide association of home care workers, VAPCA can help caregivers understand how to benefit from it & get the support you need. *Muna Hijazi - Virginia Association of Personal Care Assistants SESSION 3*
- **What's Your G.P.A?** - An interactive discussion about the importance of goal setting and how to transform obstacles into opportunities. *Jason Whitman – SunTrust- SESSIONS 2, 3*

**FREE SERVICES:** Blood pressure/glucose Screenings  
Child Find Developmental Screenings  
**Child Supervision provided by Countryside Daycare & Student Volunteers**

**MORE THAN 45 VENDORS at our VENDOR FAIR!**

★ **Free Admission - Free Lunch - Free Child Supervision** ★

**PRE-REGISTRATION REQUIRED FOR CHILD SUPERVISION, SPECIAL ACCOMMODATIONS & LUNCH**

To register online <http://www.surveymonkey.com/s/ff2012REGISTRATION>

or call (804) 633-7083, 633-5088

Email [sgayle@ccps.us](mailto:sgayle@ccps.us), [www.ccps.us/prc](http://www.ccps.us/prc)

Sponsored By:



Virginia Cooperative Extension  
Knowledge for the Common Wealth

**Pre-Register by March 9th**