

Pre-Registration Preferred
by Mar. 8, 2013

9th Annual

Family Fair

Saturday, March 16, 2013 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*
- **10 Proven Steps to Financial Security** - Steps to create, protect and preserve wealth. *Carolyn Robinson - MetLife-SESSION 2*
- **Accessing Medicaid Waiver Services through the Elderly and Disabled Consumer Directed Waiver (EDCD)** - Are you in need of attendant/respite care for elderly and/or disabled? If you meet qualifications, applied for Medicaid but denied, find out if the EDCD Waiver is for you & how to apply. If on a waiting list for the MR/ID/DD Waivers, how can you benefit from the EDCD Waiver in the meantime? *Evelyn Rogers, Cheryl Watkins - Consulting & Services- SESSION 2*
- **American Sign Language** - A description of and an introduction to the signed communication used in the deaf community called American Sign Language. *Sharon Williams - Certified ASL interpreter - SESSIONS 1, 2*
- **Catch the Wave Fast Track to a Career** - There are many careers which require a short period of school or training. Find out what they are and how to achieve them quickly. *Lorrie Hummer - Career Coach CHS/Germanna Community College - SESSION 2*
- **Child Car Restraints and Virginia Law** - Explore what Virginia laws require for families in the use of child restraints. *Deputy Chris Hall, Caroline Co. Sheriff's Office- SESSIONS 1, 3*
- **Couponing 101-** From clipping, organizing, listing, & researching, this is not your average clip and save couponing, this is much more EXTREME. Discover how to stretch your budget by lowering the cost for many brand name items on your shopping list. Learn where to find coupons and coupon deals, best ways & places to shop, when to shop, & other money saving tips. *Evelyn Rogers, Cheryl Watkins - Consulting & Services- SESSION 3*
- **Food Safety** - *How to prevent foodborne illness.* *Beth Jimenez-VA Cooperative Extension- SESSION 2*
- **In Our Own Voice** - Two compelling first-hand accounts of living with mental illness, while striving for and achieving recovery. *Heidi Swale, Mary Brown - NAMI-National Alliance on Mental Illness - Rappahannock Affiliate- SESSION 3*
- **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 function, learning styles, right/left brain & reduce stress. FOR ALL ages. *Carolyn Tubman - SESSIONS 1, (3 - Adults & school age children)*
- **Medicaid Waiver Overview** - This session will review the Medicaid Waivers offered in Virginia to individuals with disabilities and the services that are provided. *Debra Holloway - The ARC of VA - SESSION 1*
- **Modeling Appropriate Behavior and Language at Home. Pre-K through Grade 2** - Ideas & suggestions parents can use at home for preschool through second grade children with behavior issues and language deficits. *Cary Upshaw-CCPS teacher, Monica Mullaney - SESSION 2*
- **NAPSACC: A Self-Assessment Tool for Early Care and Learning Providers-For Center Directors, Lead Teachers and Food Management Staff!** 1/4 of children ages 2-5 are overweight/obese & 3/4 of children ages 3-6 years are in daycare. Establish policy that improves the nutrition/physical activity environments a childcare setting. *L. V. Wright, M.Ed., CFCS-HDFS, Virginia Cooperative Extension SESSION 3*
- **Nutrition Games** - Come play nutrition games & take home ideas to make games for home, daycare or anywhere you need a game. *Beth Jimenez-VA Cooperative Extension- SESSIONS 1*
- **OMG! Selecting a college--What's that all about?** Time line and tips for parents and students for selecting a college. *Lorrie Hummer-Career Coach CHS/Germanna Community College -SESSION 3*
- **Paying for College through the AXA Achievement Scholarship and College Savings Plans** - How to earn Scholarships and a breakdown of most common vehicles for College savings. *Joshua Alloway-AXA Equitable- 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*
- **Special Needs Trust** - A topical workshop designed to help families with special needs children navigate, special needs trust, future planning & quality of life issues. *Dan Goodwin - The Washington Group Special Care Team - SESSIONS 1, 2*
- **Strengthening Families: A Self-Assessment for Family Home/Daycare Providers**-Home-based child care providers play an important role in protecting & caring for young children & in promoting their social & emotional development. Establish strategies that enhance the provider-parent partnership. *LV.Wright, M.Ed. CFCS- HDFS, Virginia Cooperative Extension-SESSION 1*
- **Supporting Your Child's Academics at Home... tips to address areas of weakness** - Parents, family members, & caregivers are an important part of a child's academic career. We will offer suggestions on how to support children's school progress from home, as well as specific tips to address areas of weakness. *Tamara Pfile-Stohr, Elizabeth Willett, Valeta Dixon - CCPS Psychologists/Social Worker - SESSIONS 1, 2*
- **Title 1 Parent Involvement Workshop** - See how easy it is to make learning projects for your children. Materials provided. *Lisa Stevens, Head Start Agency - SESSIONS 1, 2, 3*
- **Understanding Special Education?** This workshop will help you identify your child's learning strengths and challenges as well as organize important information about your child to be helpful in educational planning. Come & learn the seven phases of the special education process & identify the specific actions you may take during the special education process. *Daniela Ancalle, Blanca Ansbro -PEATC-SESSION 2-Eng, SESSION 3-Spanish*

MORE THAN 40 VENDORS
at our VENDOR FAIR!

Pre-Registration
Preferred by March 8th

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

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

PRE-REGISTRATION PREFERRED FOR CHILD SUPERVISION, SPECIAL ACCOMMODATIONS & LUNCH

To register online <http://www.surveymonkey.com/s/FamilyFair2013REGISTRATION>

or call (804) 633-7083, 633-5088 Email sgayle@ccps.us, <http://prc.blqcs.ccps.us/>

Sponsored By:



Virginia Cooperative Extension
Knowledge for the Commonwealth



**Support our local Food Pantry by bringing
canned or boxed items to Family Fair! **