

Pre-Register  
by Mar. 21, 2011

# Family Fair

Door Prizes

Saturday, April 2, 2011 8 a.m. to 1:30 p.m.

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

- **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*
- **Age of Majority-Turning 18 –NOW WHAT??** All grown up? Can you enter into contracts, responsible for your own bills, go to jail? Can you make educational decisions? Find out what is expected and what you are responsible for. *Irene Moore – PEATC SESSION 2*
- **An Introduction to American Sign Language** - This hands-on, interactive workshop will provide an overview, explanation and demonstration of the visual-gestural communication American Sign Language. *Sharon Williams – Sign Language Instruction- SESSIONS 2, 3*
- **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. *Tennie Gratz, disAbility Resource Center- SESSION 2*
- **Effective Communication: Strategies for Success** - Participants will learn about strategies for effective communication as they work with professionals on behalf of their children/loved ones. We will discuss collaboration and negotiation skills, plus how to be heard and say what you mean in a positive, productive manner. *Vicky Hardy-Murrell – VA Partnership - SESSION 1*
- **How to Collect Child Support** - Bringing hope, help and healing to parents with kids owed child support. Provide self help steps to enforce, establish, or modify a child support order. *Leslie Sorkhe-Child Support Link- SESSION 2*
- **How Well Do Your Children See?** - The Vision Council of America says 1 in 4 children have a vision problem that can interfere with learning. What are the warning signs & what can you do to help? *Sheila Yackel-The Optical Gallery- SESSION 1*
- **Life Care Planning and Special Needs Trust** - Planning for the stages of a special needs individuals life and providing for the Special Care Individual when the primary care givers are no longer able to. *Dan Goodwin, The Washington Group Special Care Planning Team- SESSIONS 1, 2*
- **Living Above the Influence** - Inappropriate teen behavior, gangs, prescription drug abuse, alcohol, inhalants. How can you avoid, prevent and stop this influence? *Deputy George Honeycutt – Caroline County Sheriff's Office- SESSIONS 1,2,3*
- **Maximizing The Message** - Nutrition for the family. Let's get everyone on the same page for a healthy family. Fun food ideas. *Beth Jimenez-VA Cooperative Extension- SESSIONS 1,2*
- **Measuring IEP Goals** – Learn how to write effective goals. Watch your student progress and what to do if they are not progressing - *Irene Moore, PEATC- SESSION 3*
- **Parents in Recovery** - What Messages Am I Giving (to my children/family)? A brief discussion to increase parental self-awareness by looking at attitudes and ways of dealing with people. Are these patterns connected with addiction/substance abuse? If so, are we setting our children up to repeat our problems without knowing? Examples of ways to model healthy alternatives will be included also. *Debra McPhee - Rappahannock Area Community Services Board- SESSION 1*
- **Sexting & (Cyber) Bullying: What You Need To Know** - Prevention of Bullying, Cyber-Bullying, and Sexting will be covered. Be a better Bystander; What is Bystander Intervention? Tips to Intervention when you see someone bullying. Is Sexting dangerous? Any Consequences? Risks? *David Shafer - Rappahannock Council Against Sexual Assault (RCASA) SESSIONS 1, 2, 3*
- **Small Business Loans** – Learn about the microenterprise loan program of ECDC Enterprise Development Group, which offers loans of up to \$50,000 for start-up and expanding businesses. *Kevin Kelly - ECDC Enterprise Development Group SESSION 3*
- **Small Businesses - What taxes mean to you and how to pay the least!** - This course is for anyone who is in a small business or is thinking of starting up a small business. Learn the secrets of how to save on taxes and the write offs that could be used for your business. *Connie Garrison-Garrison Solutions Inc. SESSION 3*
- **Stress Smart Living at Home, at Work and at School** - Practical skills for managing the stress in your life through deep relaxation techniques and healthy changes in thinking patterns. Identify stress triggers, and respond in calm, effective ways! *Juliet Millard – Caroline Counseling - SESSION 3*
- **Success is E.A.S.Y!** - Planning a roadmap for academic and financial success. *Jason Whitman – SunTrust- SESSIONS 1, 2, 3*
- **Title 1 Parent Involvement Workshop** – See how easy it is to make learning projects for your children. *Parents of students SESSIONS 2, 3*
- **Understanding Special Education?** – Latest information about SPED regulations, parent guides, IEPs, local advisory committees and more –*Irene Moore, PEATC - SESSION 1*

**FREE SERVICES:** Blood pressure/glucose Screenings, Child Find Developmental Screenings, GED and Literacy Screenings *Child Supervision provided by Ms. Alyson's Countryside Daycare & Student Volunteers*

**VENDOR FAIR – MORE THAN 40 VENDORS FROM OUR REGION!**

**SILENT AUCTION!!**

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

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

To register online: <http://www.surveymonkey.com/s/W3W3QRD>

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

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



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