



Family Fair



DOOR PRIZES

Saturday, March 27, 2010

8:00 A.M. - 3:00 P.M.

Caroline Middle School 13325 Devils Three Jump Road, Milford

Register by: March 23rd

- **Advocacy Basics: Strategies for Success** – Successful communication & advocacy tips for parents, family members & youth that can be used in a variety of settings. *Vicki Hardy-Murrell – Virginia Federation of Families*
- **Avoiding Foreclosure** – Challenged by the current economic downturn. Find out about all the options you have to avoid foreclosure of your home before it's too late. *Leonard Gray - NCCCED*
- **Behavioral Skills**– My kid is driving me nuts! Why won't he/she do what I tell him? My kids will not listen to me. How can I get control of my kids at home? Practical & useful tools to help you manage your child's behavior. *Adam Dreyfus – Commonwealth Autism*
- **Brain Development in Infants & Toddlers** – Learn about brain development & how the first 3 years lay a foundation for success throughout life. Hands on strategies. Designed for anyone who cares for children ages 36 months or younger. *Christine Hallman – ITS Network*
- **Color Me Healthy** – Preschoolers moving & eating healthy through colors & songs. For parents, childcare providers & teachers. *Beth Jimenez – VA Cooperative Extension*
- **Emergency Preparedness- What You/They Need To Know** - Workshop to develop an informational file about your family for emergency personnel including people with specific health issues. *Kim Lett, disability Resource Center*
- **Exercises for a Healthy Spine, Life and Weight** – Feel better and healthier with the proper exercises. *Ryan McDonnell, DC – Caroline Chiropractic*
- **How to be Stress-Smart at Home & at School** – Learn how to manage your own response to stress, reduce reactivity & trigger relaxation & calmness. Then teach your children self-calming techniques too. Home & classroom will be more peaceful, productive & enjoyable. *Jule Millard, PhD, LPC-Caroline Counseling Services*
- **Internet Predators – How Do You Know?** – Do you know who you are talking to on the other end of the computer? Learn ways to be safe and savvy on the internet and chat rooms. *Deputy George Honeycutt – Caroline County Sheriff's Office*
- **Introduction to Autism** – Everything you ever wanted to know about Autism but were afraid to ask! Is Autism increasing? What are the early warning signs? *Do vaccines cause Autism? Adam Dreyfus – Commonwealth Autism*
- **Keys to Success as a Childcare Provider** – Overview of the basic steps to operating a quality child care program in the home or day care center.– *Becky Sagle – DSS Daycare Licensing Specialist – Caroline*
- **Language and Social Skills** – I'm afraid my kid isn't fitting in. What can I do to help? My child is having trouble with some of her language skills, how can I help her at home? All this & more in this informational workshop. *Adam Dreyfus – Commonwealth Autism*
- **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*
- **Maximizing the Message** – Helping families make healthier food choices with emotion based positive messages. USDA promotion. *Beth Jimenez-VA Cooperative Extension*
- **Measurable IEP Goals** – This workshop brings families & educators together using a common language to build measurable goals. What is a measurable goal? How do you understand & write a measurable goal? *Catherine Burzio – PEATC-Parent Educational Advocacy Training Center*
- **Preparing for Homeownership** – Understand your credit in the loan process, steps to assessing your readiness, shop for the right mortgage lender, avoid predatory lenders & more *Leonard Gray - NCCCED*
- **Special Needs Trust/Life Care Plan** – What happens when you &/or your spouse are no longer there? Is your child sheltered from losing their governmental benefits? Learn how the Special Needs Trust works & allow your wishes to be carried out throughout your child's lifetime – *The Washington Group Special Care Planning Team*
- **Success is EASY!** – Workshop designed to provide students and adults with a roadmap for achieving financial & personal success. *Jason Whiteman – SunTrust Bank*
- **Summer Survival Basics-Ten Terrific Tips for Families** – Get through the summer months, create memories & keep your children & you happy. *Julie Anne Rivnak-McAdam-RACCAP*
- **Teen Suicide Prevention** – Parents & Educators can become equipped with information, tools & resources to possibly recognize at risk youth & how to help. *Tonya Pulliam – CTS-Children's Treatment Solutions*
- **The Stress of Parenting-How to Cope** – What do you do when you feel you are at the end of your rope? Can stress affect how you parent? *Julie Anne Rivnak-McAdam-RACCAP*
- **Understanding Credit & Credit Scores** – What's your credit score? Learn factors that improve a credit score. How to review a credit report for accuracy. Ways to build positive accounts to improve credit scores *Leonard Gray - NCCCED*
- **Understanding Special Education** – This workshop will help you identify your child's learning strengths & challenges as well as organize your important information. Learn ways to work as partners with teachers & other school personnel. *Catherine Burzio – PEATC-Parent Educational Advocacy Training Center*
- **What to Do When Kids Fight** –Help kids choose the right behavior for their emotions& minimize fighting between children in your family. When should you step in? *Julie Anne Rivnak-McAdam-RACCAP*
- **What's New at the VA Department of Education?** – Latest information about SPED regulations, parent guides, IEPs, local advisory committees and more –*Gloria Dalton, Virginia Dept of Education (DOE)*
- **Why Do I Age? Get sick? Get Disease?** – How can you fight sickness if you don't know what caused it? Equip yourself with the knowledge that might make you better able to live a longer & healthier life. *Eunice Key – Usana Health Sciences*
- **Your Dreams/Your Future-Transition Planning** – There is life after high school & plan to be a part of it. Target audience –Students 14 and up and their parents - *Kim Lett – disability Resource Center*

Register by: March 23rd

Free Admission - Free Lunch - Free Child Supervision

FREE SERVICES: Blood Pressure/Glucose Screenings, Child Find Developmental Screenings, GED & Literacy Screenings
Visit our vendor fair – More than 40 vendors from our region

CMS Band, Step Team, and BETA talent will be performing for your entertainment, McGruff (the Crime Dog), make it/take-it learning activities & much more.

Pre-registration needed for child supervision, special accommodations & lunch

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Child Supervision provided by Ms. Alyson's Countryside Daycare & Student Volunteers

3 ways to register: Phone: (804) 633-7083, 633-5088

Email: sgayle@caroline.k12.va.us

Online: <http://www.surveymonkey.com/s/F2JQPJM> or the PRC website: www.caroline.k12.va.us/prc

Choose 4 classes when registering. Classes filled first come, first serve. Classes not meeting minimum registration may be cancelled.

5 minute massages by Pain Relief Myotherapy for \$5.00 - Donated to Relay for Life

Sponsored By:

