



# WORKSHOPS

## PROJECT COMMUNITY CONNECT

OCT 18-23, 2021

**T**he mission of **Project Community Connect** is to build community, shift mindsets and to serve **individuals and families across the National Capital Area**, particularly our neighbors at risk of or experiencing homelessness, as well as the region's **ALICE** (Asset Limited, Income Constrained, Employed) population which represents the growing number of working individuals and families that are unable to afford basic necessities. This year, we will be hosting **in-person resource kit deliveries** as well as **free workshops** on a virtual event platform.

Pre-recorded workshops will be available from **October 18-22 (Monday-Friday)** and live sessions will be streamed on **Saturday, October 23. REGISTER VIA THE LINK BELOW TO ATTEND.**

### MONDAY, OCTOBER 18: 11:30 AM-12:30 PM

**Talking to Your Child about Online Safety**  
Join National Center for Missing and Exploited Children (NCMEC) to learn about the issues children face online, how to discuss preventive strategies, and how to report suspected exploitation.  
**PRESENTER:** NCMEC

**1:00 – 2:00 PM**  
**Legal Services: Expungement and Available Resources for Returning Citizens**  
The Returning Citizens/Expungement panel will provide information that can enable previously incarcerated persons to thrive, prosper and contribute to the development of self, family and community.  
**PRESENTERS:** DC Mayor's Office of Returning Citizens, Catholic Charities, Rising for Justice

### TUESDAY, OCTOBER 19: 11:30 AM-12:30 PM

**Housing Law Basics During the Pandemic**  
Join Legal Services for a summary of the basic housing law in Virginia including: evictions, conditions, security and special considerations for Covid-19 protections. Rental assistance and trends in eviction protection will also be discussed.  
**PRESENTERS:** Legal Services Northern Virginia

**1:00 – 2:00 PM**  
**Avoiding Scams**  
Since the pandemic, the number of scammers trying to get in touch with you by phone, email, postal mail, text or social media has increased and more than tripled. Learn about current scams and how to avoid them.  
**PRESENTERS:** Attorney General's Office in Northern VA

### WEDNESDAY, OCTOBER 20: 11:30 AM-12:30 PM

**Your Sexual Health and HIV**  
Education and resource sharing around sexual health topics, including STIs and HIV.  
**PRESENTERS:** Mary's Center

**THURSDAY, OCTOBER 21:  
11:30 AM-12:30 PM**  
**Budgeting During a Crisis**  
Learn to assemble a crisis budget and get valuable take-away resources.  
**PRESENTERS:** Truist

PROJECT COMMUNITY CONNECT is supported by



United Way of the National Capital Area

WHEN NONE ARE IGNORED, ALL WILL THRIVE.

**REGISTER at [unitedwaynca.org/PCCRegistration](https://unitedwaynca.org/PCCRegistration)**



**REGISTER at [unitedwaynca.org/PCCRegistration](https://unitedwaynca.org/PCCRegistration)**

## WORKSHOPS

**FRIDAY, OCTOBER 22:  
11:30 AM – 12:30 PM**

### 2-1-1 Panel Discussion

Learn about how to budget to eat well and learn more about food preparation.

**PRESENTER:** *United Way Worldwide, 211 MD, 211 VA*

**1:00 – 2:00 PM**

### Eating Healthy on a Budget

Navigate eating healthy on a budget followed by a cooking demonstration.

**PRESENTER:** *Capital Area Food Bank*

**SATURDAY, OCTOBER 23: LIVE SESSIONS  
10:00 – 11:00 AM**

### Addressing Child Sex Trafficking in the DMV

The National Center for Missing and Exploited Children (NCMEC) will provide tools to identify indicators of possible child sex trafficking, understand the circumstances that increase a child's vulnerability, and how to report suspected exploitation.

**PRESENTER:** *NCMEC*

**10:00 – 11:00 AM**

### Preparing to Buy a House

Learn how to prepare to buy a home.

**PRESENTERS:** *Virginia Cooperative Extension Prince William*

**10:00 – 11:00 AM**

### Healthy Mind: Stress & Anxiety Management

Join us for a yoga flow and meditation as a tool for stress and anxiety management.

**PRESENTERS:** *Three and a Half Acres Yoga*

**SATURDAY, OCTOBER 23: LIVE SESSIONS  
11:30 AM-12:30 PM**

### DC Rental/Utility Assistance Panel

The federal government has distributed millions of dollars in rental and utility funds to local jurisdictions to avoid evictions. The panelists on the rental and utility panel will share information on how to qualify for these federal funds.

**PRESENTER:** *Catholic Charities*

*Southeast Center DC, Pepco Holdings*

**11:30 AM-12:30 PM**

### MD Rental/Utility Assistance Panel

The federal government has distributed millions of dollars in rental and utility funds to local jurisdictions to avoid evictions. The panelists on the rental and utility panel will share information on how to qualify for these federal funds.

**PRESENTER:** *MD Dept Social Services, PGC Housing & Community Development,*

*Washington Gas*

**11:30 AM-12:30 PM**

### VA Rental/Utility Assistance Panel

The federal government has distributed millions of dollars in rental and utility funds to local jurisdictions to avoid evictions. The panelists on the rental and utility panel will share information on how to qualify for these federal funds.

**PRESENTER:** *NoVa Affordable Housing, Neighborhood & Community Services, VA Department of Housing & Community Development, VA Housing*

**SATURDAY, OCTOBER 23: LIVE SESSIONS  
1:00 - 2:00 PM**

### Turn Yourself into a Business

Starting a small business doesn't have to be hard. We will provide advice and share information on how/what steps you need to take to start a small business.

**PRESENTER:** *Financial Empowerment Center at PG Community College*

**1:00 - 2:00 PM**

### Connecting Families Experiencing Homelessness to Education Services

Join us to learn about the McKinney Vento Law for students experiencing homelessness.

**PRESENTER:** *Prince George's County Public Schools, DC Public Schools*

**1:00 - 2:00 PM**

### COVID-19 Panel: Your Questions Answered

Discuss the most updated information around COVID-19, continued testing and vaccines. We will also address questions and concerns with medical and public health professionals.

**PRESENTER:** *Mary's Center, Virginia Department of Health*