

# Kinship Care

Serving the cities of Chesapeake, Norfolk, Portsmouth, Suffolk and Virginia Beach

## Kinship Navigator



Providing guidance to kinship families and the children in their care.

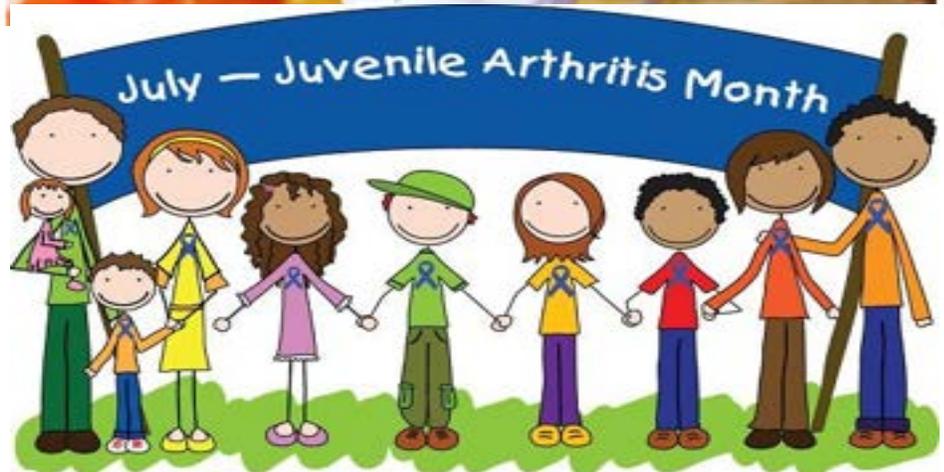
### Advisory Board

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Jenny Bond  
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Housing Resource Center  
104B N. Witchduck Road, Suite 316  
Virginia Beach, VA 23462

Gloria A. Walker  
Kinship Navigator  
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# JUST A LITTLE *Reminder*



## FINANCIAL PREPAREDNESS TIPS

### Emergency Financial First Aid Kit

The [Emergency Financial First Aid Kit](#) (EFFAK), a joint publication from [Operation Hope](#) and FEMA, can help you prepare financially and provides tips to reduce the financial impact of disasters on you and your family.

For more information on the EFFAK visit the [EFFAK Community Page](#).

### For Organizations

Encourage people throughout your organization or workplace to prepare financially. Here are some ideas to promote financial preparedness in your organization:

- Hold a brown bag meeting. Make a presentation at an existing staff meeting using [Safeguard Critical Documents and Valuables](#) to support your discussion.
- Include financial preparedness information in the staff monthly newsletter.

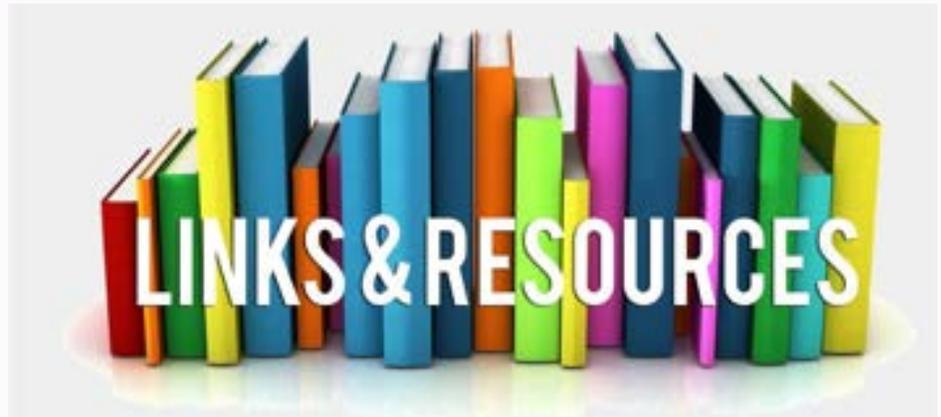
### At Home

Store important documents either in a safety deposit box, an external drive or on the cloud to make it easy to access during a disaster.

Take time now to [safeguard these critical documents](#). Be cautious about sharing personal financial information, such as your bank account number, social security number, or credit card number.

### Household Identification

- Photo ID (to prove identity of household members)
- Birth certificate (to maintain or re-establish contact with family members)



An advertisement for STOP Inc. featuring a house icon and a family silhouette. The text reads: "ARE YOU STRUGGLING TO PAY YOUR RENT, MORTGAGE, OR UTILITIES DUE TO THE COVID-19 PANDEMIC OR SOME OTHER LIFE-CHANGING EVENT? If so, STOP Inc. may be able to help. Call (757) 587-4202 [Housing Crisis Hotline] for more information on how to enroll in our services." The STOP Inc. logo is at the bottom right, with the tagline "Supporting Transformational Opportunities for People Since 1987".

## Ongoing Relief Programs (Virginia Beach Residents)

As the economic impacts of the pandemic continue to be felt throughout our community, local, state, and federal relief programs are available to provide relief to our residents. Programs include:

- [Virginia Rent Relief Program](#) (state program) - Ongoing
- [Public Utilities Payment Assistance](#) (City/State programs) - Ongoing
- [COVID-19 Funeral Assistance](#) Federal program for families and individuals who incurred a funeral expense due to the pandemic - Ongoing



More information about each program, including application instructions and eligibility requirements, can be found online at [emergency.vbgov.com/coronavirus#money](https://emergency.vbgov.com/coronavirus#money). New programs are coming up and deadlines may change on other programs, so check often for the most recent information. **Please be sure to mention these programs to your clients!**



We are offering the following free services to any of your clients who may be interested in the following:

- Free Internet Access/WI-FI, computer access, fax, limited copies and printing, Student Development,
- Financial Literacy, Tutoring/ Mentorship, Job Search (assistance with Resumes, Job applications), GED
- Help and Educational Advancement

Resources, Family Planning/ Counseling, Spiritual Support, Notary

- Translation from Spanish to English and we speak Spanish.

If you or someone you know needs assistance in these areas send them to our facility.

**Christian Resource Center**  
549 Newtown Road, Suite #105  
Virginia Beach, VA 23462  
757-985-3451

[christianresourcecenter757@gmail.com](mailto:christianresourcecenter757@gmail.com)

- Social Security card (to apply for FEMA disaster assistance)
- Military service
- Pet ID tags

#### Financial and Legal Documentation

- Housing payments (to identify financial records and obligations)

Some individuals and households may experience financial difficulty because of the pandemic. If you do not think you can pay your loan payments on time, immediately contact your bank and discuss your options before skipping any payments or taking any other actions contrary to the terms of your loans.

- Insurance policies (to re-establish financial accounts)
- Sources of income (to maintain payments and credit)
- Tax statements (to provide contact information for financial and legal providers and to apply for FEMA disaster assistance)

#### Medical Information

- Physician information (in case medical care is needed)
- Copies of health insurance information (to make sure existing care continues uninterrupted)
- Immunization records
- Medications

#### Insurance Information

Having insurance for your home or business property is the best way to make sure you will have the necessary financial resources to help you repair, rebuild or replace whatever is damaged. [Document and insure your property now.](#)



**2-1-1 Virginia** is a free service that can help individuals find the local resources they need. 2-1-1 is available 24/7. You may also visit the web site at [www.211virginia.org](http://www.211virginia.org) where you can search for resources, email, or chat with a 2-1-1 Call Specialist.



## FOSTER PARENT WELLNESS EVENT

As Foster Parents, you deserve an evening focused on your well-being! Please join us to celebrate YOU and the selfless time and resources you give to raising our community foster children.

**When:** August 11, 5-7pm

**Where:** The Studio  
Hampton Roads  
2513 North Landing Rd.

**RSVP:** July 31st  
757.337.2657 or  
[connectwithawish@gmail.com](mailto:connectwithawish@gmail.com)

**Massage, Light refreshments & takeaways provided!**

Questions? Call 757.337.2657 or [connectwithawish@gmail.com](mailto:connectwithawish@gmail.com)

### WORKSHOP PROGRAM

- Nutrition**  
Led by a Registered Dietitian, we'll focus on simple and healthy foods, snacks and information for you and your family!
- Stress Management**  
Incorporate simple breath work and yoga to manage life's daily stressors. All participants will receive a massage!
- Routines & Organization**  
Create easy daily habits that save you time and create a more organized lifestyle.
- Finance & Savings**  
Learn how to budget in today's economy while saving for your family's future.

resources757.org

operated by FairKids

Regional Housing Crisis  
Hotline — (757) 587-4202



Assistance for Veterans

Veterans can call Mission United at  
757-858-7777 to find additional  
utilities resources or financial



**Independence Center, Inc.**  
6300 East Virginia Beach Boulevard, Norfolk, VA 23502-2827  
(757) 461-8007 voice (757) 461-7527 TDD (757) 461-5377 fax  
www.independence.org

### UPCOMING LOCAL JOB FAIRS AND HIRING EVENTS

#### Corporate Gray Virtual Military-Friendly Job Fair

Date: July 22, 2022  
Time: 11:00am to 2:00pm  
Online Virtual Event  
For more information:

<https://www.corporategray.com/jobfairs/451>

#### Huntington Ingalls/Newport News Virtual Recruitment Event

Date: July 27, 2022  
Time: 10am - 2pm  
Online Virtual Event

To register:  
<https://app.premiervirtual.com/events/246e460c-c8ce-45cf-bb50-bff591c2fdce/huntington-ingalls-newport-news-shipbuilding-virtual-recruiting-event-may-25th/attendee>

For more information about upcoming job fairs, visit <https://www.vec.virginia.gov/node/14321>.

Reach out to ECI's Employment Network contact, Carol Robinson, at 757-351-1570 or [crobinson@independence.org](mailto:crobinson@independence.org) if you are interested in employment assistance.

## FROM OUR INTERFAITH COMMUNITY PARTNERS

KNOW JESUS  
MAKE HIM KNOWN



SERVING THE COMMUNITY

**FREE CLOTHING!**

Donating gently used clothing  
and shoes to families in need.  
Second Saturday of every month  
9am-11am

Kempsville Christian Church  
5424 Parliament Dr Virginia Beach

# OPEN TABLE<sup>®</sup>

RELATIONSHIP TRANSFORMS COMMUNITIES.<sup>SM</sup>

The Open Table model provides a foundational, consistent, tested, and proven process for addressing poverty, and provides training for communities. However, exactly how the community of business, non-profit, government and faith sectors form into a local movement, how expansion, focus on populations, and how the effort and scope proceeds are all locally determined and managed as part of a community's vision of their network of support under a shared purpose. Communities are the

implementers of Open Table at the Friend level and make final determinations at the model level. To better understand the OpenTable concept, please view this video on YouTube: [\(9\) Main OT Video - YouTube](#). Additionally, you may check out their website at [www.theopentable.org](http://www.theopentable.org).

For more information, please contact Teresa Stanley at [teresastanleyobx@gmail.com](mailto:teresastanleyobx@gmail.com)

### CONGRATULATIONS JENNIFER VAUGHN

Virginia Beach Housing & Neighborhood Preservation volunteer Jennifer K. Vaughan was recently selected for the 2022 Points of Light **Inspiration Honor Roll** in recognition of her dedicated service at the **Housing Resource Center** (HRC). Points of Light, the world's largest organization dedicated to volunteer service, created the Inspiration Honor Roll to celebrate acts of service, kindness and civic engagement by outstanding individuals who create change in communities around the world.

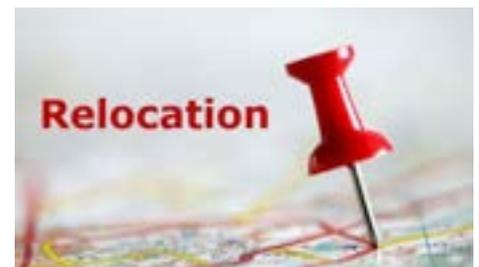
Jennifer says she gets more than she gives as a volunteer and that one of her favorite parts about volunteering at the HRC is seeing longtime friends get into housing. Jennifer's experiences have introduced her to people from all walks of life and taught her how to love people for who they are, where they are.





**BEACH COMMUNITY PARTNERSHIP  
GET AND GIVE HELP**

(BeachCommunityPartnership.org): Help get the word out about this amazing website. It lists resources available for easy access to everyone. (Includes updated Pocket Pal and Food Pantry and Resource List) Be sure to check out their website and click on every tab! You will learn about how our community is working on bringing an end to homelessness.



**NEW ADDRESSES:**

**Catholic Charity:** 1132 Pickett Rd. Norfolk, VA 23502.

**Senior Services New Location:** 2551 Eltham Avenue, Suite Q, Norfolk, VA 23513. All phone & email are the same



**MEDICAL SUPPLIES & EQUIPMENT**

If you have a client that is uninsured or underinsured who needs any medical supplies or equipment, go to [AccessPartnership.org](http://AccessPartnership.org). They have an extensive list of available items from gloves to beds. You will need to contact Access Partnership and be able to pick up for the client.



**OPERATION  
SMOKE DETECTOR**

**In Need of a Smoke Alarm  
or Assistance?**



The Operation Smoke Detector program is designed to provide and install smoke alarm(s) free of charge to Virginia Beach residents who own AND live in the requested home.

**Factors considered for providing this service are:**

- Not having a working smoke alarm in the home
- Not being financially able to purchase alarms
- Having at least one child under the age of 18
- Having anyone over 60 years of age living in the home
- Not being physically able to install an alarm on your own



**We Can Help!**

To apply, call our hotline or submit a form online.

[www.vbgov.com/fire](http://www.vbgov.com/fire)

**757-471-5826**



SCAN HERE

*Working smoke alarms save LIVES*

**FREE** For Foster Parents

# TEXTURED HAIR

Workshop

Complimentary Hair Products!

**THURSDAY**  
5.00PM-7.00PM  
**AUGUST 4,**  
**2022**



With Textured Hair Expert  
**Roniesha Blaylock**



**@ Meyera E Obendorf Central  
Library, Central Libris Room  
4100 Virginia Beach Blvd., VB**



**RSVP by July 28th**  
**757-337-2657**

**Connect With a Wish**

2492 N Landing Rd., Ste 102  
Virginia Beach, VA 23456

[www.connectwithawish.org](http://www.connectwithawish.org)

Made with PosterMyWall.com

**LENA START**

*Parents and caregivers of children aged 0-3: Did you know?*

Talk builds babies' brains!  
**FREE** LENA Start classes can help you make a difference in your baby's life just through **early talk and interaction!**  
 Classes run for 10 weeks:

**Measurable outcomes delivered through a scalable, ready-to-launch community program.**

LENA Start is an evidence-based community program designed to engage families and help them learn how to increase conversation with their children during the first few years of life.

Interactive talk — specifically back-and-forth conversation — has been proven to be a key factor in healthy early brain development. Yet most families don't know how much they're talking to or with their children.

Over the course of 10 weekly sessions that can be delivered virtually or in person, families explore this data in the form of personalized, actionable feedback reports, discussing research-based strategies with their peers to increase the quality and quantity of talk at home.

**Offered by:**

**LENA**  
*Building brains through early talk*

**VIRGINIA BEACH GROWSMART**  
*Planting the seeds for a successful life.*

Get 11 FREE children's books

+ high quality parent materials and FREE incentives for graduating

Classes offered virtually and in-person

For more information, contact GrowSmart at (757) 385-0144 or by email at [vbgrowsmart@vb.gov](mailto:vbgrowsmart@vb.gov)

# MHK Head Start

2022-23

# Registration

 **Ages 3-5** 

Scan to Apply Online!



**#LivingLifeAMileHigh**



**HURRY**

**SPACE STILL AVAILABLE!**

**Questions?**

**(757) 962-8005**

**Must be a Resident of  
Virginia Beach, VA**

# COUNTDOWN TO KINDERGARTEN.

Will your child be age 5 by September 30?  
**REGISTER NOW.**



## YOU WILL NEED:

- Original copy of your child's birth certificate
- Recent physical (dated within one year of the first day of school)
- Your child's immunization record
- Proof of your address (current utility bill, lease and/or home contract)
- Completed registration packet for your school division

**DON'T DELAY. ENROLL TODAY!**

FOR INFORMATION, VISIT  
**Ready Set Register HR.org**

OR YOUR CITY'S SCHOOL DIVISION WEBSITE.



# KINDERGARTEN REGISTRATION CHECKLIST

You will need the following required documents:

- Certified copy of the child's birth certificate (If born in Virginia, birth certificates are available through DMV or ordered from Virginia Department of Health.\*)
- Recent physical exam results on the Commonwealth of Virginia School Entrance Health Form - dated within one year of the first day of school\*
- Immunization records signed and dated by physician
- Proof of address (current utility bill, lease and/or home contract)
- Additional documentation needed for families residing with family or friends. Contact the school for more information.
- Custody or court order documentation (if applicable)
- Proof of identification for yourself (parent or guardian)
- School division's completed registration packet\*

\*Find forms and additional information at [www.readyssetregisterhr.org](http://www.readyssetregisterhr.org)

FOR INFORMATION, VISIT  
**Ready Set Register HR.org**  
OR YOUR CITY'S SCHOOL DIVISION WEBSITE.

## SCHOOL DIVISION INFORMATION

**CHESAPEAKE PUBLIC SCHOOLS:** [www.cpschools.com](http://www.cpschools.com) · 757.547.0545

**NORFOLK PUBLIC SCHOOLS:** [www.npsk12.com/Page/16143](http://www.npsk12.com/Page/16143) · 757.628.3931

**PORTSMOUTH PUBLIC SCHOOLS:** [www.pps.k12.va.us](http://www.pps.k12.va.us) · 757.393.8751

**SUFFOLK PUBLIC SCHOOLS:** [www.spsk12.net](http://www.spsk12.net) · 757.934.6202

**VIRGINIA BEACH CITY PUBLIC SCHOOLS:** [www.vbschools.com](http://www.vbschools.com) · 757.263.1088

**EVMS**  
MINUS 9 TO 5

Preparing families from  
conception to kindergarten



# First Grade READS

The Campaign for  
**GRADE-LEVEL  
READING**

First Grade READS is a literacy tutoring program in Virginia Beach. We pair striving first grade readers with caring community volunteer tutors who help children become confident, successful readers.



OR SCAN HERE

For More Info and Volunteer Registration visit:  
[www.vbgrowsmart.com/tutoring-program](http://www.vbgrowsmart.com/tutoring-program)

## The research is clear:

- A child not reading at grade level by the end of first grade has an 88% chance of not reading at grade level by the end of fourth grade.
- Children not reading proficiently by third grade are 4 times more likely to drop out of school.

This program would not be possible without the support of our partners:



**"You can make a difference in a child's life while having a great experience yourself."** - John, a FGR volunteer

First Grade READS is a literacy tutoring program in Virginia Beach. By pairing striving first grade readers with caring community volunteer tutors/mentors we assist children in becoming confident, successful readers.

Our local campaign, **Virginia Beach READS**, is our city's effort to energize the entire community around the critical issue of ensuring all children are reading on or above grade level by third grade.

Each month the children are given one free take home book to build their home library and encourage reading outside of school.

Together our programs, including First Grade READS, work to encourage a love of reading in our children and strengthen their literacy skills.

**Interested in volunteering?**

Amy Ward

Volunteer Resource Manager

Virginia Beach GrowSmart

Phone 757-385-6495

Email [award@vbgov.com](mailto:award@vbgov.com)

Website [www.vbgrowsmart.com/tutoring-program](http://www.vbgrowsmart.com/tutoring-program)



**Virginia Beach GrowSmart**  
4525 Main Street, Suite 700  
Virginia Beach, VA 23462

**Phone** 757-385-0144

**Fax** 757-499-9894

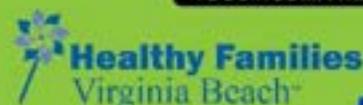
**Email** [vbgrowsmart@vbgov.com](mailto:vbgrowsmart@vbgov.com)



## Our Vision

All children will be born healthy, enter kindergarten ready to learn, and continue to read proficiently through third grade, establishing a strong foundation for success in school and in life.

## Our Partners



[www.vbgrowsmart.com](http://www.vbgrowsmart.com)



Virginia Beach Department of Public Health  
is offering

# Back To School

## IMMUNIZATIONS & SCHOOL PHYSICALS!



Please bring your child's  
vaccine records and  
insurance card.

Children without insurance  
can still receive services.

Virginia Beach residents Only!



**By Appointment Only.**

**Please call 757-518-2700, opt 1  
8:30am to 4:30pm**

Dental Screenings are being offered for children 18 and under.  
Call 757-518-2694 to schedule your Dental Screening!

2022-2023  
SCHOOL YEAR



**OLD DOMINION UNIVERSITY**

Primary Care Clinic

# SCHOOL PHYSICALS & PEDIATRIC CLINICS

**JULY**  
**23**  
**SATURDAY**  
9:00 AM – 4:00 PM

**&**

**AUGUST**  
**2**  
**TUESDAY**  
2:00 PM – 7:00 PM

**FREE & OPEN TO THE PUBLIC!**

**ODU Virginia Beach Higher Education Center**

1881 University Blvd, Virginia Beach, VA 23453

*Free Parking Available in Lot #3*

**For information, call 757-683-4228**

***Additional Screenings/Services:***

Needs Assessment • Dental • Hearing & Vision • Behavioral & Mental Health  
Physical Therapy • Insurance assistance/enrollment





Kin and Kids Consulting, LLC and Kids, Kin 'n Caregivers realizes this is a challenging time for all of us. Our staff is accessible to you via phone, texting, Zoom, WebEx, FaceTime, and Skype. We are here to listen to your concerns, provide information on resources, and help you get connected to needed services and benefits. In addition, we currently offer the following virtual services/programs:

# EDUCATIONAL WORKSHOPS

## KINCARE EDUCATION/EMPOWERMENT SERIES

This **FREE** virtual 8 week educational series include the following topics: Services, resources, and supports for you and the children in your care; Navigating changes in family dynamics; Supporting the children in your care and helping them manage and understand their feelings; Parenting after trauma; Understanding your child's needs; Social media and computer safety; Self-care and stress reduction; Navigating the courts and legal issues; Parenting in the 21st Century; Understanding the impact of addiction and substance abuse on the family, and more. **For dates and times, please contact Dr. Kathy Dial by telephone or email.** Certificates awarded upon completion of the series. Follow-up and individual coaching for participants.

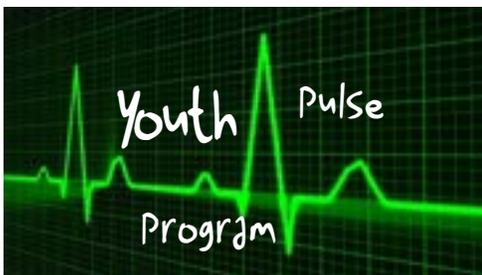


### Kin Kids Adventure Group

Calling all children ages 5-10  
Join us on 2<sup>nd</sup> and 3<sup>rd</sup> Wednesday nights at 6:30 p.m. for a virtual adventure designed to promote critical thinking skills, self-esteem, and social interaction.

### Teen Cuisine Cooking Class

We are offering our **FREE** virtual 6-week Teen Cuisine Cooking Class—Supplies and cooking gear provided. Ages 12-17.



For youth 12—18

We meet virtually the 1<sup>st</sup> & 3<sup>rd</sup> Thursdays from 6:30-9:30 p.m.



### Coffee & Conversation

Daytime Support Group  
2<sup>nd</sup> & 4<sup>th</sup> Mondays  
1:00 p.m.—2:30 p.m.

Evening Support Group  
Wednesdays  
8:00—9:30 p.m.

**Contact us via phone, text, or email for assistance or to register for a class or an activity.**



GrandFamilies -Relatives as Parents Program is provided by Kin and Kids Consulting LLC & Kids, Kin 'n Caregivers INC 757-434-5162 - [www.kids-kin-care.org](http://www.kids-kin-care.org) -- [kknc@cox.net](mailto:kknc@cox.net)

We are funded by the Chesapeake, Department of Human Services -Division of Community Programs, 55 Plus Coalition, the Brookdale Foundation, Community Organizations, Fees for Services and Donations

**GrandFamilies – Relatives as Parents Program News July – August 2022**  
**A Program for Grandparents Raising Grandchildren and Relatives Raising Relatives**  
**Children**

*(Services and Support for Kinship Families)*

**Up-Coming Activities and Events**

Contact us via phone, text, or email for assistance or to register for a class or an activity.

757.434.5162 – [kknc@cox.net](mailto:kknc@cox.net) - [www.kids-kin-care.org](http://www.kids-kin-care.org)

**GrandFamilies KinCare Educational/Empowerment Series:**

This *virtual* 6 week educational series includes the following topics: Services, resources, and supports for You and the children in your care; Navigating changes in family dynamics; Supporting the children in your care and helping them manage and understand their feelings; Parenting after trauma: Understanding your child's needs; Social media and computer safety; Self-care and stress reduction; Navigating the courts and legal issues; Parenting in the 21<sup>st</sup> Century; Community resources, and Understanding the Impact of addiction and substance abuse on the family.

**Dates: Evening class (Virtual):** Tuesdays – October 4 – November 8 **Time:** 7:00 pm – 9:00 pm.

**Daytime class:** Tuesdays - October 4 – November 15<sup>th</sup> (skipping election day). 10 am – 12 pm.

Certificate awarded upon completion of the series. Follow-up and individual coaching for participants.

Contact us to register for the class.

**Coffee and Conversation – Information/Support Groups**

Listen and talk with others who share a similar journey and understand how difficult and joyful this responsibility can be. Learn more about parenting strategies and community resources. Meets virtually. Contact us for the code to participate.

Dates/Times: \*\* Wednesdays: 8:00 pm – 9:30 pm or \*\*3<sup>rd</sup> Monday: 1 pm – 2:30 pm

**Family Fun Adventures/Activities:**

**BACK TO SCHOOL BASH:** Its back-to-school time. Backpacks and school supplies for children/youth kindergarten – 12<sup>th</sup> grade. Thursday, August 25<sup>th</sup>, 5 pm – 7 pm at St. Paul's United Methodist Church, 437 Providence Road, Chesapeake. Join us for some tips on homework, tutoring, and positive communication with your child's school. Hotdogs and ice cream. **RSVP BY AUGUST 15<sup>TH</sup> WITH CHILD'S NAME AND GRADE IN SCHOOL.**

**SKYWATCH:** Join the Back Bay Amateur Astronomers as they bring their scopes and expertise to bear on the galaxy. Sunset – Midnight. Northwest River Park Equestrian Area, 1733 Indian Creek Road, Chesapeake. July 23, August 20. Call 757-382-6411 to verify. To preserve night vision, please use only red lights, no flashlights, or headlights.

**Need a community resource or additional support?**

We are here to help you get linked with needed community supports and/or resources. Phone/text or email us for assistance. **JOIN US FOR OUR VIRTUAL RESOURCE RALLY – WEDNESDAY AUG 10<sup>TH</sup> AT 7 PM -**

### **FREE YOUTH MENTAL HEALTH FIRST AID CLASS FOR PARENTS, CAREGIVERS, PROFESSIONALS**

Are you parenting an adolescent (12 -18)? Youth Mental Health First Aide Training is just for you. The course introduces common mental health challenges for this age group; reviews typical adolescent development; includes content on trauma, substance use, self-care and the impact of social media and bullying; and teaches a 5-step action plan for helping young people in both crisis and non-crisis situations. Course will be held July 25<sup>th</sup> and July 26<sup>th</sup>, from 9 am to 1 pm, at the Endependence Center, 6300 E Virginia Beach Blvd, Norfolk. Materials provided for the course. Limited Seating. **RSVP by Tuesday, July 19 Sorry – no childcare is available.**

### **FREE LIFE SKILLS CLASS FOR MIDDLE SCHOOL STUDENTS AND HIGH SCHOOL STUDENTS**

Calling all Middle School and High School Students. You are invited to participate in a six- session (5 in person/ 1 virtual) life skills workshop. Learn new tips and skills on coping with anger, communication skills, advertising, assertiveness and more. Build on your goals, values and strengths. Snacks provided with each session. Graduation party at the end of the series. Location: St. Paul's United Methodist Church, 437 Providence Road, Chesapeake. Meeting Dates: Tuesdays in August. High School students meet: 10:30 am – 12:30 pm, Middle School Students meet: 2 pm – 4 pm. Teens who attend regularly receive \$50 GIFT CARD. Limited seating. Register: 757-434-5162 or [kknc@cox.net](mailto:kknc@cox.net).

#### *Activity Opportunities for Teens and Adolescents*

\* Planet fitness free for HS kids this summer. Contact them at this address for additional information to participate: <https://www.planetfitness.com/summerpass/preregistration>

\* The YMCA of South Hampton Roads is providing **FREE Teen Memberships** this summer. If you're interested, complete the application connected to the link: <https://www.ymcashr.org/sign-up/teen-membership>

#### *Self-Care Tips: Setting Boundaries*

Setting boundaries isn't always easy. Letting people know our needs and limits are can often be stressful, especially if we are prone to be a people pleaser or always say yes. The first step in setting boundaries is to know your personal limits and boundaries. It is important to learn how to say no. Saying no demonstrates what you are willing to accept in a relationship, decreases excess stress and resentment from saying yes when you don't want to. Also, it limits regret, when you say "yes" to things that don't align with your values. Simple comments such as "Thank you for thinking of me, but I can't this time", "I'm super busy right now, but let's plan for another time" or "I can see that you don't give up easily, but I'm not changing my mind." are kind ways to say no to people and to keep our boundaries.

#### *Helping Grandfamilies (Here is how you can get involved and help)*

Volunteers are needed to help with social media and vendor fairs.

Please consider helping to support our programs by selecting us on Smile.Amazon.com. Like us on Facebook at #Kids Kin n Caregivers. Thank you for your support!



GrandFamilies -Relatives as Parents Program is provided by  
Kids, Kin 'n Caregivers INC & Kin and Kids Consulting LLC  
757-434-5162 - [www.kids-kin-care.org](http://www.kids-kin-care.org) — [kknc@cox.net](mailto:kknc@cox.net)



We are funded by the Brookdale Foundation, Grants, Community Organizations, Fees for Services and Donations



## CALLING MIDDLE SCHOOL STUDENTS

Middle school-age youth are invited to participate in six sessions of LifeSkills Training. Participants will learn healthy habits and build skills. This evidence-based program covers topics such as:

*Self- image and self-improvement, coping with anger, making decisions, communication skills, resolving conflicts, advertising, coping with anxiety, assertiveness, social skills and more.*

Build on your goals, values, and strengths

Snacks served every session!

**Teens who attend regularly earn Gift Cards**



FREE TRAINING  
SERIES FOR  
YOUNG TEENS

TUESDAYS  
AUGUST  
2, 9, 16, 23, 30

2 PM - 430 PM

ST. PAUL'S UNITED  
METHODIST CHURCH  
437 PROVIDENCE  
CHESAPEAKE, VA

REGISTER TODAY!

PRESENTED BY KIDS  
KIN N CAREGIVERS

GRANDFAMILIES  
PROGRAM

kknc@cox.net -757-434-5162

[www.kids-kin-care.org](http://www.kids-kin-care.org)

Funded by VA Dept of Behavioral  
Health & Developmental Services  
Chesapeake Dept Human Services

# LIFE SKILLS FOR TEENS

Calling All  
High  
Schoolers!!



**Tuesdays, August 2, 9, 16, 23, 30**

**10:30 a.m. – 12:30 p.m.**

**St. Paul's United Methodist Church, 437 Providence, Chesapeake, VA**

THE LIFE SKILLS WORKSHOP WILL GUIDE TEENS THROUGH MOCK INTERVIEWS, TEAM BUILDING EXERCISES, SOCIAL ETIQUETTE, AND SEVERAL OTHER ACTIVITIES TO HELP EMPOWER, PREPARE, AND INSPIRE YOUTH TO VENTURE OUT INTO THE REAL WORLD.

 Botvin  
**LifeSkills-Training**  
Evidence-Based Prevention Programs for Schools, Families, and Communities



Register today!  
[kknc@cox.net](mailto:kknc@cox.net) or (757) 534-5162

Presented by Kids Kin N Caregivers

GRANDFAMILIES  
RELATIVES AS  
PARENTS PROGRAM

# Back to School Bash



Join us as we kick-off the new school year  
Food - Fun - School Supplies

**St. Paul's United Methodist Church**  
437 Providence Road - Chesapeake  
Thursday, August 25th from 5pm - 7pm

RSVP - 434-5162 or [kknc@cox.net](mailto:kknc@cox.net) by August 15<sup>th</sup>  
Kids Kin n Caregivers Inc

# Community Immunity Series

BOOSTERS & BINGO!

1st, 2nd  
AND 3rd/  
BOOSTER  
DOSES

Join Us on  
Thursday July 28th



## BOOSTERS & BINGO

Event Time 10:00 AM to 2:00 PM  
Vaccines 10:00 - 11:45 AM

Hayden Village Center  
680 Oak St. Franklin, VA 23851

Get your COVID-19 vaccine or booster, then enjoy lunch and a round of bingo with *special prizes!*



+FREE TICKETS  
3 Fair Tickets &  
\$30 Meal Card



Reserve Your Spot by July 22nd:  
Call 757-222-4525



IN PARTNERSHIP WITH:

Peoples Pharmacy LLC 



Moderna and Pfizer vaccines will be offered.

For second doses and boosters, please bring your CDC-issued vaccination card.



**Senior Services has the programs and resources to help you stay healthy, active and engaged!**

## **NUTRITION & WELLNESS**

- Community Center Meal Programs
- Farmer's Market Program
- Meals On Wheels
- Nutrition Counseling & Education
- Wellness Workshops

## **I-RIDE TRANSIT**

- Medical Rides
- Fixed Route Transit
- Senior Center Meal Programs
- Adult Day Care Rides

## **LONG-TERM CARE & OTHER PROGRAMS**

- Options Counseling
- Medicare Benefits Counseling
- Veteran Directed Care
- Caregiver Support
- Personal Care Program
- Homemaker Program
- Senior Companions
- Senior Cool Care
- Care Transitions



Learn More

**Call (757) 461-9481**



Visit us online at  
[www.ssseva.org](http://www.ssseva.org)





**IT'S ABOUT LOVE  
- NOT DNA -  
BECOME A FOSTER PARENT**

**LEARN MORE AT [VBGOV.COM/FOSTER](http://VBGOV.COM/FOSTER)  
OR CALL 757.385.6529**

**VB** *City of Virginia Beach*  
**Human Services**



**Now online with Zoom!**

**Last Thursday of every month 6-8pm**

**JOIN US VIRTUALLY!**

Log in to the free Zoom meeting by using the following meeting ID and passcode!

**6-8pm~ ID: 891 7502 8122  
passcode: A06U2Q**

**DETAILS:**

Weekly peer support groups & free workshops from various community agencies! Connections to local resources! Free to all!!

Virginia Beach Reentry Council & Enoch Baptist Church  
Jermaine Brown  
☎ (757) 385-2345  
Enoch Baptist Church  
☎ (757) 552-0620

Virginia Beach Reentry Council Presents

# Reentry Out:

*A supportive Community*

We understand the struggle, you are not alone!



**Lasagna Love** is a national non-profit that matches families who could use a little help with home cooks who can spread a little **love**...with **lasagna**. For many families, a free home-cooked meal could be the difference between a very good day and a difficult one. Requesting a lasagna is easy. You just have to fill out a form with your name, address, phone number, the size of your family, any dietary restrictions, a little bit about your family., and you will need to sign a waiver. If interested, please go to our website; [www.lasagnalove.org](http://www.lasagnalove.org) and click on the request tab. The good news is, the families can actually sign up to receive a meal once a month!

**Need a break from cooking after a long, hard day?!**



*Sponsored by Lasagna Love*

GET  HELP



**What happens when I call the Regional Housing Crisis Hotline?**

Callers are screened and may be referred to various community resources in Virginia Beach. Additional screening may be needed for housing and shelter programs, depending on your situation.

**Does calling the hotline guarantee that I'll receive a shelter bed or other assistance?**

No. Shelter, housing assistance, and other resources are prioritized for the most vulnerable families and individuals experiencing homelessness or a housing crisis in Virginia Beach.

**Where can I find food, clothing, and other assistance?**

Many local organizations provide homeless support services. Resources can be found on our website.

If you are homeless or in danger of losing your home, call the

**Regional Housing  
Crisis Hotline  
(757) 227-5932**

Monday - Friday | 8 a.m. - 7 p.m.

The hotline is the first step in connecting with homeless services and community resources



03/22

Visit [BEACHCommunityPartnership.org](https://www.beachcommunitypartnership.org) to Get Help

Supported by the City of Virginia Beach

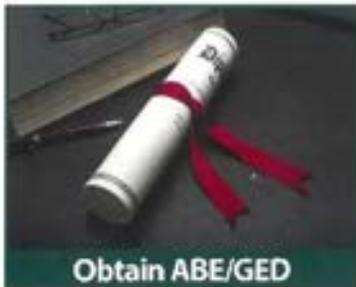
# SNAPET

Supplemental Nutrition Assistance Program Employment & Training



## A voluntary employment program providing supportive services

- ◆ Transportation assistance
- ◆ Job related expenses (uniform, work tools, licenses, etc.)
- ◆ Adult Basic Education
- ◆ Workforce Development Training
- ◆ Federal Bonding Assistance
- ◆ Referral to community partners



Obtain ABE/GED



Get Vocational Training

**Serving SNAP volunteers who are Able-Bodied Adults With-out Dependents (ABAWDs) or Returning Citizens**



Improve Job Skills



Achieve Employment Goals

**VB** *City of Virginia Beach*  
**Human Services**



**Tel: 757-385-3201**

Adult & Employment Services Division

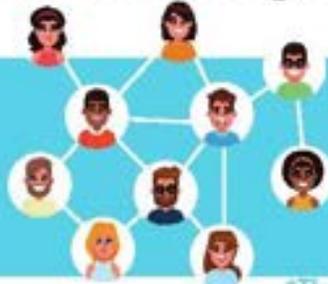


# FREE SUPPORT GROUPS, CLASSES & SOCIALS

Visit our website for more information and to join!

[namicoastalvirginia.org](http://namicoastalvirginia.org)

CONNECT, ENGAGE,  
SOCIALIZE,  
AND LEARN  
WITH PEERS WHO  
HAVE BEEN THERE!



ALL GROUPS & EVENTS  
ARE HELD ON ZOOM UNLESS  
OTHERWISE NOTED.  
EVERYTHING IS  
CONFIDENTIAL,  
SUPPORTIVE & FREE\*.

*\*There is a fee for bowling, more info below*

## Connections Support Group

Peer-led support group for any adult who has experienced symptoms of a mental health condition.

**Mondays:** 10:00 a.m. - 11:30 a.m. (Zoom)  
7:00 p.m. - 8:30 p.m. (Zoom)

**Tuesdays:** 7:00 p.m. - 8:30 p.m. (Zoom)

**Wednesdays:** 10:00 a.m. - 11:30 a.m.  
@ Chesapeake Integrated Behavioral  
Healthcare (Beginning May 4th)  
1:00 p.m. - 2:30 p.m.  
@ St. Gregory's Catholic Church VB,  
Damien Room

**Thursdays:** 11:00 a.m. - 12:30 p.m. (Zoom)

## BIPOC Connections Support

Peer-led support group for people of color, led by people of color.

**Every 2nd & 4th Thursday of the month:**  
7:00 p.m. - 8:30 p.m. (Zoom)

## Family Support Group

Peer-led support group for family members, caregivers, and loved ones of individuals living with mental illness.

**Every 2nd & 4th Wednesday of the month:**  
7:00 p.m. - 8:30 p.m. (Zoom)

## Educational Classes

Free classes offered virtually and in-person.  
[namicoastalvirginia.org/programdescriptions](http://namicoastalvirginia.org/programdescriptions)

## Presentations & Discussions

Encompassing a wide array of topics, events, and presentations. View previous programs and get information for upcoming presentations here:

[namicoastalvirginia.org/communityprograms](http://namicoastalvirginia.org/communityprograms)

## State-Wide Programming

If you need a support group at a time when NAMI Coastal does not have one, you are welcome to attend these NAMI support groups facilitated through other Virginia affiliates!

[www.namivirginia.org/online-programming/](http://www.namivirginia.org/online-programming/)

## Bowling

\$6.00 for NAMI members \$13.00 for non-members (You can join NAMI at the alley.) Cost includes two games and shoes. Arrive 10-15 minutes early to ensure you have plenty of time to get set up, and ready to roll!

**Every Friday at AMF Lynnhaven 11:00 a.m.**



**NAMI Coastal Virginia**

National Alliance on Mental Illness

[namicoastalvirginia.org](http://namicoastalvirginia.org) • (757) 499-2041

 [namicoastalva](https://www.instagram.com/namicoastalva)  
 [NAMICoastalVirginia](https://www.facebook.com/NAMICoastalVirginia)

