

## **2026 Outreach Network Training Calendar**

### **April**

**Date:** Thursday, April 23, 2026

**Training:** Situational Awareness and De-escalation Strategies

**Description:** Learn to recognize and assess potential threats through heightened situational awareness and de-escalation techniques to safely manage and resolve conflicts.

**Facilitator:** Sgt. Eric Thomas, Community Involvement Coordinator, Charlottesville Police Department

**Time:** 10:00 am –1:00 pm

**Format:** In-person at the Charlottesville/Albemarle Health Department (1138 Rose Hill Drive, Charlottesville, VA 22903)

**Pre-register:** [here](#)

### **May**

**Date:** Thursday, May 7

**Training:** From Paper to Person: Mastering Résumés & Interviews

**Description:** Turn your résumé into a powerful first impression and your interview into a confident conversation. In this interactive workshop, you'll learn how to craft a compelling résumé that highlights your strengths and practice interview strategies that help you stand out to employers. Whether you're new to the workforce or looking to make a change, this session will help you present your best self—on paper and in person.

**Facilitator:** Brookes Sims, One-Stop Center Manager, Virginia Career Works-Charlottesville

**Time:** 11:00 am -1:00 pm

**Format:** In-person at Charlottesville/Albemarle Health Department (1138 Rose Hill Drive, Charlottesville, VA 22903)

**Pre-register:** [here](#)

**\*Note:** Bring your laptop with your resume to receive feedback.

### **July**

**Date:** Monday, July 6, 2026

**Training:** From Screening to Action: Implementing SDOH in Public Health Practice

**Description:** This training prepares public health teams to effectively implement social determinants of Health (SDOH) screening, identify social needs, and connect individuals to community resources advancing health equity and delivering more person-centered care.

**Facilitator:** Ana Zuniga, Community Health Worker, UVA WellAware

**Time:** 2:00 pm – 3:00 pm

**Format:** Online via Zoom:

**Pre-register:** [here](#)

## **August**

**Date:** Friday, August 28

**Training:** Loaves & Fishes Open House

**Description:** Loaves & Fishes will be offering an opportunity for partner organizations and anyone interested in making client referrals to tour the pantry, learn how to connect clients, and see the volunteers in action receiving food items, sorting, and preparing for distribution.

**Facilitator:** Jane Colony Mills, Executive Director, Loaves & Fishes & Paola Covarrubias, Community Engagement Coordinator, Loaves & Fishes

**Time:** 10:00 am –12:00 pm

**Format:** In-person at Loaves and Fishes (2050 Lambs Rd, Charlottesville, VA 22901)

**Pre-register:** [here](#)

## **October**

**Date:** Wednesday, October 7, 2026

**Training:** Stress First Aid (SFA)

**Description:** Stress First Aid (SFA) is a practical, evidence-informed peer-support program designed to help people recognize and respond early to stress reactions—before they turn into bigger mental-health problems. It was originally developed for the U.S. military and first responders, but it's now used in healthcare, emergency services, social services, and workplaces.

**Facilitator:** Virginia Leavell, HART Specialist, Human Services Alternative Response Team (Albemarle County) & Stephen Hitchcock, Program Manager, Human Services Alternative Response Team (Albemarle County)

**Time:** 1:00 pm – 3:00 pm

**Format:** In-person at the Albemarle County Office Building (1600 5<sup>th</sup> Street Ext., Charlottesville, VA 22902, Room B)

**Pre-register:** [here](#)

## **November**

**Date:** Wednesday, November 4, 2026

**Training Topic:** *Sleep Apnea – Symptoms, Causes & Treatments*

**Description:** Sleep hygiene, most common sleep disorders, when to see a sleep specialist, and how to treat sleep apnea.

**Facilitator:** Sarah Rosson, Registered Sleep Technologist, Sentara Martha Jefferson & Juliana Leonardo, Supervisor, Sleep Medicine Center, Sentara Martha Jefferson

**Time:** 3:00-4:00pm

**Format:** Online via Zoom

**Pre-register:** [here](#)