

January

Date: Tuesday, January 20, 2026, & Tuesday, January 27, 2026

Training: Ethics Part 1 & Part 2

Description: Understand and navigate ethical dilemmas that outreach workers may face in their role. Ethics Part 1 & 2 *together* will fulfill the 3-hour requirement for CHW recertification. When you register, a spot will be reserved for you on both January 20th and 27th. Before registering, please ensure you are able to attend both sessions. Space is limited.

Facilitator: Sereta Hunter, Lead CHW Training Instructor, CHW Strength

Time: 10:00 am – 11:30 am

Format: Zoom

Pre-register: [here](#) for both parts 1 & 2

February

Date: Wednesday, February 4, 2026

Training: SNAP & Medicaid Changes Lunch & Learn

Description: Join us for a Lunch & Learn session to explore recent and upcoming changes to SNAP and Medicaid benefits. Learn how these updates may impact eligibility, coverage, and the individuals and families you serve.

Facilitator: Erin Buchanan, Benefits Program Manager – Fraud Supervisor, Albemarle Department of Social Services

Time: 12:00 pm – 1:00 pm

Format: Online via

Zoom: <https://us02web.zoom.us/j/84414035144?pwd=VyIkNEOGV7AWZ2frYYBwaxbbx9M979.1>

Passcode: Health

Pre-register: [here](#)

Date: Tuesday, February 24, 2026

Training: Managing Stress in Times of Uncertainty

Description: Join us for a training to learn how to recognize and normalize the state of our bodies during these uncertain times. We will work to understand the importance of community connection and healing as well as practice techniques that can restore balance and support self-regulation.

Facilitator: Lo Somel, Bilingual Therapist and Access Specialist, The Women's Initiative

Time: 11:00 am – 12:00 pm

Format: Online via

Zoom: <https://us02web.zoom.us/j/86986499043?pwd=GS5Selx62FBYSzfVZfjGW7aLyWceRJ.1>

Passcode: Health

Pre-register: [here](#)

March

Date: Wednesday, March 4, 2026

Training: Know Your Rights: Everyday Civil Legal Issues for Older Adults

Description: A practical overview of Legal Aid and common civil legal issues affecting seniors, including debt and garnishments, housing conditions, public benefits, and basic life-planning documents like wills and power of attorney.

Facilitator: Matthew Whitfield and Cassie Edner, Attorneys with Central Virginia Legal Aid Society

Time: 12:00 pm – 1:00 pm

Format: Virtually via Zoom

<https://us02web.zoom.us/j/86227824910?pwd=ThUPrg1LB0fkOy1PJRfbzuaHQzrtpb.1>

Passcode: Health

Pre-register: [here](#)

Date: Thursday, March 19, 2026

Training: Practices of Cultivating Calm

Description: Join us for a training to strengthen and diversify our self-care approaches to promote calm. We will offer interactive practices to help reduce worry and overwhelm. Through care and compassion, we can reimagine our relationship with self and with others.

Facilitator: Lo Somel, Bilingual Therapist and Access Specialist, The Women's Initiative

Time: 1:00 pm – 2:00 pm

Format: Online via Zoom

Pre-register: [here](#)

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: Officer Eric Pendleton, 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](#)

June

Date: Thursday, June 11, 2026

Event: Networking Social

Description: Spend time getting to know colleagues from partner organizations while enjoying a hands-on cooking class. We'll learn to use a traditional pasta machine to make angel hair and fettuccine-style pasta in the Basic Pasta class at Culinary Concepts AB. The handmade pasta will be paired with a selection of pre-made sauces and served with local vegetables provided by our partners.

This event is open to all District outreach workers. Spaces are limited. Pre-registration is required. To encourage inter-organizational networking, we ask that no more than two participants per organization attend.

Facilitator: Chef Ami Shimanek, Culinary Concepts AB

Time: 2:00 pm – 4:00 pm

Format: In-person at Culinary Concepts AB (2041 Barracks Road, Charlottesville, VA 22903)

Pre-register: [here](#)

Date: Monday, June 22, 2026

Training: The Importance of Developmental Screenings and Early Intervention - How to administer the ASQ-3 and ASQ:SE-2 Screening Tools

Description: Learn how to use developmental screenings to identify delays early and support young children's growth before school begins. Because social-emotional skills are essential for learning and relationships, both general and social-emotional development should be assessed. We'll explore the ASQ-3 (ages birth–5½) and ASQ:SE-2 (ages birth–6), two quick, easy screening tools that highlight strengths and areas needing support through parent input and observation. Using both tools provides a more complete view and helps guide referrals for further evaluation or services. Participants will learn how to administer, score, and interpret both tools, and connect families to community resources and referrals.

Facilitator: Rosemary Beard Heflin, Senior Family Support Specialist, Child Health Partnership

Time: 9:00 am – 4:00 pm (Break for lunch from noon – 1:00 pm. Lunch is on your own)

Format: In-person in the Parish Hall of Church of Our Saviour, 1165 E. Rio Road Charlottesville, VA 22901. Ample parking in the lot at the corner of Rio Road and Huntington Road.

Pre-register: [here](#)

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: Wednesday, August 19

Event: Resource Event

Description: Learn what each organization does, eligibility requirements, and how to refer clients.

Presenting Organizations: Love Inc., Blue Ridge Poison Center, and Piedmont Housing Authority

Time: 12:00 pm – 1:00 pm

Format: Virtual via Zoom. Link will be automatically shared upon pre-registration.

Pre-register: [here](#)

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 5th Street Ext., Charlottesville, VA 22902, Room B)

Pre-register: [here](#)

November

Date: Wednesday, November 4, 2026

Training: *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](#)