

# COMMUNITY CONNECTIONS



Opportunities for Education, Engagement, and Action

January to April | 2026



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## Feature Presentation

### Navigating Life's Transitions: Understanding Grief and Supporting Families



**Wednesday, February 12, 6:30 - 7:30 p.m.**  
Virtual Presentation

**Register Here or  
Scan the QR Code**



Transitions in life, both expected and unforeseen, can produce feelings of uncertainty and isolation. Join presenter Jeané Liburd as she discusses the impact of significant life events through the lens of grief and loss. Participants will learn how to identify nuance within loss and how to support children and families through difficult transitions.



#### **Presenter**

**Jeané Liburd, MA, CCLS**, is a certified child life specialist with a master's degree in marriage and family therapy and has trained extensively in play therapy. She currently serves as an adjunct instructor

for Liberty University, teaching children in healthcare and group dynamics. She has provided services for children and families for over 20 years in various settings, including hospitals, pediatric hospice, and community programs. The focus of her work is supporting children and families who have experienced illness, grief, and loss.

**Or Visit [CHKD.org/Classes](https://CHKD.org/Classes)**





Get Connected

## Webinars for Parents and Professionals

Register at [CHKD.org/Classes](https://CHKD.org/Classes)



### Connection Through Mindful Parenting

**Featured Presenter:** Arti Kumar-Jain • **Tuesday, January 13, 6:30-7:30 p.m.**

Learn how mindfulness in your parenting can lead to less stress and a more positive parent-child connection. Understand what mindfulness means and how mindfulness and yoga (movement) facilitate family wellness. Gain skills that promote self-awareness, support emotional regulation, and create the space for more cooperation in your family's life.

[Register Here](#) or  
[Scan the QR Code](#)



### Crucial C's on Misbehavior: Understanding and Guiding Children Toward Positive Behavior

**Featured Presenter:** Arti Kumar-Jain • **Tuesday, March 10, 6:30-7:30 p.m.**

This webinar explores the reasons behind children's misbehavior, often stemming from unmet emotional needs rather than simply "bad behavior." It covers the Crucial C's from Adlerian psychology, focusing on the Crucial C's Framework. By understanding this framework, participants will explore case examples and engage in interactive discussions aimed at strengthening relationships to reduce misbehavior.

[Register Here](#) or  
[Scan the QR Code](#)



### Purposeful Parenting: Through the Lens of Legacy and Love

**Featured Presenter:** Angelique Payne • **Thursday, March 19, 6:30-7:30 p.m.**

Discover how parenting with purpose, through the lens of legacy and love, can positively shape your family's well-being today and for years to come. This session will explore how intentional choices rooted in your core values can foster emotional and relational growth in children. Join our presenter to reflect on what matters most to you and learn practical strategies to share those values in everyday parenting. Together, we'll uncover ways to build a lasting, loving legacy for the next generation.

[Register Here](#) or  
[Scan the QR Code](#)



### Purposeful Parenting: Creating Family Values That Strengthen Your Legacy

**Featured Presenter:** Angelique Payne • **Wednesday, April 16, 6:30-7:30 p.m.**

Building on the foundation of parenting through legacy and love, this follow-up session explores how to transform meaningful family values into daily habits, rhythms, and routines. Participants will learn how to identify their family's core guiding values and discover practical ways to model, teach, and reinforce them at home. Together, we will examine how language, boundaries, traditions, and consistent choices help children internalize these values and strengthen their sense of identity and belonging. You'll leave with simple tools to create meaningful, everyday moments that reflect who you are, what your family stands for, and the legacy you want to leave for future generations.

[Register Here](#) or  
[Scan the QR Code](#)



### Our Webinar Speakers



**Arti Kumar-Jain, NCC, CYPFC, CPC, M.Ed.,**

is the founding director of Love and Light 4 Kidz, LLC and provides individual and group-based workshops, seminars, and coaching services for children, parents, families, educators, and a variety of community partners.

Arti is a mental health therapist who is currently pursuing a PhD in general psychology with an emphasis in performance psychology. She is a certified master health coach and certified parent-child family coach.



**Angelique Payne** is a licensed Resident in Counseling pursuing her EdD in Marriage and Family Counseling. She holds a Bachelor of Arts in Psychology, a Master of Arts in Counseling, Psychology, and Certification in Sports Counseling. In sports counseling, she helps players bring attention to training the mind and body as one, allowing athletes to identify the impact

anxieties, negative self-talk, or predictions have on their ability to perform. She works with individuals, couples, families, children, adolescents, athletes, groups, and teams. Her clients include individuals of various ages, races, ethnicities, and religions, and she is honored and privileged to assist in helping people find their place of wholeness and peace.



## Dads in Action - Virtual Resources for Dad



### Talking Fatherhood Podcasts

*with Andrew and Bryson*

#### Podcasts On Demand

Join Andrew and Bryson on their fatherhood journeys. Listen in on their conversations and gain valuable insights into raising happy and healthy kids.

- Episode 1, Fatherhood so Far
- Episode 2, Work from Home Dad
- Episode 3, Being a Father-Coach

[CHKD.org/DadsinAction](https://CHKD.org/DadsinAction)

or scan the QR code.



**Andrew:** Z. Andrew Jatau, MS, LPC is a father, husband, and content creator on a mission to empower fellow dads. With a background in counseling and fatherhood consulting, Andrew provides a unique blend of mental health expertise and family dedication to his work. As a full-time content creator and manager, Andrew produces educational digital content for kids, while also sharing insights and advice on fatherhood, mental health, and personal growth.

**Bryson:** Bryson Creighton is a dedicated father to two girls and husband to his high school sweetheart. Juggling parenthood, self-worth, a relationship, and an executive career, he offers a unique family man's perspective. Despite the challenges around time, he prioritizes his family, showing his selfless devotion to fatherhood. An avid sports enthusiast, Bryson expertly balances this passion with family commitments, embodying a family-first mantra.

## Videos On Demand



### Take Ten! Positive Parenting Tips

Parents and providers, we invite you to take ten minutes out of your day to reflect on your parenting journey and consider some strategies that may be helpful in supporting the well-being of your family or students.

Topics include tried-and-true areas of interest like children and stress, positive discipline, taming temper tantrums, and more.

[Click Here](#) or  
Scan the QR Code  
and Take Ten!



Visit [CHKD.org/Classes](https://CHKD.org/Classes)



## Spanish Health and Wellness Resources at CHKD Recursos sobre la Salud y el Bienestar de CHKD



CHKD is happy to provide up-to-date health and wellness resources to you in Spanish. We also offer online parenting resources and printable handouts at [CHKD.org/ParentingResources](https://CHKD.org/ParentingResources).

*CHKD se complace en ofrecerle recursos actualizados sobre la salud y el bienestar en español. También ofrecemos recursos de crianza en línea y folletos para imprimir en [CHKD.org/ParentingResources](https://CHKD.org/ParentingResources).*



## Get Connected with a CHKD Pediatrician

Visit [CHKD.org/Classes](https://CHKD.org/Classes) for dates, times, and to register.



For information on selecting a doctor. Visit [CHKD.org/SelectingaDoctor](https://CHKD.org/SelectingaDoctor)

### Suffolk Pediatrics

1009 Hillpoint Blvd., Suffolk

#### Welcome, Baby!

New and expectant parents, or families looking for a pediatric practice, will have plenty of opportunities to ask questions and tour the office with one of our healthcare providers. For more information, call (757) 668-2250.

### Pediatric Associates of Williamsburg

119 Bulifants Blvd., Williamsburg

#### Monthly Open House

Several dates are available for new or expectant parents, or families looking for a pediatrician, to meet the staff and tour the office. For more information, call (757) 564-7337.



Visit [CHKD.org/Classes](https://CHKD.org/Classes)





### What are temper tantrums?

- Temper tantrums are a normal part of child development.
- Tantrums are most common between 1 and 3 years of age and should taper off by age 4.
- Tantrums are a child's way of letting off steam when angry, frustrated, or overwhelmed. They provide a young child the opportunity to release the stress of sensory overload.

### How can parents help?

- Make sure your child has enough rest and routine meal times. Children are more prone to tantrums when they're tired or hungry.
- Choose your battles with your child. If your little one is angry because he doesn't want to ride in his car seat, stand your ground. But if he wants to wear his red sweater instead of a blue one, let him.
- Have realistic expectations. Don't expect toddlers to behave on 4-hour long shopping trips or to keep their hands in their laps at the toy store. Try bringing along a book or small toy to occupy their hands when you have to take them shopping.
- Change the environment to help a child who is feeling overwhelmed (speak calmly, turn down TV or music, dim bright lights).
- Recognize desirable behavior with attention, praise, and encouragement. "Look at that, you were so mad, and you were able to calm down."
- When your child has a tantrum, stay calm yourself. Don't reinforce the behavior by giving in to the demand that started the tantrum.
- Help your child calm down by taking deep breaths. Say, "Breathe with me. You can do it."
- Label your child's feelings. "You seem mad." Teach your child the words to use. "I'm mad. My toy is broken."
- Target the desirable behavior or redirect to an activity that meets the same need. "When you are mad, it is okay to scribble on this paper."
- Some children hold their breath, turn blue, and faint during tantrums. This will not harm your child. As soon as they faint, they begin breathing normally again.
- Do not take it personally. Your child is just trying to figure out how the world works and needs your guidance.
- Temper tantrums should start to taper off by age 3-4. If you have questions about the severity, length, or frequency of your child's tantrums, discuss the concern with your pediatrician, especially if the child seems likely to harm himself or others.





## Community Program Events

### CooPeR Saves Lives CPR Education Class

CPR can save lives. Through a generous donation of the CooPeR Saves Lives organization, CHKD is offering a non-certified CPR training for adult, child, and infant CPR to include skills for relief of choking and AED use. This course is offered FREE, and space is limited.

**Wednesday, February 11,  
6:30-8 p.m.**

[Register Here](#) or  
Scan the QR Code



CHKD Health Center at Landstown, 2nd floor  
1924 Landstown Centre Way, Virginia Beach

**Tuesday, April 14,  
6:30-8 p.m.**

[Register Here](#) or  
Scan the QR Code



Scan the QR code to watch  
CooPeR Saves Lives public service  
announcement - focusing on  
drowning prevention education.



### MileOne Autogroup and CHKD – Free Car Seat Distribution and Safety



Hall, part of MileOne Autogroup, CHKD, and Virginia Beach Fire Department have teamed up to make sure that your child is buckled up in a properly installed car seat. Hall Autogroup is donating car seats to families in need and Certified Passenger Safety Technicians from CHKD and VBFD will work closely with you to educate you on all aspects of your new seat, including proper installation.

Join us if you would like to have your child's car seat installed, checked for safety, or need a car seat. Pre-registration is required. During the appointment, you will learn how to correctly install your car seat(s) and harness your child(ren). This process takes about 30-45 minutes per seat. Please plan accordingly.

**Wednesday, April 15, 10 a.m. – 2 p.m.**  
Hall Toyota, 1877 Laskin Road, Virginia Beach

[Register Here](#) or  
Scan the QR Code



Or Visit [CHKD.org/Classes](https://www.chkdc.org/classes)



## Community Program Events

### [Register Now](#)



### CHKD Sports Medicine Fitness Classes

#### Strong Like Mom Fitness

CHKD's Sports Performance Academy is excited to offer Strong Like Mom Fitness! This 4-week fitness training group is for girls ages 8-14 and their moms. Our program aims to:

- promote confidence and security in a gym environment.
- incorporate fitness into your lifestyle in fun and creative ways.
- inspire moms and daughters alike to enjoy physical activity for life.

If you are interested in registering a second daughter, or have any questions, please reach out to Margaret.

Latchford@CHKD.org to register directly with her. Registration opens in January 2026.



[Register Here](#) or  
Scan the QR Code



**Saturdays, March 7, 14, 21, 28, 11:30 a.m. - 12:30 p.m.**

CHKD Health Center at Landstown  
CHKD Sports Medicine Gym, 2nd floor  
1924 Landstown Center Way, Virginia Beach

### CHKD Autism Fitness Class

This 6-week class is designed for kids ages 6 to 18 with a medical diagnosis of autism from a physician. All participants must have a medical clearance to participate in physical activity. Registration is required and space is limited to 10 participants. Fee: \$65

**Saturdays, February 7 - March 14, 12-1 p.m.**

CHKD Health Center at Oakbrooke  
Sports Medicine Gym, Suite 202  
500 Discovery Drive, Chesapeake, VA

[Register Here](#) or  
Scan the QR Code



Or Visit [CHKD.org/Classes](https://CHKD.org/Classes)





# Community Mental Wellness Events

[Register Now](#)



## QPR - Suicide Prevention Virtual Training

**Thursday, January 22, 6:30-8 p.m.**

**Thursday, April 23, 6:30-8 p.m.**

Question, Persuade, Refer (QPR) virtual training is offered free to the community for anyone ages 16 and older to empower parents, youth workers, teachers, coaches, and other professionals to help prevent suicide in our community. Learn to recognize the warning signs, how to intervene, and where to refer someone in crisis. Ask a Question, Save A Life.



The Sarah Michelle  
Peterson Foundation



## The Major League Mindset Philosophy

**Tuesday, February 17, 6-7:15 p.m.**

**Virtual Event**

Are you looking to instill confidence, focus, and resilience in your athlete, whether they're your child, grandchild, or another player? Join Brandon Guyer, former MLB player and founder of Major League Mindset, as he shares how coaches and parents can help athletes develop a major league mindset. In this session, Brandon will discuss key strategies for preparing athletes before a game, encouraging them after a poor performance, overcoming self-limiting fears, and maintaining focus before, during, and after a game.

**Register [Here](#) or  
Scan the QR Code**



**Or Visit [CHKD.org/Classes](https://CHKD.org/Classes)**



## Community Mental Wellness Events

[Register Now](#)



# THE UPSTANDERS

Presented by



## Film and Discussion: Building Resilience and Empathy to Stand Against Cyberbullying

Partners for Community Health Collaboration (PCHC) and Chesapeake Public Schools will present this original IndieFlix film that explores all sides of cyberbullying and its impact on the bully, the victim, and their family members. A Q&A discussion will follow the film. For more information, scan the QR Code.

**Wednesday, March 18, 6-7:30 p.m.**

Great Bridge Middle School  
441 Battlefield Blvd N,  
Chesapeake, VA 23320

[Register Here](#) or  
[Scan the QR Code](#)



This program is made possible through the generous donations from Bon Secours, CHKD, Sentara Health, and Riverside Health.

## SAVE THE DATE

### CHKD Youth Suicide: Risk and Prevention Conference 2025

Bringing Support, Care, and Hope to  
Our Children

**April 30 - May 1, 2026**

This is a 2-day conference for clinicians, community agencies, parents, and professionals serving youth and families.

#### Featured Speakers:

- **Clinical Track:** Caroline Oppenheimer, PhD- Social Rejection and Self-Injurious Thought Behavior in Youth
- **Community Track:** Anna Mueller, PhD - Life Under Pressure: The Social Roots of Youth Suicide and What to Do About Them



**Registration will open by  
March 1, 2026**

For updates on conference details,  
visit [CHKD.org/CME](https://CHKD.org/CME).



# Annual CHKD School Healthcare Conference



**Saturday, February 7, 2026, 7:15 a.m. – 3 p.m.**

Macon & Joan Brock Virginia Health Sciences

Eastern Virginia Medical School at Old Dominion University

Waitzer Hall, 735 Fairfax Ave., Norfolk, VA 23507

**Target Audience:** All school personnel, including nurses, teachers, clinicians, and community agency professionals serving youth.

**Exhibitors** are also welcome to register through this platform.

**Conference Objectives:** Participants will learn how to support student healing and growth in times of traumatic events, implement heart-safe school programs to prevent sudden cardiac death, understand how CHKD hospital school program supports the academic and social emotional needs of children pre-K through 12th grade, how to help children with sensory challenges develop the skills to cope, understand IEPs and 504 plans and the role of the school personnel, understand behavior challenges from a grief and trauma-informed lens, recognize signs and symptoms of orthopedic trauma and apply structured assessment techniques to determine injury severity, and learn how turn struggles into success.

**Continuing Education:** 4.75 contact hours/recertification points will be provided for educational personnel, social workers, and nurses. Children's Hospital of The King's Daughters is an approved provider of nursing continuing professional development by the Virginia Nurses Association Continuing Education Approval Committee, an accredited approver by the American Nurses Credentialing Center's Commission on Accreditation. Contact hours will be awarded upon completion and submission of the electronic conference evaluation form. Presenters for the conference have disclosed no relevant financial relationships with agencies or individuals that impact or influence this educational activity.

**Conference fees are non-refundable unless you purchase the insurance. Each participant will receive a boxed lunch, conference snacks, and bottled water.**

\*If you are unable to attend after you register, you may substitute a person in your place.  
(Fees below do not include the credit card charges.)

Participant Fee: \$50

Exhibitor Non-profit Fee: \$25

Exhibitor For-profit Fee: \$100

**Register [Here](#) or  
Scan the QR Code**





## Birth & Beyond Parenting - Featured Blog

### Parenting on the Same Page

Author: Michele Tryon



"You coddle him." "You're too tough on her."  
Are there differences in the way you and your partner parent? All parents have strengths, and all parents have challenges. Most couples struggle to get it right.

I've been teaching parenting for several years. I've heard "This is how I was disciplined, and I turned out just fine." I've also heard, "I don't want to parent like my parents did. I want to get it right, but I'm unsure how to handle certain situations." And lately, "It's a whole new world out there. I want my children to be prepared and safe."

Parenting practices are naturally passed down from generation to generation. However, what worked a generation ago may not be effective today. Our understanding of child development and the needs of children has evolved along with technology and our standard of living. What our parents and grandparents knew to be true is now put to the test. For instance, we know children need to be seen and heard, and children need to be thinkers and problem-solvers. Parenting schools of thought are moving toward understanding our children's needs and building respectful relationships.

So, what's a parent to do? In our day-to-day world, when emotions run high, it's easy to disagree on how to handle challenges. It is important to understand where our own parenting beliefs came from and why our partner reacts to parenting challenges the way they do.

I tell couples to take time for reflection and consider becoming purposeful in their parenting. To parent with purpose, you can create a vision for the family you would like to become. Think big, and make sure you leave room for imperfection! There is no such thing as a perfect family and no such thing as a perfect child. It helps to remember that we are journeying with our children through childhood. Childhood is sometimes loud and messy and often overwhelming.

Here's an example of a simple vision statement:

"Our family shows kindness and cooperates in caring for each other while honoring each person's ideas and by solving disagreements with care."

To get on the same purposeful parenting page:

- Explore your parenting beliefs, provide support for your parenting partner in developing practices that fit your family values, and learn something new if necessary.
- Operate with a high degree of warmth and regard for your children and each other.
- Give clear and consistent messages about expectations and behavior.
- Model positive ways to express emotions. Validate feelings and practice and teach calming strategies.
- Model positive ways to resolve conflict. Use "I" statements and negotiate respectfully.

For additional parenting resources and webinars, visit [CHKD.org/ParentingResources](https://CHKD.org/ParentingResources).