

COMMUNITY CONNECTIONS



Opportunities for Education, Engagement, and Action

May to August | 2026



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 **Feature Presentations**

Focus on Hope for Our Families and Community

Monday, May 4, 12:30-1:45 p.m.
Virtual Event

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



Presenters:

Michele Tryon, Certified HOPE Facilitator, Arielle O'Malley, HRTICN Coordinator, and key members of the Hampton Roads Trauma Informed Community Network (HRTICN).

The seventh annual resilience week in Virginia is being celebrated throughout the State. The Hampton Roads Trauma Informed Community Network (HRTICN) welcomes you to attend this FREE virtual workshop to learn about resilience and become an advocate for HOPE!

The research is in! Key positive childhood experiences (PCEs) prevent and mitigate the negative effects of adverse childhood experiences (ACEs). Participants will learn about the four building blocks of HOPE (Healthy Outcomes from Positive Experiences) identified by the HOPE National Resource Center. You will feel encouraged both personally and professionally knowing you can make a positive difference for our children, families, and communities. Join us to listen, learn, reflect, contribute, and commit to creating a resilient Virginia.



<https://positiveexperience.org>



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

 **Feature Presentations**

Raising Healthy Kids in a Body-obsessed World



Tuesday, June 2, 2026 6:30-7:30 p.m.
Virtual Event

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



Join Dr. Wendy Schofer, pediatrician and founder of Family in Focus, for a conversation on how parents can counter the appearance-driven messages kids absorb every day. This session examines the impact of cultural pressures related to weight, fitness, and the idea of "fixing" bodies, which can influence children's self-image long before concerns about food or weight arise. Parents will have the opportunity to gain clarity and reassurance along with practical tools that foster body trust, emotional well-being, and a supportive home environment for children of all sizes and genders.



Presenter

Wendy Schofer, MD, FAAP, DipABLM, PCC, NBC-HWC, TIPC, (she/her) is the owner of Family in Focus Health. She is a lifestyle physician for families and parent coach specializing in social-emotional skill

building, eating disorder prevention, and habit change without harm for the whole family. Dr. Schofer is the host of Family in Focus® with Wendy Schofer, MD. While Wendy Schofer, MD, is a physician who discusses health and wellness in the community and outside of the medical office, this is not medical advice and she is not your doctor. The Family in Focus® programs and products are not intended to diagnose, treat, cure, or prevent any disease, it is for education purposes only. Optimal health is achieved in combination with your physician, who collaborates with you for your individual health. Talk to your doctor about your medical questions. And tell them about Family in Focus®.

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



Get Connected

Webinars for Parents and Professionals

Register at CHKD.org/Classes



Parenting Through Divorce and Separation: Raising Resilient Kids in Changing Times

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

This class offers a compassionate space for parents navigating divorce or separation to learn how to support their children through transition. Participants explore age-appropriate communication strategies, co-parenting approaches that reduce conflict, and tools for maintaining stability and emotional well-being at home. The focus is on strengthening parent-child connection and building a cooperative parenting plan that prioritizes children's needs.

Bloom Through Summer: Reading Habits & Real-Life Balance for Parents

Featured Presenter: **Arti Kumar-Jain** • Tuesday, June 9, 6:30-7:30 p.m.

This workshop will help parents understand the effects of the summer slide and offer simple, developmentally appropriate ways to keep kids of all ages reading without pressure. It blends practical literacy strategies with easy routines that support consistency, emotional well-being, and meaningful parent-child connection. Families leave with a personalized summer plan that balances learning, joy, and real life responsibilities.

Mid-Summer Reset: Supporting Kids' Emotions, Routines & Resilience

Featured Presenter: **Arti Kumar-Jain** • Thursday, July 16, 6:30-7:30 p.m.

Mid-Summer Reset helps parents understand the emotional and behavioral shifts kids often experience when summer routines loosen, and how changes in sleep, screens, and structure can affect regulation. The workshop offers practical co-regulation tools, flexible routines, and connection-based strategies that strengthen resilience and ease the transition back to school. Families leave with simple, sustainable approaches to support stability, confidence, and calmer days in the second half of summer.

Positive Connections Over Power Struggles (Ages 5-12)

Featured Presenter: **Vickie Haralson** • Tuesday, August 4, 6:30-7:30 p.m.

Parent educator and grandparent Vickie Haralson introduces the 6/7 method, a set of six skills and seven activities that help families replace power struggles with stronger, more positive connections. The program gives parents practical tools to communicate effectively, set healthy boundaries, and respond to challenging behaviors with confidence.

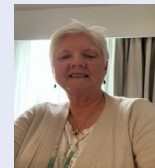
Reset for Success: Navigating Back to School Changes at Home

Featured Presenter: **Arti Kumar-Jain** • Tuesday, August 11, 6:30-7:30 p.m.

As summer ends and school begins, families often face shifting routines and rising emotions. This class offers guidance on re-establishing sleep patterns, organizing daily schedules, managing screen time, and preparing children for new academic and social environments. Parents gain tools to promote emotional well-being, reduce morning chaos, and build habits that support a positive school year.

Our Webinar Speakers

Vickie L. Haralson, MSW, CPDPE is a trained facilitator in Circle of Security International and Positive Discipline. She also trained in Nurturing Parenting. Vickie retired in 2018 as the chief of Child & Family Services of the Chesapeake Department of Human Services, Division of Social Services where she held an array of positions, including social worker and family services supervisor. Vickie began her career in Greenville, North Carolina as a social worker at the Pitt County Department of Social Services. Her undergraduate degree is in social welfare from East Carolina University. While working at Chesapeake Department of Human Services, she obtained her master's degree in social work from Norfolk State University. Vickie is the owner of Parenting in the 21st Century Group, LLC.



Arti Kumar-Jain, LPC, NCC, MEd 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 Ph.D. 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

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.



Five-Minute Fatherhood Talks

with *Andrew Jatau, LPC*

Being a dad is an important job and these five-minute talks will help you build your confidence and connect with your kids. The good news is you can listen to them at your convenience.

The menu of topics include:

- Family of Origin
- Confident Fathering
- Discipline and Fatherhood
- Effective Partner Communication
- Raising Sons
- Financial Anxiety

Available ON DEMAND at

CHKD.org/DadsinAction

or scan the QR code.



Visit CHKD.org/Classes

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 such as children and stress, positive discipline, taming temper tantrums, and more.

Click Here or Scan the QR Code and Take Ten!



Home Safety Tips:

- Water Safety
- Safe Sleep Guidelines for Babies
- Home Safety Tips
- Healthy Eating Tips for Families
- Too Sick for School
- Bringing Baby Home
- Family Fitness Tips
- Parenting Education

Click Here or Scan the QR Code for Home Safety Tips!



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



Practical Parenting Tips
[CHKD.org/ParentingResources](https://www.chk.org/parentingresources)

Parenting a Blended Family: Growing Together Takes Time

Blended families are formed through love, commitment, and hope — but they also come with unique challenges. When families come together after divorce, separation, or loss, children and adults alike are navigating change. These transitions can bring excitement, uncertainty, and a wide range of emotions, often all at once.

One of the most important things to remember about blended families is that adjustment takes time. Children may be grieving the loss of their original family structure or feeling unsure about where they fit in the new one. Even when the change is positive, it can still feel overwhelming. Patience and realistic expectations are key.



Many adults enter blended family life hoping relationships will form quickly. In reality, trust and connection develop gradually. Children often need time to feel emotionally safe before forming close bonds with stepparents or stepsiblings. Rather than forcing closeness, focus on building a calm, predictable environment where relationships can grow naturally.

Consistency plays a powerful role in helping children feel secure. Clear routines, predictable schedules, and simple household rules can reduce anxiety and confusion. In the early stages, it's often helpful for parents to take the lead on discipline, while stepparents focus on getting to know the children and building positive connections.

Communication is another essential piece. Encourage children to share their feelings and listen without judgment, even when those feelings are difficult to hear. Resistance, withdrawal, or acting out are often signs that a child is struggling with change, not rejecting the family. Acknowledging emotions helps children feel seen and supported.

Blended families benefit when adults respect and support children's relationships with both parents. Avoid putting children in the middle of adult conflict or asking them to take sides. When children feel free to love all the important people in their lives, they are better able to adjust and thrive.

Above all, remember that progress matters more than perfection. Conflict and setbacks are part of the process and do not mean failure. With patience, empathy, and support, blended families can build strong, resilient relationships over time — creating a family defined not by how it started, but by how it grows together.

Visit [CHKD.org/Classes](https://www.chk.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://www.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://www.chkd.org/ParentingResources).



Get Connected with a CHKD Pediatrician Visit [CHKD.org/Classes](https://www.chkd.org/Classes) for dates, times, and to register.



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



Season of Safety: Newborn Sleep and Care



Tuesday, May 19, 12–1 p.m.

Location: Virtual

Are you feeling overwhelmed about bringing your baby home? No worries! Expectant and new parents are invited to join the CHKD expert panel for an informative session on the essentials of infant care and safety during the first year.

Topics will include setting up a safe sleep environment, breastfeeding, car seat safety, well care visits, and immunizations. There will be an opportunity to ask questions.

As a bonus, the first 25 participants who register and attend will receive a new infant car seat.

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





Mental Health and Wellness Education
Register Now



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

Wednesday, May 13, 5 – 6:30 p.m.

Emily Spong Center
2200 Piedmont Ave. • Portsmouth

Partners for Community Health Collaboration and Portsmouth Public Schools present this original Indieflix film that explores all sides of cyber-bullying and its impact on the bully, the victim, bystanders, and their family members. With the increase in social media use, bullying is more prevalent than ever.

Upstanders weaves together personal stories of teenagers and their families and interviews with educators and brain scientists to demonstrate the importance of empathy and resilience. Learn what is needed to transform attitudes and what actions can be taken to change human behavior and develop a greater positive connection to one another.

A panel discussion and a Q&A session will follow the film.

Upstanders Virtual Presentations

- Thursday, July 23, 2026, 6-7:30 p.m.
- Thursday, September 24, 2026, 6-7:30 p.m.

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



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



Virtual Professional Medical Webinars
(CME and CE offered for nurses)

PRL CME Lunch and Learn Series

Starting the Conversation: SBIRT for Adolescent Substance Use in Pediatric Primary Care

Wednesday, May 6, Noon – 1 p.m.

This program will define SBIRT (Screening, Brief Intervention, and Referral to Treatment), demonstrate proficiency in administering screening tools, and applying the steps of the Brief Negotiated Interview (BNI) to establish rapport. He will differentiate SBIRT from traditional substance use disorder treatment and identify best practices for implementing SBIRT.

Featured Speaker: Jeffery Wilson, MD, triple board-certified in psychiatry, child and adolescent psychiatry, and addiction psychiatry.

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



Vaccination: The Balance of Risks and Benefits to Optimize Outcomes

Wednesday, June 17, Noon – 1 p.m.

This program provides an overview of vaccine development, from historical foundations to current regulatory requirements, and examines the overall impact of vaccines on public health. Participants will review recent updates to vaccination recommendations and gain practical guidance on addressing common parental questions and concerns.

Featured Speaker: Eric Engstrom, MD, CHKD pediatric infectious disease specialist.

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



Birth & Beyond Parenting - Featured Blog

HOPE for Challenging Times

By Michele Tryon, CCLS



A psychotherapist recently coined the term, "hope fatigue." In describing it, she explained many of her patients are feeling overwhelmed, anxious, and exhausted. They are not able to muster a sense of optimism in regard to local, national, and world news. In my role as a parent educator, I too heard from parents, providers, and educators that they often struggle to stay positive when considering current challenges that children and families are facing.

In supporting the well-being of all children, CHKD made a commitment to health, healing, and hope. As part of my commitment to that vision, I have been able to provide HOPE 101 trainings for parents, professionals, and community members throughout Hampton Roads and the state of Virginia. One thing I know for sure is that when people come together with positive intentions and talk about HOPE, they feel better.

The HOPE National Resource Center provides substantial research behind the idea that promoting HOPE has short- and long-term positive effects on well-being. In this case, HOPE is an acronym standing for Healthy Outcomes from Positive Experience. The four building blocks of HOPE are positive relationships, safe and equitable environments, opportunities for community and civic engagement, and emotional growth for children, youth, and families.

I tell people who complete the HOPE 101 trainings that they have now become spreaders of HOPE. It is not about adding another task to your to-do list. It is about recognizing how your intentions – while doing the things you do – can foster hope and prevent fatigue.

What do you say? Would you like to join in and become a spreader of HOPE? Here are a few ideas that have bubbled up over the past year during my hopeful conversations with participants:

- Foster positive relationships with children and youth by listening more and talking less!
- Create a safer environment in your neighborhood by getting to know your neighbors and looking out for one another.
- See youth as assets in the community and ask them to provide insight and feedback regarding policies at school or places where they gather.
- When times are challenging, recognize that even a single adult offering support and guidance can help a child or young person navigate difficulties and build coping skills and character.

With intention, together we can change the narrative from one of "hope fatigue" to one of a healthy outcome.

Learn more at PositiveExperience.org or email Outreach@CHKD.org for HOPE 101 training information.

For additional parenting resources and webinars, visit CHKD.org/ParentingResources.