



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS

AUGUST 2021

Helping Hands From The ACFC!

There are times that we all need a helping hand and the ACFC is here to support you and your family. Explore the [ACFC website](#) to learn about the services and programs available to you and your family and take advantage of our helping hands. You'll find services, resources and programs for every aspect of your work/life balance; from finances to parenting and everything in between. Let us provide you with help when you need it, where you need it.



Health and Wellness Awareness

[Back to School Month](#)
[Family Fun Month](#)
[National Breastfeeding Month](#)

[Children's Eye Health and Safety Month](#)
[Immunization Awareness Month](#)
[Summer Sun Safety Month](#)



Teach Your Children Well

In order to thrive and survive in the democratic society in which they live, children need to have confidence and self-esteem. Parents play an important role in developing confidence in their children. Children need to know that their parents love them for who they are, regardless of their achievements.

You can attain the skills and insight to boost your children's confidence and self-esteem and help them to become empowered and resilient adults by attending the Anthem webinar, "**Raising Confident Children.**" This webinar will be available starting August 17, 2021. Click on the webinar title under the Seminars section on the [Anthem EAP](#) home page to sign up today.



A Helping Hand for Parents

If your child is facing learning, social, attention, emotional or developmental challenges, you'll want to attend the Bright Horizon's webinar, "**Extra Support for Your Child's Unique Needs,**" on August 5, 2021 at 2:00 p.m. ET. Whether diagnosed with special needs or not, navigating your child's needs can be overwhelming for both you and your child. Join this webinar to learn how to:

- Take advantage of guidance from experts in the field
- Access a secure, interactive platform and interactive webinars
- Use helpful resources based on your child's unique needs
- Ensure your child is on track for a bright future



To register and attend this webinar, go to the [ACFC website](#) and click on the Kid's Essentials tab.

Thoughts to Live By

AUGUST: FRIENDSHIP

A friend is someone who helps you up when you're down, and if they can't, they lay down beside you and listen. - Winnie the Pooh



We Want to Hear From You!

The ACFC strives to provide our members with the services that help you and your family deal with the struggles you face that keep you from experiencing the ideal work/life balance. We have provided this survey so you can share your thoughts and ideas about the programs that serve you the best. Click the link below to take this survey or type surveymonkey.com/r/ACFCcares into any web browser.

All responses are anonymous and confidential.

ACFC SURVEY

Parenting Today

Parenting in today's diverse society can be challenging. With access to social media, exposure to violence and increasing peer pressure, kids can become depressed and uncertain. Having an open line of communication with your children is essential so you can discuss serious topics openly and ensure they feel comfortable talking with you. The ACFC provides free **Active Parenting Online Groups** to ACFC members. These video-based, interactive classes are available 24/7 and can be completed on your schedule, at your own pace. There are four different courses available, for parents of infants to teens. A trained parent educator is available to answer questions and provide support. Just as you need training to do your job the best you can, training for the important job of parenting is essential for a happy, healthy family. Visit the ACFC website and click on the Active Parenting tab for detailed information and to register for a class.

You will also find the Active Parenting Monthly Parenting Tips. These monthly tip sheets provide essential parenting skills that can be readily implemented.

Monthly Website

Houzz

Home renovation is happening everywhere these days. When you start a project of your own, how do you know how to begin? Houzz is like having your own contractor available 24/7. You can browse 1,000s of photos for inspiration and find options to fit your style. Once you know what you want to do, you can view options for contractors in your area, with helpful reviews. Interact with other homeowners who have been there and done that. You can also shop for everything you need for your home, indoors or outdoors. There are reviews for household appliances, furniture, lighting and almost anything you need for your home or yard. Now you don't need to be in the dark when it comes to home renovation. Houzz will turn on lots of light bulbs.



Made in the USA

Smart Pots

No matter what size yard you have, now you can have a rich, full garden anywhere. Smart Pots come in a variety of sizes and can be used to grow flowers, fruits and vegetables. Compared to plastic containers, Smart Pots stay cooler on hot days because they allow air to flow through the sides of the fabric. Smart Pots eliminate the need to dig up or till your soil and keep your plants contained and weed-free. For most urban residents, growing in a container is the only viable solution. Container gardening means plants can be strategically placed on patios, walkways, steps, or balconies. Smart Pots are BPA-free, so you can be 100% organic. There are even Smart Pots available for raised-bed gardens.

THE ACFC COMMITTEE

The ACFC is a joint CWA and Verizon committee negotiated especially to meet the family and daily-life needs of the CWA members in the mid-Atlantic. The council includes employees from sectors of union and management, all dedicated to helping you and your family thrive. The ACFC is responsible for researching, developing, evaluating, funding, monitoring, deploying, and communicating programs and initiatives in all areas of your work/life balance.

Dutchin Carpenter - ACFC Coordinator - District 2-13-MD, VA, DC, WV

Dawn Bergner-Thompson - District 1-NJ

Julie Boden - Verizon/Area Manager/I&M Construction

Kelly Nelson - Verizon/LR

Patrice Mears-Swift - District 2-13-DE, PA

Shernell Saunders - Verizon Senior Manager-EEO

