



ACFC CONNECTIONS

YOUR MONTHLY GUIDE TO NEWS, INFORMATION AND EVENTS



AUGUST 2026

Back to School With the ACFC!

You've likely heard the saying, "Knowledge is power." Understanding the programs and services available through the ACFC can give you and your family the tools to navigate everyday challenges with confidence. Access to the right resources can reduce stress, improve well-being and make daily life more manageable. The first step is learning what resources are available and how to use them. The [ACFC website](#) is your go-to source for information, guidance and support to help you reduce stress, improve your health and build a happier, healthier life.



Health and Wellness Awareness

[American Adventures](#)
[Eye Exam Month](#)
[Breastfeeding Awareness](#)

[Back to School](#)
[Family Fun](#)
[Summer Sun Safety](#)

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

Spring Health

Feel better fast and strengthen your mental health over time with Spring Health's Moments, a mobile library of mental wellness exercises. The digital library of short, self-guided wellness exercises help you relieve stress, anxiety, burnout, sleeplessness, and other challenges in just a few minutes. Members can tap in anywhere, any time to get immediate relief from pressing concerns and build long-term skills for mental wellness. Moments includes exercises on building relationships, combating depression, managing anxiety, tackling eating issues, and more. Moments provides easy, unlimited access to exercises that have shown proven results, including an 87% reduction in anxiety symptoms.

Visit verizon.springhealth.com to create your account and take advantage of the programs available for a happier, healthier life.



Bright Horizons

Supporting ACFC Families

Plan to join this Bright Horizons webinar to learn how to teach your children compassion and kindness.

- ***Raising a Compassionate Child***
(Wednesday, August 12, 2026, 3:00 p.m. ET)
Let's make the world a better place, together. Get our experts' advice on how to help your child become caring, inclusive and respectful.

This webinar will explain how to make the most of need-based financial aid and merit scholarships.

- ***Maximizing Financial Aid and Scholarships***
(Tuesday, September 1, 2026, 12:00 p.m. ET)

Register for Bright Horizon Services using your 10-Digit Verizon Enterprise ID. This can be found on your Verizon Profile. Get started with Bright Horizons today: clients.brighthorizons.com/acfc

ACFC Promotions

The ACFC offers their members FREE special promotions to help you balance your life on and off the job. These promotions can be found on the [ACFC website](#). Supplies are limited so be sure to visit the website regularly to see what promotions are currently being offered.

Look for new promotions coming soon!



Your College Benefit

Do you or a family member have a goal to obtain a college degree? The CWA Union College Benefit powered by Edvance gives members and their families access to affordable, 100% online degrees and certificates from accredited schools with discounted tuition, dedicated support and no cost to explore.

Whether you're ready to move up, finish what you started, or build credentials for something new, there's a program here that fits your goals and your schedule.

- **Cost:** Up to 40% discounted tuition that is stackable with other financial aid.
- **Choice:** They partner with accredited schools and help match you with the right program.
- **Process:** All programs are 100% online, no campus attendance required.
- **Real Results:** Programs focus on in-demand careers.

To get started, go to: [CWA/NETT Union College Benefit](#).

Monthly Website

[PBS for Parents: Back To School](#)

The start of a new school year can be daunting to some children. Being prepared to tackle common situations that arise can make the process less stressful for your children and you. The PBS Back-to-School site includes lots of guidelines, resources and information to begin the school year in a positive way. You'll find ways to create daily routines for your kids, get ready for that first day, set goals and handle school stress. You'll also find suggestions for healthy lunches and after-school snacks. Once your kids get home from school you can engage them in after-school activities and crafts that will keep them entertained and ready for more learning. Be sure to sign up for the PBS Kids Newsletter to get activities and tips you can use to help kids learn at home. Make the start of this new school year the best one ever!



Made in the USA

[Zimmerman Shoes](#)

The beginning of a new school year is approaching and new school shoes will be needed. Zimmerman Shoes makes shoes for infants to children's Youth 3. Each pair of Zimmerman Shoes is proudly cut, sewn, lasted and packed at the family-owned shoe factory located in rural Pennsylvania. The factory has been in operation since 1888 and the current family has owned it since the early 1960s. Before ordering you can use the sizing chart to determine the correct size shoe for your child. Most of their styles are available in medium and wide widths. You'll find a vast selection of Mary Jane's, boots, sandals, loafers, oxfords, t-strap, walkers and saddle shoes, in a wide selection of colors. The Back-To-School selection showcases the best school shoes. Shoes can be returned within 14 days of delivery as long as they're in unworn condition.

YOUR 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
Julie Boden - Verizon/Area Manager/I&M Construction
Kelly Taylor - Verizon/LR
Patrice Mears-Swift - District 2-13-DE, PA
Shernell Saunders - Verizon Senior Manager-EEO
Dana Hazzard - District 1 NJ

