



CARINGU

COURSE CATALOG



DEPARTMENT OF
RECREATION, PARKS &
CULTURAL ACTIVITIES

COURSE NAME

COURSE DESCRIPTION

Facilitator-Led Courses



Developmental Relationship Framework

Developmental relationships are close connections through which youth discover who they are, cultivate abilities to shape their lives, and learn how to engage with and contribute to the world around them. Learn about this framework and the efforts that are proven to catalyze youth's lives.

1.5 hours

Virtual

Language of instruction: English



Everyone's an Asset Builder

Participants will learn about the Developmental Asset Approach and other valuable information on ways to offer support and care for our youth, their future, and our community's wellbeing.

6 hours (4 CEU hours)

In-person and virtual

Language of instruction: English



Gang Awareness Training

An overview of gang involvement, including signs, risk factors, prevention, intervention, and local resources to support youth and families.

1 hour

In-person

Language of instruction: English



Healthy Touch

Darkness to Light's Healthy Touch for Children & Youth training provides evidence-informed guidelines for establishing safe boundaries and nurturing touch, protecting children from sexual abuse.

1 hour

Virtual

Language of instruction: English, Spanish



How to Be an Askable Adult

Young people want approachable adults they can turn to for help navigating stress and challenges. In this session, participants will learn how to become an askable, trusted adult for young people in your life.

1.5 hours

Virtual

Language of instruction: English



It Takes One Caring Adult!

Learn how to recognize when youth may be struggling with mental health, how to respond in supportive ways, and when and how to connect with additional support.

1.5 hours

In-Person

Language of instruction: English



Mentoring 101

The Alexandria Mentoring Partnership team will share the basics of mentoring, explore Alexandria's needs, introduce partner programs, and answer questions as caring adults take the first step towards becoming a mentor.

1 hour

In-person and virtual

Language of instruction: English



QPR: Question, Persuade, and Refer

Suicide prevention training. Learn three simple steps anyone can use to help save a life. Participants will gain skills to recognize warning signs and how to question, persuade, and refer someone to help.

2 hours (2 CEU hours)

Virtual

Language of instruction: English



Smooth Transitions

Designed for parents/guardians, this training will provide valuable skills to communicate better, manage stress, and strengthen family bonds. With personalized support and a safe space to share, caregivers leave feeling more connected, confident, and empowered.

1 hour

Virtual

Language of instruction: English, Spanish



Stewards of Children®

Darkness to Light's flagship training, Stewards of Children®, teaches adults practical actions they can take to reduce instances of child sexual abuse in their organizations, families, and communities.

3 hours

In-person and Virtual

Language of instruction: English



Talk Saves Lives

A community-based presentation that covers the general scope of suicide, the research on prevention, and what people can do to help save lives.

1 hour

In-person and Virtual

Language of instruction: English



Understandings ACEs

This educational experience helps participants develop a common language around ACEs (Adverse Childhood Experiences), trauma, and resilience in our community, thus shifting our mindset about what we can all do to build more resilient, healthy communities.

2 hours (2 CEUs)

Virtual

Language of instruction: English



Welcoming Afghan Refugees: A Training for Community Members

This training helps community members better understand and support Afghan refugees resettling in the area by exploring Afghanistan's history and culture, the challenges many refugees have experienced, and culturally sensitive approaches to providing support. Participants will gain practical skills and confidence to foster inclusive, welcoming environments that promote respect, safety, and meaningful community connection.

1 hour

In-person

Language of instruction: English



Youth Mental Health First Aid Training

Youth Mental Health First Aid (YMHFA) is an essential evidence-based training designed to equip adults with knowledge and tools needed to help adolescents (ages 12-18) who may be experiencing a mental health or substance use crisis, or even just struggling silently.

8 hours (8 CEU hours)

In-person and Virtual

Language of instruction: English

Please contact mentoring@alexandriava.gov if you're interested in scheduling a facilitator-led course for a group, outside of a pre-scheduled CaringU training time.

Asynchronous Online Courses



Adolescent Thriving

This course is dedicated to Dr. Peter Benson (1946–2011), and provides an overview of adolescent thriving, the RISE Approach, and practical guidance for caring adults interested in supporting adolescent thriving.

Estimated duration: 13 min

Language of instruction: English



Adopting a Mentoring Mindset

Learn how anyone (including you!) can use the mentoring mindset when working with youth. This includes the essential attitudes, values or philosophy with which people approach their role in mentoring. This mentoring mindset goes beyond simply creating a culture that fosters mentoring relationships, but also structures mentoring in a helpful way, including being constructive, respecting difference and diversity, and cultivating positive progress.

Estimated duration: 71 min

Language of instruction: English



The Art of Showing Up: Cultural Humility for Caring Adults

Master the art of showing up for people in a way that makes them feel seen.

Estimated duration: 17 min

Language of instruction: English



College 101: First Generation Students

This course is designed to build confidence in first-generation students by reviewing how to navigate the college planning and application process. While the course is geared toward the student perspective, it also provides valuable insight for parents, guardians, and other caring adults who want to better understand the process and support students along the way.

Estimated duration: 13 min

Language of instruction: English



College 102: Family Support Tips

In this course, we will review frequently asked questions by families of students who are the first to attend college in their family, review statistics regarding first generation students, review best practices to encourage first generation college students, and discuss how to amplify and strengthen first-generation student identity.

Estimated duration: 8 min

Language of instruction: English



CULTURAL HUMILITY & MENTORING

Cultural Humility & Mentoring

What does it mean to practice cultural humility in youth development? Cultural humility is the concept of remaining humble regarding one's knowledge of the culture and social identities of others. Research shows that practicing cultural humility is invaluable in building relationships with young people, and this workshop will explain why that's so important and how to do it with your mentees!

Estimated duration: 56 min

Language of instruction: English



Discipline Without Punishment

This course introduces a positive approach to discipline that focuses on teaching and guiding children without relying on punishment, fear, or yelling. Participants will learn practical strategies to build connection, use consistent and age-appropriate responses, and support healthy behavior and development.

Estimated duration: 12 min

Language of instruction: English, Spanish



Exploring the World: Study Abroad & Gap Year!

This course introduces students to study abroad and gap year opportunities, including their benefits, program selection, planning steps, and common challenges before, during, and after the experience. While designed for students, it is also a valuable resource for parents, educators, and other adults supporting youth through the process and learning more about international education opportunities.

Estimated duration: 11 min

Language of instruction: English

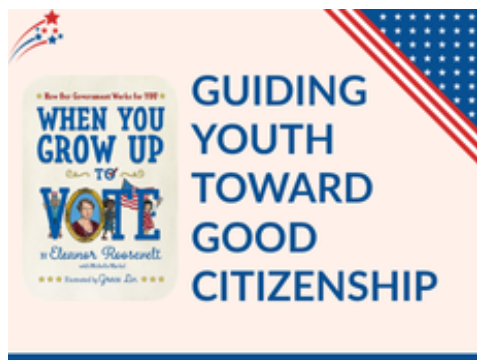


Group Formation

This course explores the process of group formation, including how groups are created, how they develop through five stages, and the behaviors, emotions, and challenges that may arise along the way. It also highlights the role of facilitators and caring adults in supporting healthy group dynamics, managing conflict, and fostering connection and growth.

Estimated duration: 8 min

Language of instruction: English, Spanish



Guiding Youth Toward Good Citizenship

This course provides a starting point for caring adults to engage youth in conversations about American history, civic values, and good citizenship. You'll explore why these topics matter, learn about key historical documents and democratic principles, reflect on the meaning of citizenship, discover everyday ways to model good citizenship, and find resources to support meaningful discussions with youth.

Estimated duration: 12 min

Language of instruction: English



Hispanic/Latinx Population in Alexandria

This course is intended to build cultural awareness by exploring the Hispanic and Latinx population in Alexandria, including cultural values, gender roles, migration experiences, community history such as Chirilagua, and common challenges faced by migrant families.

Estimated duration: 10 min

Language of instruction: English, Spanish



How to Set and Maintain Healthy Boundaries

This course provides an overview of setting and maintaining healthy boundaries, including what boundaries are, why they matter, and how to recognize when they need improvement. Participants will learn practical strategies for creating and communicating boundaries, as well as how to navigate common challenges to protect their well-being and relationships.

Estimated duration: 9 min

Language of instruction: English, Spanish



Human Trafficking Awareness for Caring Adults

Blue Campaign is a national public awareness campaign designed to educate the public to recognize the indicators of human trafficking, and how to appropriately respond to possible cases.

Estimated duration: 10 min

Language of instruction: English

Increasing Inclusivity



Increasing Inclusivity

Welcome to “Increasing Inclusivity,” an engaging and thought-provoking training program designed to empower learners with the knowledge and skills necessary to foster a more inclusive and equitable environment. In a world that thrives on diversity, this course delves into the essential principles of inclusivity, providing participants with actionable insights and strategies to promote a culture of belonging and respect.

Estimated duration: 8 min

Language of instruction: English, Spanish



Internet Safety for Parents, Guardians, & Communities

NetSmartz is an online safety program through the National Center for Missing & Exploited Children. This presentation helps to provide participants with helpful information, prevention tools to protect the children in their lives, and shares best practices to respond to children if something happens.

Estimated duration: 80 min

Language of instruction: English



Introduction to Restorative Practices



Introduction to Restorative Practices

This course is designed to provide participants with a foundational understanding of restorative approaches and their application in fostering positive and inclusive communities in Alexandria City Public Schools. This course aims to equip learners with the knowledge and skills necessary to create a restorative mindset, emphasizing the principles of accountability, relationship-building, and community well-being.

Estimated duration: 9 min

Language of instruction: English

MANAGING HEALTHY SCREEN TIME



Managing Healthy Screen Time

This course defines screen time, discusses best practices for different age groups, and shares tips for consuming digital media, taking breaks, and more.

Estimated duration: 9 min

Language of instruction: English



THE MENTOR'S PLAYBOOK

*Communication &
Feedback Strategies*

The Mentor's Playbook: Communication & Feedback Strategies

While framed through the mentor-mentee relationship, the approaches discussed in this course are designed for all caring adults. This course shares strategies for communicating clearly and respectfully, giving feedback that motivates growth, and strengthening trust with mentees (i.e., youth).

Estimated duration: 15 min

Language of instruction: English, Spanish



THE MENTOR'S PLAYBOOK

S.M.A.R.T Goals

The Mentor's Playbook: S.M.A.R.T. Goals

This course provides an overview of the S.M.A.R.T framework for goal setting - a powerful tool that helps turn vague aspirations into a concrete action plan - with a special emphasis on guidance for mentors.

Estimated duration: 11 min

Language of instruction: English



THE MENTOR'S PLAYBOOK

*Strategies for Building
Trust and Impact*

The Mentor's Playbook: Strategies for Building Trust and Impact

While framed through the mentor-mentee relationship, the approaches discussed in this course are designed for all caring adults. This course provides practical strategies for building trust, connection, and positive relationships with young people through core skills such as active listening, consistency, fostering a growth mindset, and practicing vulnerability.

Estimated duration: 10 min

Language of instruction: English

Online Safety Trends & Resources



Online Safety Trends & Resources

This course will provide a clear understanding of online risks youth are facing today and help recognize potential warning signs and provide guidance on how to respond appropriately if concerns regarding online safety do arise. It will also provide practical strategies to create safer environments for youth and resources to support you and the young people in your life.

Estimated duration: 90 min

Language of instruction: English

SUBSTANCE USE 101

UNDERSTAND THE
IMPACT.
RECOGNIZE THE
SIGNS.
BE PREPARED TO
PROVIDE SUPPORT.



Substance Use 101

This course introduces what substances are and how they affect the brain and body, while helping you recognize signs of use and overdose. It also explores the connection between substance use and mental health, and equips you with practical ways to help others and access support resources.

Estimated duration: 17 min

Language of instruction: English

Supporting Adolescents with Body Positivity & Self-Love



Supporting Adolescents with Body Positivity & Self-Love

This presentation will explore factors that can influence adolescent body image and provide evidence-based strategies to promote body positivity and self-love. It will also highlight the importance of using supportive language and role modeling to help adolescents build confidence, resilience, and a healthier relationship with their body.

Estimated duration: 10 min

Language of instruction: English

Supporting Quieter Youth



Supporting Quieter Youth

This course provides an overview of Susan Cain's work on "The Extrovert Ideal" and the power of quietness, strengths of quietness, guidance for caring adults working with quieter youth in 1-on-1 and group settings, and recommended resources to learn more.

Estimated duration: 12 min

Language of instruction: English



Supporting Young People's Mental Health & Well-Being

This training explores practical strategies to support youth mental health and well-being by building protective factors, encouraging emotional expression, and fostering safe, supportive relationships. You'll learn trauma-informed approaches, tips for navigating conversations about mental health, and the importance of self-care for both youth and the caring adults who support them.

Estimated duration: 10 min

Language of instruction: English

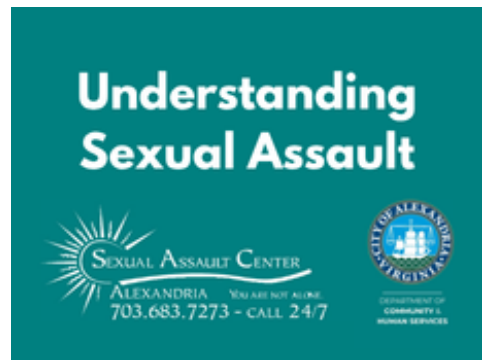


The Five Love Languages

This course introduces the concept of love languages, and provides an overview of Chapman's Five Love Languages.

Estimated duration: 11 min

Language of instruction: English



Understanding Sexual Assault

The City of Alexandria's Sexual Assault Center offers support to victims of sexual assault and their families and friends. Additionally, they provide trainings, information, and presentations to local schools and organizations.

Estimated duration: 35 min

Language of instruction: English



Welcome to CaringU!

Welcome to CaringU! This short introductory course will provide background information, highlight the importance of your role as a caring adult, and walk you through using the online learning portal. Once completed, you'll gain access to all CaringU courses and resources designed to help you build the skills, confidence, and knowledge to better support the young people in your life. Thank you for supporting Alexandria's youth!

Estimated duration: 8 min

Language of instruction: English, Spanish

All asynchronous courses are available through the free online portal. Visit alexandriava.gov/rpca/caringu and click "Enroll Here" to register.