CARINGU
COURSE CATALOG

DEPARTMENT OF RECREATION, PARKS & CULTURAL ACTIVITIES

COURSE NAME	COURSE DESCRIPTION
Facilitator-Led Courses	
	**Allied Provider Training** *Facilitated by Safe Space NOVA* Empowers service providers to support LGBTQIA+ youth through self-awareness, key LGBTQIA+ concepts, and strategies to guide youth through dating, building healthy connections, and avoiding abusive relationships. 1.5 hours | In-person & Virtual | English
	**Developmental Relationship Framework** *Facilitated by MENTOR MD|DC* Developmental relationships help youth discover who they are, build their abilities, and learn to contribute to the world around them. Explore this framework and proven approaches that help youth thrive. 1.5 hours | Virtual | English
	**Everyone's an Asset Builder** *Facilitated by the Department of Community & Human Services* Participants will learn about the Developmental Asset Approach and ways to offer support and care for our youth, their future, and our community's wellbeing. 6 hours (4 CEU hours) | In-person & Virtual | English
	**Gang Awareness Training** *Facilitated by Department of Community Justice Services* An overview of gang involvement, including signs, risk factors, prevention, intervention, and local resources to support youth and families. 1 hour | In-person | English



Healthy Touch

Facilitated by the Center for Alexandria's Children

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 | English & Spanish



How to Be an Askable Adult

Facilitated by MENTOR MD|DC

Youth want approachable adults they can turn to for help navigating stress and challenges. Participants will learn how to become an askable, trusted adult.

1.5 hours | Virtual | English



It Takes One Caring Adult!

Facilitated by Alexandria City Public Schools' Director of School Psychology

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 | English



Mentoring 101

Led by the Alexandria Mentoring Partnership (AMP)

Learn about the basics of mentoring, Alexandria's needs, AMP's partner programs, and ask questions to take the first step towards becoming a mentor.

1 hour | In-person & Virtual | English



QPR: Question, Persuade, and Refer

Facilitated by the Department of Community & Human Services

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 | English



Smooth Transitions

Facilitated by Northern Virginia Family Services

Designed for parents/guardians, this training provides 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 | English & Spanish



Stewards of Children®

Facilitated by the Center for Alexandria's 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 & Virtual | English



Talk Saves Lives

Facilitated by the American Foundation for Suicide Prevention

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 & Virtual | English



Understanding ACEs

Facilitated by the Department of Community & Human Services

Develop a common language around ACEs (Adverse Childhood Experiences), trauma, and resilience, shifting our mindset about what we can do to build more resilient, healthy communities.

2 hours (2 CEUs) | Virtual | English



Welcoming Afghan Newcomers: A Training for Community Members

Facilitated by the Department of Recreation, Parks & Cultural Activities

Learn how to support Afghan refugees with cultural awareness, trauma insight, and inclusive practices to help build a welcoming community.

1 hour | In-person | English



Youth Mental Health First Aid Training

Facilitated by the Department of Community & Human Services

An evidence-based training to equip adults with knowledge and tools to help adolescents (ages 12-18) who may be experiencing a mental health or substance use crisis.

8 hours (8 CEU hours) | In-person & Virtual | 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.

13 minutes | 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.

71 minutes | English



Building Your Coping Toolbox

This course provides an overview of coping, coping styles, and coping toolboxes, shares ideas for getting started with building digital and physical coping toolboxes, and reviews conversation starters to introduce coping toolboxes to young people.

11 minutes | 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.

17 minutes | 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.

13 minutes | 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.

8 minutes | English



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!

56 minutes | 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.

12 minutes | 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.

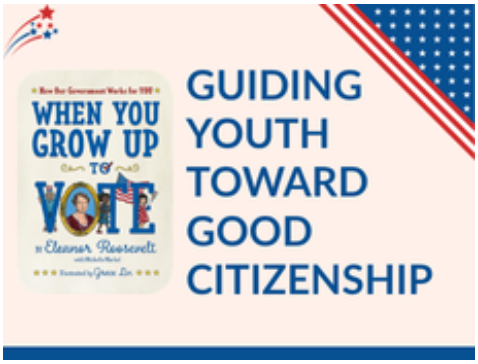
11 minutes | English



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.

8 minutes | 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.

12 minutes | 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.

10 minutes | 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.

9 minutes | 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.

10 minutes | English



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.

8 minutes | 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.

80 minutes | English



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.

9 minutes | English



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.

9 minutes | English



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).

15 minutes | English & Spanish



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.

11 minutes | English



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.

10 minutes | English



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.

90 minutes | English



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.

7 minutes | English



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.

10 minutes | English



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.

12 minutes | 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.

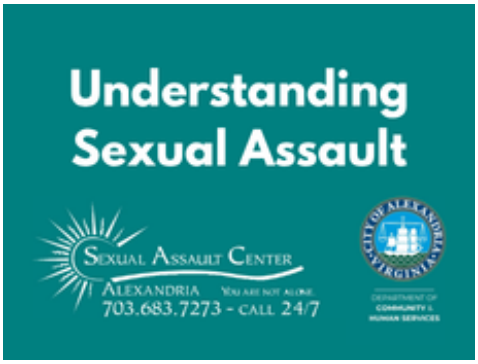
10 minutes | English



The Five Love Languages

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

11 minutes | 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.

35 minutes | 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!

8 minutes | English & Spanish

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