



CARINGU

COURSE CATALOG



DEPARTMENT OF
RECREATION, PARKS &
CULTURAL ACTIVITIES

COURSE NAME	COURSE DESCRIPTION
Facilitator-led Courses	
 Sponsored by the Alexandria Youth Services Coordinating Council	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 <i>Language of instruction:</i> 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 <i>Language of instruction:</i> English; Spanish
	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 <i>Language of instruction:</i> 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 <i>Language of instruction:</i> English



SMOOTH TRANSITIONS

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



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 into Our Community

Welcoming Afghan Refugees: A Training for Community Members

This introductory training is designed for community members who want to better understand and support Afghan refugees resettling in our area. Participants will explore the historical and cultural background of Afghanistan, gain insight into the challenges and trauma many refugees have experienced, and learn practical, culturally sensitive ways to offer support. The course also builds confidence in creating inclusive, welcoming environments where newcomers can feel respected, safe, and valued. Open to all adults, this training encourages empathy, awareness, 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



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 Gen 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



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



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



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



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



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



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

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



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

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

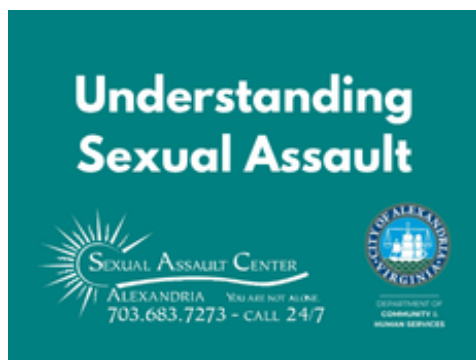


Substance Use 101

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



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