



CHW Strength

Strengthening the CHW Workforce

www.CHWStrength.com



COMMUNITY HAPPENINGS

FOR A LIST OF TRAININGS OFFERED AT
CHW STRENGTH

[HTTPS://WWW.CHWSTRENGTH.COM/CALENDAR](https://www.chwstrength.com/calendar)

VIRGINIA COMMUNITY HEALTH WORKER
DEVELOPMENT COUNCIL, REQUEST TO BE
ADDED TO THE LISTSERV BY EMAILING:
COMMUNITYHEALTHWORKER@VDH.VIRGINIA.GOV

VIRGINIA CHW ASSOCIATION (VACHWA)
MONTHLY MEET: February 18th, 2025 -
REGISTER BY VISITING [VACHWA MEETING LINK](#)

SUPPORT BY DONATING TO THE
CHW STRENGTH FOUNDATION MISSION
AT WWW.CHWSTRENGTH.COM/SUPPORT



Strengthening the CHW Workforce

CHW Learning Summit

4 Learning Tracks

CHWs	CHW Supervisor	CHW Instructor	Self-Care
<ul style="list-style-type: none"> Ethics Resource Navigation Customer Service Excellence And MORE... 	<ul style="list-style-type: none"> CHW Program Structure Mentorship Service Leadership And MORE... 	<ul style="list-style-type: none"> Facilitation Skills Curriculum Development Workplace Excellence And MORE... 	<ul style="list-style-type: none"> Building Resilience Healthy Boundaries Avoiding CHW Burnout And MORE...



Wed. 03/12/2025 and Fri. 03/14/2025
12:15pm to 4:30pm EST

If interested, learn more at
<https://www.chwstrength.com/paylink/AZTOcU0>



Supporting partners:

CHW Learning Summit

March 12th & 14th

12:30 pm - 4:15 pm EST!

Are you ready to unlock new skills as a
Community Health Worker?

Join us for our [CHW Learning Summit](#)
with virtual interactive sessions
designed to boost your expertise as a
Community Health Worker and make a
lasting impact on public health.



The **Power** of DEI in Community Health



Building **Resilience** through Safe
Spaces for Community Dialogue



Energizing the Community through
Open Forums



The **Sound** of A
CHW on Center Stage

The Power of DEI in Community Health

Diversity, Equity, and Inclusion gives us the power to build healthier, stronger communities. When we ensure that everyone regardless of background feels seen, heard, and valued, we help people access the care and support they need. Without DEI, too many individuals face barriers to healthcare, making it even more important for us to advocate for fair solutions.

As CHWs and allies, we play a key role in creating spaces where people feel safe to ask questions, share concerns, and seek support without fear of judgment. By meeting individuals where they are, providing culturally responsive care, and pushing for policies that promote health equity, we help make care and resources more accessible and fair for all. When we use the power of DEI to empower communities, we ensure that no one is left behind.



Building Resilience through Safe Spaces for Community Dialogue

Community Health Workers play a critical role in fostering resilience by creating safe spaces for open and honest conversations. When communities have a trusted place to discuss concerns, share experiences, and collaborate on solutions, they become stronger and more equipped to navigate challenges. Safe spaces allow for meaningful dialogue on issues the community may be experiencing.

To build resilience, CHWs can facilitate community forums that promote trust and inclusivity. This includes choosing accessible locations, setting clear goals, and using facilitation techniques that encourage open participation while ensuring all voices are valued. These spaces not only provide immediate support but also help communities develop problem-solving skills and strong networks that can sustain them through future challenges. By prioritizing safe and open dialogue, CHWs help communities build the resilience needed for lasting, positive change.

What are some Safe Spaces:

- Online Forums
- Community Centers
- Coffee Shops
- Libraries
- Schools
- Hair Salons and Barbershops
- Recreation Centers



CHW FORUM - Have a topic you want to discuss with other CHWs? We invite you to share in our forum.

[HTTPS://WWW.CHWSTRENGTH.COM/FORUM](https://www.chwstrength.com/forum)





ENERGY CORNER

Energizing Efforts for Recognizing and Treating Mental Health Issues

Community Health Workers (CHWs) energize their communities by bringing people together for open talks and group meetings. These events give everyone a chance to share their stories, talk about health problems, and work on ideas to make things better. The meetings can focus on many topics, like getting better access to doctors or solving local health issues. CHWs help guide these talks, giving people the energy and support to take action. By working together, communities can stay energized and find ways to make the community healthier and stronger.

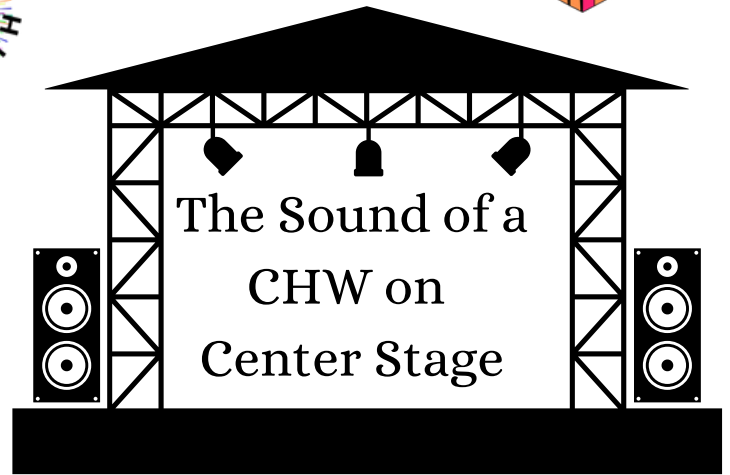
Forum Topic Ideas:

- Understanding patients' rights
- Tips for building trust between CHWs and communities
- Self-care practices to promote better mental health
- Diabetes Management
- Community Resources

The CHWStrength Forum is a space for CHWs and community members to share stories, learn from each other, and work together to make a difference. Click here to join: [CHW Forum](#)



SOUND CORNER



The CHW on Center Stage this month is *** Empowering Communities Podcast ***

Join our wonderful panelists, Kimberly, Marco, and Bre, as they explore the intersection of education and advocacy:

1. Personal Journeys in Community Health Work
2. Education as a Tool for Empowerment
3. Advocacy in Action
4. Overcoming Barriers in Health Advocacy
5. Collaborative Synergy Between Education and Advocacy
6. The Future of Technology in Community Health

