Wednesday, December 1
- Virtual Lights for Life Event - 7:00pm

Wednesday, December 8
- FREE Online Weight Loss Information Session - 6:00pm

Monday, December 13
- Connections: Mental Health Support Group for Individuals Living With a Mental Health Challenge - 6:30pm

Tuesday, December 14
- Mental Health Support Group for Family Members of Individuals Living With a Mental Illness - 6:30pm

Wednesday, December 15
- Online Weight Loss Support Group - 6:00pm

Monday, December 27
- Connections: Mental Health Support Group for Individuals Living With a Mental Health Challenge - 6:30pm

Tuesday, December 28
- American Red Cross Blood Drive - 10:00am
- Mental Health Support Group for Family Members of Individuals Living With a Mental Illness - 6:30pm

Virtual Lights for Life Event

Time: 7:00pm

DonatE & Register

Out of an abundance of ongoing caution due to COVID-19, the Fauquier Community Enrichment Alliance, Inc.’s, (formerly Fauquier Hospital Auxiliary, Inc.) will host their 2nd Virtual 2021 Lights For Life Fundraiser and Celebration. This is the 37th event and it is the perfect opportunity for you to honor and remember the special people who have touched your lives.

Each year the Fauquier Community Enrichment Alliance, Inc. welcomes the start of the Christmas season with its annual Lights For Life Fundraiser and Celebration. It is the perfect opportunity for you to honor and remember the special people who have touched your lives.

The Virtual Lights For Life Fundraiser will begin Monday, November 22, 2021 until December 31, 2021. Each Donor will be able to honor or remember a love one online for $10.00 and sponsors will be able to choose a sponsorship level. This year you will be able to provide online information for each person you honor/remember and if the recipients will receive an email acknowledgement. Starting Saturday, November 20, 2021 visit fceaevents.org to enter your information and make your donation.

The Virtual Lights For Life Celebration will be held on Wednesday, December 1, 2021 at 7:00 p.m. You will receive the zoom information after we receive your information.

The 2021 Top of The Tree Honorees is the “Cancer Survivors of Fauquier County” and the theme is “Celebrating Every Day.”

Proceeds will be used to award health-related scholarships, grant giving opportunities to other non-profit organizations, and
an outreach program to help cancer patients of Fauquier County.

**FREE Online Weight Loss Information Session**

**Time:** 6:00pm

Weight loss surgery is different. It’s been proven to help people achieve and maintain a healthier weight long term, especially when diet and exercise alone have failed. Learn more by registering to attend one of our free, public online information sessions.

Our information sessions are hosted by our very own bariatric surgeon Dr. Alexandra Zubowicz and Bariatric Navigator, Isabel Maples. At this session, you will get the opportunity to learn more about the journey and what it entails.

**Please register to receive the access link.** We look forward to meeting you. (*If the confirmation email does not come through, please be sure to check your junk/spam email or contact weightloss@fauquierhealth.org or call 540.316.2735.*)

**Connections: Mental Health Support Group for Individuals Living With a Mental Health Challenge**

**Time:** 6:30pm

**Connections is designated for individuals living with mental health challenges.**

NAMI (National Alliance on Mental Illness) Piedmont has been offering online support group meetings through Zoom on the 2nd and 4th Monday of each month 6:30 – 8:30 PM.

**Send Email REQUEST TO REGISTER TODAY**

NAMI hosts two different kinds of Mental Health Support groups. This version is called Connections and is designated for individuals living with mental health challenges. The other version is called Family Support Group and is designated for family members of individuals living with mental health challenges.

For additional information, please visit namipiedmontva.org. Registration is required for the online meetings. This can be done by contacting Kathy Weigel at weigelww@yahoo.com or call 540.347.9104.

**Mental Health Support Group for Family Members of Individuals Living With a Mental Illness**

**Time:** 6:30pm

**This Family Support Group is designated for family members of individuals who are living with a mental health illness.**

NAMI (National Alliance on Mental Illness) Piedmont has been offering online support group meetings through Zoom on the 2nd and 4th Tuesday of each month 6:30 – 8:30 PM.

**Send Email REQUEST TO REGISTER TODAY**

NAMI hosts two different kinds of Mental Health Support groups. This version is called Family Support Group and is designated for family members of individuals living with mental health challenges. The other version is called Connections and designated for the actual individuals suffering from mental health challenges.

For additional information, please visit namipiedmontva.org. Registration is required for the online meetings. This can be done by contacting Kathy Weigel at weigelww@yahoo.com or call 540.347.9104.

**Online Weight Loss Support Group**
Time: 6:00pm

The Fauquier Health Center for Weight Loss offers Weight Loss Support Groups in an online format. Support Groups are offered as part of the weight loss program and gives our program participants a chance to hear from others who are going/have gone through the journey. This is different than our information session, which is designed to help you learn about the program.

Please be sure to register online for this special event. (If the confirmation email does not come through, please be sure to check your junk/spam email. Should you still not see the email, please contact weightloss@fauquierhealth.org or call 540.316.2735.)

American Red Cross Blood Drive

Time: 10:00am

Register Your Appointment Now

- Visit the American Red Cross website at https://www.redcrossblood.org
- Input 20186 as the zip code under "Find a Blood Drive"
- Choose from the available times that you wish to attend to give blood

All registration must be completed through the American Red Cross website. You can call 1-800-RED CROSS (1-800-733-2767) for additional information regarding availability. Enter at main hospital entrance for screening, then report directly to Sycamore Room for Blood Drive.