

December  
2021

ISSUE 6  
VOLUME 1

# THE FSC FLYER

ADELPHI/LANGLEY PARK FAMILY SUPPORT CENTER  
NEWSLETTER



[www.childresource.org](http://www.childresource.org)



## WHAT'S INSIDE:

- A Note from Nathalie Coward, our Family Support Center Director
- News from Our Center
- Participant of the Month
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## A NOTE FROM NATHALIE

Can you believe we're officially in the last month of this year?!

What a year this has been. Thank you for sticking with us as we have adapted our programming virtually and explored ways we could continue our efforts to support your families and children.

You should be so proud of yourselves. You have continued to put forth your best effort and developed an inspiring level of resiliency and strength. As we close out this year, we are so grateful for every single one of you.

Thank you for continuing to partner with us as we strive to realize the best possible outcomes for you and your little ones!

Season's Greetings,

*Nathalie*





SHANA E BROCKINGTON



DESSALINA ROBERTS



BIENVENIDA JAMES

## CHILD DEVELOPMENT CLASSROOM

The theme for the child development classroom this month is Winter Celebrations. We will learn about how various cultures observe holidays and celebrate tradition. At this time, we will also be discovering the changes in the season while focusing on the colder weather and the coming of winter.

The book that we will be highlighting will be "Let's Celebrate!: Special Holidays Around the World" by Katie DePalma. This story highlights several holidays throughout the world. It also encompasses the aspects of cultural diversity and inclusion, which allows your children to appreciate their own customs and traditions, while embracing new concepts and ideas.

We have some special birthdays this month:

- Martin** 12/23-(3 years)
- Yadiel** 12/16-(3 years)
- Scarlett** 12/24-(3 years)

Happy Birthday!



KATHIA JAMES

## SERVICE COORDINATION

This month we are celebrating the last holidays of the year! We are excited to share ideas to promote fun, engagement and creativity among participants and staff!

Please join us during all our sessions and encourage your children to join the activities the CD staff prepare for them.

We'll have our first virtual art session presented by Joe's Movement Emporium; we are looking forward to a fun learning experience for all the families!

We are welcoming new participants this month and they will be joining the ESL classes.

We are celebrating two participants' birthdays this month:



- Marlyn M.** Dec 2
- Kely L.** Dec 4

Happy Birthday!!



JULIANA COLE

## ADULT EDUCATION CLASSROOM

There is always something magical about wintertime.

Whatever it is for you, use that to turn your adversity into prosperity. While we cannot stop the seasons from changing; we can choose what we will contribute when each arrives.

Let us end the year with a bang! Complete the essay of your experiences at FSC.

Happy Holidays!



LOIS DYER

## OUR STORY IN NUMBERS

- ESOL Classes: 106
- New participants: 3
- Circle times: 4
- Babies born: 1 (Mirna G's baby on November 25th)
- Mental Health Services: 21 (McGuire Therapeutics)
- Infant Car Seat - 9
- Convertible Car Seat - 1
- Big Booster - 1



LUCAS ESCANO

## TRANSPORTATION NEWS

Please be on the lookout for this month's diaper deliveries. Continue to wear your masks and be safe!



JENIFFER HERNANDEZ

## OFFICE MANAGER UPDATES

Whether virtual or in person, we hope your holiday season involves the making of some very merry memories for you and yours.

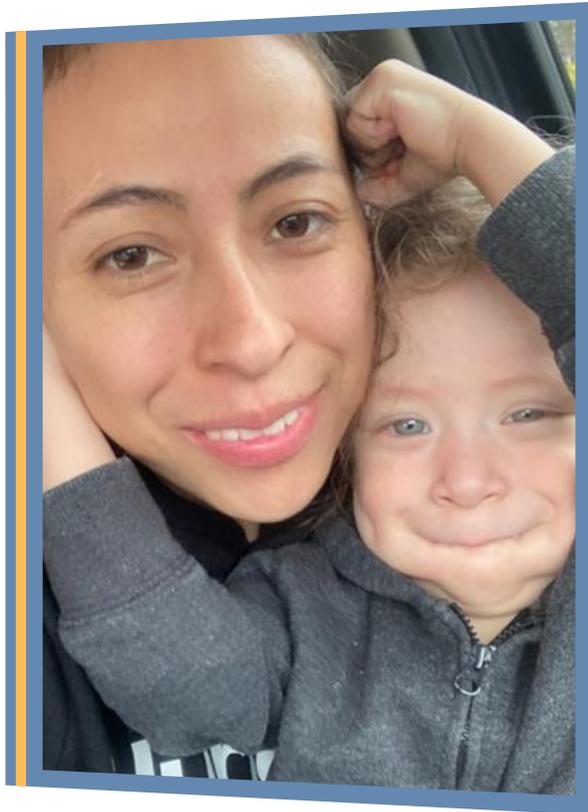
Together we have maneuvered through these challenging and ever-changing COVID times, while keeping you and your children's health and happiness our top priority.

Thank you for another rewarding year with all of you.

Happy Holidays to you and yours!

For more information on how to obtain a free car seat email me at [jhernandez@pgcrc](mailto:jhernandez@pgcrc) or call me at 301-431-6210 EXT-1100.

## PARTICIPANT OF THE MONTH: EVA V.



Congratulations to this month's  
Participant of the Month:  
**Ms. Eva V.!**

Ms. Eva is such a great caregiver to Gabriel. She has good attendance and great participation in class. Ms. Eva has a positive disposition and is always extremely grateful for the support she receives. She represents our center on the Advisory Board.

Participant Eva V. is very kind and loves to participate in all of our activities. She has very good leadership skills even though she is quiet. Ms. Eva promotes positivity and encourages her classmates to reach their goals.

We are so proud of you Ms. Eva!

## HELPFUL RESOURCES

**COOL SPRINGS ELEMENTARY SCHOOL:**

[HTTPS://SCHOOLS.PGCPS.ORG/COOLSPRING/](https://schools.pgcps.org/coolspring/)

**CROSSROADS FARMERS MARKET: (EVERY WEDNESDAY)**

[HTTPS://WWW.CROSSROADSCOMMUNITYFOODNETWORK.ORG/FARMERS-MARKET/](https://www.crossroadscommunityfoodnetwork.org/farmers-market/)

FOUNDED IN 2007 TO MAKE FRESH, HEALTHY FOOD MORE AFFORDABLE AND MORE ACCESSIBLE TO RESIDENTS OF THE TAKOMA/LANGLEY CROSSROADS COMMUNITY. TO HELP INCREASE ACCESS TO FRESH FRUITS AND VEGETABLES, WE GLADLY ACCEPT ALL FEDERAL NUTRITION BENEFITS: SUPPLEMENTAL NUTRITION ASSISTANCE PROGRAM (SNAP, FORMERLY KNOWN AS FOOD STAMPS); WOMEN, INFANTS, AND CHILDREN FRUIT AND VEGETABLE CHECKS (WIC FVC); SENIOR/WIC FMNP (FARMERS MARKET NUTRITION PROGRAM CHECKS); AND DC WIC.

## EXECUTIVE DIRECTOR'S CORNER

### 2021 Reflections



**R** is for **REMARKABLE**: People take notice of our amazing Family Support Center program because of incredible participants and staff!

**E** is for **EMPATHY**: We look to understand what others are going through so that we can better care for each other.

**S** is for **SAFETY**: We strive to keep our families and each other safe by getting vaccinated, wearing masks, and staying away from crowds.

**I** is for **INNOVATIVE**: The Family Support Center staff and participants finds new and exciting ways to learn and to grow!

**L** is for **LOVE**: Loving your children as you do will make a better future for all.

**I** is for **IMPRESSIVE**: Hooray for your accomplishments!

**E** is for **EDUCATION**: You have pressed on to gain the knowledge and skills that will help you achieve your goals.

**N** is for **NO!**: By encouraging each other, we are strong enough to say "NO!" to fear, and "NO!" to hate.

**C** is for **COURAGEOUS**: We are brave together as we step forward into 2022.

**E** is for **EMPOWER**: Together, we use our voice to advocate for ourselves, our children and each other.

What does that spell? **RESILIENCE!** It takes a lot of confidence and commitment to all of these things for us to stay strong in difficult times. You have done it!

Jennifer Iverson, Executive Director

## HELPFUL RESOURCES

### PRINCE GEORGE'S MEMORIAL LIBRARY SYSTEM READ ALOUDS:

[HTTPS://PGCMLS.INFO/EVENT/5910330](https://pgcmls.info/event/5910330)

### GET YOUR COVID VACCINE AT THE LIBRARY:

[HTTPS://PGCMLS.INFO/EVENT/5858673](https://pgcmls.info/event/5858673)

### MARYLAND IMMIGRANT LEGAL ASSISTANCE PROJECT:

[HTTPS://PROBONOMD.ORG/PROJECT/MILAP/](https://probonomd.org/project/milap/)

ESPAÑOL: [HTTPS://PROBONOMD.ORG/FOR-LEGAL-HELP/AYUDA-PARA-INMIGRANTES/](https://probonomd.org/for-legal-help/ayuda-para-inmigrantes/)

# WINTER WONDERLAND

Winter Fun at the Family Support Center!



# WINTER WONDERLAND

Winter Fun at the Family Support Center!



# December 2021

SUN	MON	TUE	WED	THURS	FRI	SAT
ESL - ENGLISH AS A SECOND LANGUAGE OR ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL) ABE - ADULT BASIC EDUCATION PACT - PARENTS AND CHILD/REN TOGETHER			<b>1</b> 8-11 AM ESL/ABE CLASS  12:00-3:00 PM ESL/ABE CLASS	<b>2</b> 8-11 AM ESL/ABE CLASS  12:00-3:00PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.  3-3:30 PM CIRCLE TIME	<b>3</b> EMPLOYMENT READINESS 10-11 AM	<b>4</b>
<b>5</b>	<b>6</b> 8-11 AM ESL/ABE CLASS  12:00-3:00 PM ESL/ABE CLASS	<b>7</b> 8-11 AM ESL/ABE CLASS 11:15-11:45 AM PACT 12:00-3:00 PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP	<b>8</b> 8-11 AM ESL/ABE CLASS  12:00-3:00 PM ESL/ABE CLASS	<b>9</b> 8-11 AM ESL/ABE CLASS  12:00-3:00PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.  3-3:30 PM CIRCLE TIME	<b>10</b> HEALTHY HOLIDAY SNACKS (HEALTH ED) PRESENTER: MARIAH MCPHERSON NUTRITIONIST 10-11 AM	<b>11</b>
<b>12</b>	<b>13</b> 8-11 AM ESL/ABE CLASS  12:00-3:00 PM ESL/ABE CLASS	<b>14</b> 8-11 AM ESL/ABE CLASS 11:15-11:45 AM PACT 12:00-3:00 PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP	<b>15</b> 8-11 AM ESL/ABE CLASS  12:00-3:00 PM ESL/ABE CLASS	<b>16</b> 8-11 AM DISTANCE LEARNING FOR ESL/ABE ART CLASS (JOE'S MOVEMENT EMPORIUM) 10-11 AM  12:00-3:00PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.	<b>17</b> PGCRC STAFF HOLIDAY PARTY 11-2 PM	<b>18</b>
<b>19</b>	<b>20</b>	<b>21</b> 11:15 AM PAJAMAS & POLAR BEARS  ALL ARE WELCOME!	<b>22</b>	<b>23</b>	<b>24</b> CENTER CLOSED	<b>25</b> 
<b>26</b>	<b>27</b> CENTER CLOSED	<b>28</b> CENTER CLOSED	<b>29</b> CENTER CLOSED	<b>30</b> CENTER CLOSED	<b>31</b> CENTER CLOSED	



## Dates to Remember



**DECEMBER 3**  
EMPLOYMENT READINESS  
10-11 AM

**DECEMBER 10**  
HEALTHY HOLIDAY SNACKS (HEALTH ED)  
PRESENTER: MARIAH MCPHERSON  
NUTRITIONIST  
10-11 AM

**DECEMBER 16**  
VIRTUAL ART CLASS  
JOE'S MOVEMENT EMPORIUM  
10-11 AM

**DECEMBER 17**  
PGCRC STAFF HOLIDAY PARTY  
11-2 PM

**DECEMBER 21**  
11:15 AM  
PAJAMAS & POLAR BEARS

LAST DAY OF PGCC SEMESTER/ENGLISH CLASS

ALL ARE WELCOME!

**DECEMBER 24- JANUARY 2**  
WINTER HOLIDAY CENTER CLOSED