

OCTOBER
2025

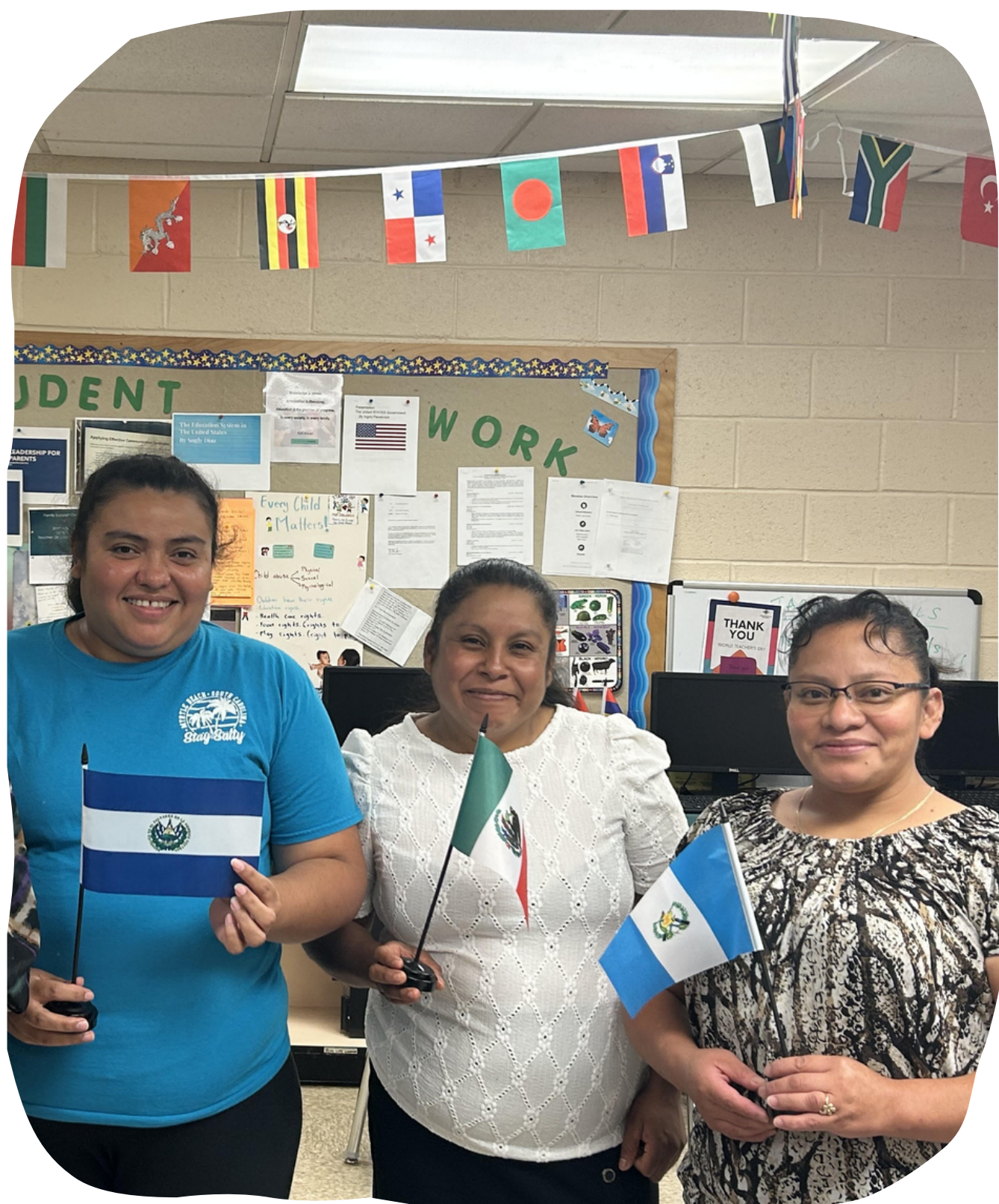


THE FSC FLYER



Family Support Center Prince George's
(formerly Adelphi/Langley Park Family Support Center)

www.childresource.org



WHAT'S INSIDE:

- A Message From Mariela Hakans, Director of Family Support
- Program Updates
- Mental Health Awareness
- Helpful Resources
- Calendar of Events

A NOTE FROM MARIELA

Hello!

As we continue celebrating the month of Hispanic Heritage, we also want to bring awareness to mental health. October 10th is World Mental Health Day. Through our partnership with McGuire Therapeutic Services, we have been able to provide group therapy and resources for our families who want individual therapy. Our families also have monthly peer support groups where they share similar worries and successes as parents-held by Kathia, our Service Coordinator. See inside for more!

Mariela



MARIELA HAKANS, DIRECTOR



BIENVENIDA JAIMES



MIRNA GONZALEZ

CHILD DEVELOPMENT CLASSROOM

The theme for the child development classroom this month is Fall Harvest, Featuring Apples, Pumpkins, Animals, Spiders, and the Season of Fall.

We will be doing hands-on and sensory learning activities - creating a pumpkin using dough and decorating pumpkins.

The book we will highlight this month is **Red Leaf, Yellow Leaf**, written by Lois Ehlert.

This book will help our children explore fall and we will play with different-colored leaves and learn about the transitions into fall.



Divora H. 10/02
Hannah U. 10/23



KATHIA DONALICIO

SERVICE COORDINATION

We welcome this season with a busy month full of health sessions, employment readiness workshops, field trip to the library, and Hispanic Heritage celebrations. We also welcome new families to the Program, and we are excited to share with them all the resources we offer.

Please remember to continue having good attendance. If you have any appointments, try to schedule them on the days you are not in class. Additionally, arriving on time to class is important as well as notifying teachers when sick or need to be absent.



Glendy 10/10
Sara 10/21





DR. SUSIE MCPHILOMY

ADULT EDUCATION CLASSROOM

Mental health awareness is most important for my students and all of us!

I admire their strength and persistence in managing their responsibilities and goals. It can be overwhelming. So, I constantly remind them it's okay to ask for help, to take a break, and to put themselves first because checking in on themselves is just as important as checking in on others.

I teach them to spread kindness and remind each other that no one should go through life's challenges alone. Some of the tips I share with them in class are:

- Just 5 minutes a day can lower anxiety.
- Write it out - Journaling helps process thoughts and feelings.
- Set small goals - Break tasks into steps so they feel more manageable.
- Talk about it - Sharing struggles helps reduce the weight of carrying them alone.
- Limit negativity - Reduce time with toxic people or overwhelming news/social media.
- Do things you enjoy - Schedule hobbies or relaxing activities.
- Get sunlight/nature - Exposure to daylight improves mood and sleep quality.

FSC IN-HOUSE RESOURCES

Our newest car seats will be offered at a very discounted price!

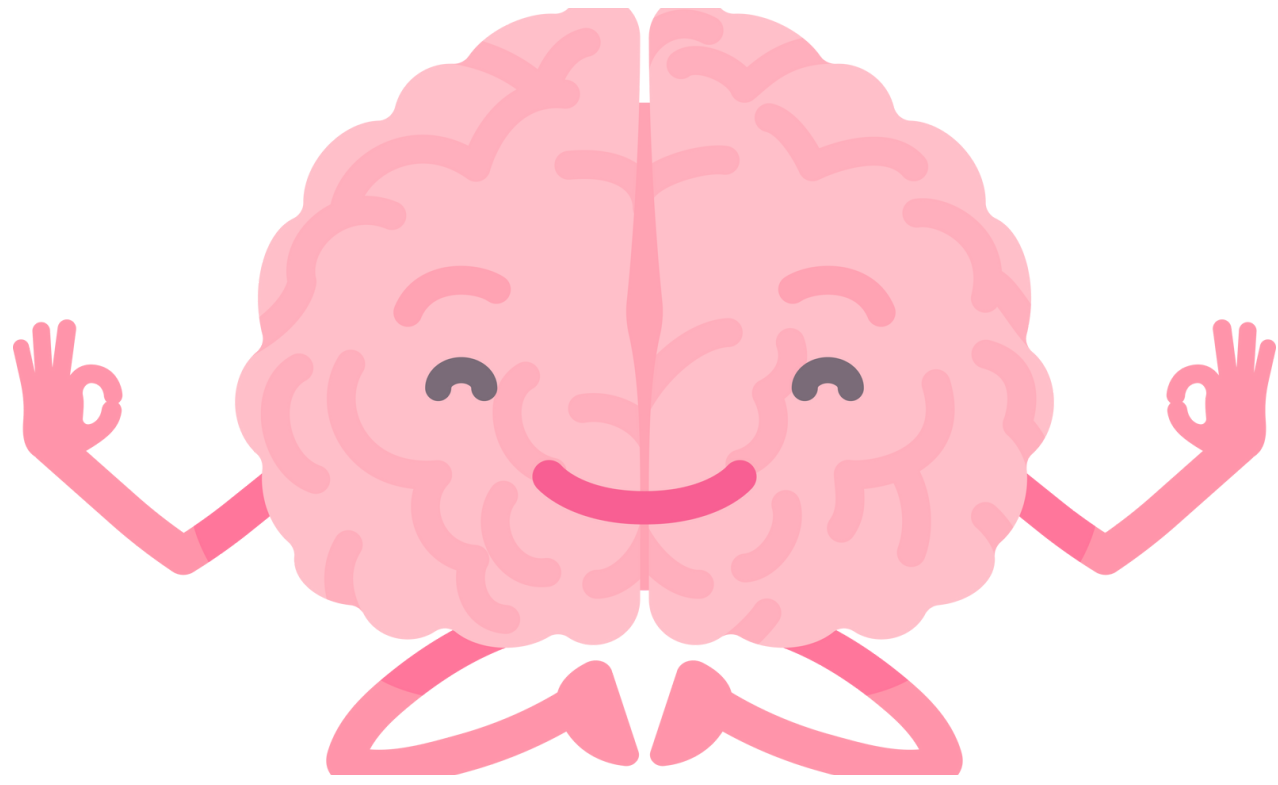
If you are interested in getting a car seat, please call us at 301-431-6210 or reach out to Jeniffer Hernandez at jhernandez@childresource.org

To gain access to information about our other CRC programs or other resources through our organization, Please visit our website.

Para obtener acceso a información sobre nuestros programas u otros recursos sobre nuestra organización, visite nuestro sitio web.

<https://www.childresource.org>

Mental Health Awareness Month



HOW TO ACHIEVE A HEALTHY MIND

- Pay attention to your thoughts, feelings and actions
- Build positive self-esteem
- Learn to cope with stress
- Keep your body healthy with healthy foods and exercise

Hispanic Heritage Month at FSCPG



Families and staff brought food and dressed in traditional clothing from their countries.

HELPFUL COMMUNITY RESOURCES

30 Mental Health Awareness Month Activities | TotalWellness

<https://info.totalwellnesshealth.com/blog/mental-health-awareness-month-activities->

Bills Assistance resources

<https://www.needhelppayingbills.com>

Locate - Maryland Family Network - Child Care

<https://www.marylandfamilynetwork.org/for-parents/locate-child-care>

NAMI

<https://www.nami.org/support-education/>

October

2025

				1	2	3
4	5	6	7	8	9	10 World Mental Health Day
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29	30	31 Happy Halloween

FSCPG WEEKLY SCHEDULE

MONDAY & WEDNESDAY

8:00 - 11:00 AM
ESL/ABE CLASS

10:45AM PACT

12:00 - 3:00 PM
ESL/ABE CLASS

2:45PM PACT

TUESDAY & THURSDAY

8:00 - 11:00 AM
ESL CLASS-HIGH ESL/ABE

10:45AM PACT

12:00 - 3:00 PM
ESL/ABE CLASS

2:45PM PACT

FRIDAYS VIRTUAL- CIRCLE TIME

11:15 - 11:45

IMPORTANT DATES:

HISPANIC HERITAGE CELEBRATION

10-02-25 TIME: 11:00 AM - 12:00 PM

10-07-25 TIME: 11:00 AM - 12:00 PM

EMPLOYMENT READINESS

10/13, 10/20, 10/27-2025

TIME: 1:45 PM - 10:45 AM

10/15, 10/21, 10/28-2025

TIME: 9:45 AM - 10:45 AM

HEALTH ED- PRIORITY PARTNERS/HYBRID

10-28-25

TIME: 2:00 PM - 3:00 PM

FIELD TRIP TO THE LIBRARY

10-22-25 TIME: 10:00 AM - 12:00 PM