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.
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:

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

Happy Birthday!

**Marilyn M.** Dec 2
**Kely L.** Dec 4

Happy Birthday!!
DECEMBER 2021

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!

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

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 or call me at 301-431-6210 EXT-1100.
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/

CROSSROADS FARMERS MARKET: (EVERY WEDNESDAY) 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

GET YOUR COVID VACCINE AT THE LIBRARY:
HTTPS://PGCMLS.INFO/EVENT/5858673

MARYLAND IMMIGRANT LEGAL ASSISTANCE PROJECT:
HTTPS://PROBONOMD.ORG/PROJECT/MILAP/
ESPAÑOL: 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**

**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

**LAST DAY OF PGCC SEMESTER/ENGLISH CLASS**

**DECEMBER 17**

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

**DECEMBER 21**

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

**ALL ARE WELCOME!**

**DECEMBER 24 - JANUARY 2**

**WINTER HOLIDAY**
**CENTER CLOSED**