Happy Fall everyone!!

As we enter my absolute favorite season, we are so excited to have participants and their children in person at the center!

This month we also continue our celebration of Hispanic Heritage month as well as usher in National Fire Prevention Month. We’re partnering with

The leaves are falling and the temperatures are cooling- please get outside with your families and enjoy the newness of the season. Thank you for your continued support and partnership as we remain true to our mission.

In this together,
The theme for the child development classroom this month is Fall Beginnings. We will learn about the life cycles of a leaf, explore the food items during the fall harvesting season and use our senses to explore the changes in the season. In addition, we will be creating our “Apple” craft to follow along with our virtual field trip to the apple orchard.

The book that we will be highlighting will be “Eating the Alphabet: Fruits and Vegetables from A to Z” by Lois Ehlert.

This story talks about the different kinds of fruits and vegetables that correspond with the alphabet. This is a wonderful opportunity to highlight food items that are harvested during the fall season.

October Birthdays:
Elisa 10/3
Paulos 10/20

This month we are welcoming fall and the nice weather it brings. With less and less direct sunlight on the top half of the globe, the days here get shorter and temperatures get colder as winter nears. Those shorter days and cooler temperatures act as a signal to the trees and plants around us to get ready for winter.

Let’s welcome new families this month: Eluvia, Helen, Mabelle and Johanna.

Please remember to attend your classes regularly, and also PACT activities, and other sessions that are prepared for you.
I am pleased to announce that my level 1 class is getting bigger with more diversity! We are embracing 12 more Hispanic participants, one Afghani and one Eritrean learner. There is a strong cooperation between existing and new participants. They are highly engaged and helpful to each other! Our participants feel empowered by their increased scores after taking Level 5 at PGCC. I am also happy with the beginning of the hybrid program, which seems to be quite effective and encourages high interaction! I wish to congratulate our participants with Hispanic heritage month and wish them success in achieving their goals in this land of opportunities! They are truly working hard to blend in and keep their family values! Way to go, ladies!
Thank you for continuing to allow me to serve you and for committing to wearing your masks.

About 1,750 diapers were delivered this month.

It’s Autumn, so get cozy and drink some hot cocoa while you’re out!

Thank you all for your support, and I look forward to seeing you all next month!

Be ready to smile when the delivery picture is taken!

Autumn Is Here! WOW! Time sure flies fast!

Signaling the start of great outdoor weather, and a transition from summer to winter, Autumn (also known as Fall) is one of the four seasons of the year.

October means gorgeous falling leaves, cooler temperatures, and, of course, Halloween!

*September: Suicide Prevention Awareness Month  
*September 9-15th: National Suicide Prevention Week  
*September 10th: World Suicide Prevention Day

All of us can play a role in preventing suicide as a part of National Suicide Prevention Month!

Actions we can take:
- Be there.  
- Keep them safe.  
- Help them feel connected.  
- Follow up.
Fabiola is incredibly hard working, helpful, creative, and she is prepared at all times. She tries her very best to catch up with everything that goes on in class if ever she misses a session.

Fabiola has been very diligent in trying to take the Adult Education pre-test in person at PGCC. Despite facing difficulties in starting in our program initially, she continued to be engaged and participate in most of our sessions!

She has been very engaged with both of her children and is eager to participate in all the activities and services that the Center has to offer!

Way to go Fabiola!

 PARTICIPANT OF THE MONTH: FABIOLA P.

HELPFUL RESOURCES

SUICIDE PREVENTION AWARENESS:
HTTPS://NAMI.ORG/GET-INVOLVED/AWARENESS-EVENTS/SUICIDE-PREVENTION-AWARENESS-MONTH-(SPAM)

MES DE LA PREVENCIÓN DEL SUICIDIO:

AUTUMN SAFETY TIPS AS WEATHER CHANGES:
HTTPS://WWW.MAYOCLINICHEALTHSYSTEM.ORG/HOMETOWN-HEALTH/SPEAKING-OF-HEALTH/THINK-SAFETY-IN-FALL-AS-WEATHER-CHANGES
Then I came across this picture I took last year. It reminds me that here is so much beauty both behind us and before us. So join me in looking ahead with expectation to what is in store for us this season!

Best,

Jennifer Iverson, Executive Director

HELPFUL RESOURCES

FAMILY HEALTH SERVICES:
HTTPS://WWW.PRINCEGEORGESCOUNTYMD.GOV/1880/FAMILY-HEALTH

MENTAL HEALTH 24/7:
HTTPS://WWW.HYATTSVILLE.ORG/1003/MENTAL-HEALTH-247

HALLOWEEN SAFETY RULES:
HTTPS://WWW.PRINCEGEORGESCOUNTYMD.GOV/1769/HALLOWEEN-SAFETY-RULES
CELEBRACIONES DEL MES DE LA HERENCIA HISPANA 2022

¡Venga y celebre el Mes de la Herencia Hispana en familia con M-NCPCC, Departamento de Parques y Recreación y la Directora Ejecutiva del Condado de Prince George’s, Angela D. Alsobrooks!

Fiesta de la Familia
Domingo, 16 de octubre, 1-4 pm
Parque Lane Manor
7601 West Park Drive, Adelphi 20783
301-445-4508

Estación de habilidades de fútbol
Niños y niñas de 5 a 10 años están invitados a participar en una clínica de habilidades de fútbol GRATIS. ¡Aprende los fundamentos del fútbol y gana premios!

El entretenimiento programado incluye:
- Elena la Fulana
- Grupo Miel (música de salsa y bachata)
- Marimba Princesa Xinabajú (un grupo tradicional de Guatemala)

DISFRUTE DE: Música en vivo • Danzas folklóricas
Áreas para niños y jóvenes • Mesas de información
Vendedores de comida

Para todas las edades; entrada, entretenimiento y estacionamiento GRATIS

Para obtener más información, envíe un correo electrónico a calpark.mvp@gmail.com o llame al 301-696-2955; Maryland Relay 711 para clientes sordos, con problemas de audición o discapacidades del habla.
Nuestro personal tiene acceso a un servicio de interpretación telefónica y puede comunicarse en más de 150 idiomas. Por favor proporcione por el idioma cuando nos llame o visite.

El Departamento de Parques y Recreación, Condado de Prince George’s, fomenta y apoya la participación de individuos con discapacidades en sus programas. Para pedir y obtener asistencia, llame al 1-800-238-5550 dos semanas antes de la fecha de comienzo del programa.
### Dates to Remember

<table>
<thead>
<tr>
<th>Date</th>
<th>Event</th>
<th>Time</th>
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<tbody>
<tr>
<td>October 7</td>
<td>Health Education</td>
<td>10:00AM - 11:00AM</td>
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<tr>
<td>October 14</td>
<td>Parent Support Group</td>
<td>10:00AM - 11:00AM</td>
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<td>October 18</td>
<td>Fire Safety Presentation</td>
<td>10:00AM - 11:00AM</td>
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<td>October 21</td>
<td>Employment Readiness</td>
<td>10:00AM - 11:00AM</td>
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<tr>
<td>October 28</td>
<td>Peer Connections</td>
<td>10:00AM - 11:00AM</td>
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**Legend:**
- **ESL** = ENGLISH AS A SECOND LANGUAGE OR ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)
- **ABE** = ADULT BASIC EDUCATION
- **PACT** = PARENTS AND CHILDREN TOGETHER

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**Dates in October 2022:**

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<thead>
<tr>
<th>Sun</th>
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</tbody>
</table>

**Calendar Events:**
- ESL/ABE Class
- Employment Readiness
- Parent Support Group
- Peer Connections
- Health Education
- Fire Safety Presentation
- Special Class Sessions