

December  
2022

ISSUE 17  
VOLUME 2

# THE FSC FLYER



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



*Winter Time Is Here!*

## WHAT'S INSIDE:

- A Message From Mariela Hakans, Our Family Support Center Director
- News From Our Center
- Participant Of The Month
- Executive Director's Corner
- Helpful Resources
- Winter Fun Collage
- Shout Outs!
- Calendar of Events

## A MESSAGE FROM MARIELA

Greetings!

What a wonderful month it's been getting to know my new Family Support Center team! They've all been very supportive as I am learning and adjusting to my new role. As we approach the end of 2022, I'm very much looking forward to working with you all in the year ahead.

I was previously working for Healthy Families Prince George's where I began as a home visitor and enjoyed working with families. It's been lovely meeting the families and children we serve at the Adelphi/Langley Park Family Support Center and I look forward to continue our mission to support and serve them.

As we end this year, I want to thank you for your continued partnership and support. I'm excited for what's to come in the new year!

Happy Holidays!

*Mariela*





DESSALINA ROBERTS



BIENVENIDA JAMES

## CHILD DEVELOPMENT CLASSROOM

The theme for the child development classroom this month is animals in winter. The book teaches children about the different animals in cold climates, how they adapt to the winter weather, and what they eat during this time of year.

Having discussions about animals helps children to learn about holiday traditions that involve animals, like Christmas (reindeer) or the Chinese New Year (lion), which can be beneficial for both child and parent.

The book that we will be highlighting will be *The Mitten* by Jan Brett. This story talks about a boy named Nicki, who lost his mitten outdoors. As Nicki looks for his mitten, he finds forest animals. With each animal, Nicki learns about the animals' attributes and how they work together to help Nicki find his mitten.

December Birthdays:  
Helen 12/7; Yadiel 12/16  
Martin 12/23; Scarlet 12/24



KATHIA DONALICIO

## SERVICE COORDINATION

This month we are focusing on our wellness and how to take care of ourselves. We'll have a Parent Support Group (Dec. 2nd) as well as a wellness session with United Healthcare (Dec. 9th) where we'll learn important information about Maternal Warning Signs.

Please continue attending all our sessions and remember that participation is important for your success!

December Birthdays:  
12/4 Kelly L.  
12/10 Maria M.  
Congratulations!!



DR. SUSIE MCPHILOMY

## ADULT EDUCATION CLASSROOM

We have accomplished a lot this year! Just to name a few, this year alone, four of our adult ESL learners successfully completed the program and started working and using their language skills; three have been taking PGCC Level 5 classes along with their afternoon sessions. Some have found jobs and are currently working and functioning comfortably in an English-speaking environment. We have successfully conducted pre and post testing and provided necessary guidance and placed our new and existing participants accordingly: 5 students moved up to Level 2, one student moved up to Level 3, and 4 moved up to Level 4.

It makes me happy to see how the participants have been learning about the language and the culture. Some of them even cooked a turkey for the first time on Thanksgiving! We are ready for 2023, which will bring new achievements for our participants and their families!

So very proud of my ladies!



LOIS DYER

## OUR STORY IN NUMBERS

- **Participants Served: 25**
- **Children Served: 36**
- **Adult Ed. Activities: 176**
- **Life Skills Ed. Activities: 25**
- **Parenting Ed. Activities: 365**
- **New Adult Participants: 0**
- **New Child Participants: 0**
- **Expecting Participants: 2**
- **New Babies Born: 0**
- **Virtual Circle Times: 4**
- **Diapers Delivered: 1750**





LUCAS ESCANO

## TRANSPORTATION NEWS

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.

Happy Holidays from our FSC Family to yours.

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!



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 car seats, if you have any questions, please contact me at [jhernandez@pgcrc.org](mailto:jhernandez@pgcrc.org).

If you would like to speak with me, please call 301-431-6210, extension 1100.



## PARTICIPANT OF THE MONTH: JOHANNA H.



Although new, Johanna has quickly adjusted to the program and continues to diligently attend her classes and work hard to improve on a daily basis. We are all very impressed with her efforts to learn, help her classmates, and grow as a person!

Thank you for being so responsible and hardworking!

Johanna, well done!

## HELPFUL RESOURCES

### **MATERNAL WARNING SIGNS:**

SPANISH: [HTTPS://YOUTU.BE/BLLC4NVAX40](https://youtu.be/BLLC4NVAX40)

ENGLISH: [HTTPS://YOUTU.BE/2UOFTIBEMEO](https://youtu.be/2UOFTIBEMEO)

### **FOOD PANTRY RESOURCES:**

[HTTPS://WWW.PGCMLS.INFO/COMMUNITY-RESOURCES](https://www.pgcmls.info/community-resources)

[HTTPS://PGCMLS.INFO/SU-BIBLIOTECA---RECURSOS-EN-LA-COMUNIDAD](https://pgcmls.info/su-biblioteca---recursos-en-la-comunidad)

### **HOLIDAY EVENTS :**

[HTTPS://WWW.PRINCEGEORGECOUNTYVA.GOV/RESIDENTS/PARKS\\_AND\\_RECREATION/COMMUNITY\\_EVENTS/HOLIDAY\\_EVENTS.PHP](https://www.princegeorgecountyva.gov/residents/parks_and_recreation/community_events/holiday_events.php)

## EXECUTIVE DIRECTOR'S CORNER

Lights. Soft, twinkly lights. Why do they calm us, bring peace, quiet our minds?

There are many traditions and faiths that have a holiday called "Festival of Lights." These include Hanukkah, celebrated in the Jewish faith, and Diwali, celebrated by Hindus in India. And lights figure prominently into Christmas traditions. We gather to watch Christmas Tree Lightings in our communities, and tour parks and neighborhoods with extravagant light displays. Did you know that the first strings of Christmas lights cost the equivalent \$2,000 each in today's dollars? Today they are cheap and easy to come by, and I am glad. They bring me a lot of peace in my home and wherever I see them.



Apparently, there is some science behind these good feelings I have. Researchers find that these lights give us a cozy feeling, enhance beauty, and as a result, our brains release a surge of dopamine - a chemical that allows us to feel pleasure, satisfaction and motivation.

I wish you and your family a wonderful holiday season, and encourage you to take in the light displays everywhere, soak them in, and feel the peace.

Jennifer Iverson  
Executive Director

## HELPFUL RESOURCES

**KAISER CARE FOR KIDS PROGRAM (HEALTH INSURANCE FOR UNDOCUMENTED CHILDREN):**

[HTTPS://WWW.PRINCEGEORGESCOUNTYMD.GOV/2593/KAISER-CARE-FOR-KIDS](https://www.princegeorgescountymd.gov/2593/KAISER-CARE-FOR-KIDS)

**HOLIDAY FIRE SAFETY:**

[HTTPS://WWW.PRINCEGEORGESCOUNTYMD.GOV/DOCUMENTCENTER/VIEW/25023/TIP-SHEET---HOLIDAY-SAFETY](https://www.princegeorgescountymd.gov/documentcenter/view/25023/TIP-SHEET---HOLIDAY-SAFETY)



THE HOLIDAYS ARE HERE!



Happy  
Holidays



# SHOUT OUTS

WE THANK OUR FSC TEAM FOR PUTTING TOGETHER SUCH AN AMAZING THANKSGIVING DRIVE-THRU, AND WE THANK ALL OF OUR FAMILIES FOR ATTENDING.



Thank you!





# December 2022

SUN	MON	TUE	WED	THURS	FRI	SAT
<small>ESL = ENGLISH AS A SECOND LANGUAGE OR ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)</small> <small>ABE = ADULT BASIC EDUCATION</small> <small>PACT = PARENTS AND CHILDREN TOGETHER</small>				<b>1</b> 8 - 11AM ESL/ABE CLASS 12 - 3PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP. 3 - 3:30PM CIRCLE TIME	<b>2</b> 11:15 - 11:45AM PACT 10:00 - 11:00AM PARENT SUPPORT GROUP	<b>3</b>
<b>4</b>	<b>5</b> 8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS	<b>6</b> 8 - 11 AM ESL/ABE CLASS 11:15 - 11:45 PACT 12 - 3PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.	<b>7</b> 8-11 AM ESL/ABE CLASS 12:00-3:00 PM ESL/ABE CLASS	<b>8</b> 8 - 11AM ESL/ABE CLASS 12 - 3PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP. 3 - 3:30PM CIRCLE TIME	<b>9</b> 11:15 - 11:45AM PACT 10:00 - 11:00AM HEALTH EDUCATION SESSION	<b>10</b>
<b>11</b>	<b>12</b> 8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS	<b>13</b> 8 - 11 AM ESL/ABE CLASS 11:15 - 11:45 PACT 12 - 3PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.	<b>14</b> 8-11 AM ESL/ABE CLASS 12:00-3:00 PM ESL/ABE CLASS	<b>15</b> 8 - 11AM ESL/ABE CLASS 12 - 3PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP. 3 - 3:30PM CIRCLE TIME	<b>16</b> 11:15 - 11:45AM PACT	<b>17</b>
<b>18</b> 	<b>19</b>	<b>20</b> 11:15 - 11:45AM PACT	<b>21</b>	<b>22</b>	<b>23</b> 11:15 - 11:45AM PACT	<b>24</b>
<b>25</b> 	<b>26</b> 	<b>27</b> 11:15 - 11:45AM PACT	<b>28</b>	<b>29</b>	<b>30</b> 11:15 - 11:45AM PACT	<b>31</b> 

## Dates to Remember



MARYLAND  
FAMILY  
NETWORK

Leading Maryland's  
Family Support Centers

**DECEMBER 2**  
PARENT SUPPORT GROUP  
10:00AM - 11:00AM

**DECEMBER 9**  
HEALTH EDUCATION SESSION  
10:00AM - 11:00AM

**DECEMBER 15**  
LAST DAY OF CLASSES  
FOR THE YEAR

**DECEMBER 19 - JANUARY 2**  
NO ADULT EDUCATION  
CLASSES