

**March
2023**

ISSUE 19
VOLUME 2

THE FSC FLYER

30 celebrating 30 years of
**PRINCE GEORGE'S CHILD
RESOURCE CENTER, INC**

**MARYLAND
FAMILY
NETWORK**
Leading Maryland's
Family Support Centers

www.childresource.org

CELEBRATING

**WOMEN'S
HISTORY
MONTH**

MARCH 2023



Women's History Month!

WHAT'S INSIDE:

- A Message From Mariela Hakans, Our Family Support Center Director
- News From Our Center
- Participant Of The Month
- Helpful Resources
- Women's History Month!
- Shout Outs!
- Calendar of Events

A MESSAGE FROM MARIELA

Hello!

I can't believe it's March already! This month, as we celebrate Women's History, I hope we can all take some time to reflect on the women that have had a substantial impact on our lives and shaped who we are.

Here at our center, we are proud to be sending three emerging leaders from our current participants to the MFN Parent Leadership conference. They have come a long way despite their many challenges and we are excited for this opportunity.

Mariela





DESSALINA ROBERTS



BIENVENIDA JAIMES

CHILD DEVELOPMENT CLASSROOM

The theme for the child development classroom this month is spring and nature. We will learn about the life cycle of plants, as new flowers emerge from the winter season. Having a discussion about flowers helps children to learn about how things in nature grow, and what elements a plant may need such as water, the sun, and the soil.

Having the children explore during outside play can benefit both child and parent to engage in rich language development. The book that we will be highlighting is The Tiny Seed by Eric Carle.

This story talks about the adventures a seed takes as it travels throughout the seasons of the year. The seed gets very big and a friend shares the new flower with a new friend. As the flower grows, it slowly begins to die and creates a new seed for the new year and upcoming season.

March Birthdays:

Sharon 3/15

Janessa 3/19



KATHIA DONALICIO

SERVICE COORDINATION

This month we are celebrating International Women's Day! International Women's Day is an important global event that honors and celebrates women's history. Since the early 1900s, people from around the globe have come together in support of women's rights and to celebrate the worldwide achievements of women. International Women's Day takes place on March 8 every year.

Learn more about a woman you admire; we all have our favorite musicians, actresses, and historical figures, but have you taken the time to truly know their story? Do some digging and learn about what their life was like. Chances are they've been through their fair share of trials and tribulations, and you'll be inspired by their perseverance.

We are excited to participate in-person this year during the Leadership Institute for Parents, offered by MFN on March 23 and 24.

Congratulations to the Participants attending this training full of knowledge and experiences: Ms. Mirna G, Yessica M., and Glenda H..

March Birthdays:

Adelaida D. 3/5

Liliana T. 3/11

Jessy M. 3/23

Homaera T. 3/31





DR. SUSIE MCPHILOIMY

ADULT EDUCATION CLASSROOM

I am very proud of my amazing students who impress me on a daily basis! Not only are they full-time mothers and wives, but they also spare no effort in attending their classes, staying motivated, and participating in class activities.

With each week, they continue striving to adjust to American culture and to improve as English language learners. Special thanks to the organizers and participants of the Self Care Event! Ladies, you are still glowing! You are beautiful inside and out!

We had a great session with LaToya Harper on career and academic guidance (programs available at PGCC and steps to take to advance further)! So, remember you have many opportunities and ways to reach your goals! Please know, the more you learn and grow, the more you can teach your children!



LOIS DYER

OUR STORY IN NUMBERS

- **Participants Served: 30**
- **Children Served: 37**
- **Adult Ed. Activities: 250**
- **Life Skills Ed. Activities: 72**
- **Parenting Ed. Activities: 35**
- **Virtual Circle Times: 8**
- **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!

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

Women's History Month is a celebration of women's contributions to history, culture, and society and has been observed annually in the month of March in the United States since 1987.

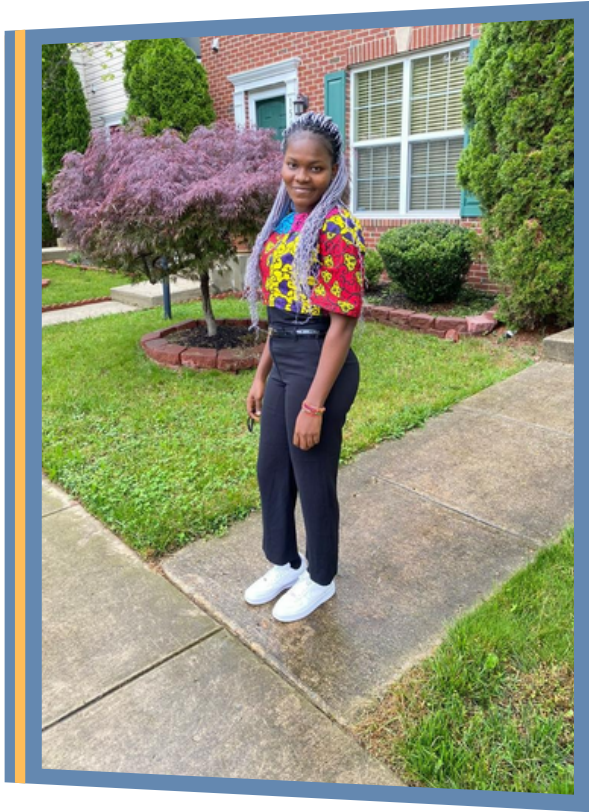
If you were to celebrate someone, whom would you choose?

Celebrate Women's International Day with us as we encourage you to showcase your culture and show us how your culture can best be represented.

For more information on car seats or if you have any questions, please contact me at jhernandez@pgcrc.org

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

PARTICIPANT OF THE MONTH: MABELLE



Mabelle is a beautiful young woman with a loving heart and strong ambitions for growth. Her desire to learn and to continue to be an important part of her class inspires her classmates. Her persistent desire to learn even though she is on maternity leave and has another little girl at home is commendable! We are so very proud of you!

Mabelle has been an amazing participant, she encourages her daughter to speak to the teachers during PACT and circle time while demonstrating active participation in our sessions.

Mabelle has always kept good communication and participation during our sessions. Also, her attendance is great despite the fact that she is on maternity leave and has experienced some health issues. We are proud of your hard work and improvement, keep it up!!

Thank you for being so responsible and hardworking!
Mabelle, well done!

HELPFUL RESOURCES

INTERNATIONAL WOMEN'S DAY VIDEO:

[HTTPS://YOUTU.BE/RBXD6ZDYFVA](https://youtu.be/RBXD6ZDYFVA)

WHY ARE MAMMOGRAMS IMPORTANT:

[HTTP://WWW.BCCANCER.BC.CA/SCREENING/BREAST/GET-A-MAMMOGRAM/WHY-ARE-MAMMOGRAMS-IMPORTANT](http://www.bccancer.bc.ca/screening/breast/get-a-mammogram/why-are-mammograms-important)

PRE-KINDERGARTEN REGISTRATION INFO:

[HTTPS://WWW.PGCPS.ORG/OFFICES/EARLY-LEARNING-PROGRAMS/PREKINDERGARTEN](https://www.pgcps.org/offices/early-learning-programs/prekindergarten)

MILESTONES THAT HAVE EMPOWERED WOMEN HISTORY OVER THE YEARS

These events are just a few examples of the many milestones and achievements of women throughout history. Women's History Month is an opportunity to recognize and celebrate these contributions and to continue working toward gender equality.

1. **March 3, 1913:** The Women's Suffrage Parade takes place in Washington, D.C., with over 5,000 women participating in the march for the right to vote.
2. **March 22, 1972:** Congress passes the Equal Rights Amendment, which would have guaranteed equal rights under the law for all Americans regardless of gender, but it was never ratified.
3. **March 16, 1984:** The first Women's History Week is celebrated in the United States.

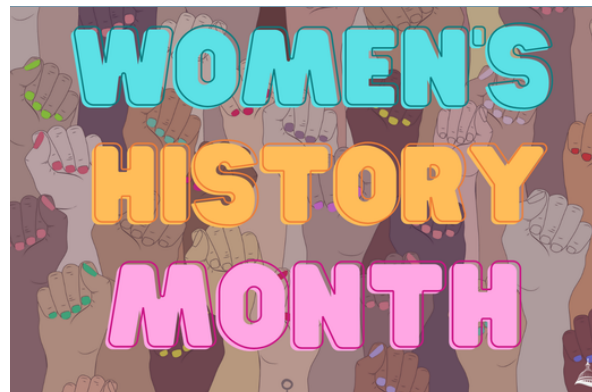
International Women's Day is important because it is a day dedicated to celebrating the social, economic, cultural, and political achievements of women. It is also a day to reflect on the ongoing struggle for gender equality and to advocate for women's rights.

Highlighting Women's Achievements: International Women's Day is an opportunity to recognize and celebrate the contributions and accomplishments of women in all areas of life. This helps to increase the visibility and representation of women and promotes gender equality.

Advocating for Women's Rights: International Women's Day provides a platform to advocate for the rights of women, including issues such as equal pay, reproductive rights, and ending violence against women. It raises awareness about these issues and inspires action to address them.

Empowering Women: International Women's Day empowers women by providing them with a sense of community and solidarity. It encourages women to share their stories and experiences and provides a platform for their voices to be heard.

Source: www.internationalwomensday.com / www.unwomen.org



HELPFUL RESOURCES

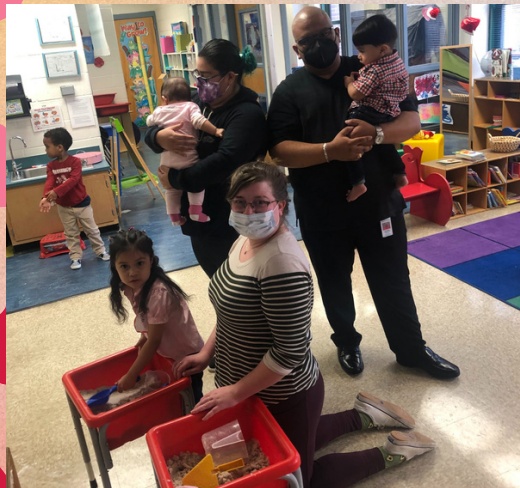
SAFE TO SLEEP INFORMATION:

[HTTPS://SAFETOSLEEP.NICHD.NIH.GOV/RESOURCES/CAREGIVERS/VIDEOS](https://safetosleep.nichd.nih.gov/resources/caregivers/videos)

MI ADULTO Y YO! (JOE'S MOVEMENT EMPORIUM EVENTS):

[HTTPS://WWW.JOESMOVEMENT.ORG/EVENT-CALENDAR](https://www.joesmovement.org/event-calendar)

SELF-CARE DAY WAS A HUGE SUCCESS! THANK YOU TO EVERYONE WHO PARTICIPATED!



CELEBRATE INTERNATIONAL WOMEN'S DAY WITH OUR FSC TEAM



**SOUTH AMERICA,
GUYANA**

COLOMBIA

PANAMA

ARMENIA

EL SALVADOR

ENGLAND

BOLIVIA



March 2023

[CHECK OUT OUR: 2022 - A YEAR END REVIEW](#)

SUN	MON	TUE	WED	THURS	FRI	SAT
<p>ESL = ENGLISH AS A SECOND LANGUAGE OR ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)</p> <p>ABE = ADULT BASIC EDUCATION</p> <p>PACT = PARENTS AND CHILDREN TOGETHER</p>	<p>TUES, WED, THURS IN PERSON MORNING CLASSES</p>		<p>1 8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>	<p>2 8-11 AM ESL CLASS/DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP</p> <p>11:15 - 11:45 PACT</p> <p>12 - 3PM TUTORING/GOAL SETTING FOR EDUCATIONAL NEEDS</p>	<p>3 10AM - 11AM PARENT SUPPORT GROUP</p> <p>11:15 - 11:45AM CIRCLE TIME</p>	4
5	<p>6 8 - 11 AM VIRTUAL ESL/ABE CLASS</p> <p>12:00 - 3:00 PM VIRTUAL ESL/ABE CLASS</p>	<p>7 8-11 AM ESL CLASS/DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP</p> <p>11:15 - 11:45 PACT</p> <p>12 - 3PM TUTORING/GOAL SETTING FOR EDUCATIONAL NEEDS</p>	<p>8 INTERNATIONAL WOMEN'S DAY</p> <p>8 - 11 AM ESL/ABE CLASS</p> <p>12:00 - 3:00 PM ESL/ABE CLASS</p>	<p>9 9-11 AM ESL CLASS/ WOMEN'S DAY CELEBRATION AT FSC</p> <p>11:15 - 11:45 PACT</p> <p>12 - 3PM TUTORING/GOAL SETTING FOR EDUCATIONAL NEEDS</p>	<p>10</p> <p>11:15 - 11:45AM CIRCLE TIME</p>	11
<p>12 DAYLIGHT SAVINGS TIME</p> 	<p>13 8 - 11 AM VIRTUAL ESL/ABE CLASS</p> <p>12:00 - 3:00 PM VIRTUAL ESL/ABE CLASS</p>	<p>14 8-11 AM ESL CLASS/DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP</p> <p>11:15 - 11:45 PACT</p> <p>12 - 3PM TUTORING/GOAL SETTING FOR EDUCATIONAL NEEDS</p>	<p>15 8 - 11 AM ESL/ABE CLASS</p> <p>12:00 - 3:00 PM ESL/ABE CLASS</p>	<p>16 8-11 AM ESL CLASS/DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP</p> <p>11:15 - 11:45 PACT</p> <p>12 - 3PM TUTORING/GOAL SETTING FOR EDUCATIONAL NEEDS</p>	<p>17 10 - 11AM HEALTH EDUCATION SESSION</p> <p>11:15 - 11:45AM CIRCLE TIME</p>	18
19	<p>20 8 - 11 AM VIRTUAL ESL/ABE CLASS</p> <p>12:00 - 3:00 PM VIRTUAL ESL/ABE CLASS</p>	<p>21 8-11 AM ESL CLASS/DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP</p> <p>11:15 - 11:45 PACT</p> <p>12 - 3PM TUTORING/GOAL SETTING FOR EDUCATIONAL NEEDS</p>	<p>22 MFN PARENT LEADERSHIP EVENT 9AM-4PM</p> <p>8 - 11 AM ESL/ABE CLASS</p> <p>12:00 - 3:00 PM ESL/ABE CLASS</p>	<p>23 8-11 AM ESL CLASS/DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP</p> <p>9AM - 4PM MFN PARENT LEADERSHIP EVENT</p> <p>11:15 - 11:45AM PACT</p> <p>12 - 3PM TUTORING/GOAL SETTING FOR EDUCATIONAL NEEDS</p>	<p>24</p> <p>10AM PEER CONNECTIONS (ENGLISH)</p> <p>11AM PEER CONNECTIONS (SPANISH)</p> <p>11:15 - 11:45AM PACT</p>	25
26	<p>27 8 - 11 AM VIRTUAL ESL/ABE CLASS</p> <p>12:00 - 3:00 PM VIRTUAL ESL/ABE CLASS</p>	<p>28 8-11 AM ESL CLASS/DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP</p> <p>11:15 - 11:45 PACT</p> <p>12 - 3PM TUTORING/GOAL SETTING FOR EDUCATIONAL NEEDS</p>	<p>29 8 - 11 AM ESL/ABE CLASS</p> <p>12:00 - 3:00 PM ESL/ABE CLASS</p>	<p>30 8-11 AM ESL CLASS/DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP</p> <p>11:15 - 11:45 PACT</p> <p>12 - 3PM TUTORING/GOAL SETTING FOR EDUCATIONAL NEEDS</p>	<p>31</p> <p>11:15 - 11:45AM CIRCLE TIME</p>	

Dates to Remember



MARCH 3
PARENT SUPPORT GROUP:
SAFE SLEEP
10:00AM - 11:00AM

MARCH 17
VIRTUAL HEALTH EDUCATION
SESSION:
COLD/FLU GERMS
10:00AM - 11:00AM

MARCH 22 & 23
PARENT LEADERSHIP
TRAINING
9:00AM - 4:00PM

MARCH 24
PEER CONNECTIONS
(ENGLISH)
10:00AM - 11:00AM

MARCH 24
PEER CONNECTIONS
(SPANISH)
11:00AM - 12:00PM