

February  
2024

# THE FSC FLYER

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



*Illuminate your heart with self-love*

**WHAT'S INSIDE:**

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- News From Our Center
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## A MESSAGE FROM MARIELA

Greetings!

This February we are excited to be offering new opportunities for our participants like that of therapy in partnership with McGuire Therapeutic Services.

We are also planning special story time sessions for families to enjoy with artists from InterAct Story Theatre. We are always thankful to our partners for the services they help us provide to our families!

*Mariela*



**MARIELA HAKANS, DIRECTOR**



**DESSALINA ROBERTS**



**BIENVENIDA JAIMES**

## CHILD DEVELOPMENT CLASSROOM

The theme for the child development classroom this month is peace and African American History. We will learn how to spread and receive love from our peers and families. In addition, we will also learn about some prominent figures that have paved the way throughout African American History and Afro-Latino history.

The message to our families in our classroom this month is that although we all may be different, we can get along, help, and love one another.



**2/25 Liam**



**KATHIA DONALICIO**

## SERVICE COORDINATION

In honor of Heart Health Month, we invite you to participate in our virtual therapy sessions aimed at reducing stress, hosted by McGuire Therapeutic Services on Thursdays and Fridays. Additionally, we're thrilled to offer our participants therapeutic massages from McGuire promoting holistic wellness. If interested, please get in touch with our Office Manager, Jeniffer Hernandez, at [jhernandez@childresource.org](mailto:jhernandez@childresource.org), or visit her desk for more information.

We're proud to announce that two of our participants, Johanna and Willianik, have been selected to attend the 2024 MFN Leadership Institute for Parents, scheduled at the Maritime Conference Center in Linthicum, MD, this month.

We are looking forward to seeing you there!



DR. SUSIE MCPHILOMY

## ADULT EDUCATION CLASSROOM

We had an eventful month this January and have a lot to be proud of! Participants have completed post-tests and showed improved scores at all levels.

We also welcomed new participants in-person and started Level A (Pre-basic) with them, and they are learning quickly!

We had guests from the Maryland Department of Labor and Prince George's Community College visit our center for a site visit and they were impressed by the atmosphere and learning process of our participants! Way to go team!

The students are building self-confidence in their language skills, which makes them feel motivated and eager to attend their classes. I am so very proud of my students! They continue to grow academically and professionally.

## FSC IN-HOUSE RESOURCES

### FSC CAR SEAT DISTRIBUTION:

For more information on car seats or if you have any questions, please contact Jeniffer at [jhernandez@childresource.org](mailto:jhernandez@childresource.org) or please call 301-431-6210.

### PROGRAMA DE DISTRIBUCION DE SILLAS DE AUTO:

Para obtener más información sobre los asientos para automóviles o si tiene alguna pregunta, contáctese a Jeniffer: [jhernandez@childresource.org](mailto:jhernandez@childresource.org) o 301-431-6210.

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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/>

## PARTICIPANT OF THE MONTH: SILDY A.



We are proud to announce Sildy A. as participant of the month. Sildy is a very kind and positive person, she is always smiling and always brings a positive attitude to her class.

Sildy started the program not too long ago, but due to her exceptional diligence and hard work, she has shown significant improvement in her language skills. While pregnant, she tried to attend her classes every week up until the week of her delivery and she wishes to get back to her classes as soon as she can.

Well-done Sildy! Congratulations on the birth of your baby and for being an exceptional student!

## HELPFUL COMMUNITY RESOURCES

**PG PARK AND REC FEBRUARY EVENTS/ HEALTH AND WELLNESS PROGRAMS**  
[HTTPS://WWW.PGPARKS.COM/ACTIVITIES-EVENTS/EVENTS](https://www.pgparcs.com/activities-events/events)

**COMMUNITY FINANCIAL ASSISTANCE SERVICES**  
[HTTPS://WWW.NEEDHELPPAYINGBILLS.COM/HTML/PRINCE-GEORGE-CLOTHING-CLOSETS.HTM](https://www.needhelppayingbills.com/html/prince-george-clothing-closets.htm)

**AMERICAN HEART ASSOCIATION**  
**IT'S FEBRUARY – AMERICAN HEART MONTH**

**FINANCIAL ASSISTANCE FOR CHILD CARE COSTS**  
[HTTPS://DHS.MARYLAND.GOV/CHILD-CARE-SCHOLARSHIP-CCS/](https://dhs.maryland.gov/child-care-scholarship-ccs/)

**CAPITAL AREA FOOD BANK/ FOOD ASSISTANCE**  
[HTTPS://WWW.CAPITALAREAFOODBANK.ORG/FIND-FOOD-ASSISTANCE/](https://www.capitalareafoodbank.org/find-food-assistance/)

# PARTICIPANTS' EVENTS AT FSC

**LAS INVITAMOS**  
--- PARA ---  
**CELEBRAR JUNTAS UN DIA DE AUTOCUIDADO!**

**Dia De Damas**

CONSEJOS DE CUIDADO PERSONAL, MEDITACIÓN, Y REFRIGERIOS  
CUIDADO DE NIÑOS INCLUIDO!

**LET'S GET TOGETHER**  
--- FOR A ---  
**GALENTINES SELF-CARE DAY!**

**LADIES' DAY OUT**

SELF-CARE TIPS, MEDITATION, & SNACKS  
CHILD CARE PROVIDED !

MARLAND FAMILY NETWORK PRESENTS  
**LEADERSHIP INSTITUTE**  
Connecting Families & Building Leaders in the Community

## 2024 Leadership Institute for Parents!

Virtual Kick-Off: February 2, 2024, 10am-10:45am  
Leadership Institute: February 21-22, 2024, 9am-3pm  
Virtual Wrap Up: February 29, 2024, 10am-11am

Learn how to make a difference in the life of your child, yourself, and your community by **VOICING YOUR NEEDS!**

Build confidence and learn how to make sure people will sit up and take notice when **YOU SPEAK!**

Practice making decisions that will lead to reaching **YOUR GOALS!**

Plus: Meet and work together with other parents of young children who are ready to take the lead!

Cost: **FREE** for parents of young children attending Family Support and Early Head Start Centers.

Take **YOUR** first step -- talk to your Center staff today!

Overnight accommodations, meals, stipend for families who complete the Institute, family activity packs, & much much more! Stipend will assist with child care costs.

**Health Education**

**TOPIC: HEART HEALTH**  
**PRESENTED BY: EMILY LUYO, PRIORITY PARTNERSR**

**Date: Thursday, February 8, 2024**  
**Time: 12:030 1:30 pm**

**Hybrid session**  
Join Zoom Meeting  
Meeting ID:  
Passcode:

**Location: Family Support Center**  
**Prince George's**  
**8908 Riggs Road, Adelphi MD 20783**

MARYLAND FAMILY

Get ready to celebrate a Family Literacy Fiesta with The Family Support Center Prince George's and InterAct Story Theatre.

**STORY**

Join us for a special Story Time on February 8th at 12:30 p.m. at 8908 Riggs Road in Adelphi, MD 20783. Sign up with Kathia D. : 301-613-0551

Let's make reading and learning a family affair!

MARYLAND FAMILY NETWORK

# February

2024

SUN	MON	TUE	WED	THU	FRI	SAT
				1	2	3
4	5	6	7	8	9	10
11	12	13	14	15	16	17
18	19	20	21	22	23	24
25	26	27	28	29		

## FAMILY SUPPORT CLASS WEEKLY SCHEDULE

### MONDAY & WEDNESDAY

8:00 - 11:00 AM

ESL/ABE CLASS

10:45 - 11:00 PACT

12:00 - 3:00 PM

ESL/ABE CLASS

### TUESDAY & THURSDAY

8:00 - 11:00 AM

ESL CLASS-HIGH ESL/ABE

10:45 - 11:00 PACT

12:00 - 3:00 PM

ESL/ABE CLASS- LEVEL A

FRIDAYS VIRTUAL- CIRCLE TIME

11:15 - 11:45

## IMPORTANT DATES:

### VIRTUAL MFN PARENT LEADERSHIP KICKOFF:

FEB 2ND 10:00 AM-10:45 AM

### PARTNERING WITH PRIORITY PARTNERS FOR HEALTH EDUCATION:

IN-PERSON SESSION

FEB 8TH, 12:30 - 1:30 PM

### MFN PARENT LEADERSHIP CONFERENCE:

FEB 21-22

### GROUP THERAPY:

EVERY THURSDAY FROM 12:00 - 1:00 PM AND EVERY

FRIDAY FROM 9:00 AM - 10:00 AM

### INTERACT STORY THEATRE FOR PARENTS AND CHILDREN:

FEBRUARY 9TH AT 1:00 PM

### GALENTINE'S CELEBRATION:

FEB 14 AND FEB 15 9:00 - 12:00

FSC PD DAY- (FSC OFFICES CLOSED)- FEB 16

PRESIDENT'S DAY: FEB 19TH- OFFICES CLOSED

### PEER CONNECTIONS:

FEB 23RD 10:00 - 12:00

### MFN VIRTUAL PARENT LEADERSHIP WRAP-UP:

FEB 29TH, 10:00 AM-11:00 AM

TENTATIVE FIELD TRIP: FEB 27 OR FEB 28

