

May
2022

ISSUE 10
VOLUME 1

THE FSC FLYER

ADELPHI/LANGLEY PARK FAMILY SUPPORT CENTER
NEWSLETTER



www.childresource.org



*Thank you for helping us build our new playground!
Pictured (MGM National Harbor volunteers, Councilmember
Deni Taveras, PGCRC Executive Director, Jennifer Iverson)*

WHAT'S INSIDE:

- A Note from Nathalie Coward, our Family Support Center Director
- News from Our Center
- Participant of the Month
- Helpful Resources
- Executive Director's Corner
- Shout Outs
- Honoring Our Mothers
- Calendar of Events

A NOTE FROM NATHALIE

Whew! What a whirlwind this month has been. Our team has been busy getting our center ready to welcome back participants and community partners, and hope to have a date set next month.

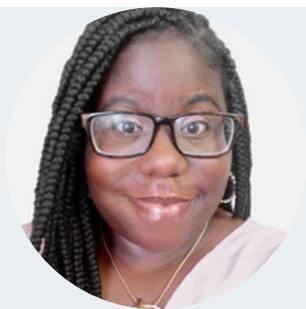
This month's issue of our flyer is honoring every mom and mother figure in our community-you make an often thankless job look easy, and we celebrate you for your courage, patience, and selflessness.

We are also highlighting several mental health resources. Remember, you can't pour from an empty cup, so take care of you.

In this together.

Nathalie





SHANAE BROCKINGTON



DESSALINA ROBERTS



BIENVENIDA JAMES

CHILD DEVELOPMENT CLASSROOM

The theme for the child development classroom this month is caterpillars and butterflies. We will learn about the seasonal aspects of these insects, their transitions and life cycles.

The book that we will be exploring will be "Caterpillars and Butterflies" by Stephanie Turnbull. This book emphasizes the fascinating life cycle and habits of caterpillars, butterflies and moths! Your little one will enjoy diving into this informative, and colorful book filled with loads of fun filled science facts!

We have some special birthdays this month:

Alisson -5/22-(4 years)

Marvi -5/31-(4 years)

Happy Birthday!



KATHIA JAMES

SERVICE COORDINATION

This month we are celebrating all the moms in our program!

Mother's Day is a celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.

All participants are welcome to share pictures to honor you and your mothers or your female caregiver.

Thank you for answering the MFN Participant satisfaction survey 2022!

Also, this month we have more informative virtual sessions where you can learn about Health and other topics.

May is Mental Health Awareness month. Please use the links on the resources on pages 5 and 6 to obtain information about the importance of taking care of our mental health.

Happy Birthday to:



Zucely R. 5/17

Johanna B. 5/13



DR. SUSIE MCPHILOMY

ADULT EDUCATION CLASSROOM

This month has been especially gratifying for our participants as mothers!

Participating in the FSC Annual Essay contest was an important milestone in their education at the center.

Writing about their experiences and the things they have developed at the center gave them a sense of accomplishment and growth as mothers.



LOIS DYER

OUR STORY IN NUMBERS

- New babies born: 1
- New participants: 0
- Diapers Delivered: 1750
- Car Seats Distributed: 6
- Parents attending Advisory Board: 1
- Circle Times: 4
- Parent survey completion: 90%



LUCAS ESCANO

TRANSPORTATION NEWS

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

We are following the same routine for deliveries. Please answer the phone when I call you to ensure your delivery is made on time.



JENIFFER HERNANDEZ

OFFICE MANAGER UPDATES

It has been over a year since our world changed due to a global pandemic. Many of us have suffered significant losses, personally or professionally.

To each of you, we send our thoughts for a brighter future. The stories continue to move and inspire us to make our resources, programming, and tools the most efficient for our participants and their families.

The Family Support Center appreciates each of you in helping us change the conversation around mental health.

Upcoming: Maryland Kids In Safety Seats Check-up Event June 2nd from 2-5 p.m.

Make an appointment to check if your child's safety seat is installed correctly!
<https://www.signupgenius.com/go/60b094aa5a92aa5f49-prince>

PARTICIPANT OF THE MONTH: ZUCELY R.



Zucely is a hardworking student who has never missed a class nor has ever been late since I took over Adult Education sessions. She is always prepared and eager to learn, actively engaged in class and very inquisitive. Zucely is a model student and the teacher's right hand in the virtual classroom!

Ms Zucely regularly attends the child development classes. She participates eagerly with her child Alisson during each session. Ms. Zucely speaks with the teachers to ensure that her child is progressing developmentally and takes action to assist if needed.

Ms. Zucely's attendance is great; she tries her best to focus and participate during Zoom sessions while she is working. She asked her boss permission in order to participate in all sessions offered via Zoom. She also makes sure her child is connected during PACT sessions, when she is in the care of her grandmother while she works.

HELPFUL RESOURCES

MAY IS NATIONAL SPEECH & HEARING MONTH

CDC WEBPAGE ABOUT HEARING LOSS AND PREVENTION (ENGLISH):

[HTTPS://WWW.CDC.GOV/NCEH/HEARING_LOSS/DEFAULT.HTML](https://www.cdc.gov/nceh/hearing_loss/default.html)

MAY IS MENTAL HEALTH AWARENESS MONTH

SUICIDE PREVENTION HOTLINE AND WEBSITE (SPANISH):

[HTTPS://SUICIDEPREVENTIONLIFELINE.ORG/HELP-YOURSELF/EN-ESPANOL/](https://suicidepreventionlifeline.org/help-yourself/en-espanol/)

SAMHSA (SUBSTANCE ABUSE AND MENTAL HEALTH SERVICES

ADMINISTRATION) WEBSITE WITH LINKS TO OTHER RESOURCES AVAILABLE (ENGLISH AND SPANISH):

[HTTPS://WWW.SAMHSA.GOV/SITES/DEFAULT/FILES/SPANISH-LANGUAGE-RESOURCES-OBHE-10202020.PDF](https://www.samhsa.gov/sites/default/files/spanish-language-resources-obhe-10202020.pdf)

EXECUTIVE DIRECTOR'S CORNER

Greetings, friends!

May is Mental Health Awareness Month. What does this make you think of? For me, it reminds me to stop, breathe, and pay attention to how I am feeling in this moment.

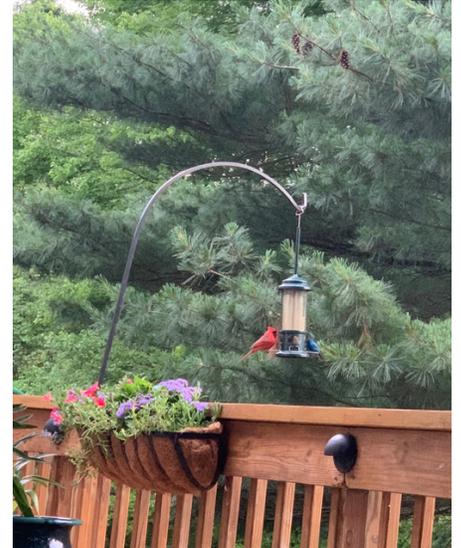
Sometimes, to take care of my mental health, I need to be outside - to go for a run, or to sit outside watching birds, even hummingbirds, visit my birdfeeders.

Other times, I can't be settled quite so easily. I need to reach out to a friend, share what is on my mind, and get someone else's perspective to help me find some peace.

Even with my good self care practices, and a great support system, there have been times when I have needed and benefited from seeing a mental health professional. It can make all the difference when we are going through crises; and it can also be a very healthy proactive choice to make even when we are in the rare 'smooth sailing' periods of our lives. I encourage everyone to pay attention to your own mental health needs and seek out what you need...it is worth the time and effort!

As an organization, we support the mental health needs of our staff by giving free access to counselors; and we also provide therapy options for some of our program participants. Lastly, have an entire program dedicated to children's early childhood mental health, and more than anything, we want children in our community to have strong social emotional foundations.

Jennifer Iverson, Executive Director



HELPFUL RESOURCES

ENGLISH: [HTTPS://WWW.NAMI.ORG/GET-INVOLVED/AWARENESS-EVENTS/MENTAL-HEALTH-AWARENESS-MONTH](https://www.nami.org/get-involved/awareness-events/mental-health-awareness-month)

SPANISH:

[HTTPS://WWW.NAMI.ORG/YOUR-JOURNEY/IDENTITY-AND-CULTURAL-DIMENSIONS/HISPANIC-LATINX/LA-SALUD-MENTAL-EN-LA-COMUNIDAD-LATINA](https://www.nami.org/your-journey/identity-and-cultural-dimensions/hispanic-latinx/la-salud-mental-en-la-comunidad-latina)

CALL THE NAMI (NATIONAL ALLIANCE ON MENTAL ILLNESS) HELPLINE AT 800-950-NAMI OR IN A CRISIS, TEXT "NAMI" TO 741741



SHOUT OUTS



Thank You to Our Volunteers from MGM!

Volunteers from MGM National Harbor and our very own Council Member Deni Taveras stopped by for a day of beautification at our center! Our participants and their families will enjoy our brand new playground purchased with funds from Maryland Family Network!



BEFORE

AFTER



CELEBRATING OUR MOTHERS!

Participants Honor Their Mothers and Mother-Figures





We
thank
you!

“A teacher affects eternity; [she]
can never tell where [her]
influence stops.”

Henry Brooks Adams



May 2022

SUN	MON	TUE	WED	THURS	FRI	SAT
1 ESL - ENGLISH AS A SECOND LANGUAGE OR ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL) <small>ABE - ADULT BASIC EDUCATION</small> <small>PACT - PARENTS AND CHILD/REN TOGETHER</small>	2 8-11 AM ESL/ABE CLASS 12:00-3:00 PM ESL/ABE CLASS	3 8-11 AM ESL/ABE CLASS 11:15-11:45 AM PACT 12:00-3:00 PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP	4 8-11 AM ESL/ABE CLASS 12:00-3:00 PM ESL/ABE CLASS	5 8-11 AM ESL/ABE CLASS 12:00-3:00PM DISTANCE LEARNING FOR TRANSITIONS- HIGH ESL/ABE/DIPLOMA PREP. 3-3:30 PM CIRCLE TIME	6 MFN SPRING CONFERENCE 9-2:30 PM	7
8	9 8-11 AM ESL/ABE CLASS 12:00-3:00 PM ESL/ABE CLASS	10 8-11 AM ESL/ABE CLASS 11:15-11:45 AM PACT 12:00-3:00 PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP	11 8-11 AM ESL/ABE CLASS 12:00-3:00 PM ESL/ABE CLASS	12 8-11 AM ESL/ABE CLASS 12:00-3:00PM DISTANCE LEARNING FOR TRANSITIONS- HIGH ESL/ABE/DIPLOMA PREP. 3-3:30 PM CIRCLE TIME	13 HEALTH EDUCATION PRIORITY PARTNERS (ALLERGY AND VIRAL INFECTIONS) 10-11 AM	14
15 	16 8-11 AM ESL/ABE CLASS 12:00-3:00 PM ESL/ABE CLASS	17 8-11 AM ESL/ABE CLASS 11:15-11:45 AM PACT 12:00-3:00 PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP	18 8-11 AM ESL/ABE CLASS 12:00-3:00 PM ESL/ABE CLASS	19 8-11 AM ESL/ABE CLASS 12:00-3:00PM DISTANCE LEARNING FOR TRANSITIONS- HIGH ESL/ABE/DIPLOMA PREP. 3-3:30 PM CIRCLE TIME	20 PARENT SUPPORT GROUP MOTHER'S DAY CONVERSATION & MENTAL HEALTH RESOURCES 10-11 AM	21
22	23 8-11 AM ESL/ABE CLASS 12:00-3:00 PM ESL/ABE CLASS	24 8-11 AM ESL/ABE CLASS 11:15-11:45 AM PACT 12:00-3:00 PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP	25 8-11 AM ESL/ABE CLASS 12:00-3:00 PM ESL/ABE CLASS	26 8-11 AM ESL/ABE CLASS 12:00-3:00PM DISTANCE LEARNING FOR TRANSITIONS- HIGH ESL/ABE/DIPLOMA PREP. 3-3:30 PM CIRCLE TIME	27 PEER CONNECTIONS SPANISH 10-11 AM ENGLISH 11-12 PM	28
29	30  MEMORIAL DAY REMEMBER AND HONOR	31				

Dates to Remember

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



MARYLAND
 FAMILY
 NETWORK

Leading Maryland's
 Family Support Centers

MAY 6

MFN SPRING CONFERENCE
 9-2:30 PM
 *FOR STAFF

MAY 13

HEALTH EDUCATION:
 ALLERGY AND VIRAL
 INFECTIONS
 PRESENTED BY PRIORITY
 PARTNERS
 10-11 AM

MAY 20

PARENT SUPPORT GROUP:
 MOTHER'S DAY
 CONVERSATION & MENTAL
 HEALTH RESOURCES
 10-11 AM

MAY 27

PEER CONNECTIONS

 SPANISH 10-11 AM
 ENGLISH 11-12 PM

MAY 30

MEMORIAL DAY
 CENTER CLOSED