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 Hakans, Director
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, 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!

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
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 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, contácte a Jeniffer: jhernandez@childresource.org o 301-431-6210.

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

COMMUNITY FINANCIAL ASSISTANCE SERVICES
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/

CAPITAL AREA FOOD BANK/ FOOD ASSISTANCE
HTTPS://WWW.CAPITALAREAFOODBANK.ORG/FIND-FOOD-ASSISTANCE/
PARTICIPANTS’ EVENTS AT FSC

LAS INVITAMOS
--- PARA ---
CELEBRAR JUNTAS UN DÍA DE AUTOCUIDADO!

Dia De Damas
CONSEJOS DE CUIDADO PERSONAL, MEDITACIÓN, Y REFRIGERIOS
CUIDADO DE NIÑOS INCLUIDO!

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!


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.

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

LADIES’ DAY OUT
SELF-CARE TIPS, MEDITATION, & SNACKS
CHILD CARE PROVIDED!

Date: Thursday, February 8, 2024
Time: 12:00 1:30 pm

Hybrid session
Join Zoom Meeting
Meeting ID: Passcode:

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

Health Education
TOPIC: HEART HEALTH
PRESENTED BY: EMILY LUOY, PRIORITY PARTNERSR

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 5th at 2:00 p.m. at Boyd Riggs Road in Adelphi, MD verify. Sign up with Katrina D: 301-639-3599

Let’s make reading and learning a family affair!
## February 2024

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### Family Support Class Weekly Schedule

**Monday & Wednesday**
- 8:00 - 11:00 AM
  - ESL/ABE Class
- 12:00 - 3:00 PM
  - ESL/ABE Class

**Tuesday & Thursday**
- 8:00 - 11:00 AM
  - ESL Class-High ESL/ABE
- 10:45 - 11:00 PM
  - PACT

**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

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**Family Support Center Prince George’s**
8908 Riggs Rd, Adelphi, MD 20783
301-431-6210