

November
2023

THE FSC FLYER

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



Acts of Kindness

A MESSAGE FROM MARIELA

Hello!

It's the month of gratitude and kindness. Remember to do something kind this month, see the sample "Acts of Kindness" calendar inside!

"KINDNESS IS A SILENT SMILE, A FRIENDLY WORD, A NOD OF ENCOURAGEMENT. KINDNESS IS THE SINGLE MOST POWERFUL THING WE CAN TEACH CHILDREN." -Unknown

Mariela

WHAT'S INSIDE:

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





DESSALINA ROBERTS



BIENVENIDA JAIMES

CHILD DEVELOPMENT CLASSROOM

The theme for the child development classroom this month is family. Children learn about themselves and people around them. Having discussions about family and the holidays fosters a sense of belonging, which can be beneficial for both child and parent.

The book that we will be highlighting will be Who's in a Family? by Robert Skutch. This story talks about having large families, small families, two moms, one dad, and grandparents—this book's broad and inclusive illustrations cover families from different backgrounds to encourage children to celebrate diversity and the things that make their own family unique.



ANDREW 11/21
HENRY 11/24
KALET 11/25



KATHIA DONALICIO

SERVICE COORDINATION

We are thrilled to continue offering our Group Therapy sessions this month, where participants can feel secure to share their experiences and grow together. We are proud of all of you who are taking the time for self-care and attending these sessions.

Don't forget to participate in our ESL classes and PACT both in-person and virtual sessions. As a reward for good attendance, we are opening our "Tiendita", where participants can choose their preferred items. For additional information, please contact Ms. Kathia Donalicio.

We are also excited to invite you to our Parent Support Group's "Thanksgiving Celebration" where we can come together to enjoy delicious food, celebrate our traditions, and express gratitude (See calendar).



DR. SUSIE MCPHILOMY

ADULT EDUCATION CLASSROOM

In this season of celebrating gratitude, it is important to bear in mind another valuable virtue we should practice daily..the virtue of KINDNESS..

I share with my students one of my favorite quotes by Morgan Freeman: “How do we change the world? One random act of kindness at a time...”

Not only do they understand the concept, I see them practice it daily. I observe my students in class and how much they care for each other and do just little things that make a big difference. Whether it is helping each other with tasks, collaborating in teams, or merely sharing their thoughts on issues that they are worried about.

They are one kind loving family that practices kindness because “it is a way to make a connection and a simple but powerful way to build a bridge between hearts..”

≡Welcome≡

WELCOME NEW PARTICIPANTS!

Family Support Center Prince George`s would like to give a warm welcome to the newest members of our program:

**Mrs. Silvia,
Mrs. Merari,
Mrs. Glendy,
Mrs. Edith, and
Mrs. Karina!**

Your participation is a testament to your commitment to personal growth and we are honored to support you in your journey.

PEER CONNECTIONS IS BACK WITH BRAIN POWER WELLNESS!



HELPFUL RESOURCES

BREAST AND CERVICAL CANCER RESOURCES

[HTTPS://WWW.KOMEN.ORG/SUPPORT-RESOURCES/TOOLS/TRANSLATIONS](https://www.komen.org/support-resources/tools/translations)

SCREENINGS AND PREVENTION PROGRAMS IN THE COUNTY (FREE)

[HTTPS://WWW.LUMINISHEALTH.ORG/EN/CLASSES-EVENTS](https://www.luminishealth.org/en/classes-events)

FOOD PANTRY LIST:

[HTTPS://WWW.FOODPANTRIES.ORG/CO/MD-PRINCE_GEORGES](https://www.foodpantries.org/co/md-prince_georges)

OPERATION WARM COAT GIVEAWAY PGCMLS

[HTTPS://WWW.PGCMLS.INFO/EVENT/9297858](https://www.pgcmls.info/event/9297858)

THE MARYLAND EARLY EDCORP PROGRAM

[HTTPS://EDUCATION.UMD.EDU/MARYLAND-EARLY-EDCORP](https://education.umd.edu/maryland-early-edcorp)

November Acts of Kindness

___ acts completed

| | | | | |
|---|--------------------------------------|------------------------------------|-------------------------------------|----------------------------|
| 1 Tell someone you're thankful for them | 2 PAY it FORWARD | 3 Rake leaves for someone | 4 Bake a neighbor pumpkin pie | 5 Volunteer at a shelter |
| 6 Help tutor someone | 7 Give a care package | 8 Share a family recipe | 9 Support Operation Christmas Child | 10 Offer a compliment |
| 11 Bake cookies for someone | 12 Babysit for a friend | 13 THANK A VETERAN | 14 Offer someone coffee | 15 Visit a NURSING HOME |
| 16 Give a turkey to a family in need | 17 Donate warm clothing | 18 Give someone gloves | 19 Support a small business | 20 Smile at a stranger |
| 21 Help someone with their groceries | 22 Spread good news | 23 Send postcards to sick children | 24 Offer a hug | 25 Get to know someone new |
| 26 Pay for someone's dinner | 27 Print a photo of you and a friend | 28 Leave positive notes | 29 Donate to a charity | 30 Call an old friend |

SOURCE: [HTTPS://WWW.NATURALBEACHLIVING.COM/RANDOM-ACTS-OF-KINDNESS-CALENDAR/](https://www.naturalbeachliving.com/random-acts-of-kindness-calendar/)

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, EXTENSION 1100.

PROGRAMA DE DISTRIBUCION DE SILLAS DE AUTO:

PARA OBTENER MÁS INFORMACIÓN SOBRE LOS ASIENTOS PARA AUTOMÓVILES O SI TIENE ALGUNA PREGUNTA, CONTÁCTE A JENIFFER AL CORREO JHERNANDEZ@CHILDRESOURCE.ORG O LLAME AL 301-431-6210, EXTENSIÓN 1100.



We are GRATEFUL for YOU!



November 2023



FAMILY SUPPORT CENTER PRINCE GEORGE'S
8908 RIGGS RD. ADELPHI, MD 20783
301-431-6210

| SUN | MON | TUE | WED | THURS | FRI | SAT |
|-----|---|--|---|---|---|-----|
| 29 | 30 8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS | 31 8-11 AM ESL CLASS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT | 1 8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS | 2 8-11 AM ESL CLASS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT GROUP THERAPY SESSION 12:30 - 2:00 PM | 3 11:15 - 11:45AM CIRCLE TIME HEALTH EDUCATION VIRTUAL - 10:00AM - 11:00 | 4 |
| 5 | 6 MFN STAFF FALL CONFERENCE- NO CLASSES | 7 MFN STAFF FALL CONFERENCE- NO CLASSES | 8 8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS | 9 8-11 AM ESL CLASS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT GROUP THERAPY SESSION 12:30 - 2:00 PM | 10 NO CLASSES <i>Happy Veterans Day</i> | 11 |
| 12 | 13 8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS WORLD KINDNESS DAY | 14 8-11 AM ESL CLASS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT | 15 VIRTUAL 8 - 11 AM ESL/ABE CLASS VIRTUAL 12:00 - 3:00 PM ESL/ABE CLASS | 16 8-11 AM ESL CLASS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT GROUP THERAPY SESSION 12:30 - 2:00 PM | 17 11:15 - 11:45AM CIRCLE TIME | 18 |
| 19 | 20 8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS | 21 8-11 AM ESL CLASS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT CENTER THANKSGIVING CELEBRATION 10:00AM - 12:00PM | 22 8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS | 23 NO CLASSES <i>HAPPY THANKSGIVING</i> | 24 OFFICES CLOSED- NO CLASSES | 25 |
| 26 | 29 8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS | 30 8-11 AM ESL CLASS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT | | | | |

NOVEMBER 3
HEALTH EDUCATION
10:00PM-11:00PM

NOVEMBER 2ND, 16TH.
GROUP THERAPY
12:30AM - 2:00 PM

NOVEMBER 10
NO PROGRAMING -
VERTERANS DAY
10:00AM - 11:00AM

NOVEMBER 21.
CENTER THANKSGIVING
CELEBRATION
10:00AM - 12:00 PM

NOVEMBER 23 & 24
NO PROGRAMMING -
HAPPY THANKSGIVING!

