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
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).

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.
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 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.
HELPFUL RESOURCES

BREAST AND CERVICAL CANCER RESOURCES
HTTPS://WWW.KOMEN.ORG/SUPPORT-RESOURCES/TOOLS/TRANSLATIONS

SCREENINGS AND PREVENTION PROGRAMS IN THE COUNTY (FREE)
HTTPS://WWW.LUMINISHEALTH.ORG/EN/CLASSES-EVENTS

FOOD PANTRY LIST:
HTTPS://WWW.FOODPANTRIES.ORG/CO/MD-PRINCE_GEORGES

OPERATION WARM COAT GIVEAWAY PGCMLS
HTTPS://WWW.PGCCMLS.INFO/EVENT/9297858

THE MARYLAND EARLY EDCORP PROGRAM
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 Jennifer at jherandez@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 Jennifer al correo jherandez@childresource.org o llame al 301-431-6210, extensión 1100.
We are GRATEFUL for YOU!
# November 2023

<table>
<thead>
<tr>
<th>Sun</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thurs</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td></td>
<td></td>
<td></td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
</tr>
<tr>
<td>31</td>
<td>1</td>
<td>2</td>
<td>3</td>
<td>4</td>
<td>5</td>
<td>6</td>
</tr>
<tr>
<td>7</td>
<td>8</td>
<td>9</td>
<td>10</td>
<td>11</td>
<td></td>
<td></td>
</tr>
<tr>
<td>12</td>
<td>13</td>
<td>14</td>
<td>15</td>
<td>16</td>
<td>17</td>
<td>18</td>
</tr>
<tr>
<td>19</td>
<td>20</td>
<td>21</td>
<td>22</td>
<td>23</td>
<td>24</td>
<td>25</td>
</tr>
<tr>
<td>26</td>
<td>29</td>
<td>30</td>
<td></td>
<td></td>
<td></td>
<td></td>
</tr>
</tbody>
</table>

**Health Education**

- **November 3**: Health Education 10:00 PM - 11:00 PM

**Health Education Virtual**

- **November 23 & 24**: Health Education Virtual 10:00 AM - 11:00 AM

**NOVEMBER 2ND, 16TH.**

**Group Therapy**

- **12:30 AM - 2:00 PM**

**NOVEMBER 10**

**NO PROGRAMING - VETERANS DAY**

- **10:00 AM - 11:00 AM**

**NOVEMBER 11**

- **Happy Veterans Day**

**NOVEMBER 21.**

**Center Thanksgiving Celebration**

- **10:00 AM - 12:00 PM**

**NOVEMBER 23 & 24**

**NO PROGRAMMING - HAPPY THANKSGIVING!**

**FAM I L Y  S U P P O R T  C E N T E R  P R I N C E  G E O R G E ' S**

- **8908 RIGGS RD. ADELPHI, MD 20783**
- **301-431-6210**

**SUN MON TUE WED THURS FRI SAT**

- **29**
  - 8 - 11 AM ESL/ABE Class
  - 12:00 - 3:00 PM ESL/ABE Class

- **30**
  - 8 - 11 AM ESL/ABE Class
  - 12:00 - 3:00 PM ESL/ABE Class

- **31**
  - 8 - 11 AM ESL/ABE Class
  - 11:15 - 11:45 PM ESL/ABE Class

- **1**
  - 8 - 11 AM ESL/ABE Class
  - 12:00 - 3:00 PM ESL/ABE Class

- **2**
  - 8 - 11 AM ESL/ABE Class
  - 11:15 - 11:45 PM ESL/ABE Class

- **3**
  - 8 - 11 AM ESL/ABE Class
  - 11:15 - 11:45 PM ESL/ABE Class

- **4**
  - 8 - 11 AM ESL/ABE Class
  - 11:15 - 11:45 PM ESL/ABE Class

- **5**
  - 8 - 11 AM ESL/ABE Class
  - 11:15 - 11:45 PM ESL/ABE Class

- **6**
  - 8 - 11 AM ESL/ABE Class
  - 11:15 - 11:45 PM ESL/ABE Class

- **7**
  - 8 - 11 AM ESL/ABE Class
  - 11:15 - 11:45 PM ESL/ABE Class

- **8**
  - 8 - 11 AM ESL/ABE Class
  - 11:15 - 11:45 PM ESL/ABE Class

- **9**
  - 8 - 11 AM ESL/ABE Class
  - 11:15 - 11:45 PM ESL/ABE Class

- **10**
  - NO CLASSES

- **11**
  - NO CLASSES

- **12**
  - NO CLASSES

- **13**
  - NO CLASSES

- **14**
  - NO CLASSES

- **15**
  - NO CLASSES

- **16**
  - NO CLASSES

- **17**
  - NO CLASSES

- **18**
  - NO CLASSES

- **19**
  - NO CLASSES

- **20**
  - NO CLASSES

- **21**
  - NO CLASSES

- **22**
  - NO CLASSES

- **23**
  - NO CLASSES

- **24**
  - NO CLASSES

- **25**
  - NO CLASSES

- **26**
  - NO CLASSES

- **27**
  - NO CLASSES

- **28**
  - NO CLASSES

- **29**
  - NO CLASSES

- **30**
  - NO CLASSES

- **31**
  - NO CLASSES