November 2023

THE FSC FLYER

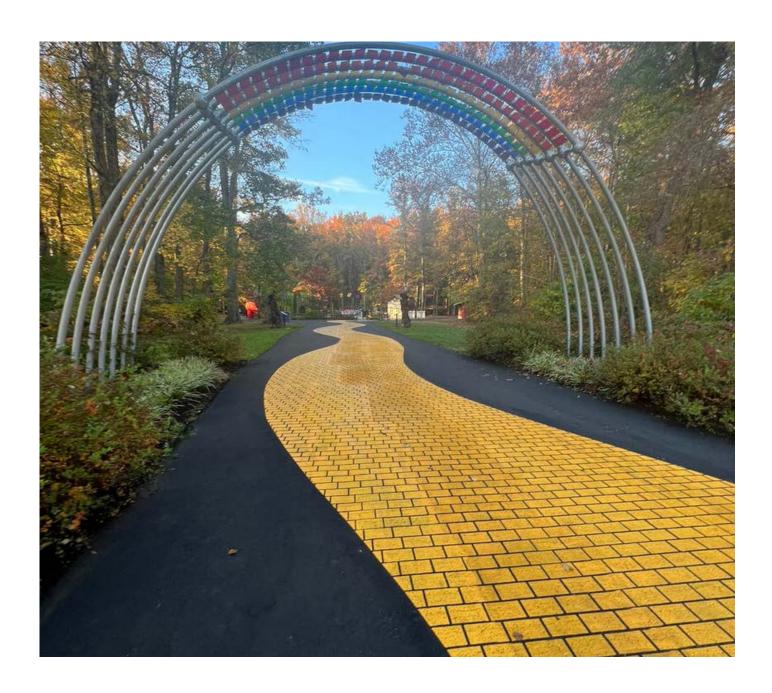
Family Support Center Prince George's

(formerly Adelphi/Langley Park Family Support Center)









Acts of Kindness

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

A MESSAGE FROM MARIELA

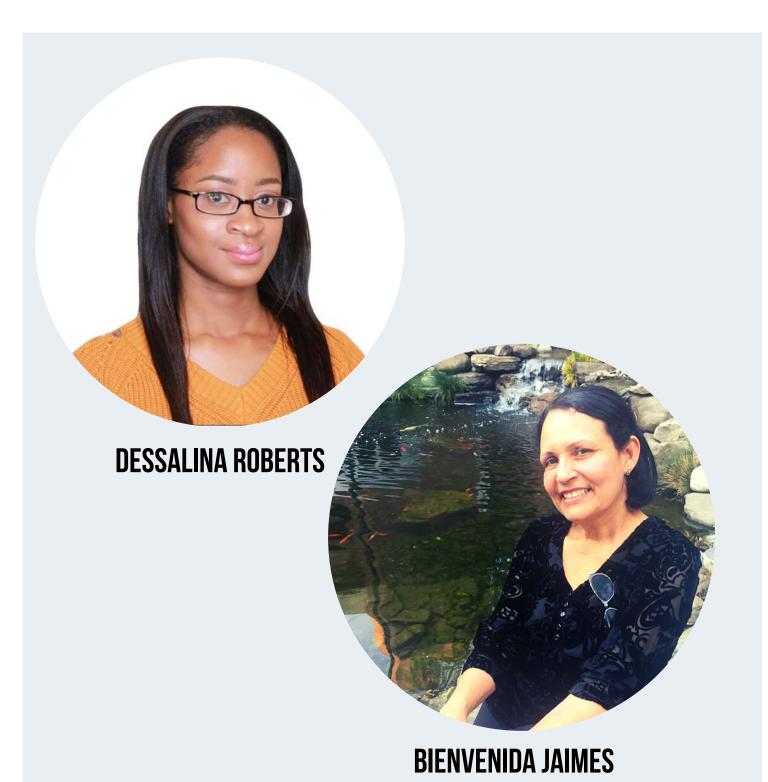
Hello!

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







CHILD DEVELOPMENT CLASSROOM

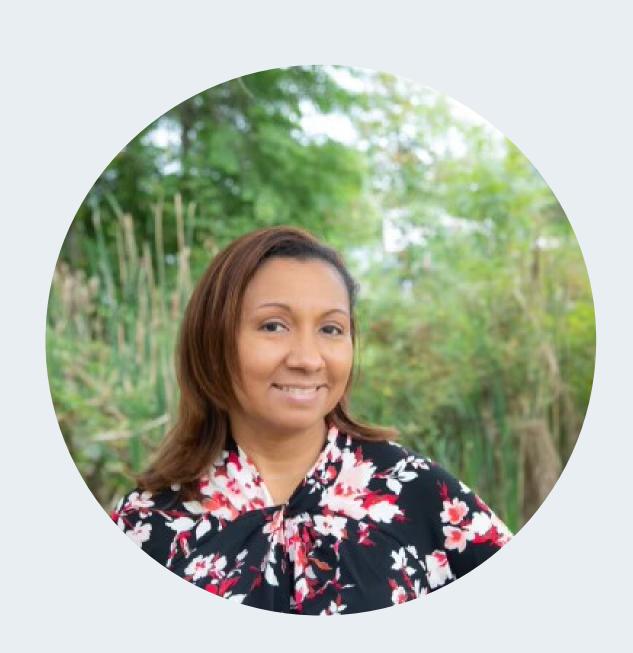
The theme for the child development classroom this month is family. Children learn about themselves and people around them. Having discussions about family and the holidays fosters a sense of belonging, which can be beneficial for both child and parent.

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 Gr

oup'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.."

=Welcomes

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

SCREENINGS AND PREVENTION PROGRAMS IN THE COUNTY (FREE)

HTTPS://WWW.LUMINISHEALTH.ORG/EN/CLASSES-EVENTS

FOOD PANTRY LIST:

NOVEMBER 2023

HTTPS://WWW.FOODPANTRIES.ORG/CO/MD-PRINCE GEORGES

OPERATION WARM COAT GIVEAWAY PGCMLS

HTTPS://WWW.PGCMLS.INFO/EVENT/9297858

THE MARYLAND EARLY EDCORP PROGRAM

HTTPS://EDUCATION.UMD.EDU/MARYLAND-EARLY-EDCORP









November acts of Kindness

acts completed POY it Rake leaves Volunteer at Tell someone Bake a neighbor you're thankful s a shelter for someone pumpkin pie fORWOR a FOR them Offer a Support Help tutor Tive a care Share a family Operation compliment someone package recipe 9 Christmas Child IG Visit a Bake cookies Babusit for Offer someone 15 NURSING HOME tor someone a friend coffee 13 Give Smile at a Give a turkey Supporta Donate warm 19 small business stranger to a family someone clothing gloves in need Help someone Spread Send postcards with their good someone new someone's 26 dinner

SOURCE: 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.







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	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	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	MFN STAFF FALL CONFERENCE- NO CLASSES	MFN STAFF FALL CONFERENCE- NO CLASSES	8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS	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 * Alappy 1 leterans Oay **	11
12	8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS WORLD KINDNESS DAY	8-11 AM ESL CLASS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT	VIRTUAL 8 - 11 AM ESL/ABE CLASS VIRTUAL 12:00 - 3:00 PM ESL/ABE CLASS	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	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	8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS	23 NO CLASSES HAPPY THANKS GIVING	OFFICES CLOSED- NO CLASSES	2.5
26	8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS	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!

