

November
2022

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THE FSC FLYER



www.childresource.org



Taking Time To Be Thankful

A NOTE FROM NATHALIE

As the leaves fall and color the streets and roads, I am reminded of the quote by Heather Sitllufsen, "autumn, the season that teaches us, that change, can be beautiful."

As we enter this new month, I am happy to announce that our search for a new Family Support Center Director has come to end, as we welcomed Mariela Hakans officially in her new role on October 31st!

While this will be a change, one thing will stay the same- our commitment to families and children. I am so happy that I will remain connected as I support Mariela in her new role and grow in mine as the Deputy Director.

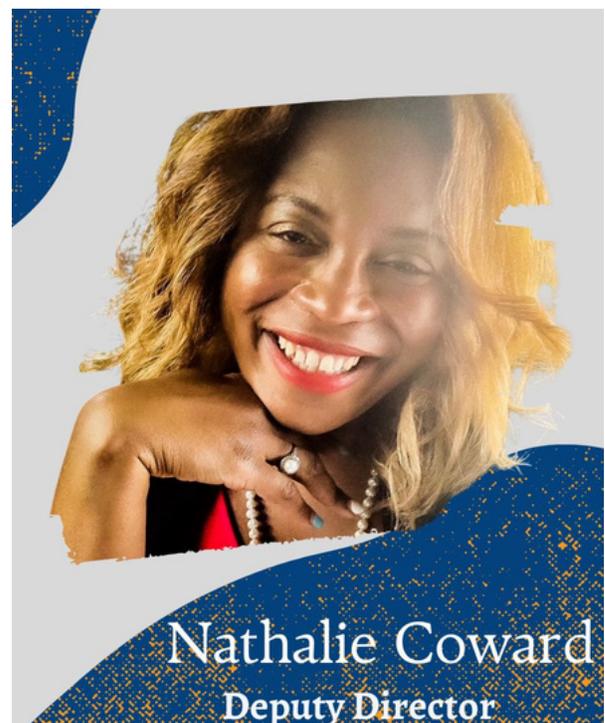
As always...

In this together,

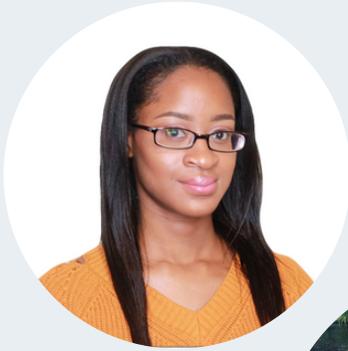
Nathalie

WHAT'S INSIDE:

- A Note From Nathalie Coward, Our Deputy Director
- News From Our Center
- Participant Of The Month
- Executive Director's Corner
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- Helpful Resources
- Collage of Gratitude
- Calendar of Events



Nathalie Coward
Deputy Director



DESSALINA ROBERTS



BIENVENIDA JAIMES

CHILD DEVELOPMENT CLASSROOM

The theme for the child development classroom this month is family. We will learn about families because it teaches children how to have a better understanding of themselves and of the people around them. Having discussions about family fosters a sense of belonging to something greater than oneself, 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 large families, small families, two moms, one dad, and grandparents, too. This book's broad and inclusive illustrations cover families across the spectrum to encourage children to celebrate diversity and the things that make their own family unique!

November Birthdays:

- Andrew 11/21
- Couthy 11/23
- Henry 11/24
- Kalet 11/25
- Jessy 11/28



KATHIA DONALICIO

SERVICE COORDINATION

The season of Fall also brings the holidays, and we'll take a look at how our families cope with the weather changes and their physical and mental well-being during these times.

Please, continue sending pictures from your Fall trips with your families to share on the monthly flyer.

Please remember that attendance is important as well as communication whenever you can't attend the sessions.

Feel free to contact me if you have any questions or concerns at 301-615-0551 or kdonalicio@pgcrc.org.

Have a great month!!



DR. SUSIE MCPHILOMY

ADULT EDUCATION CLASSROOM

At this time of year, my heart is filled with gratitude and pride. My students have shown great progress in their language skills. Most of them got post-tested and are currently being promoted to higher levels.

I can't stop admiring their strength and persistence in learning the language and being full-time moms. In addition to their classes at the FSC, three of my level 4 students are taking Level 5 classes at PGCC, which means they are in class for 6 hours a day two days a week!

I am grateful for the opportunity to work with them and help them succeed in their new environment away from home.

Special thanks to my team who helped schedule the tests and assisted participants with their young children while they were taking their tests!



LOIS DYER

OUR STORY IN NUMBERS

- **Participants Served: 27**
- **Children Served: 35**
- **New Employment: 1**
- **Adult Ed. Activities: 105**
- **Life Skills Ed. Activities: 21**
- **Parenting Ed. Activities: 181**
- **New Adult Participants: 0**
- **New Child Participants: 0**
- **New Babies Born: 0**
- **Virtual Circle Times: 4**
- **Diapers Delivered: 1750**



LUCAS ESCANO

TRANSPORTATION NEWS

Thank you for continuing to allow me to serve you and for committing to wearing your masks.

About 1,750 diapers were delivered this month.

It's Autumn, so get cozy and drink some hot cocoa while you're out!

Thank you all for your support, and I look forward to seeing you all next month!

Be ready to smile when the delivery picture is taken!



JENIFFER HERNANDEZ

OFFICE MANAGER UPDATES

Wow! It's November, I can't believe it. This month's colors will be; brown, orange, and red.

I love the month of November! It reminds me of all the things I have to be thankful for; I am thankful for my family, friends, and so much more.

Have a Happy Thanksgiving!

For more information on car seats, if you have any questions, please contact me at jhernandez@pgrcr.org.

If you would like to speak with me, please call 301-431-6210, extension 1100.



PARTICIPANT OF THE MONTH: MIRIAM B.



Miriam has been a participant for just a month but has already been selected as the student of the month because of her dedication to learning! She is ALWAYS the first to arrive, has never been absent, and she is always the last to leave!

Thanks for being responsible and hardworking!

Miriam attends all health and parenting education sessions and participates actively. Moreover, Ms. Miriam has good communication skills and asks questions about program information and resources.

Miriam participates enthusiastically in PACT activities and models positive and enriching interactions between parents and children.

Miriam, well done!

HELPFUL RESOURCES

ANNUAL THANKSGIVING HOLIDAY BASKETS GIVEAWAY:

[HTTPS://MOLCINC.ORG/EVENTS/ANNUAL-THANKSGIVING-HOLIDAY-FOOD-BASKET-GIVEAWAY/](https://molcinc.org/events/annual-thanksgiving-holiday-food-basket-giveaway/)

CASA:

[HTTPS://WEARECASA.ORG/PROGRAMS/](https://wearecasa.org/programs/)

AUTUMN SAFETY TIPS AS WEATHER CHANGES:

[HTTPS://WWW.MAYOCLINICHEALTHSYSTEM.ORG/HOMETOWN-HEALTH/SPEAKING-OF-HEALTH/THINK-SAFETY-IN-FALL-AS-WEATHER-CHANGES](https://www.mayoclinichealthsystem.org/hometown-health/speaking-of-health/think-safety-in-fall-as-weather-changes)

EXECUTIVE DIRECTOR'S CORNER

There have been many studies that show that people who practice gratitude experience greater happiness. The research says that these people feel more positive emotions, deal with adversity better, and build strong relationships. Gratitude even promotes positive health outcomes!

So I will practice by telling you what I am grateful for: Sunshine on my face; the way I feel when I go for a run among the colorful trees; that I have known what it feels like to love and be loved; and after our staff outing last week, I'm feeling especially grateful for all of my co-workers at PGCRC (see picture of me at the pumpkin patch!).



Life definitely has its ups and downs, but no matter what, join me in practicing gratitude. Take a moment right now and see if you can name five things you are grateful for. And ask your children what they are grateful for! It is a concept they can easily understand. Help them build their gratitude muscles in their early years.

Best,

Jennifer Iverson
Executive Director

HELPFUL RESOURCES

KAISER CARE FOR KIDS PROGRAM (HEALTH INSURANCE FOR UNDOCUMENTED CHILDREN):

[HTTPS://WWW.PRINCEGEORGESCOUNTYMD.GOV/2593/KAISER-CARE-FOR-KIDS](https://www.princegeorgescountymd.gov/2593/KAISER-CARE-FOR-KIDS)

HOLIDAY FIRE SAFETY:

[HTTPS://WWW.PRINCEGEORGESCOUNTYMD.GOV/DOCUMENTCENTER/VIEW/25023/TIP-SHEET---HOLIDAY-SAFETY](https://www.princegeorgescountymd.gov/documentcenter/view/25023/TIP-SHEET---HOLIDAY-SAFETY)

WELCOME TO OUR NEW DIRECTOR!

We are beyond thrilled to announce that we have a new Family Support Center Director!

Please join us in welcoming Mariela Hakans to our FSC family!

Mariela was previously a supervisor for our Healthy Families Prince George's program, so she is no stranger to our mission. She's been with PGCRC for seven years and is ready to jump right into supporting our participants and staff as the newest Leader of the beloved Family Support Center.



HELPFUL RESOURCES

KAISER CARE FOR KIDS PROGRAM (HEALTH INSURANCE FOR UNDOCUMENTED CHILDREN:

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HOLIDAY FIRE SAFETY:

[HTTPS://WWW.PRINCEGEORGESCOUNTYMD.GOV/DOCUMENTCENTER/VIEW/25023/TIP-SHEET---HOLIDAY-SAFETY](https://www.princegeorgescountymd.gov/documentcenter/view/25023/TIP-SHEET---HOLIDAY-SAFETY)



TAKING THE TIME TO BE THANKFUL!



grateful



November 2022

SUN	MON	TUE	WED	THURS	FRI	SAT
<p>ESL - ENGLISH AS A SECOND LANGUAGE OR ENGLISH FOR SPEAKERS OF OTHER LANGUAGES (ESOL)</p> <p>ABE - ADULT BASIC EDUCATION</p> <p>PACT - PARENTS AND CHILD/REN TOGETHER</p>		<p>1 8-11 AM ESL/ABE CLASS</p> <p>11:15 - 11:45 PACT</p> <p>12 - 3PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.</p>	<p>2 8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>	<p>3 8-11 AM ESL/ABE CLASS</p> <p>12 - 3PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.</p> <p>3-3:30 PM CIRCLE TIME</p>	<p>4 MFN FALL CONFERENCE</p> 	
<p>6</p>	<p>7 8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>	<p>8 ELECTION DAY</p> <p>8-11 AM ESL/ABE CLASS</p> <p>11:15 - 11:45 PACT</p> <p>12 - 3PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.</p>	<p>9 8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>	<p>10 8-11 AM ESL/ABE CLASS</p> <p>12 - 3PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.</p> <p>3-3:30 PM CIRCLE TIME</p>	<p>11</p>  <p>VETERANS DAY</p>	<p>12</p>
<p>13</p>	<p>14 8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>	<p>15 8-11 AM ESL/ABE CLASS</p> <p>11:15 - 11:45 PACT</p> <p>12 - 3PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.</p>	<p>16 8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>	<p>17 8-11 AM ESL/ABE CLASS</p> <p>12 - 3PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.</p> <p>3-3:30 PM CIRCLE TIME</p>	<p>18 11:15 - 11:45AM PACT</p> <p>10:00 - 11:00AM MENTAL HEALTH SESSION</p>	<p>19</p>
<p>20</p>	<p>21 8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>	<p>22 8-11 AM ESL/ABE CLASS</p> <p>11:15 - 11:45 PACT</p> <p>12 - 3PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.</p>	<p>23 8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>	<p>24 HAPPY thanks giving</p> 	<p>25</p>  <p>NATIVE AMERICAN HERITAGE DAY</p>	<p>26</p>
<p>27</p>	<p>28 8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>	<p>29 8-11 AM ESL/ABE CLASS</p> <p>11:15 - 11:45 PACT</p> <p>12 - 3PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.</p>	<p>30 8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>			

Dates to Remember

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



MARYLAND
FAMILY
NETWORK

Leading Maryland's
Family Support Centers

NOVEMBER 4
CENTER CLOSED
(MFN FALL CONFERENCE)

NOVEMBER 8
VIRTUAL SERVICES
(ELECTION DAY)

NOVEMBER 11
CENTER CLOSED
(VETERANS DAY)

NOVEMBER 18
MENTAL HEALTH SESSION
10:00AM - 11:00AM

NOVEMBER 24
CENTER CLOSED
(THANKSGIVING)

NOVEMBER 25
CENTER CLOSED
(NATIVE AMERICAN HERITAGE DAY)