

February
2025

THE FSC FLYER

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



WHAT'S INSIDE:

- A Message From Mariela Hakans, Director of Family Support
- Program Updates
- Shout-Out to our Parent Leaders!
- Helpful Resources
- Calendar of Events

A NOTE FROM MARIELA

“With every act of self-care, your authentic self gets stronger, and the critical, fearful mind gets weaker. Every act of self-care is a powerful declaration; I am on my side, I am on my side, each day I am more and more on my own side.”

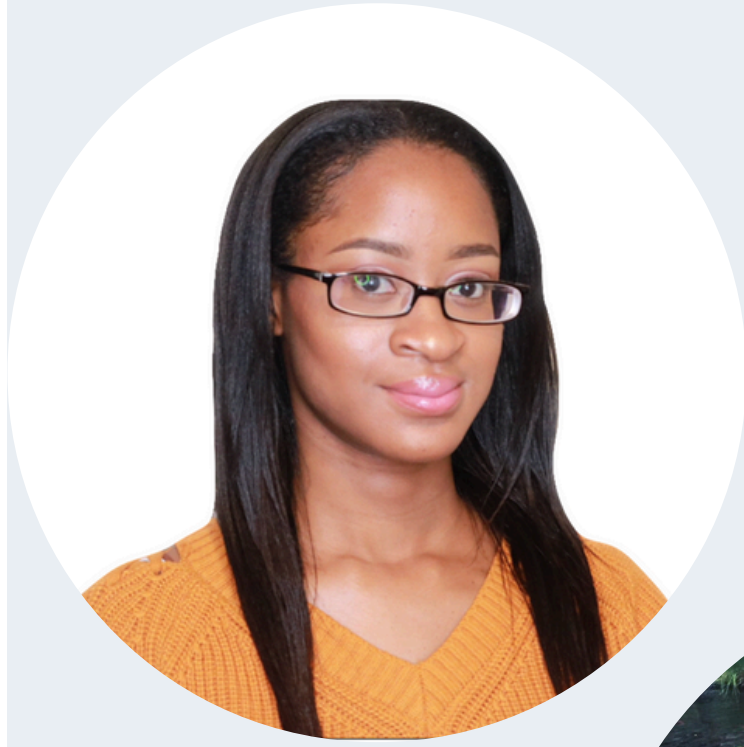
-Susan Weiss Berry

Hello! The photo above is from our Galentine’s event last year. We are looking forward to pampering our participants again. See our calendar for more events held at FSC.

Mariela



MARIELA HAKANS, DIRECTOR



DESSALINA ROBERTS



BIENVENIDA JAIMES

CHILD DEVELOPMENT CLASSROOM

In this month's Child Development classroom, we will explore Self-Care for children.

Our featured book for the month is I Like Myself! - Me gusta Como Soy by Karen Beaumont. This book is a self-esteem building story and helps children understand the importance of embracing themselves.

We will be making cardboard figure jars and have the children add pictures of self-love and care.



Ryan P. 02/02
Liam E. 02/25
Arianna R. 02/08



KATHIA DONALICIO

SERVICE COORDINATION

This month, we're excited to host our Galentines Event! We aim to help participants understand the importance of self-care—physical, mental, and emotional.

Given the season of viruses and colds, a key topic will be presented by Priority Partners: "What to Do When Your Child is Sick."

We'll also begin Employment Readiness sessions for levels I and II. Participants will explore careeronestop.org for career assessments, job application practice, resume writing tips, and interview advice.

REMEMBER!

Good attendance is crucial; the more you attend, the more you learn. See calendar for dates.



02/01 Zaida P.
02/17 Glenda H.
02/18 Veronica C.
02/28 Ingris G.





DR. SUSIE MCPHILOMY

ADULT EDUCATION CLASSROOM

In my view, the concept of 'Self-care' is closely related to 'Self-love.' We have discussed this idea with my students in the past, and I regularly remind them of the importance of self-love.

The topics on nutrition, stress, and healthy eating habits are discussed in our classrooms at the center. I emphasize that they can't take care of their families if they don't take care of themselves. As their instructor, facilitator, and guide, I send them home with a message, "Take the time today to love yourself if you want to make your health and happiness a priority! You deserve it!" So, the participants will have a pampering day and write themselves notes on "Why am I so special?"

FSC IN-HOUSE RESOURCES

Our newest car seats will be offered at a very discounted price!

If you are interested in getting a car seat, please call us at 301-431-6210 or reach out to Jeniffer Hernandez at jhernandez@childresource.org

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>

PARENT LEADERS 2024-2025



CONGRATULATIONS TO OUR CENTER PARENT LEADERS

A big shout-out to our parent leaders Johana, Glendy, and Yessica for their outstanding leadership skills demonstrated over the past few months.

They have attended parent leadership training sessions, participated in our Center Advisory Board meetings, and are also leading their monthly parent advisory meetings with other parents.

By attending these multiple meetings, their goal is to collaborate and provide insights, feedback, and guidance on program-related matters. This experience is exposing them to positive interactions and fostering social support among their peers.

HELPFUL COMMUNITY RESOURCES

Free Diaper Distribution

<https://www.hyattsville.org/Calendar>.

know Your Rights - We Are Casa

<https://wearecasa.org/know-your-rights/>

Free Tax preparation services:

<https://www.pgcash.org/free-tax-sites-in-prince-georges-county/>

CARECEN















<https://carecenc.org/>

Community Legal Services

<https://www.peoples-law.org/org/community-legal-services-prince-georges-county>

FEBRUARY

2025

SUN	MON	TUE	WED	THU	FRI	SAT
						1
2	3	4 	5 	6	7	8
9	10	11 	12 	13 	14 	15
16	17 	18 	19 	20	21 	22
23	24	25 	26 	27 	28	

FSCPG WEEKLY SCHEDULE

IMPORTANT DATES:

MONDAY & WEDNESDAY

8:00 - 11:00 AM
ESL/ABE CLASS

10:45AM PACT

12:00 - 3:00 PM
ESL/ABE CLASS

2:45PM PACT

TUESDAY & THURSDAY

8:00 - 11:00 AM
ESL CLASS-HIGH ESL/ABE

10:45AM PACT

12:00 - 3:00 PM
ESL/ABE CLASS

2:45PM PACT

FRIDAYS VIRTUAL- CIRCLE TIME
11:15 - 11:45

HEALTH SESSION: PRIORITY PARTNERS (WHAT TO DO WHEN YOUR CHILD IS SICK)

10:00 - 11:00AM
02-13-2025

VALENTINES DAY

FSC VALENTINES DAY CELEBRATION FOR PARTICIPANTS
02-14-2025

PRESIDENT'S DAY SCHOOLS AND CENTER CLOSED
02-17-2025

HF / FSC PEER CONNECTIONS

02-21-2025
10:00AM - 12:00PM

FIRTS DAY OF RAMADAN (STARTS SUNSET OF 2/27)

EMPLOYMENT READINESS SESSIONS AM AND PM
2/5, 2/12, 2/19, AND 2/26
9:45 AM- 10:45 AM

2/4, 2/11, 2/18 AND 2/25
1:45PM - 2:45PM

PARENT ADVISORY MEETING

02-27-25
10:00AM - 11:00AM