

April  
2022

ISSUE 9  
VOLUME 1

# THE FSC FLYER

ADELPHI/LANGLEY PARK FAMILY SUPPORT CENTER  
NEWSLETTER



[www.childresource.org](http://www.childresource.org)



*This month we are celebrating Earth Day and making an extra effort to reduce, reuse, and recycle!*

## WHAT'S INSIDE:

- A Note from Nathalie Coward, our Family Support Center Director
- News from Our Center
- Participant of the Month
- Helpful Resources
- Executive Director's Corner
- Shout Outs
- Celebrating Earth Day!
- Calendar of Events

## A NOTE FROM NATHALIE

We honor our earth in this month's issue! Check out our innovative participants' ideas on how to reuse, reduce, and recycle showcased on our photo collage.

April is ripe with springtime opportunity and new adventures. Get outside. Enjoy the flowers. As we continue to prepare our center for a safe reopening, we are so excited at our progress and can't wait until we can welcome everyone back safely!

In the meantime, check out the cherry blossoms. Create new memories as we join forces to ensure our children have a healthy and safe world to inherit and thrive in.

In this together,

*Nathalie*





SHANAE BROCKINGTON



DESSALINA ROBERTS



BIENVENIDA JAMES

## CHILD DEVELOPMENT CLASSROOM

The theme for the child development classroom this month is reduce, reuse, recycle! We will learn how to reduce waste, reuse viable materials, and to recycle sustainable items.

The book that we will be highlighting will be "Pepper Learns About Recycling" by Sterling Publishing. This book tells about how the main character, Pepper, learns all about recycling and how to sort and reuse items for future use!

We have some special birthdays this month:

- Harir** 4/1- (2 years)
- Jonathan** 4/16-(2 years)

Happy Birthday!



KATHIA JAMES

## SERVICE COORDINATION

April is National Child Abuse Prevention Month. Learn tips and strategies to help keep children safe and promote family well-being.

<https://www.childwelfare.gov/topics/preventing/preventionmonth/resources/resource-guide/>

Let us know what can you do to stop or prevent child abuse and neglect in our community?

Also this month, we are celebrating Earth Day: On April 22, more than a billion people celebrate Earth Day to protect the planet from things like pollution and deforestation. By taking part in activities like picking up litter and planting trees, we're making our world a happier, healthier place to live.

Let's share our Recycling projects pictures to Celebrate!!

Happy Birthday to the following participants:

- Sugly D. 4/12
- Ada P. 4/15
- Eva V. 4/22
- Mirna G. 4/27





**DR. SUSIE MCPHILOMY**

## ADULT EDUCATION CLASSROOM

“Time spent among trees is never time wasted.”

As an educator, I believe in the power of learning and consider sharing knowledge and experience my mission on Earth. When we plant the seeds of knowledge, we harvest the best rewards.



**LOIS DYER**

## OUR STORY IN NUMBERS

- 1700 Diapers Delivered
- 4 New Participants
- 3 New Children
- 3 Pregnant Moms
- 4 Circle Times
- 90 Adult Education Classes
- 160 Parent/Child Activities
- 32 Employment Readiness Classes



LUCAS ESCANO

## TRANSPORTATION NEWS

Please be on the lookout for this month's diaper deliveries. Continue to wear your masks and be safe!

We are following the same routine for deliveries. Please answer the phone when I call you to ensure your delivery is made on time.



JENIFFER HERNANDEZ

## OFFICE MANAGER UPDATES

During these uncertain times, one thing we can focus on is making it through and creating a more earth-friendly society on the other end. Connect with nature and others virtually to celebrate!

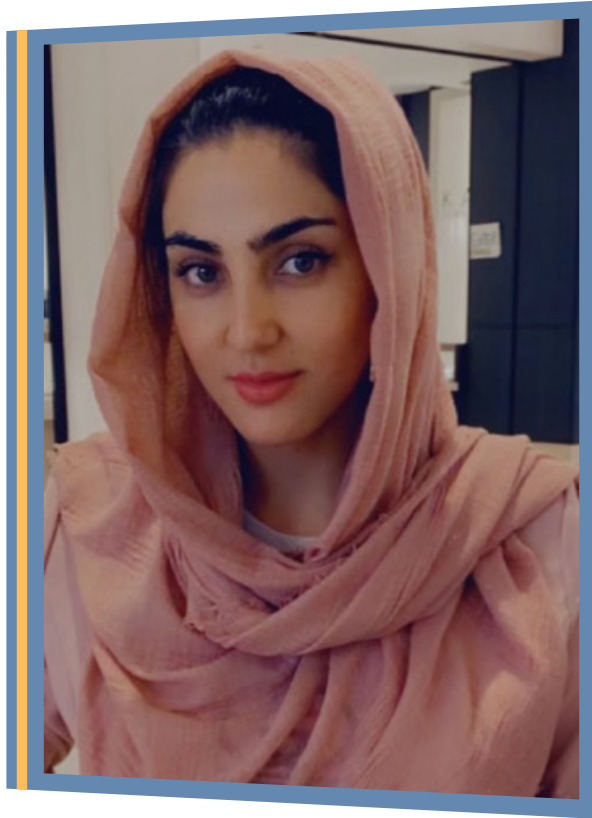
**Upcoming:** Maryland Kids In Safety Seats Check-up Event April 7th from 2-5 p.m.

Make an appointment to check if your child's safety seat is installed correctly!

<https://www.signupgenius.com/go/60b094aa5a92aa5f49-prince>

- 1) Schedule one appointment per car seat  
(i.e: if you have two car seats, register for an appointment at 2:30 and 3:30)
- 2) Pre-install the car seat(s), bring your vehicle and car seat manuals. During the appointment, you will learn how to correctly install your car seat(s) and harness your child.

## PARTICIPANT OF THE MONTH: ABRHAT W.



Congratulations to this month's  
Participant of the Month:  
**Ms. Ramzia J.!**

Ms. Ramzia is a highly motivated young woman who knows how to balance her family and studies. Although a mother of three, loaded with family chores, she is always in class, does her homework and shows progress on a daily basis.

She teaches her classmates how to manage time and balance family and studies. She feels strongly that learning the language is the best way to reach her goals and become successful in a new environment. We admire her drive and dedication to her classes!

## HELPFUL RESOURCES

### **DOMESTIC VIOLENCE RESOURCES (ENGLISH/SPANISH):**

[HTTPS://WWW.PRINCEGEORGESCOUNTYMD.GOV/DOCUMENTCENTER/VIEW/30059/COVID-19-AND-DOMESTIC-VIOLENCE---ENGLISH](https://www.princegeorgescountymd.gov/documentcenter/view/30059/COVID-19-AND-DOMESTIC-VIOLENCE---ENGLISH)

[WWW.PRINCEGEORGESCOUNTYMD.GOV/DOCUMENTCENTER/VIEW/30060/COVID-19-AND-DOMESTIC-VIOLENCE---SPANISH](https://www.princegeorgescountymd.gov/documentcenter/view/30060/COVID-19-AND-DOMESTIC-VIOLENCE---SPANISH)

### **PG PARK AND REC SUMMER PROGRAMS:**

[HTTPS://WWW.PGPARKS.COM/629/SUMMER-PROGRAMS](https://www.pgparcs.com/629/SUMMER-PROGRAMS)

## EXECUTIVE DIRECTOR'S CORNER

*We don't inherit the earth from our ancestors, we borrow it from our children.*

—Native American Proverb

Happy Earth Day!

Anyone who knows me even a little knows that I love to be outside. I love to walk, run, and hike outdoors. I am outside when it's hot, and outside when it's cold. I even do my zoom meetings outside! I love the mountains and I love the beach, and I'm also just happy at a local park.

So I am passionate about taking care of the only earth we have. I want to enjoy it today, and I want future generations to be able to enjoy it tomorrow. Sometimes I feel overwhelmed by the task, but I still do what I can. I pick up trash that isn't mine and throw it away. I try not to use plastic, and recycle it when I do.

When I am feeling discombobulated, being in nature helps me feel better. Albert Einstein said, *"Look deep into nature, and then you will understand everything better."* This feels true to me. I encourage you to get outside as we have more and more spring weather! Make sure your children have plenty of opportunities to be outside, to observe plant and animal life, to get dirty. You might just be giving them tools for Life's toolbox. A strategy to help them feel calm and centered and a love for the Earth!

*Jennifer*

Jennifer Iverson, Executive Director



Hiking at the Oregon Coast, 2021

## HELPFUL RESOURCES

### **PARENTS SEEKING LICENSED CHILD CARE:**

[HTTP://WWW.CHILDRESOURCE.ORG/PROGRAMS\\_LOCATE.PHP](http://www.childresource.org/programs_locate.php)

### **HOW TO TALK TO YOUR CHILDREN ABOUT CONFLICT AND WAR:**

[HTTPS://WWW.UNICEF.ORG/PARENTING/HOW-TALK-YOUR-CHILDREN-ABOUT-CONFLICT-AND-WAR](https://www.unicef.org/parenting/how-talk-your-children-about-conflict-and-war)

[WWW.NYTIMES.COM/ES/2022/02/26/ESPANOL/RUSIA-UCRANIA-NINOS.HTML](http://www.nytimes.com/es/2022/02/26/espagnol/rusia-ucrania-ninos.html)  
(SPANISH)



# SHOUT OUTS



-----  
Celebrating Our Wins!



**Ramzia J.**



**Eva & Gabriel**



Participants Ramzia and Eva represented our center wonderfully as panelists in the **MFN Parent Leadership Institute**. They shared their personal stories and parts of their journeys as participants of our center. We were moved by your courage, leadership, and poise. Well done! We are so very proud of you.



# CELEBRATING EARTH DAY

## Participants & Staff Reduce, Reuse, and Recycle!





# April 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><b>1</b></p> <p>JUDY HOYER'S TRANSITION WORKSHOP SESSION 10-11 AM</p>	<p><b>2</b></p>
<p><b>3</b></p>	<p><b>4</b></p> <p>8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>	<p><b>5</b></p> <p>8-11 AM ESL/ABE CLASS</p> <p>11:15-11:45 AM PACT</p> <p>12:00-3:00 PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP</p>	<p><b>6</b></p> <p>8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>	<p><b>7</b></p> <p>8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.</p> <p>3-3:30 PM CIRCLE TIME</p>	<p><b>8</b></p> <p>THE ARC PRESENTATION 10-11 AM</p>	<p><b>9</b></p>
<p><b>10</b></p>	<p><b>11</b></p> <p>SPRING BREAK!</p>	<p><b>12</b></p> <p>SPRING BREAK!</p>	<p><b>13</b></p> <p>SPRING BREAK!</p>	<p><b>14</b></p> <p>SPRING BREAK!</p>	<p><b>15</b></p> <p>SPRING BREAK!</p>	<p><b>16</b></p>
<p><b>17</b></p>	<p><b>18</b></p> <p>SPRING BREAK!</p>	<p><b>19</b></p> <p>8-11 AM ESL/ABE CLASS</p> <p>11:15-11:45 AM PACT</p> <p>12:00-3:00 PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP</p>	<p><b>20</b></p> <p>8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>	<p><b>21</b></p> <p>8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.</p> <p>3-3:30 PM CIRCLE TIME</p>	<p><b>22</b></p> <p>PEER CONNECTIONS </p> <p>SPANISH 10-11 AM ENGLISH 11-12 PM</p>	<p><b>23</b></p>
<p><b>24</b></p>	<p><b>25</b></p> <p>8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>	<p><b>26</b></p> <p>8-11 AM ESL/ABE CLASS</p> <p>11:15-11:45 AM PACT</p> <p>12:00-3:00 PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP</p>	<p><b>27</b></p> <p>8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00 PM ESL/ABE CLASS</p>	<p><b>28</b></p> <p>8-11 AM ESL/ABE CLASS</p> <p>12:00-3:00PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP.</p> <p>3-3:30 PM CIRCLE TIME</p>	<p><b>29</b></p> <p>PG COMMUNITY RESOLUTION CENTER MEDIATION PRESENTATION 10-11 AM</p>	<p><b>30</b></p>

## Dates to Remember

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



MARYLAND  
FAMILY  
NETWORK

Leading Maryland's  
Family Support Centers

**APRIL 1**  
JUDY HOYER'S TRANSITION  
WORKSHOP SESSION  
10-11 AM

**APRIL 5**  
PARENT EDUCATION:  
POOL SAFETY  
10-11 AM

**APRIL 8**  
THE ARC  
RESOURCES FOR PEOPLE  
WHO HAVE AN  
INTELLECTUAL AND  
DEVELOPMENTAL  
DISABILITY  
10-11 AM

**APRIL 22**  
PEER CONNECTIONS

SPANISH 10-11 AM  
ENGLISH 11-12 PM

**APRIL 29**  
PG COMMUNITY RESOLUTION  
CENTER MEDIATION  
PRESENTATION  
10-11 AM