

July
2022

ISSUE 12
VOLUME 2

THE FSC FLYER

ADELPHI/LANGLEY PARK FAMILY SUPPORT CENTER
NEWSLETTER



www.childresource.org



Celebrating freedom!

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
- What does freedom mean to you?
- Calendar of Events

A NOTE FROM NATHALIE

Hello everyone,

I hope you are staying cool and safe during these hot summer days! Programming continues to thrive and our amazing participants remain engaged in our virtual sessions.

We had hoped to welcome back some participants this month, but were unable to due to the summer schedules of most of our participants. We are actively preparing for a return that aligns with the Back to School schedule and will be sure to communicate exact dates in the coming weeks. In the meantime, we are preparing some exciting things to ensure the return to the center is seamless and safe for both participants and community partners! Stay tuned.

Please join me in congratulating our newly promoted Child Development Specialist, Dessalina Roberts!

In this together,

Nathalie





DESSALINA ROBERTS



BIENVENIDA JAIMES

CHILD DEVELOPMENT CLASSROOM

The theme for the child development classroom this month is ocean life. We will learn about the animal habitat, ecosystem and create fun art crafts. In addition, we will also visit the seven major oceans of the world!

The book that we will be highlighting will be "How to Hide an Octopus and Other Sea Creatures" by Ruth Heller. This story highlights the adventures of an octopus in the ocean and showcases various animals that camouflage in the ocean.

We have some special birthdays this month:

- Alexa Reyes: 7/6 4 years
- Yerik Pop: 7/7 2 years
- Jacob Lemus :7/21 2 years
- Daniel Escorcia: 7/25 2 Years



KATHIA JAMES

SERVICE COORDINATION

This month's theme is Freedom and we'd like to start a conversation about what freedom means to you?

Please share with us via texts, WhatsApp, emails, and Facebook comments: **Why is freedom important to you and why?**

Also, Nurturing Parenting sessions are starting weekly and I hope you all join us to learn and share experiences.

Why is Parent Education important?

Parent education reduces the risk of child abuse and neglect by encouraging positive parenting practices that promote safety, well-being, and permanency for children and families.

Please sign up with Ms. Kathia at 301-613-0551 or by email: kjames@pgcrc.org

Happy Birthday to Miriam S. 7/22





DR. SUSIE MCPHILOMY

ADULT EDUCATION CLASSROOM

This month is especially meaningful for the participants because they celebrate another year of living in a country that gives them a lot of opportunities to learn, work, and provide for their families.

Learning the English language gives them the sense of freedom, equality, independence, and achievement. Very proud of our participants' efforts in adult education classes!



LOIS DYER

OUR STORY IN NUMBERS

- Diapers Delivered: 1750
- Car Seats Distributed: 1
- Cans of Baby Formula Distributed: 12
- Peer Support Groups Held: 6
- Peer Support Group Attendance: 70
- New Participants: 2
- New Babies Born: 1
- Adult Education Activities: 91
- Parent-Child Activities: 261
- Circle Times: 6
- Virtual Field Trips: 2
- Mental Health Referrals Made: 1



LUCAS ESCANO

TRANSPORTATION NEWS

Durante este mes de julio he estado muy ocupado entregando pañales, sillas de coche, productos de higiene a diferentes participantes. Por favor, póngase sus máscaras y tenga cuidado.

During this month of July, I have been very busy delivering diapers, car seats, and hygiene products to different participants. Please remember to wear your masks and stay safe.



JENIFFER HERNANDEZ

OFFICE MANAGER UPDATES

July! Woohoo!!!

Just thinking about July makes me want to dance around in a sprinkler. It's that perfect time of year where the days are hot enough to enjoy a run in the sprinkler or a dip in the pool but not so hot we can't stand the heat.

July is the height of barbeque season when we all see how many things we can "grill" or chill. It's all about food, family, friends, and fun!

We are still waiting on the latest shipment of car seats, so we'll be sure to alert you once they arrive.

PARTICIPANT OF THE MONTH: GLENDA H.



Glenda H. is recognized as the student of the month due to her dedication and efforts on a daily basis. Glenda is always present and prepared in class. She tries to help her classmates every chance she gets. She never misses the opportunity to engage in class activities and make them fun and interactive! Keep up the great work, Glenda!

Ms. Glenda always has a smile on her face. She is really positive and a good influence to her classmates. She never misses any of the parent education sessions and participates often. Her confidence has grown since she started in the program, she often expresses her gratitude for being part of this program.

HELPFUL RESOURCES

FUN INDOOR GAMES FOR TODDLERS AND PARENTS

[HTTPS://WWW.TODAYSPARENT.COM/TODDLER/20-FUN-INDOOR-GAMES/](https://www.todayparent.com/toddler/20-fun-indoor-games/)

[HTTPS://WWW.LASPROVINCIAS.ES/SOCIEDAD/JUEGOS-NINOS-CASA-CORONAVIRUS-20200313160107-NT.HTML?](https://www.lasprovincias.es/sociedad/juegos-ninos-casa-coronavirus-20200313160107-nt.html?ref=https://www.google.com)

[REF=HTTPS:%2F%2FWWW.GOOGLE.COM%2F](https://www.google.com)

GET YOUR CHILD VACCINATED AT THE MARY'S CENTER:

[HTTPS://WWW.MARYSCENTER.ORG/PATIENTS/CORONAVIRUS/](https://www.marycenter.org/patients/coronavirus/)

EXECUTIVE DIRECTOR'S CORNER

For this month, I decided to share a poem excerpt about freedom in lieu of Jennifer's monthly message- she'll be back next month with her entry.

I Dream A World

By Langston Hughes

I dream a world where all
Will know sweet freedom's way,
Where greed no longer saps the soul
Nor avarice blights our day.
A world I dream where black or white,
Whatever race you be,
Will share the bounties of the earth
And every man is free,
Where wretchedness will hang its head
And joy, like a pearl,
Attends the needs of all mankind-
Of such I dream, my world!

HELPFUL RESOURCES

DO YOU NEED HEALTH INSURANCE? NECESITAS SEGURO MÉDICO?

WWW.PGCHEALTHCONNECT.ORG

PGC HEALTH CONNECT

301-927-4500 ó 240-719-2167

Lunes - Viernes | 8:30 am - 4 pm

Casa Multilingüe Línea Directa

Español /Inglés - 301-270-8432

Francés/Inglés - 240-270-1318

Lunes - Viernes | 9 am - 4 pm

Maryland Health Connection

1-855-642-8572 (llamada gratuita); Los usuarios de retransmisión marcan el 711

Lunes - Viernes | 8:00 am - 6:00 pm



SHOUT OUTS



Healthy Families' Fatherhood Festival

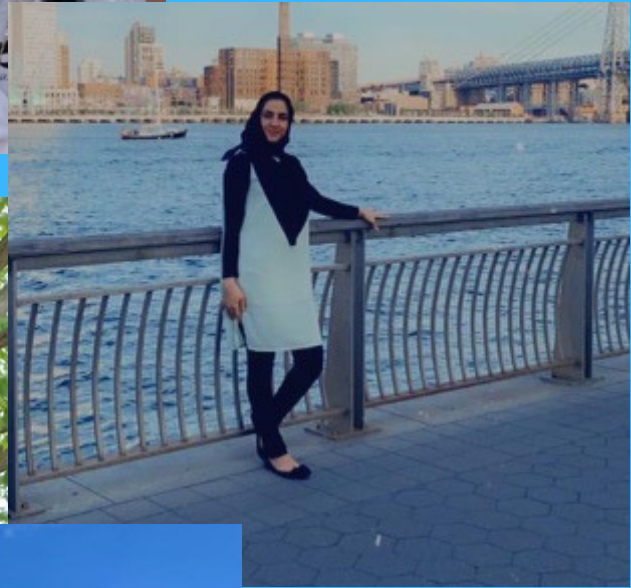
Healthy Families held a spectacular Fatherhood Festival using our outdoor space. The Family Support Center was happy to support efforts serving families and welcoming community partners! A special shout out to all of the dads who showed up!





CELEBRATING FREEDOM

What does freedom mean to you?





CELEBRATING FREEDOM

What does freedom mean to you?



July 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>					1	2
3	4 CENTER CLOSED	5 8-11 AM ESL/ABE CLASS 11:15-11:45 AM PACT 12:00-3:00 PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP	6 8-11 AM ESL/ABE CLASS 12:00-3:00 PM ESL/ABE CLASS	7 8-11 AM ESL/ABE CLASS 12:00-3:00PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP. 3-3:30 PM CIRCLE TIME	8 NURTURING PARENTING SESSION (SESSION #1) 10-11 AM	9
10	11 8-11 AM ESL/ABE CLASS 12:00-3:00 PM ESL/ABE CLASS	12 8-11 AM ESL/ABE CLASS 11:15-11:45 AM PACT 12:00-3:00 PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP	13 NO ENGLISH CLASSES- WORK ON SUMMER PROJECT AS ASSIGNED NURTURING PARENTING SESSION (SESSION #2) 10-11 AM	14 NO ENGLISH CLASSES/ WORK ON SUMMER PROJECT AS ASSIGNED 3-3:30 PM CIRCLE TIME	15 NURTURING PARENTING SESSION (SESSION #3) 10-11 AM	16
17	18 NO ENGLISH CLASSES- WORK ON SUMMER PROJECT AS ASSIGNED	19 NO ENGLISH CLASSES- WORK ON SUMMER PROJECT AS ASSIGNED 11:15-11:45 AM PACT	20 NURTURING PARENTING SESSION (SESSION #4) 10-11 AM	21 8-11 AM ESL/ABE CLASS 12:00-3:00PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP. 3-3:30 PM CIRCLE TIME	22 NURTURING PARENTING SESSION (SESSION #5) 11-12 PM	23
24	25 8-11 AM ESL/ABE CLASS 12:00-3:00 PM ESL/ABE CLASS	26 8-11 AM ESL/ABE CLASS 11:15-11:45 AM PACT 12:00-3:00 PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP	27 NURTURING PARENTING SESSION (SESSION #6) 10-11 AM 3-3:30 PM CIRCLE TIME	28 8-11 AM ESL/ABE CLASS 12:00-3:00PM DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP. 3-3:30 PM CIRCLE TIME	29 PRIORITY PARTNERS SUMMER SAFETY SESSION 10-11 PM	30

Dates to Remember



MARYLAND
FAMILY
NETWORK

Leading Maryland's
Family Support Centers

JULY 8
NURTURING PARENTING SESSION (SESSION #1)
10-11 AM

JULY 13
NURTURING PARENTING SESSION (SESSION #2)
10-11 AM

JULY 15
NURTURING PARENTING SESSION (SESSION #3)
10-11 AM

JULY 20
NURTURING PARENTING SESSION (SESSION #4)
10-11 AM

JULY 22
NURTURING PARENTING SESSION (SESSION #5)
11-12 PM

JULY 27
NURTURING PARENTING SESSION (SESSION #6)
10-11 AM

JULY 29
PRIORITY PARTNERS SUMMER SAFETY SESSION
10-11 PM