

October
2023

THE FSC FLYER

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



Autumn is Here!

WHAT'S INSIDE:

- A Message From Mariela Hakans, Our Family Support Center Director
- News From Our Center
- Participant Of The Month
- Helpful Resources
- Autumn is Here!
- Shout Outs!
- Calendar of Events

A MESSAGE FROM MARIELA

Happy Fall!

Last month, we celebrated 5 graduates in a special ceremony with guests from the Prince George's Community College and from our leadership at CRC. We are so proud of our graduates! See our pictures inside!

This October, we are excited to say that now we will be open for in-person programming Monday through Thursday. Come visit us!

Also, I'm excited to share that I will be celebrating one year with the Family Support Center! It's been wonderful and I am lucky to have such a supportive team and wonderful participants beside me.



Mariela



DESSALINA ROBERTS



BIENVENIDA JAIMES

CHILD DEVELOPMENT CLASSROOM

The theme for the child development classroom this month is Fall. We will learn and explore concepts about Autumn weather and the change in the seasons.

The book that we will be highlighting will be The Little Scarecrow Boy by Margaret Wise Brown. This story will highlight and teach your little one about persistence and self-confidence.



ANTHONY A. 10/21
ALISSA G. 10/16
PAULOS W. 10/20
ELISA L. 10/3



KATHIA DONALICIO

SERVICE COORDINATION

October is Mental Health Awareness month and I'll invite McGuire Therapeutic Services to join us during a Group therapy session for our family's topic: Autumn Blues. Also, our center is offering individual therapy sessions to any participant in our program who needs to speak to a therapist.

See Ms. Kathia for more information.

Also join us for our Parent Support Group on October 20th!



DR. SUSIE MCPHILOMY
ADULT EDUCATION
CLASSROOM

The beautiful fall is shedding its colors on my students who are shining stars! **Congratulations to our graduates: Eva, Ramzia, Ada, Adelaida, and Liliana!** The graduation ceremony was an exciting and inspiring event for the students, the staff, and Prince George's Community College Adult Education leaders. So very proud of their accomplishments! They will continue their professional and educational advancement.

The participants continue to improve their computer skills and have created and presented their PowerPoint presentations dedicated to Hispanic Heritage Month!



LOIS DYER
OUR STORY
IN NUMBERS

- **Participants Served: 24**
- **Children Served: 31**
- **Adult Ed. Activities: 115**
- **Life Skills Ed. Activities: 55**
- **Parenting Ed. Activities: 345**
- **Pregnant Participants: 3**
- **New Babies Born: 0**
- **Virtual Circle Times: 5**
- **Diapers Delivered: 1750**

SPECIAL MESSAGE FROM OUR GRADUATE:



“

Thank you so much for all that you have done for all of us. I have seen many of my classmates achieve big things thanks to you all. I feel very happy for all of those who are taking the opportunity that you have given us and continue to give us to learn. You all have changed my life for good, you were the first to trust in me. I did not even think that I could get to where I am now. You were the push I needed because you motivated me and gave me all the resources I needed to not fear and to just try to succeed. I will never finish telling you all how thankful I am for all the ways that you have helped me... Thank you for having a great team.” -Eva

”

Eva was one of the hardest working participants we had, she is now taking the second round of GED preparation classes at Prince George's Community College. Thanks to her diligence and commitment to her goals, she has a bright future!

HELPFUL RESOURCES

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH:

National Hotline # 1800-799-7233 Available 24/7

MENTAL HEALTH AWARENESS WEEK OCT 1-7

[HTTPS://WWW.NAMI.ORG/GET-INVOLVED/AWARENESS-EVENTS/MENTAL-ILLNESS-AWARENESS-WEEK](https://www.nami.org/get-involved/awareness-events/mental-illness-awareness-week)

FESTIVAL OF CULTURES PGCMLS

[HTTPS://PGCMLS.INFO/EVENT/8748770](https://pgcmls.info/event/8748770)

FOOD PANTRY LIST:

[HTTPS://WWW.FOODPANTRIES.ORG/CO/MD-PRINCE_GEORGES](https://www.foodpantries.org/co/md-prince_georges)

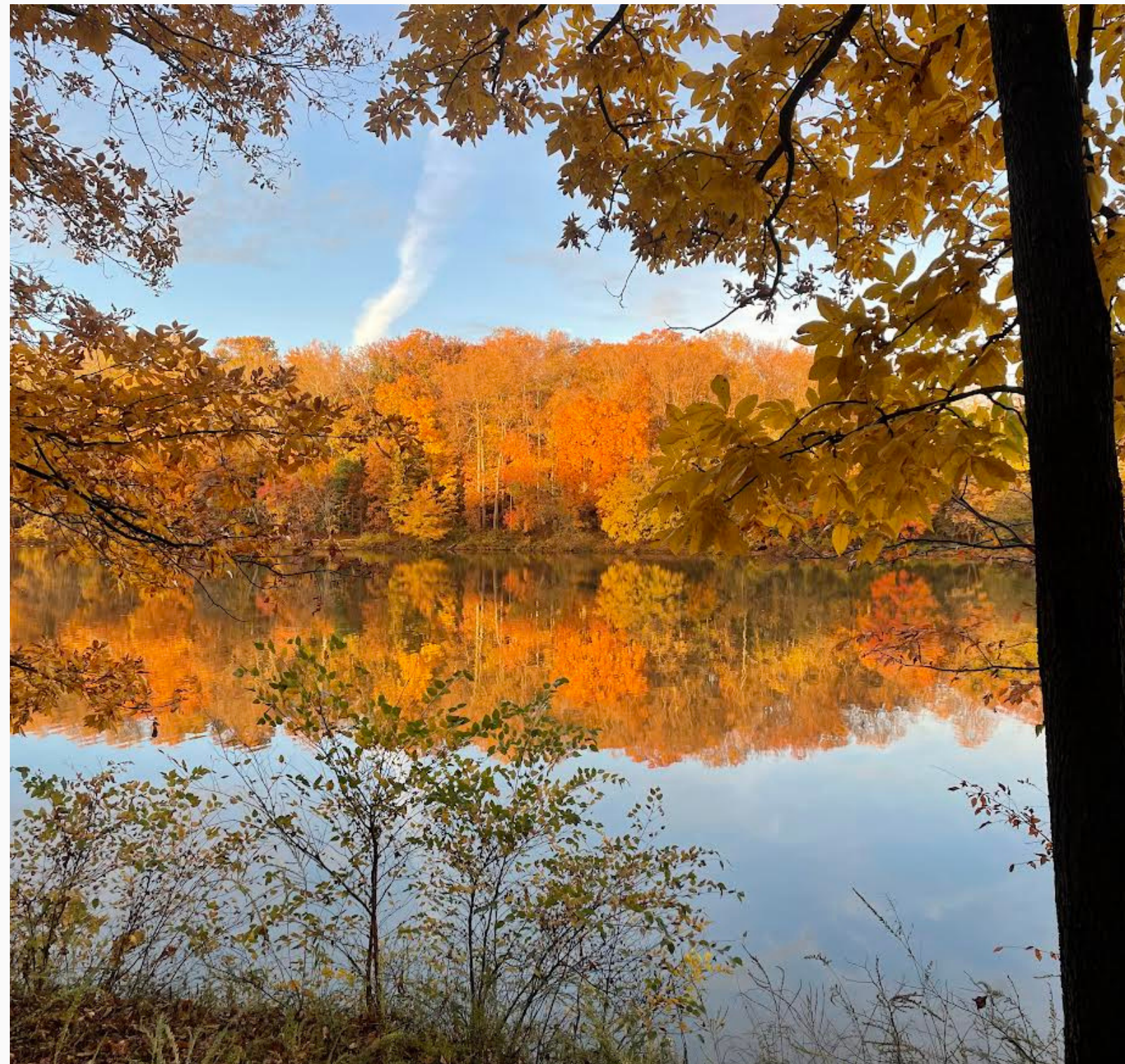
EXECUTIVE DIRECTOR'S CORNER

A science lesson AND a life lesson.

Why do leaves change color? We learned in school, but if you are like me, you just enjoy the leaves changing color and don't think much about what is actually happening.

Here is a reminder: "Chlorophyll" is the pigment that gives leaves a basic green color. It is necessary for photosynthesis, which is the chemical reaction where plants use sunlight to manufacture sugars for food.

As we enter autumn, and the days get shorter and the nights get cooler, chlorophyll production slows and eventually stops.



The beautiful yellows and reds we see were always there! They were just masked by the intense, green chlorophyll. In our own lives, there are times where we grow, and take in nourishment just like the green leaves of summer. Just like the trees, sometimes we need to step back and just be. We can't just grow-grow-grow all the time. Don't be afraid of these times. You have a lot of beauty waiting to be unmasked as you go through all the different seasons of life!

Best,

Jennifer Iverson, Executive Director

FSC IN-HOUSE RESOURCES

FSC CAR SEAT DISTRIBUTION:

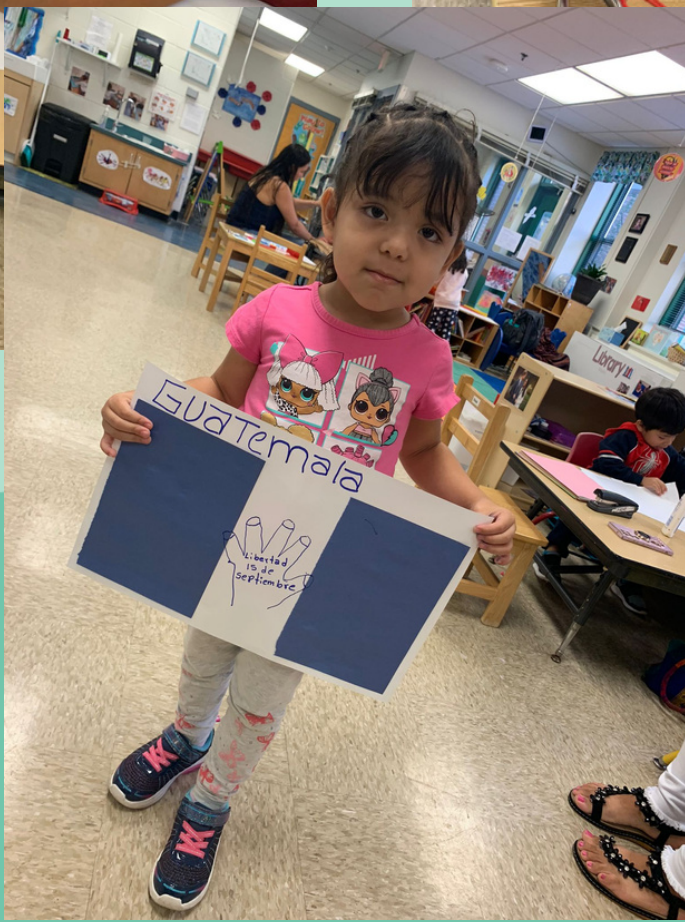
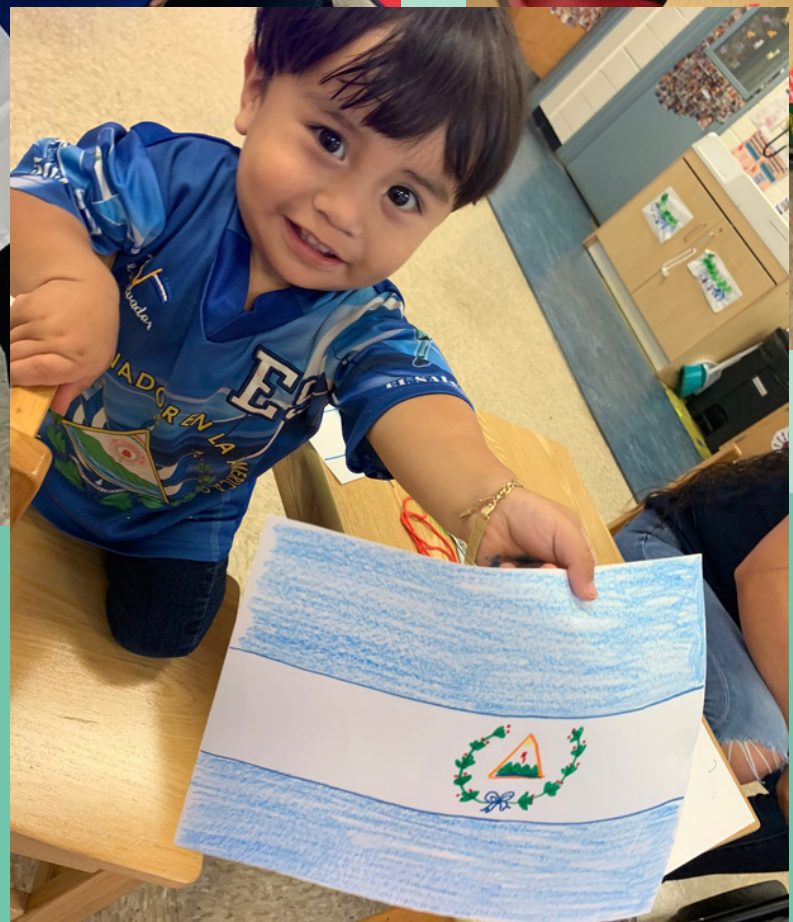
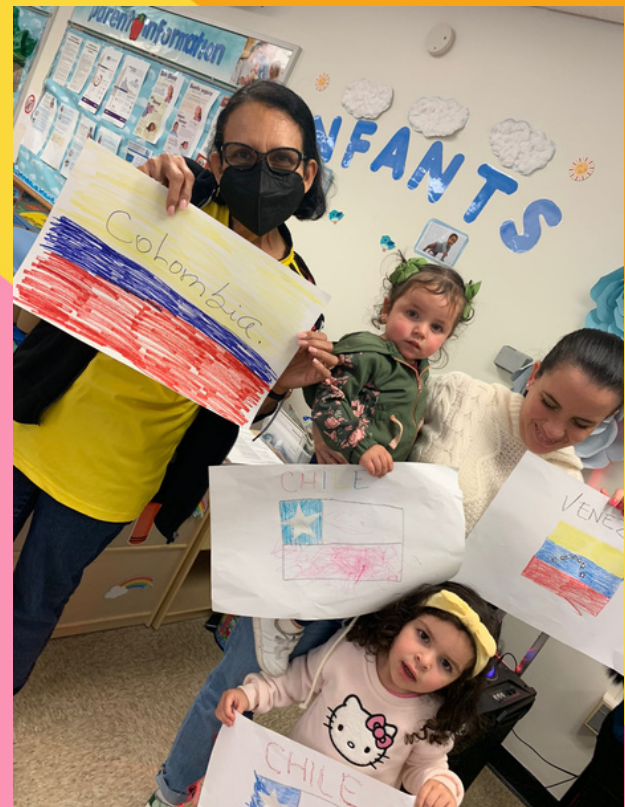
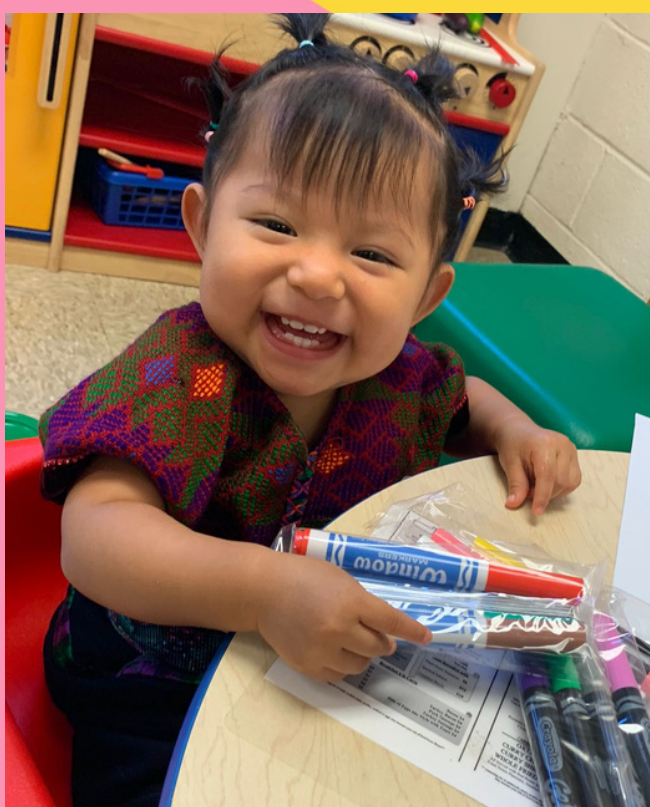
FOR MORE INFORMATION ON CAR SEATS OR IF YOU HAVE ANY QUESTIONS, PLEASE CONTACT JENIFFER AT [JHERNANDEZ@CHILDRESOURCE.ORG](mailto:jhernandez@childresource.org) OR PLEASE CALL 301-431-6210, EXTENSION 1100.

PROGRAMA DE DISTRIBUCION DE SILLAS DE AUTO:

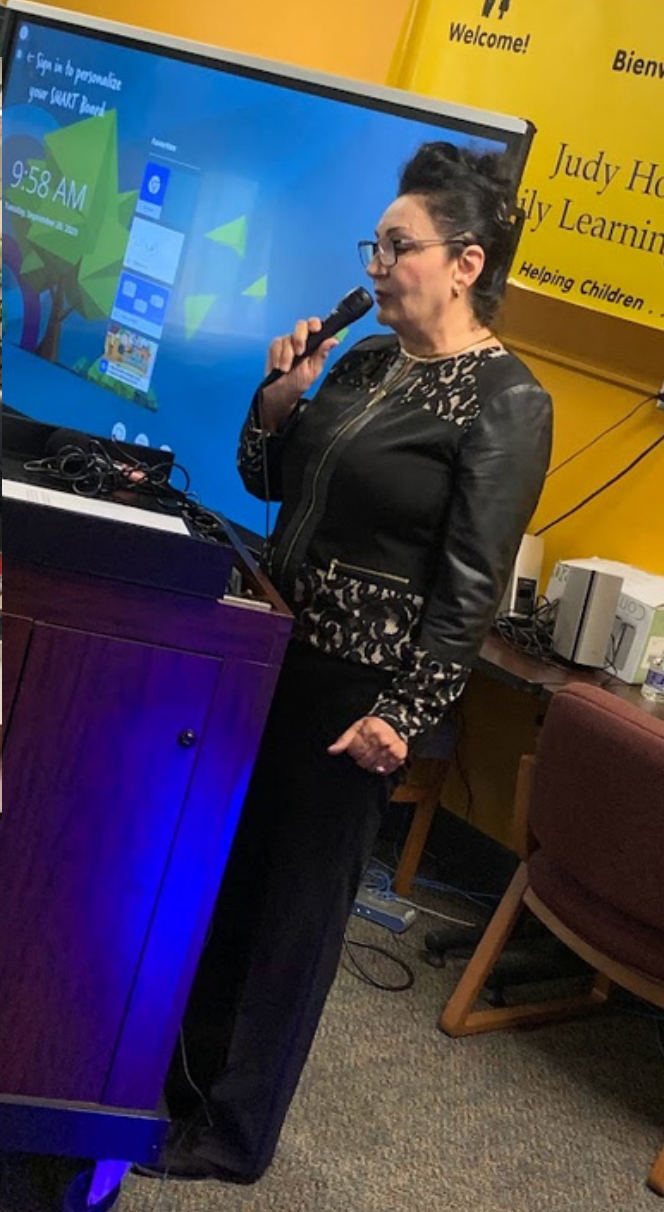
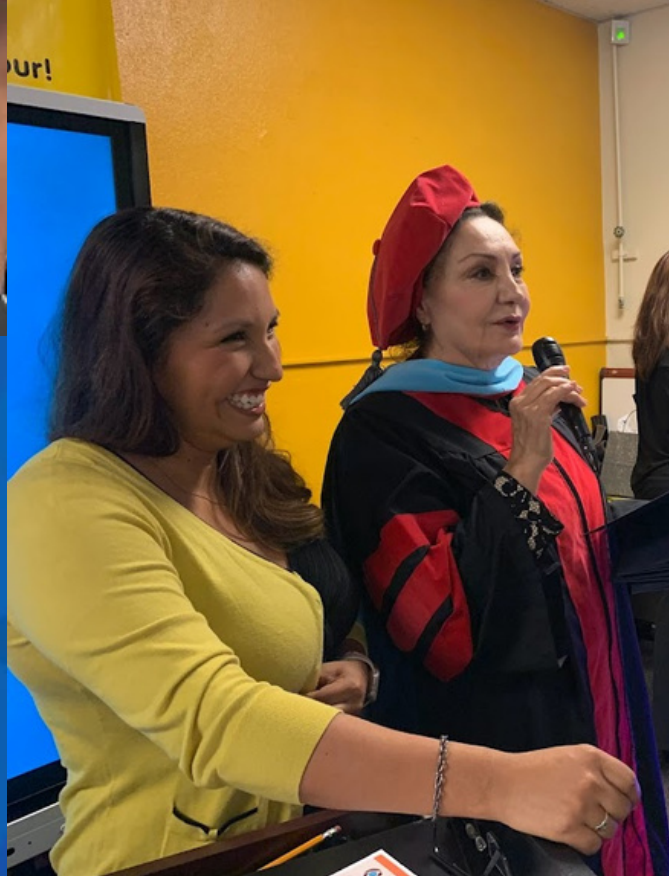
PARA OBTENER MÁS INFORMACIÓN SOBRE LOS ASIENTOS PARA AUTOMÓVILES O SI TIENE ALGUNA PREGUNTA, CONTÁCTE A JENIFFER AL CORREO [JHERNANDEZ@CHILDRESOURCE.ORG](mailto:jhernandez@childresource.org) O LLAME AL 301-431-6210, EXTENSIÓN 1100.

Highlights from last month!

Hispanic Heritage Celebration



Congratulations Graduates!



October 2023

FAMILY SUPPORT CENTER PRINCE GEORGE'S
8908 RIGGS RD. ADELPHI, MD 20783
301-431-6210

SUN	MON	TUE	WED	THURS	FRI	SAT
1	2 8 - 11 AM VIRTUAL ESL/ABE CLASS 12:00 - 3:00 PM VIRTUAL ESL/ABE CLASS	3 8-11 AM ESL CLASS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT	4 8 - 11 AM ESL/ABE CLASS 10 - 11AM EMPLOYMENT READINESS 12:00 - 3:00 PM ESL/ABE CLASS	5 8-11 AM ESL CLASS/DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT	6 11:15 - 11:45AM CIRCLE TIME	7
8	9 INDIGENOUS PEOPLES DAY CLASSES CANCELLED	10 8-11 AM ESL CLASS/DISTANCE LEARNING FOR TRANSITIONS- HIGH ESL/ABE/DIPLOMA PREP 10 - 11AM EMPLOYMENT READINESS 11:15 - 11:45 PACT	11 8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS	12 8-11 AM ESL CLASS/DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP 1PM-3PM ORIENTATION 11:15 - 11:45 PACT	13 11:15 - 11:45AM CIRCLE TIME	14
15	16 8 - 11 AM VIRTUAL ESL/ABE CLASS 12:00 - 3:00 PM VIRTUAL ESL/ABE CLASS	17 8-11 AM ESL CLASS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT	18 8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS	19 8-11 AM ESL CLASS/DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT	20 10 - 11AM PARENT SUPPORT GROUP 11:15 - 11:45AM CIRCLE TIME	21
22	23 8 - 11 AM VIRTUAL ESL/ABE CLASS 12:00 - 3:00 PM VIRTUAL ESL/ABE CLASS	24 8-11 AM ESL CLASS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT	25 8 - 11 AM ESL/ABE CLASS 12:00 - 3:00 PM ESL/ABE CLASS	26 8-11 AM ESL CLASS/DISTANCE LEARNING FOR TRANSITIONS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT	27 11:15 - 11:45AM CIRCLE TIME	28
29	30 8 - 11 AM VIRTUAL ESL/ABE CLASS 12:00 - 3:00 PM VIRTUAL ESL/ABE CLASS	31 8-11 AM ESL CLASS-HIGH ESL/ABE/DIPLOMA PREP 11:15 - 11:45 PACT				



MARYLAND
FAMILY
NETWORK

Leading Maryland's
Family Support Centers

OCTOBER 6, 13, & 27TH
EMPLOYMENT READINESS
10:00AM - 11:00AM

OCTOBER 12
ORIENTATION
1:00PM-3:00PM

OCTOBER 9
NO PROGRAMMING -
INDIGENOUS PEOPLES DAY

OCTOBER 20
PARENT SUPPORT GROUP
10:00AM - 11:00AM