



THE CSF MONTHLY AT GREATER WASHINGTON URBAN LEAGUE

Official Newsletter of Community Services Foundation



Community Services Foundation Partners with Greater Washington Urban League to Provide a High Quality After School Program.

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E-Mail: programs@csfnd.org | **Phone:** (301) 925-4251

Letter from the Program Director

Written by John Mensah

As we step into March and celebrate **Women's History Month**, we reflect on the powerful words of **Coretta Scott King**:

"The woman power of this nation can be the power which makes us whole and heals the rotten community, now so shattered by war and poverty and racism. I have great faith in the power of women who will dedicate themselves wholeheartedly to the task of remaking our society."

We reaffirm our commitment to uplifting and empowering every member of our community. We continue to stand for gender equality, ensuring that **women of all ages** have access to the **resources, education, and opportunities** they need to thrive—wherever life may take them!

As an organization, we remain committed to enriching the lives of residents in managed communities through impactful services and programs that foster growth and development. Our dedication to gender equality ensures that women of all ages can access the resources they need to thrive, no matter where life takes them.




This commitment shines through in our vibrant and engaging after-school program. With a strong focus on STEAM learning, our learning lab sessions blend direct instruction with hands-on, project-based learning. Designed to spark curiosity and creativity, these programs are guided by experienced educators who inspire and empower students every step of the way.

We prioritize delivering programs and services that cater to the unique needs of adults and seniors in our communities. From career readiness workshops and financial literacy classes to health and wellness initiatives, our offerings are designed to empower and support you. Whether you join us in person at the community center or participate virtually from home, our dedicated team will guide you every step of the way.

Thanks to the generosity of your apartment community, all our programs and services are provided free of charge, bringing valuable resources right to your doorstep. The community center is a vibrant hub for growth, connection, and support throughout the month and beyond. We welcome your ideas and feedback—feel free to reach out to your site coordinator, call our main office at 301-925-4251, or email us at programs@csfnd.org.

March

EVENTS AT A GLANCE

-  **NO Parent Meeting this month!**
-  **PG Summer Youth Employment Program Application Closes: March 31**
-  **DC Summer Youth Employment Program Application Closes: March 6**

Community Manager Message

Dear Residents,

As we step into March, there are several exciting events and important reminders to keep in mind:

Important Property Reminders:

- Maintenance Requests: If you need any repairs or maintenance in your apartment, please submit your requests as soon as possible.
- Parking Regulations: Please remember to park only in designated areas. Illegally parked vehicles may be towed at the owner's expense.
- Quiet Hours: To ensure a peaceful environment for all residents, please observe quiet hours.

Thank you for being a part of our community. We look forward to a wonderful month ahead!



FEBRUARY HIGHLIGHTS



Adult & Senior Education Updates

Written by Tiffani Grier

This month's adult and senior program offers an array of engaging activities and events aimed at fostering social interaction, learning, and overall wellness.

- Financial Literacy class on Mondays to enhance financial understanding
- Health & Wellness classes centered on nutrition, fitness, and mental health
- ESOL classes to assist with basic language skills and document translation
- Career & Job Readiness class on Wednesdays focused on mastering job interviews and common questions

Don't forget to review the program schedule for specific dates and times of events, and sign up to participate in the fun!



NEW LINK!

Monday - Thursday

Microsoft Teams

Meeting ID:

288 855 419 201

Passcode: **9T2yn9WE**

CSF'S ADULT & SENIOR EDUCATION SCHEDULE

	10 - 11 A.M	11 A.M. - 12 P.M.	7 - 8 P.M.
MONDAY	Financial Literacy	Health & Wellness	ESOL
TUESDAY			Health & Wellness
WEDNESDAY	Career & Job Readiness	Health & Wellness	ESOL
THURSDAY			Health & Wellness



Monday - Thursday

Microsoft Teams

Meeting ID: **288 855 419 201**

Passcode: **9T2yn9WE**

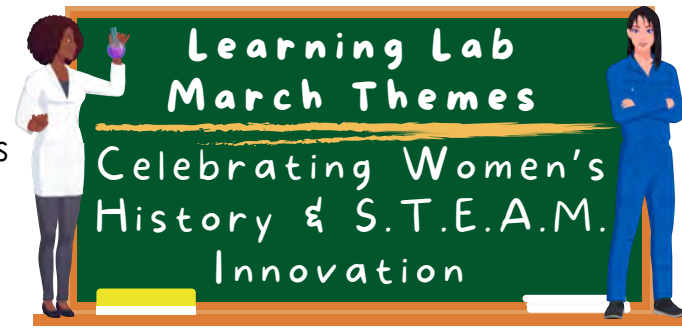
Youth & Teen Education Updates

Written by Tiffani Grier

As we transition into March, we honor Women's History Month with a focus on trailblazers in science, technology, engineering, arts, and math (S.T.E.A.M.).

March Themes:

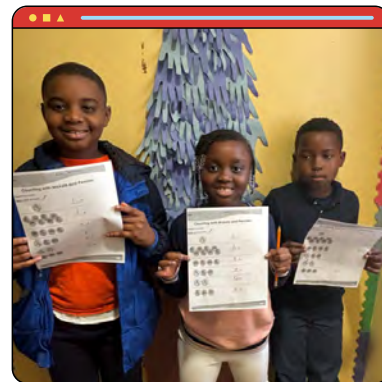
- Week 1: Women Who Changed the World: Trailblazers in S.T.E.A.M.
 - Highlighting female inventors, scientists, & mathematicians
 - Exploring Women in the Arts & Media
 - Recognizing Black Women in S.T.E.A.M.
- Week 2: The Science of Storytelling: Theater, Animation, and Digital Art
 - Exploring the science behind stage lighting, sound, & storytelling
 - Learning about female directors, animators, & authors
 - Engaging in animation, digital storytelling, & coding activities
- Week 3: Mathematics in Motion: Patterns, Logic, and Everyday Problem-Solving
 - Exploring Pi Day (March 14) through geometry & real-world applications
 - Applying math in engineering & problem-solving activities
 - Recognizing women mathematicians like Katherine Johnson
- Week 4: Our Planet, Our Future: Sustainability, Nature, and the Environment
 - Learning about Earth & Environmental Science
 - Exploring the work of women environmental scientists
 - Investigating biodiversity through the study of insects & dinosaurs



Learning Lab
Microsoft Teams
Meeting ID:
277 760 376 456
Passcode:
F7qukS



Learning Lab focused on Empowering Voices: Celebrating Black Innovators and Changemakers in February



No Parent Meeting This Month!

Health & Wellness

Written by Janel Patrice

March is a significant month for mental health awareness! Several days within the month of March are dedicated to increasing understanding and breaking the stigma around mental health conditions. From self-injury to bipolar disorder, these observances provide opportunities for education, advocacy and support.



For this month, let's center our focus on our loved ones. Specifically, to our children who may be feeling sad and discouraged, and to our staff, who have gone silent and may be showing signs of hopelessness and worthlessness. A positive word goes a long way to those that may be longing for companionship or just to know that they are worthy of love and appreciation.

Today in the world, our children face increasing pressures from school, social media, and personal challenges. Let's encourage parents, teachers, and our own mentors to check in on their mental well-being. Mental health struggles are real, and support is available. For CSF staff, EAP is right at your fingertips and is a free resource for you that is confidential. Ask your HR representative for more information.



In conclusion, whether it's through social media campaigns, community events, or simple conversations, each of us has the power to make a difference. Let us use March as an opportunity to educate support and advocate mental health awareness.



March 2025



Youth & Teen Calendar

MONDAY

TUESDAY

WEDNESDAY

THURSDAY

FRIDAY

3

4

5

6

7



10

11

12

13

14



17

18

19

20

21



27

25

26

27

28



31

1

2

3



March 2025

Adult & Senior Calendar

MONDAY

3
Virtual Class Learning
10 AM-12 PM,
7-8 PM



TUESDAY

4
Virtual Class Learning
7-8 PM

WEDNESDAY

5
Virtual Class Learning
10 AM-12 PM,
7-8 PM

THURSDAY

6
Virtual Class Learning
7-8 PM



FRIDAY

7

10
Virtual Class Learning
10 AM-12 PM,
7-8 PM



11
Virtual Class Learning
7-8 PM

12
Virtual Class Learning
10 AM-12 PM,
7-8 PM



13
Virtual Class Learning
7-8 PM



17
Virtual Class Learning
10 AM-12 PM,
7-8 PM



18
Virtual Class Learning
7-8 PM

19
Virtual Class Learning
10 AM-12 PM,
7-8 PM



20
Virtual Class Learning
7-8 PM

21



24
Virtual Class Learning
10 AM-12 PM,
7-8 PM

25
Virtual Class Learning
7-8 PM



26
Virtual Class Learning
10 AM-12 PM,
7-8 PM

27
Virtual Class Learning
7-8 PM



28

31
Virtual Class Learning
10 AM-12 PM,
7-8 PM





Community Services Foundation

We want to hear from you!

We have exciting activities for the whole community to enjoy & we need your input to help improve our services!



bit.ly/csfRS2025

We will randomly draw a resident who completed the survey AND provided their email address, with a \$100 gift card!

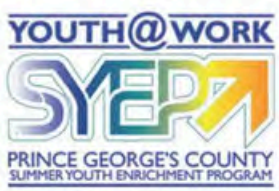
Contact us if you have additional suggestions:



programs@csfnd.org



(301) 925-4251



PRINCE GEORGE'S COUNTY SUMMER JOBS!

About Us

The Prince George's County Summer Youth Enrichment Program (SYEP) provides opportunities for young people, ages 14 to 24, across the County to receive career development, job readiness training and employment.

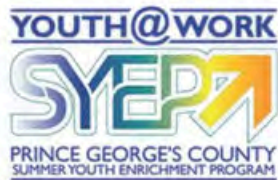
- Earn money
- Explore a career field
- Learn new skills
- Meet new people

Get Ready

Application Dates:
March 1 - March 31, 2025

Program Dates:
July 1 - August 8, 2025

Pay:
Hourly and stipend opportunities are available



CONDADO DE PRINCE GEORGE ¡TRABAJOS DE VERANO!



Quiénes somos

El Programa de Enriquecimiento Juvenil de Verano del condado de Prince George ofrece oportunidades a los jóvenes de 14 a 24 años de todo el condado para recibir desarrollo profesional, capacitación laboral y empleo.

- Gane dinero
- Aprenda nuevas habilidades
- Explore un campo profesional
- Conozca gente nueva

Prepárese

Fechas de presentación de solicitudes:

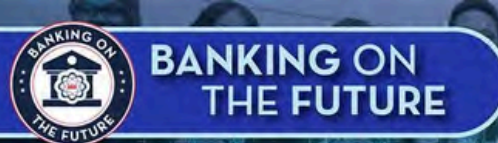
1 de marzo - 31 de marzo de 2025

Fechas del programa:

1 de julio - 8 de agosto de 2025

Paga:

Se ofrecen oportunidades por hora y con remuneración



MBSYEP Application is open.
Youth registration [click here](#) to apply.
Host [click here](#) to apply.

CRESP Application is closed.

HSIP Spring Semester
Begins February 3, 2025 – May 31, 2025



**MAYOR MARION S. BARRY
SUMMER YOUTH EMPLOYMENT PROGRAM**

**2025
MBSYEP
APPLICATION
IS NOW
OPEN** APPLY AT
SUMMERJOBS.DC.GOV

#MBSYEP2025



Please see important dates below:

MBSYEP Important Dates

Application Opened
Monday, January 27, 2025

Application Closes
Thursday, March 6, 2025

Certification Closes
Saturday, March 22, 2025

Thank you for your interest in the Mayor Marion S. Barry's Summer Youth Employment Program. **Please CLICK HERE to start the application.** Once this application is successfully submitted, you will receive information regarding next steps. Please note: You will **NOT** be fully registered for the program until you have completed all the required steps. **APPLICATION CLOSES THURSDAY, MARCH 6th.**

IMPORTANT NOTES

This form requires an email address. **This email account will be the primary way we communicate with you. This email account must belong to the applicant.** If you do not have a personal email address, please visit one of the following links below to get a free email address before registering.

You may select one of these providers to sign-up for a free email address:



A social security number will be required to participate in the Mayor Marion S. Barry's Summer Youth Employment Program.

This application may take up to 15 minutes to complete. Please review the application below and gather all required information before getting started. You will need the following information to successfully complete this application:

- Social Security Number of the Applicant
- Email Address of the Applicant
- Permanent Address and Contact Information of the Applicant

You must be between the ages of 14-24 by **June 23, 2025** in order to participate in this program. If you have any additional questions, the Office of Youth Programs can be reached at 202.698.3492 or summerjobs@dc.gov.



ABOUT & SENIOR CLASSES

	10 - 11 A.M	11 A.M. - 12 P.M.	7 - 8 P.M.
MONDAY	Financial Literacy	Health & Wellness	ESOL
TUESDAY			Health & Wellness
WEDNESDAY	Career & Job Readiness	Health & Wellness	ESOL
THURSDAY			Health & Wellness



bit.ly/CSFTeamsASE

Monday - Thursday
Microsoft Teams
Meeting ID: 288 855 419 201
Passcode: 9T2yn9WE

Contact us if you need information:

✉ programs@csfnd.org ☎ (301) 925-4251



PROGRAMA DE EDUCACIÓN PARA ADULTOS Y PERSONAS MAYORES

	10 - 11 A.M	11 A.M. - 12 P.M.	7 - 8 P.M.
LUNES	Educación financiera	Salud y bienestar	ESOL
MARTES			Salud y bienestar
MIÉRCOLES	Preparación profesional y laboral	Salud y bienestar	ESOL
JUEVES			Salud y bienestar



bit.ly/CSFTeamsASE

Lunes a Jueves
Microsoft Teams

ID de reunión: 288 855 419 201

Código de acceso: 9T2yn9WE

Contáctanos si necesitas información:

✉ programs@csfnd.org ☎ (301) 925-4251



Greater Washington Urban League

Virtual After School Club

Grades
K-8

Included for FREE:

- ✓ Virtual Learning
- ✓ Fun STEAM Activities
- ✓ Homework Help
- ✓ Digital Literacy
- ✓ Health & Wellness
- ✓ Hands-On Learning
- ✓ Games & Trivia
- ✓ Character Development

Begins on
February 3!

Email or call to
register now!

✉ programs@csfnd.org

☎ (301) 925-4251



Greater Washington Urban League

Club Extraescolar Virtual



Incluido GRATIS:

- ✓ Aprendizaje virtual
- ✓ Ayuda con la tareas
- ✓ Alfabetización digital
- ✓ Salud y bienestar
- ✓ Aprendizaje práctico
- ✓ Juegos y trivia
- ✓ Desarrollo de personaje
- ✓ Divertidas actividades STEAM

¡Comienza el 3 de febrero!

¡Envíe un correo electrónico o llame para registrarse ahora!

✉ programs@csfnd.org

☎ (301) 925-4251



Community Services Foundation

6602 Greig Street, Seat Pleasant, Maryland 20743 | 301.925.4251 | www.csfnd.org



Our History

Community Services Foundation (CSF) understands that the communities we work with are more than just bricks and mortar. These communities are about people...those who live and work there.

Through the visionary lenses of Eugene F. Ford, Sr., a multi-dwelling apartment owner and developer, we were one of the first organizations in the country to implement community service programs. We realized that the key to successful communities was to provide social service programs based on the needs of the communities that we serve.

Initially implemented to target youth, the community service programs grew to include teens, adults and seniors. Beginning with one community, CSF has grown to include over twenty apartment communities in Washington, DC and Maryland. Our experience has taught us that residents who are engaged in programs in their communities greatly assist in helping to reduce the operating costs of maintaining these units. Our educational, cultural and recreational programs help instill in residents a sense of pride in their communities. CSF's ability to organize and execute community service programs helps build and maintain a more civic-minded and responsible community and as a result, we have positively impacted the lives of more than 17,000 residents who live in managed communities.

Our Mission

Community Services Foundation is a 501(c)(3) nonprofit organization whose mission is to enhance the lives of residents living in managed communities by providing structured services, activities and program for residents and the community.

Community Services Foundation has established the following goals in support of our mission -

- Provide resident driven educational and social programs that are specifically designed to address the needs of each property
- Conduct property-based activities that enrich the quality of life for all residents
- Assist residents in the development and pursuit of their special interests and social needs and
- Promote community empowerment while engaging in activities that stimulate self industry and creative development.



Our Vision

Community Services Foundation envisions a world where our property-based programs enhance the lives of residents and prepare them for a happier and more productive future with an improved quality of life.

Community Services Foundation

6602 Greig Street, Seat Pleasant, Maryland 20743 | 301.925.4251 | www.csfnd.org



What We Do

Community Services Foundation (CSF) provides the training and oversight of onsite staff located in managed housing community centers. CSF coordinates partnerships that provide programs and services that have been identified by the Owner and residents. CSF youth programs offer afterschool and summer enrichment programs that include core programming of homework assistance, reading and math tutoring, computer instruction, journaling and public speaking, as well as services tailored to the resident's needs. CSF also offers adult programs that range from job readiness to social recreational activities.

CSF actively seeks funding to support onsite programs and services and thereby is able to reduce the costs associated with staff salaries and the programs offered. CSF has received funds from local, state, federal government, private foundations and partnerships. We are dedicated to having a positive impact on the communities that we assist and instilling a sense of pride in the residents.

We welcome the opportunity to design programs and services that will meet the needs of your residents! Let us tailor a program for your property that incorporates activities for your residents that will meet their needs. CSF's programs and services can be modified as determined. We also provide consulting on the set up of new Community Centers to insure that the Centers are built and equipped with durable materials that are conducive to conducting activities for residents. We look forward to working with you to provide our beneficial programs!



Youth Program

- Afterschool Enrichment Program
- Summer Enrichment Program
- Homework Assistance
- Computer Instruction
- Reading and Math Tutoring
- Journaling and Public Speaking
- Community Service Opportunities
- Recreation and Sports Activities
- Health and Wellness Initiatives
- Food Program



Teen Program

- Resume & Interview Assistance
- Job Placement Assistance
- Health and Wellness Workshops
- Tutoring and Homework Assistance
- Computer Instruction
- Anger Management
- Conflict Resolution
- Anti-Bullying Sessions
- Mentoring
- Food Program



Adult/Senior Program

- Health Screenings
- Wellness Sessions
- Computer Instruction
- Financial Literacy
- Commodity Food Programs
- Social Activities
- ESOL Classes
- Parenting Classes
- Social Service Referrals
- Yoga/Zumba Classes