

# THE CSF MONTHLY AT FOREST HEIGHTS

Official Newsletter of Community Services Foundation



The programs are provided in partnership with Community Services Foundation, the Maryland State Department of Education, Forest Heights Elementary School, St. Mark AME Church, and Prince George's County Department of Family Services.

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**School Principal**  
Dr. Peter Thompson



**Rev.**  
Jonathan Davis, Pastor



**Site Coordinator**  
Sharron Huff-Lowery



**Assistant Site Coordinator**  
Adriene Jones

**E-Mail:** forestheightsc@csfnd.org

## Letter from the Program Director

Written by Shenita Vanish

Don't you love this time of the year?

The weather begins to warm up, flowers begin to bloom, and the sunlight lingers longer in the evening. It's only fitting that April recognizes Earth Day by celebrating the beauty that it holds.

Your community center staff members will use this month to celebrate all of the beauty that the earth holds. Through the youth, teen, and adult programs, we will focus on increasing awareness of environmental issues like pollution, deforestation while acknowledging the impact of human actions that influences significant national policies or impacts the earth. In April, the Learning Lab lessons will center around the Amazon due to its diverse range of biomes and wildlife.

Community Services Foundation's Summer Enrichment Program is just around the corner! Be one of the first to register your child for 6 weeks of fun, creativity, innovative thinking, exciting field trips and reinforcement of the skills they are learning now in school! The summer enrichment program will begin on Monday, June 24th through Friday, August 2nd. Don't delay – space fills up fast! Come to the Community Center today to reserve a space for your child! Programs are free for residents!

Finally, do you have a program idea or a question about your community center program? If so, we would love to hear from you. Please call the Community Services Foundation office at 301-925-4251. It's our pleasure to serve you!







# Adult & Senior Education Updates

Written by Dr. Alison Burroughs

Please join us for our adult education classes, we have classes on Financial Literacy, Health & Wellness, Career Readiness, Technology, and ESOL,

Please let us know what classes you're interested in by taking the survey below:



English Survey



Spanish Survey



Amharic Survey

**Monday - Thursday**

**Zoom**

Meeting ID:

**815 157 8441**

Passcode:

**760960**

# CSF'S ADULT ED SCHEDULE



	10 A.M. - 11 A.M	11 A.M. - 12 P.M.	12 P.M. - 1 P.M.		7 P.M. - 8 P.M.
MONDAY	Financial Literacy & Budgeting	Career & Job Readiness	Health & Wellness		ESOL
TUESDAY	Health & Wellness	Technology	Career & Job Readiness		Financial Literacy & Budgeting
WEDNESDAY	Financial Literacy & Budgeting	Career & Job Readiness	Health & Wellness		ESOL
THURSDAY	Health & Wellness	Technology	Career & Job Readiness		Financial Literacy & Budgeting
FRIDAY					



# Youth & Teen Education Updates

Written by Dr. Alison Burroughs

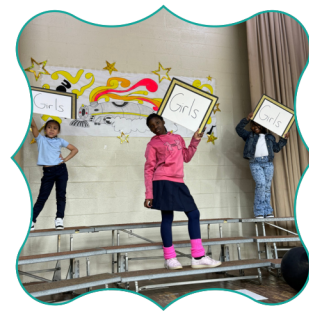
Studying the accomplishments of women in history holds significant importance for various reasons. Here's why:

- It broadens children's perspectives, demonstrating that history isn't solely male-dominated but is also influenced by women's contributions.
- By showcasing women's achievements, we inspire young minds, especially girls, to pursue their dreams without boundaries.
- Exploring women's history nurtures empathy and understanding, prompting children to value the diverse experiences and challenges of different societal groups.
- Recognizing and celebrating women's successes empowers youth to challenge stereotypes, advocate for gender equality, and contribute to a more inclusive future. Thank you for supporting our mission to offer a well-rounded education that recognizes the valuable contributions of all individuals.

Contact Alison Burroughs or Tiffani Grier if you have questions about special services in your school. The Education Director, Dr. Burroughs is [aburroughs@csfnd.org](mailto:aburroughs@csfnd.org) and Ms. Grier, the Special Services Coordinator is [tgrier@csfnd.org](mailto:tgrier@csfnd.org).



**Learning Lab**  
 Zoom Meeting ID:  
**861 8216 5188**  
 Passcode:  
**760960**



**Learning Lab focused on Women's History & Theater in March**



## Steering Committee

Come and meet the Program and Site Staff at many of our sites, hear from guest speakers, and learn about the grants that make our programs possible!

Our next meeting is  
**Thursday April 25**  
 at 1:00 PM.

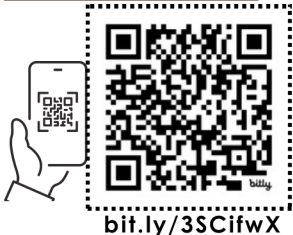
## Parent Meeting

Come hear about updates to our programming, activities, and nutritional health tips that every family can enjoy. It's virtual and only lasts 30 minutes. You can also win a free prize!

Our next meeting is  
**Wednesday April 17**  
 at 6:15 PM.

### Steering Committee Zoom

Meeting ID:  
**950 5836 7726**  
 Passcode:  
**286334**



### Parent Meeting Zoom

Meeting ID:  
**823 4503 1637**  
 Passcode:  
**244606**





## Health & Wellness

Written by Janel Patrice, BS, MA

Not having the ability to openly communicate about hurt feelings or disappointments are challenges we face in everyday life. Whether it's at our jobs, homes, friends or family, challenges and conflict arise. Internalizing hurt feelings and pain can result in depression. There are ways to handle these feelings.

There are four (4) actions that you can take to demonstrate healthy expression and communication: "Pause, ponder, pray, proceed." When situations arise that make you upset or can trigger you to be in a negative space, pause, before you respond. Never respond in anger or out of emotion to a situation. When you do so, you allow the target of your frustration to know how to hurt or impact you in a negative way. Instead, always try to remain professional and respectful. Always treat others the way you want to be treated. Think, or ponder, about the outcome of the situation and how to approach the situation for a healthy resolution. If you are spiritual and are a believer in a higher power, pray about it first, and ponder over ways to turn the negative into a positive. Proceed after you have taken time to remove any negative emotions. And at times, this may take an extended period of time for you to do.

If you're struggling with sadness, hopelessness or feeling helpless, just know that your situation is temporary. Nothing is permanent, and EVERYTHING happens on purpose for a PURPOSE. We all have seasons and at times, some seasons are filled with rain and storms, and some are sunny and amazing. Altogether, there are good and not so good lessons to learn from each season in life. Change begins with you! If you need help, never hesitate to ask someone! What is the worst that can happen? The response would be yes, no, or maybe.



**It's okay to  
ask for help**

At Community Services Foundation, we are always here to help! If we don't have the resources to help you with your challenges, we will find others who do. Our existence is to help you and in turn, that's how we win! That's what makes us a community, and that's what makes us grow together!

If you are having a Mental Health Crisis, and in need of help, the Crisis Mental Health System helps individuals and are available 24/7: (410) 931-2214. They offer services in the area that specialize in providing services for children and older adults. If you need to just talk and need someone to listen, you can always reach out to the CSF Mental Health Specialist, Janel Patrice, Monday-Friday at (321) 236-1518.

Never stay silent, and always ask for help when in need.

# APRIL 2024

## Youth Calendar

### MONDAY

**1**  
**OPEN REC**  
11 AM - 6 PM



### TUESDAY

**2**  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM

### WEDNESDAY

**3**  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM

### THURSDAY

**4**  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM



### FRIDAY

**5**  
**OPEN REC**  
11 AM - 6 PM  
**Yoga Session**

**8**  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM

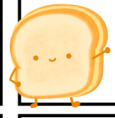
**9**  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM



**10**  
**OPEN REC**  
11 AM - 6 PM

**11**  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM  
**Javion Birthday**

**12**  
**Afterschool Club**  
2-6 PM  
**Movie Day**



**15**  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM



**16**  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM

**17**  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM

**PARENTS MEETING**  
6:15 PM

**18**  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM

**19**  
**Afterschool Club**  
2-6 PM  
**Talk Session**

**22**  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM



**23**  
**OPEN REC**  
11 AM - 6 PM



**24**  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM

**25** **STEERING COMMITTEE MEETING**  
1 PM  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM

**26**  
**Afterschool Club**  
2-6 PM  
**Painting Session**



**29**  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM



**30**  
**Afterschool Club**  
2-6 PM  
**Learning Lab**  
4-5 PM

