

THE CSF MONTHLY AT MILLWOOD

Official Newsletter of Community Services Foundation



The programs are provided in partnership with Hyde Park Venture Partners, Edgewood Management Corporation, Community Services Foundation, and through a partnership with Prince George's County Department of Family Services.

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Community Manager
Toinnette Marshall

E-Mail: millwoodsc@csfnd.org |



Site Coordinator
Antonio Williams

Phone: 301-350-1057

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!



APRIL EVENTS AT A GLANCE

- 🌸 **Open Rec from 11 AM - 6 PM:** April 1, 5, 10, & 23
- 🌸 **Parent Meeting:** April 17 at 6:15 PM
- 🌸 **Steering Committee Meeting:** April 25 at 1:00 PM

Community Manager Message

Written by Toinnette Marshall

Dear Residents,

The telephone number for the emergency maintenance hotline is 1(877) 908-0530 in the event the rental office number is not accessible. Please use this number if a maintenance emergency occurs after business hours. An emergency is inclusive of water leaks, clogged toilet (if you have only one bathroom), no heat or air condition, non-working refrigerator, frozen lines, broken door and/or window, and any other issue that poses a threat to an individual or property. All other issues must be treated as general maintenance issues and must be reported to Management during business hours.

We would like to also wish our Community Coordinator Mr. Antonio a very happy birthday when you see him walking the property, please show him your gratitude by wishing him a Happy Birthday.



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:

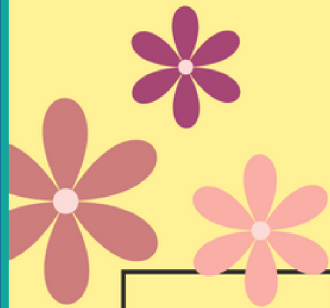
815 157 8441

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 and Ms. Grier, the Special Services Coordinator is 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
Zoom
 Meeting ID:
950 5836 7726
 Passcode:
286334



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.

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.












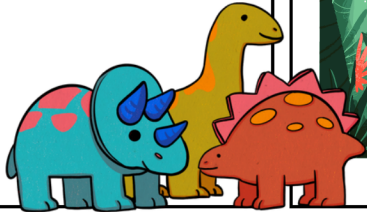


At Community Services Foundation, we are always here to help! If we don't have the resources to help you with your challenges, we will find others who do. Our existence is to help you and in turn, that's how we win! That's what makes us a community, and that's what makes us grow together!

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	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY
1 OPEN REC 11 AM - 6 PM Newsletter Distribution 	2 Afterschool Club 2-6 PM Learning Lab 4-5 PM Newsletter Distribution	3 Afterschool Club 2-6 PM Learning Lab 4-5 PM Newsletter Distribution	4 Afterschool Club 2-6 PM Learning Lab 4-5 PM Newsletter Distribution 	5 OPEN REC 11 AM - 6 PM
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	12 Afterschool Club 2-6 PM Movie Day: Percy Jackson 
15 Afterschool Club 2-6 PM Learning Lab 4-5 PM 	16 Afterschool Club 2-6 PM Learning Lab 4-5 PM Moon Sand Project	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 Movie Day: Narnia
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 Slimy Slime Day	25 STEERING COMMITTEE MEETING 1 PM Afterschool Club 2-6 PM Learning Lab 4-5 PM	26 Afterschool Club 2-6 PM Movie Day: A Bug's Life 
29 Afterschool Club 2-6 PM Learning Lab 4-5 PM 	30 Afterschool Club 2-6 PM Learning Lab 4-5 PM	1 	2 	3 

APRIL 2024

Adult & Senior Calendar

MONDAY

1

**IN-PERSON
CLOSED
FOR
ADULTS**

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM



TUESDAY

2

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM
**Newsletter
Distribution**

WEDNESDAY

3

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM
**Newsletter
Distribution**

THURSDAY

4

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM
**Newsletter
Distribution**



FRIDAY

5

**CLOSED
FOR
ADULTS**

8

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM

9

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM
**Technology
Tuesday**



10

**IN-PERSON
CLOSED
FOR
ADULTS**

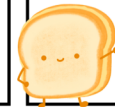
**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM

11

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM

12

**In-Person
Adult &
Senior Time**
10 AM-1 PM



15

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM



16

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM
**Technology
Tuesday**

17

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM

PARENTS MEETING
6:15 PM

18

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM

**Line Dance:
The Wobble**

19

**In-Person
Adult &
Senior Time**
10 AM-1 PM

22

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM



23

**IN-PERSON
CLOSED FOR
ADULTS**

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM



24

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM

25

**STEERING
COMMITTEE
MEETING**
1 PM

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM

26

**In-Person
Adult &
Senior Time**
10 AM-1 PM



29

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM



30

**Virtual Class
Learning**
10 AM -1 pm,
7-8 PM

1



2

3

