



THE CSF MONTHLY AT FREDERICK DOUGLASS

Official Newsletter of Community Services Foundation



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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 5 & 15-19
- 🌸 **Parent Meeting:** April 17 at 6:15 PM
- 🌸 **Steering Committee Meeting:** April 25 at 1:00 PM

Community Manager Message

Dear Residents,

Happy Spring! Just a reminder that as the weather gets warmer, small critters and bugs begin to come with that, too. Please make sure trash is disposed of properly and cleaned up both within the home and around the outdoor areas.

We have many fun and educational events planned for April, so make sure to check out our calendars at the end of this newsletter for when and where.



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

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.






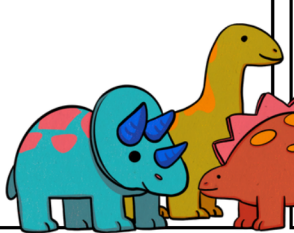
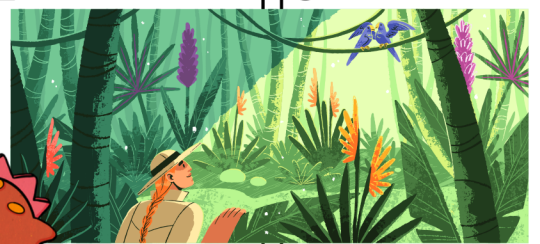
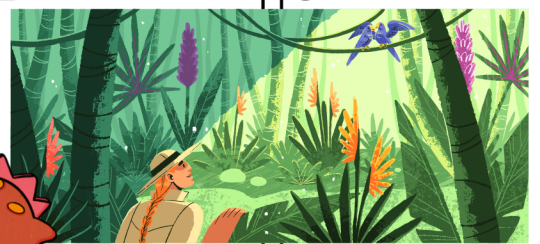
At Community Services Foundation, we are always here to help! If we don't have the resources to help you with your challenges, we will find others who do. Our existence is to help you and in turn, that's how we win! That's what makes us a community, and that's what makes us grow together!

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 Afterschool Club 2-6 PM Learning Lab 4-5 PM  Arts & Crafts: Rainforest	2 Afterschool Club 2-6 PM Learning Lab 4-5 PM Read a Story, Write a Story	3 Afterschool Club 2-6 PM Learning Lab 4-5 PM Walk-It Wednesday: Nature Walk	4 Afterschool Club 2-6 PM Learning Lab 4-5 PM  DIY Rainforest Center Decoration	5 OPEN REC 11 AM - 6 PM Rainforest Quiz/Trivia Paint & Sip
8 Afterschool Club 2-6 PM Learning Lab 4-5 PM Paint & Decorate Cup	 9 Afterschool Club 2-6 PM Learning Lab 4-5 PM Dawn of the Dinosaurs Collage	10 Afterschool Club 2-6 PM Learning Lab 4-5 PM Dawn of the Dinosaurs Collage	11 Afterschool Club 2-6 PM Learning Lab 4-5 PM Dawn of the Dinosaurs Collage	12 Afterschool Club 2-6 PM Popcorn & Movie: Jurassic Park
15 OPEN REC 11 AM - 6 PM Birds of the Forest DIY Feeder	16 OPEN REC 11 AM - 6 PM Indoor Scavenger Hunt	17 OPEN REC 11 AM - 6 PM Rain Forest Tree Hugger PARENTS MEETING 6:15 PM	18 OPEN REC 11 AM - 6 PM Gardening Salad Day	19 OPEN REC 11 AM - 6 PM DIY Jumanji Board Game
22 Afterschool Club 2-6 PM Learning Lab 4-5 PM Reduce, Reuse, Recycle Project	23 Afterschool Club 2-6 PM Learning Lab 4-5 PM DIY Card Game	24 Afterschool Club 2-6 PM Learning Lab 4-5 PM DIY Cook Book	25 STEERING COMMITTEE MEETING 1 PM Afterschool Club 2-6 PM Learning Lab 4-5 PM DIY Amazon Puzzles	26 Afterschool Club 2-6 PM DIY Amazon Adventure
29 Afterschool Club 2-6 PM Learning Lab 4-5 PM Popsicle Stick Art	30 Afterschool Club 2-6 PM Learning Lab 4-5 PM DIY Amazon Forest Habitat	1 	2 	3 

APRIL 2024

Adult & Senior Calendar


MONDAY

1 Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center Arts & Crafts
10 AM - 1 PM



8 Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center Arts & Crafts
10 AM - 1 PM


15 IN-PERSON CLOSED FOR ADULTS
Virtual Class Learning
10 AM -1 pm,
7-8 PM



22 Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center Arts & Crafts: Mother Earth
10 AM - 1 PM




29 Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center Arts & Crafts
10 AM - 1 PM



TUESDAY


2 Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center Time Travel 2000s: Music, Film, Stories
10 AM - 1 PM

9 Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center Time Travel: 1990s Culture
10 AM - 1 PM



16 IN-PERSON CLOSED FOR ADULTS
Virtual Class Learning
10 AM -1 pm,
7-8 PM

23 Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center Time Travel: 1970s Culture
10 AM - 1 PM



30 Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center Time Travel: 1960s Culture
10 AM - 1 PM

WEDNESDAY

3 Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center Health & Wellness Birthday Party Paint & Sip
10 AM - 1 PM

10 Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center Health & Wellness: Healthy Luncheon
10 AM - 1 PM


17 IN-PERSON CLOSED FOR ADULTS
Virtual Class Learning
10 AM -1 pm,
7-8 PM
PARENTS MEETING
6:15 PM

24 Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center Health & Wellness: Mini Cookbook
10 AM - 1 PM

1

THURSDAY

4 Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center Tea & Treats Brain Games Trivia
10 AM - 1 PM



11 Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center Tea & Treats Trivia
10 AM - 1 PM

18 IN-PERSON CLOSED FOR ADULTS
Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center BINGO
10 AM - 1 PM


25 STEERING COMMITTEE MEETING
Virtual Class Learning
10 AM -1 pm,
7-8 PM
In-Center Tea & Treats Trivia
10 AM - 1 PM

2

FRIDAY

5 CLOSED FOR ADULTS

12 In-Person Adult & Senior Time
10 AM-1 PM
In-Center Fit Friday: Walk the Neighborhood
10 AM - 1 PM



19 CLOSED FOR ADULTS

26 In-Center Fit Friday: Dance Party
10 AM - 1 PM



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The United Planning Organization (UPO) is the designated Community Action Agency for Washington, DC, and has served the residents of the District since 1962.

DO YOU
WANT A CAREER?

CAREER PATH VOCATIONAL TRAINING

UPO WORKFORCE INSTITUTE

UPO's next JOB TRAINING classes are about to start!

- Building Maintenance Professional - 12 weeks
- Commercial Driver's License (CDL) - 6 weeks
- Child Development Associate (CDA) - 600 hours
- Culinary Arts - 12 weeks
- Broadband Telecommunications - 12 weeks
- Electrical Technician - 12 weeks
- Plumbing Technician - 12 weeks
- IT Helpdesk & Application Support Specialist (A+) - 18 weeks | Evening
- Emergency Medical Technician (EMT) - 20 weeks


MUST BE 18 OR OLDER. DC RESIDENT. HIGH SCHOOL DIPLOMA OR GED. DRUG-FREE. PASS CASAS READING/MATH ASSESSMENT.

**The only cost is
your sweat...**

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for your training.



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Washington, DC 20032

Connect with our UPO WFI
Case Managers to learn more!

(202) 231-7905 and
(202) 231-7982



Learn more:



TUESDAY-FRIDAY
10:00AM-3:00PM

Job Readiness Training (4 Weeks)

Career Assessment

Building Employment Documents

Soft Skills Management

Employment Placement

(DC residents only)

WWW.UPO.ORG