

September



2025

Monday	Tuesday	Wednesday	Thursday	Friday
<p>1 CLOSED</p>	<p>2 Little Hands, Big Flavors <u>Session 1 9:45am -10:45am</u> <u>Session 2 11:45am – 12:45pm</u></p>	<p>3 English for Life, Work, Family 10am – 12pm</p>	<p>4 <u>Pre-School Play and Learn</u> <u>11:30am – 12:30pm</u> <u>The Dad's check in - virtual</u> <u>7-8pm</u></p>	<p>5</p>
<p>8 English for Life, Work, Family 10am – 12pm <u>My Gym</u> <u>2 – 2:45pm</u></p>	<p>9 <u>Floor Fun 9:15 – 10:15am</u> <u>Ready Set Grow</u> <u>10:30 – 11:30am</u> <u>Positive Strategies for Managing</u> <u>Frustration virtual, 1 p.m.</u></p>	<p>10 English for Life, Work, Family 10am – 12pm</p>	<p>11 <u>Tiny Tots</u> <u>10:15 – 11am</u> <u>Pre-School Play and Learn</u> <u>11:30am – 12:30pm</u></p>	<p>12 Seedlings Field Trip 10 – 11:30am</p>
<p>15 English for Life, Work, Family 10am – 12pm <u>Exotic Animal Show</u> <u>12:30 – 1:30pm</u> <u>Eat, Learn, Grow for Families –</u> <u>STEM, virtual 6:30pm</u></p>	<p>16 <u>Floor Fun 9:15 – 10:15am</u> <u>Ready Set Grow</u> <u>10:30 – 11:30am</u> <u>The STEM Machine</u> <u>12 - 1pm</u></p>	<p>17 English for Life, Work, Family 10am – 12pm</p>	<p>18 <u>Tiny Tots</u> <u>10:15 – 11am</u> <u>Pre-School Play and Learn</u> <u>11:30am – 12:30pm</u> <u>Dinner with dads (Family Style</u> <u>5:30-7:00pm</u> <u>The Dad's check in –</u> <u>virtual, 7-8pm</u></p>	<p>19 OCF Family Picnic 4 – 7pm</p>
<p>22 English for Life, Work, Family 10am – 12pm <u>Infant Massage</u> <u>12:30 – 1:30pm</u> <u>My Gym 2 – 2:45pm</u></p>	<p>23 <u>Floor Fun 9:15 – 10:15am</u> <u>Ready Set Grow</u> <u>10:30 – 11:30am</u></p>	<p>24 English for Life, Work, Family 10am – 12pm</p>	<p>25 <u>Tiny Tots</u> <u>10:15 – 11am</u> <u>Connecting Families with</u> <u>Community Resources</u> <u>Virtual 1 pm</u></p>	<p>26</p>
<p>29 English for Life, Work, Family 10am – 12pm <u>Infant Massage</u> <u>12:30 – 1:30pm</u></p>	<p>30 <u>Floor Fun 9:15 – 10:15am</u> <u>Ready Set Grow</u> <u>10:30 – 11:30am</u> <u>Family Science Night</u> <u>5:00- 6:30pm</u></p> <p>Join us for Science Night!</p>			

Descriptions of Events

If a program is full please register for the wait list. If we have cancellations we will reach out to wait list families. Programs that do not have a clickable link are not open to the public.

Little hands, Big flavors: Join us at the Family Support Center to make tasty, healthy snacks! Cooking together is a fun way for kids to practice fine motor skills, learn, and enjoy what they create. Come cook, learn, and snack with us!

Tuesday, September 2. Register for ONE.

Session 1: 9:45 – 10:45 a.m. Register [here](#) OR Session 2: 11:45 a.m. – 12:45 p.m. Register [here](#)

Pre-School Play and Learn Series: In this series, children will engage in a community circle to build connections, explore hands-on learning through independent centers, and collaborate in small groups with our teachers. The program offers a fun and supportive environment that promotes learning, social development, and school readiness skills.

Thursdays, September 4 – 18 11:30 a.m. – 12:30 p.m. Register [here](#)

Floor Fun: Join us in an interactive class led by pediatric physical and/or occupational therapists to support parents/caregivers and their babies ages 0-pre crawling (approx. 6-8mos old). Therapists will give parents the confidence and knowledge to engage in purposeful play while supporting their baby's early motor milestones. Tummy time is an essential activity for babies to develop a strong foundation which will help accomplish physical milestones such as sitting, crawling, and walking. This class takes the stress out of meeting milestones and encourages community, social engagement, and connection with your little one.

Tuesdays, September 9 – October 7, 9:15 – 10:15 a.m. Register [here](#)

Ready-Set-Grow! Lead by pediatric speech language pathologist and/or occupational therapist and feeding specialist(s), this engaging class supports children and their caregivers ages 5–12 months through the exciting process of early language development, responsive based feeding, introducing solids and real food, and navigation of early motor milestones. What we cover:

- ❖ Responsive-Based Relationship Building
- ❖ Feeding & Oral Development
- ❖ Early Language & Communication
- ❖ Motor Milestones

Tuesdays, September 9 – October 7, 10:30 – 11:30 a.m. Register [here](#)

Tiny Tots: Led by pediatric speech-language pathologists and occupational therapists, our sessions are designed for children ages 18-36 months old and their caregivers. Tiny Tots sessions encompass a variety of activities including communication, sensory exploration, art, feeding/snack time, movement, and music. Discover the vital role of PLAY in your child's development while connecting with other families in the community.

Thursdays, September 11 – October 9, 10:15 – 11 a.m. Register [here](#)

Parent's Guide to Challenging Behaviors

Discover a proven, research-based approach to better understand your child's behavior and the factors that shape it. In this interactive session, you'll gain practical tools to prevent challenging behaviors and respond calmly when they arise. Ask questions, practice strategies and walk away feeling more confident in your parenting—plus receive take-home materials to support these approaches with your family. For parents of children ages 2–8. (No child care available)

Saturday, September 13, 9:30 a.m. Register [here](#)

CMC Exotic Animal Show: CMC Exotics is a hands-on edutainment program. We teach about reptiles such as snakes and geckos. We teach about the reptiles we bring, and you can handle, pet, or simply look at our scaled friends. Our experienced instructor will teach you all about the animals such as their natural habitats, diets, and defense. **Monday, September 15, 12:30 – 1:30 p.m. Register [here](#)**

Dinner with Dads (Family Style): Join us on Thursday, September 18th from 5:30 to 7:00 p.m. for Dinner with Dads! (Family Style) Families will enjoy a shared dinner together, followed by a special breakout session just for dads. Moms are welcome to participate in a fun hands-on activity with their little ones in the Child Development Room.

Thursday, September 18, 5:30 – 7 p.m. Register [here](#)

Family Science Night: Join us for Dino Discovery Night and Roar into Science Fun! Prepare for a prehistoric adventure full of fizzing, bubbling, and roaring excitement! Our Dino Discovery Science Night is the perfect hands-on activity for curious little scientists. With fun and safe science activities, kids will explore the world of dinosaurs! Each child will also receive a lab coat, goggles, and ID badge to dress and feel like a REAL scientist!

Tuesday, September 30, 5 – 6:30 p.m. Register [here](#)

My Gym Fitness Classes: My Gym has created an extraordinary fitness program devised to help children develop physically, cognitively and emotionally. Our structured, age-appropriate classes incorporate fitness, music, dance, puppets, relays, games, gymnastics, sports and other original activities. The children have fun as they exercise and gain strength, balance, coordination, agility, flexibility and social skills. The most important benefit we offer, however, is the building of confidence and self-esteem. A child who feels good about him/herself has a jumpstart on the path to becoming a healthy, well-adjusted young adult.

Littles 6 Month – 2.5 Year olds class Monday, September 8, 2 – 2:45 p.m. Register [here](#)

Pre-K Class 2.5 – 5 Year olds class Monday, September 22, 2 – 2:45 p.m. Register [here](#)

The STEAM Machine: The Howard County Library's Mobile STEAM classroom will be coming to the Family Support Center to complete a science lesson with our pre-school age students.

Tuesday, September 16, 12 – 1 p.m. Register [here](#)

Infant Massage Series: We invite you to join our six-week Infant Massage Series, featuring one-hour sessions each week. This program is designed to help you deepen the bond with your baby while learning gentle massage techniques that you can easily practice at home. These techniques can support better sleep, relaxation, and overall well-being for your little one. Infant massage also offers meaningful benefits for parents and caregivers, such as reduced stress, postnatal wellness support, and strengthened connections with your baby. After each session, you will receive a detailed information sheet summarizing the techniques covered, empowering you to continue these practices confidently at home. This class is perfect for newborns up to 6 months of age and will be conducted in both English and Spanish. **Mondays, September 22, 12:30 – 1:30p.m. Register [here](#)**

Virtual Workshops

Positive Strategies for Managing Frustration: Parenting can be incredibly rewarding, but it also brings stressful moments—especially when children test limits or have big emotions. It's natural to feel overwhelmed at times. Learn practical strategies to manage frustration, stay calm in challenging situations, and respond in ways that support both you and your child. Come with your questions and leave with tools, skills, and resources to help you feel more confident and in control during tough parenting moments.

Tuesday, September 9, 1:00 p.m. Virtual workshop, register [here](#)

Eat, Learn, Grow for Families – STEM: Focus on Early Learning Literacy and Science, Technology, Engineering, and Math (STEM). Young children have a natural curiosity about the world around them and through STEM exploration, children begin to wonder, explore and investigate their environment. Gain skills and knowledge to explore STEM topics at home with your children. This workshop will highlight STEM-focused children's literature and explore ways to incorporate creative and fun STEM activities into everyday life.

Monday, September 15, 6:30 p.m. Free virtual workshop, Register [here](#)

Finding the Right Help: Connecting Families with Community Resources: When families are facing challenges, it's not always easy to know where to turn. Simply searching online can be overwhelming and doesn't always lead to the right kind of support. Learn key community agencies and resources available to help families with basic needs, housing, healthcare, child care, mental health services, and more. Whether you are a parent, caregiver, or a professional working with families, you'll learn where to call, how to make effective referrals, and how to connect people with the right help at the right time.

Thursday, September 25, 1:00 p.m. Free Virtual workshop, register [here](#)

The Dad Check In: Join us on the first and third Thursday of the month for a one hour virtual meet up where dads with children ages 0-5 connect, share, and support one another in a safe, welcoming space. It's your time to recharge, laugh and build community with other awesome dads. **Thursdays, September 4 & 18, 7-8 p.m. Register [here](#)**

Questions? Contact Family Support Center Director Ashton Sullivan asullivan@howardcountymd.gov 410-313-5987

To register use the QR Code:



<https://www.howardcountymd.gov/family-support-center>

The Howard County Family Support Center is located at 9790 Patuxent Woods Drive Columbia, MD 21046