

# January 2026



Monday	Tuesday	Wednesday	Thursday	Friday
5 <u>Drop in Play Group</u> 10-11am My Gym 2-2:45pm 	6	7 <u>Preschool Play and Learn</u> 10 - 11am	8 <u>Infant Discovery Play</u> 9 - 9:45am 	9
12 <u>Resource Make and Take Workshop</u> 10am - 12pm 	13 <u>Drop in Play Group</u> 10 - 11am HCPSS Developmental Consultations 10am - 12pm Family Options 3:30 - 4:45pm 	14 Family Vision Board Brunch 10am - 11:30am 	15 <u>Kids in the Kitchen</u> Session 1 9:30 - 10:30am Session 2 11am - 12pm 	16
19 Closed 	20 <u>Winter Story Time 1</u> 10 - 11am <u>FSC Virtual Orientation</u> 1pm <u>Parenting with Empathy</u> 6pm (virtual) 	21 <u>English for Life, Work, Family</u> 10am - 12pm <u>Enhancing Routines and Rituals</u> 12:30 - 1:30pm <u>Selecting High Quality Child Care</u> 1pm (virtual) 	22 <u>Move, Groove &amp; Grow!</u> 10 - 10:45am 	23
26 <u>English for Life, Work, Family</u> 10am - 12pm My Gym 2-2:45pm 	27 <u>Winter Story Time 2</u> 10 - 11am <u>Welcome to Parenthood: Connecting to County Resources</u> 1pm (virtual) 	28 <u>English for Life, Work, Family</u> 10am - 12pm 	29 <u>Raising Resilient Kids: Strengthening Children's Coping Skills</u> 7pm (virtual) 	30 FSC Closed for Professional Development day 



### **Descriptions of Events**

\*If a program is full, please register for the waitlist. If we have cancellations, we will reach out to waitlist families.

Programs that do not have a clickable link do not have open registrations.\*

On energy savings days the Family Support Center building is closed. However, staff members are working remotely. Please call the CARE Line for questions 410 -313- CARE (2273).

**Drop-in Play Group:** Children and their families are invited to explore and play at our Family Support Center! Parents must stay with their children. This is a great opportunity for children to meet new friends and parents to network!

**Monday, January 5, 10 – 11 a.m. Register [here](#)**

**Tuesday January 13, 10 – 11 a.m. Register [here](#)**

**Free Developmental Consultations:** The Howard County Public Schools Early Childhood Special Programs will be at the support center. This is a great opportunity to gather information about your child and the specialists will be able to observe how your child is developing and learning. For children birth – 5 years old. No registration required.

**Tuesday, January 13, 10 a.m. – 12 p.m.**

**My Gym Fitness Classes:** Structured, age-appropriate classes incorporate fitness, music, dance, puppets, relays, games, gymnastics, sports and other original activities. Children have fun as they exercise and gain strength, balance, coordination, agility, flexibility and social skills while building confidence and self-esteem.

**Littles 6 Month – 2.5-Year-olds class: Monday, January 5, 2 – 2:45 p.m. Register [here](#)**

**Pre-K Class 2.5 – 5-Year-olds class: Monday, January 26, 2 -2:45 p.m. Register [here](#)**

**Preschool Play and Learn:** 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.

**Wednesday, January 7, 10 – 11 a.m. Register [here](#)**

**Infant Discovery Play:** Join us for a morning of tummy time and exploration for infants 0–12 months. Babies will explore simple, engaging activities that promote physical and cognitive development, while parents have an opportunity to meet other infant parents.

**Thursday, January 8, 9 – 9:45 a.m. Register [here](#)**

**Resource Make and Take Workshop:** Come join us at the Family Support Center for our take-away resource event. We'll have visual schedules, first-and-then boards, cozy corner materials, travel resources, and more. If you'd like personalized items, send us photos of

your children or any other pictures you want included. We can laminate them ahead of time and have everything ready for you at the event. **Monday, January 12, 10a.m. – 12p.m. Register [here](#)**

**Family Vision Board Brunch:** This event is for FSC Plus enrolled families only\* Join us for a morning brunch to kick off the new year. We will be creating scrapbook style vision boards and discussing our goals for 2026. To register email [asullivan@howardcountymd.gov](mailto:asullivan@howardcountymd.gov)  
**Wednesday, January 14, 10 a.m. – 12 p.m.**

**Kids in the Kitchen:** 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! We will be making apple slice donuts!  
**Thursday, January 15, Session 1, 9:30 – 10:30 a.m. Register [here](#) OR Session 2, 11 a.m. - 12 p.m. Register [here](#)**

**Winter Story Time:** Join us for a cozy winter story time! Bundle up and gather around as we dive into enchanting tales of snowflakes and winter wonderlands. This event will feature a classic winter story and a fun craft activity to bring the story to life. Each week will be a new story.

**Class 1: Tuesday January 20, 10 – 11 a.m. Register [here](#)**

**Class 2: Tuesday January 27, 10 – 11 a.m. Register [here](#)**

**FSC Plus Virtual Orientation:** Are you interested in learning about the Family Support Center Plus program? Attend our virtual orientation session to learn all about it. **Tuesday, January 20, 1 – 1:30 p.m. Register [here](#)**

**Enhancing Rituals and Routines with Children:** Explore why daily rituals and routines matter and how they support your child's growth, development and sense of security. Together, we'll share simple, practical ideas for strengthening connections at home, easing separations and transitions, enriching family moments, and adapting routines to meet each child's needs. Learn new techniques and discover how everyday moments—mealtime, bedtime, playtime, and more—can become meaningful learning opportunities for your child. **Wednesday, January 21, 12:30 – 1:30 p.m. Register [here](#)**

**Move, Groove & Grow!** Enjoy a movement and music morning where you will sing, dance, drum, and make music together. Explore rhythm in a space designed to spark development and bring joy and the love of music. This immersive class will build confidence, coordination, creativity, and early brain skills through playful activities. **Thursday, January 22, 10 – 10:45 a.m. Register [here](#)**

**English for Life, Work and Family:** Learn every day, practical English and develop skills in listening, speaking, reading, writing, and grammar. Students will need to take a placement test to make sure they're at the right level for our classes.

**Mondays and Wednesday, January 21 – April 22, 10 a.m. – 12 p.m. Register [here](#)**

## Virtual Workshops

**Parenting with Empathy** Empathy is the ability to recognize and understand the feelings of others. Developing empathy is not innate, it is learned through childhood experiences. Join our engaging virtual workshop to explore how everyday interactions can nurture empathy in young children. Discover the benefits of empathetic parenting and leave with practical tips to foster compassion and kindness in children from birth to age five. **Tuesday, January 20, 6:00 p.m. Free virtual workshop. Register [here](#)**

**Selecting High Quality Child Care** Selecting child care can feel overwhelming for parents. Everyone wants to find care that meets their needs: a safe and healthy environment, a place where their child enjoys attending, convenient hours and location, and a program that is affordable. Learn how to choose the right child care program for your family and how to apply for the Child Care Scholarship to help with tuition. **Wednesday, January 21, 1:00 p.m. Free virtual workshop. Register [here](#)**

**Saturday, January 24, In-person sessions at Child Care Fair, East Columbia 50+ Center (sessions between 10:15 a.m. and 12 p.m.)**

### Welcome to Parenthood: Connecting to Howard County Resources

Becoming a parent is a big transition and knowing what support is available can make all the difference. Explore the services available in Howard County, learn where to go for trusted information and how to access local support systems that can help you feel more confident and connected. Let's make the most of your parenting journey—together.

**Tuesday, January 27, 1:00 p.m. Free virtual workshop, register [here](#)**

### Raising Resilient Kids: Strengthening Children's Coping Skills

Build your child's emotional resilience through everyday experiences and develop strong coping skills. Learn strategies to support your child as they navigate transitions and manage overwhelming emotions like worry, disappointment, failure, and sadness. Discover how to help your child prepare for challenges, regulate their feelings and bounce back with confidence and strength.

**Thursday, January 29, 7 p.m. Free virtual workshop, register [here](#)**

**Questions? Contact Family Support Center Director Ashton Sullivan [asullivan@howardcountymd.gov](mailto:asullivan@howardcountymd.gov) 410-313-5987**

**Visit the Family Support Center webpage to register by using 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**