



## Free Family Workshops & Parent Pages Newsletter

September 2025

[Read the Parent Pages Newsletter](#)

### 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](#)**

**To request this information in an alternate format, or accommodations to participate in these programs, email [children@howardcountymd.gov](mailto:children@howardcountymd.gov) or call the CARE Line, 410-313-CARE(2273) (voice/relay).**

## Howard County Office of Children and Families

[www.howardcountymd.gov/children-families/family-engagement](http://www.howardcountymd.gov/children-families/family-engagement)



**To visit our website and register, scan the QR code**

### Family Programming

**Click on the Family Institute & Family Support Center**

### Newsletter

**Click on Parent Pages**

[www.howardcountymd.gov/parentpages](http://www.howardcountymd.gov/parentpages)

**For questions or assistance with registering, call 410-313-2273**

**(voice/ relay) or email**

**[children@howardcountymd.gov](mailto:children@howardcountymd.gov)**

**Programming questions,**

**email Lisa Rhodes at**

**[lrhodes@howardcountymd.gov](mailto:lrhodes@howardcountymd.gov)**

**The Howard County Family Support Center (FSC)** offers community-based programs for parents and caregivers of children age birth to five. Located at 9790 Patuxent Woods Drive in Columbia, FSC programs highlight child development, parent education and health information. Upcoming programming below. For more information on programming, contact Ashton Sullivan, [asullivan@howardcountymd.gov](mailto:asullivan@howardcountymd.gov), 410-313-1453 (voice/relay)

View complete Family Support Center calendar [here](#)

**Little hands, Big flavors:** Make tasty, healthy snacks! Cooking together is a fun way for kids to practice fine motor skills, learn, and enjoy what they create. **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. **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).

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

**Tiny Tots:** Enjoy 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:** A proven, research-based approach to better understand your child's behavior. Gain practical tools to prevent challenging behaviors and respond calmly when they arise. 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:** Learn about reptiles such as snakes and geckos and how you can handle, pet, or simply look at our scaled friends. **Monday, September 15, 12:30 – 1:30 p.m. Register [here](#)**

**Dinner with Dads (Family Style):** Families will enjoy a shared dinner together, followed by a special breakout session just for dads. **Thursday, September 18, 5:30 – 7 p.m. Register [here](#)**

**Family Science Night:** Dino Discovery Science Night is a 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:**

**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 complete a science lesson with our pre-school age students. **Tuesday, September 16, 12 – 1 p.m. Register [here](#)**

**Infant Massage Series:** (six-week Infant Massage Series) featuring one-hour sessions each week. This class is 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](#)**