



Free Family Workshops & Parent Pages Newsletter

June 2025

[Read the Parent Pages Newsletter](#)

Raising Resilient Kids 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. Prepare for challenges, regulate feelings and bounce back with confidence.

Wednesday, June 4, 1 p.m. Virtual workshop, register [here](#)

Tuesday, June 17, 10 – 11:30 a.m. In person, register [here](#)

A Long Way Home Join us for a special visit from author Rodrick Johnson. His book, *A Long Way Home*, is a heartfelt story inspired by his powerful journey through foster care. Don't miss this moving conversation about resilience, hope, and healing. Attendees will be a mailed copy of the book.

Wednesday, June 4, 11 a.m. In person register [here](#)

Wednesday, June 11, 6 p.m. Virtual workshop, register [here](#)

Supporting Summer Literacy Discover fun and easy ways to support your child's reading at home this summer. This interactive session will introduce simple literacy strategies, highlight local summer reading programs, and offer practical tips to keep your child engaged and learning all season long. For parents of children birth to five. **Thursday, June 12, 7 p.m.**

Virtual workshop, register [here](#)

Parenting with Empathy Developing empathy is not innate, it is learned through childhood experiences. 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 (birth to age five)

Tuesday, June 17, 7 p.m. Virtual workshop, register [here](#)

[Men's Mental Health Summit](#)

Harriet Tubman Cultural Center

Saturday, June 24, 9 a.m. – 1 p.m. Free, register [HERE](#)

Join us for a transformative event dedicated to empowering men of all ages to take charge of their mental health and well-being. This summit will provide a safe space for open conversations, expert insights, and practical tools to navigate life's challenges. Featuring an inspiring keynote speaker, engaging panel discussions, dynamic breakout sessions and opportunities to connect with other men. Together we can break the stigma and foster a community of resilience, understanding, and empowerment.

Howard County Office of Children and Families

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

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

(voice/ relay) or email

children@howardcountymd.gov

Programming questions,

email Lisa Rhodes at

lrhodes@howardcountymd.gov

Celebrating Fatherhood: Strengthening the Father-Child Bond

Fathers and father figures can play a powerful role in a child's growth and development. This interactive workshop explores the positive impact of engaged fatherhood and offers practical tools for building strong, supportive relationships with children. Participants will gain strategies and resources to connect with children in meaningful, nurturing ways—through everyday moments and lasting memories.

Monday, June 30, 6:00 p.m. Free virtual workshop, register [here](#)

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, 410-313-1453 (voice/relay)

My Gym Fitness Classes: Help children develop physically, cognitively and emotionally in structured, age-appropriate classes incorporating fitness, music, dance, puppets, relays, games, gymnastics, sports and other original activities. Gain strength, balance, coordination, agility, flexibility and social skills. While building 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.

4 Month to 3.5-Year-Old Class, Monday, June 2, 2 – 2:45 p.m. Register [HERE](#)

Pre-K Class 3.5 to 5 Year Old Class, Monday, June 16, 2:45 p.m. Register [HERE](#)

Infant Discovery Play: Join us for a morning of tummy time and sensory activities for infants 0–12 months. Babies will explore simple, engaging activities that promote physical and cognitive development, while parents learn ways to continue the fun and growth at home! **Tuesdays, June 3 & 10, 10 – 11 a.m. Register [HERE](#)**

Animal Heroes: What's Your Social- Emotional Superpower? Children learn about the unique strengths of four remarkable Chesapeake Bay animals: the turtle, lynx, oyster, and black bear. We discover how these qualities relate to important social-emotional skills. Using the captivating techniques of Native American storytelling, and incorporating drama, dance, and song, children forge a deep connection with the animals in their own neighborhoods. **Tuesday, June 17, 2-3 p.m. Register [HERE](#)**

Singing Sunshine Interactive Workshop: An interactive and educational session where we embark on a journey of discovery by planting an imaginary seed. Through the magic of music, vibrant visuals, and active participation, children will delve into the realms of plants, animals, insects, and more. This engaging experience emphasizes maintaining a rhythmic beat through clapping, stepping, and movement, fostering coordination between body and brain. **Tuesday, June 24, 2-3 p.m. Register [HERE](#)**

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. Meet new friends and parents to network!

Tuesday, June 10, 11:30 a.m. – 12:30 p.m. Register [HERE](#) & Thursday, June 26, 10 – 11 a.m. Register [HERE](#)

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

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