




# 2025

Monday	Tuesday	Wednesday	Thursday	Friday
			1 <a href="#">Mother's Day Appreciation Lunch &amp; Massage</a> 11am – 2:00pm	2
5 <a href="#">Healthy Little Cooks</a> 10:30 – 11:30am <a href="#">Getting Ahead</a> 12-2pm <a href="#">Child and Caregiver Yoga and Morning of Wellness</a> 11:30am – 12:30pm <a href="#">My Gym Class</a> 2-2:45pm	6 Infant Massage 11:30 – 12:30am <a href="#">Computer Series in Spanish</a> 1-2:30pm <a href="#">Picky Eating Virtual Workshop</a> 7-8pm	7 <a href="#">Positive Parenting Series</a> 10-11:30am <a href="#">Getting Ahead</a> 12-2pm	8 <a href="#">Seedlings Nature Program</a> 10 – 11:30am <a href="#">Puppet Show "Pig Tales"</a> 2-2:45pm <a href="#">Navigating Your Child's Mental Health Virtual Workshop</a> 7-8pm	9
12 <a href="#">Healthy Little Cooks</a> 10:30 – 11:30am <a href="#">Getting Ahead</a> 12-2pm <a href="#">Reel Bonding- Father Child Fishing</a> 5:30-7pm (3 year olds)	13 Infant Massage 11:30 – 12:30am <a href="#">Computer Series in Spanish</a> 1-2:30pm <a href="#">Resume Building Workshop</a> 6-7pm	14 <a href="#">Positive Parenting Series</a> 10-11:30am <a href="#">Getting Ahead</a> 12-2pm Library Van 11:30am – 12:30pm <a href="#">Positive Discipline Virtual Workshop</a> 6-7:30pm	15 Lullaby Project 9:30am – 2:00pm <a href="#">Resume Building Workshop Virtual</a> 7-8pm	16 <a href="#">Family Fun Night</a> 5:30-7pm
19 <a href="#">Healthy Little Cooks</a> 10:30 – 11:30am <a href="#">Getting Ahead</a> 12-2pm <a href="#">My Gym Pre-K</a> 2-2:45pm <a href="#">Job Interview Skills Workshop</a> 5:30 – 7:00pm	20 Infant Massage 11:30 – 12:30am <a href="#">Computer Series in Spanish</a> 1-2:30pm <a href="#">Field Trip to B&amp;O Railroad Museum</a> 9am – 2pm	21 <a href="#">Positive Parenting Series</a> 10-11:30am <a href="#">Getting Ahead</a> 12-2pm <a href="#">Reel Bonding- Father Child Fishing</a> 5:30-7pm <a href="#">Co: Parenting Virtual Workshop</a> 7 – 8pm	22 <a href="#">Seedlings Nature Program</a> 10 – 11:30am <a href="#">Creating a Calming Corner</a> 12 – 1pm	23
26 Family Support Center is Closed Today 	27 <a href="#">Drop in Play Group</a> 10 – 11am <a href="#">Picky Eating Workshop</a> 2-3pm	28 <a href="#">Positive Parenting Series</a> 10-11:30am Library Van 11:30am – 12:30pm <a href="#">Getting Ahead</a> 12-2pm	29 <a href="#">Drop in Play Group</a> 11-12 Early Intervention Screenings 12 – 2pm	30 Seedlings Field Trip

## **Descriptions of Events**

**Healthy Little Cooks:** Engage your 2-4-year-olds in interactive healthy cooking and nutrition education class facilitated by Healthy Little Cooks! Tailored for a parent and child, these sessions focus on promoting healthy eating habits through cooking, reading, movement, and kindergarten readiness assessment (KRA) skills. Each class typically includes 1-2 quick recipes alongside fun activities like crafts, physical activities, or coloring pages. This program offers a holistic healthy learning environment for families. April Topic “Celebrating the Young Child.”

**May 5<sup>th</sup> 10 – 11:30am Register [HERE](#)**

**May 12<sup>th</sup> 10 – 11:30am Register [HERE](#)**

**May 19<sup>th</sup> 10 – 11:30am 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.

**4 Month – 3.5 Year old Class Monday May 5<sup>th</sup> 2 – 2:45pm Register [HERE](#)**

**Pre-K Class 3.5 – 5 Year Olds Monday May 19<sup>th</sup> 2 -2:45pm Register [HERE](#)**

### **Child and Caregiver Yoga and Morning of Wellness:**

Come and enjoy a gentle yoga practice to share with your little loved one. This is the perfect space to build community while engaging with your child. You will learn stretches, how to use age appropriate props, and enjoy some quiet music during class. This class is appropriate for all caregivers including beginners and their children 1 – 4 years old. Breakfast will be provided and each family will take home yoga essentials for parents and children.

**Located at 9830 Patuxent Woods Drive Columbia, MD 21046 Monday May 5<sup>th</sup> 11:30am – 12:30pm Register [HERE](#)**

**Mother’s Day Appreciation Luncheon:** Join us for a special luncheon to honor and celebrate all the amazing moms in our community!

Enjoy a delicious lunch, relax with a complimentary 15-minute massage from our onsite massage therapists, and take part in fun activities for the family. Kids can get creative with craft activities, while moms can make something beautiful at our jewelry-making station. It’s a perfect way to spend the day feeling appreciated and pampered!\* **For FSC Plus Members Only\* Thursday May 1<sup>st</sup> 11am – 2pm Register [HERE](#)**

**Positive Parenting Series:** Parenting is both amazing and amazingly challenging. How do we help our kids grow into their best selves? Learn about Positive Discipline approaches which provide parents with real tools and concrete understandings to enhance parenting practices. Join this 6-week group to learn how to gain cooperation from your kids, how to increase your connection with them, how to

keep your cool, and how to set limits without fueling power struggles, and much, much more. Join Lisa Krausz, M.S. Ed, from MAP Wisdom, for this transformative class with parents just like you who want their kids to grow into responsible, caring, and achieving adults.

**Wednesdays May 7<sup>th</sup> – June 11<sup>th</sup> 10 – 11:30am** Register [HERE](#)

**Getting Ahead Financial Series:** In this **Getting Ahead group we will:** • Investigate the hidden rules of poverty, middle class and wealth to identify what causes poverty and what changes it. • Learn how to build mental models of what life is like now and what you want it to be in the future. • Work with a team to identify and organize ways to create stability and resources in your life. • Make concrete plans for economic security and enjoy the power that comes from solving problems and being in control of your life.

**How does a Getting Ahead group work?** • A group is comprised of 8 people, which meets twice a week for eight, two-hour sessions. • Group members work with each other in a stimulating and respectful team environment. • A facilitator will help explore solutions and keep the group on track.

**Getting Ahead team members receive:** • \$100 Weekly Stipend in Target Gift Cards • Group Materials • Professional Development Training Opportunities • Membership in the Staying Ahead Program. Lunch and Childcare will be provided

**Mondays and Wednesday May 5<sup>th</sup> – June 25<sup>th</sup> 12 – 2pm** Register [HERE](#)

**Seedling Nature Program:** Come play, explore, and connect at our fun-filled, nature-inspired workshop! Enjoy hands-on indoor and outdoor activity stations designed to spark curiosity and bring families together. We'll kick things off with a lively community circle featuring a playful song and fun questions for both kids and grown-ups, dive into a delightful nature-themed story, and wrap up with a sweet closing circle to help little ones wind down. It's a joyful time to laugh, learn, and grow together—caregivers stay with their kiddos throughout the adventure!

**Thursday May 8<sup>th</sup> 10 – 11:30am** Register [HERE](#)

**Thursday May 22<sup>nd</sup> 10 – 11:30am** Register [HERE](#)

**Puppet Show: “Pig Tales:”** Enjoy an interactive performance from the Blue Sky Puppet Company. Pigs at camp learn **sharing and taking turns** while they act out the stories of *"The Three Billy Goats' Gruff"* and *"Jack and the Beanstalk."*

**Thursday May 8<sup>th</sup> 2-2:45pm** Register [HERE](#)

**Reel Bonding- Father Child Fishing:** Join us for Reel Bonding-a fun & relaxing fishing experience designed for dads and their little ones. We'll use plastic containers and toy fish to teach the basics of fishing while creating meaningful moments of connection and play. No experience needed; all equipment will be provided. Just come ready to connect and make memories.

**Monday 12<sup>th</sup> 5:30 – 7:00pm at the Family Support Center (3 year olds)** Register [HERE](#)

Join us for a fun & relaxing fishing experience designed for dads and their little ones. Learn the basics of fishing while strengthening your bond in the great outdoors. No experience needed; all equipment will be provided. Just come ready to connect and make memories.

**Wednesday May 21<sup>st</sup> 5:30 – 7:30pm at Centennial Lake (4–5-year-olds)** Register [HERE](#)

**Computer Basics with Marylanders Online:** This four-week computer basics course will help learners go from absolutely no experience in using computers to feeling comfortable using Microsoft Word, managing files and folders, and searching on the internet.

- The first week will cover turning on computers, moving applications, and understanding files and folders.
- The second will contain an introduction to Microsoft Word with a lot of time to practice.
- The third week will contain more advanced Word options before starting to talk about the Internet.
- The fourth and final week will continue the discussion on using the Internet and conclude with a discussion about internet safety. **Tuesday April 29<sup>th</sup> – May 20<sup>th</sup> 1-2:30pm Register [HERE](#)**

**Resume Writing Workshop: Build Your Path to Success:** Join us for a workshop to help families create and update resumes for job success! Learn practical tips on current job market trends and best practices to highlight relevant skills, knowledge, and education. Attendees can sign up for a free one-on-one resume session with an expert (7 appointments available on a first-come, first-served basis).

**In – person session: Tuesday, May 13, 6:00 - 7:00 p.m., Family Support Center Register [HERE](#)**

**Virtual session: Thursday, May 15, 7:00 - 8:00 p.m. Register [HERE](#)**

**Family Fun Night:** Get ready for an evening of laughter, play, and family bonding! Join us for Family Fun Night at the Family Support Center, where we'll have carnival-style games specially designed for children ages 0–5. Enjoy a variety of outdoor games, win fun prizes, and share a delicious dinner with other families in the community. It's a perfect way to spend quality time together, make new friends, and create joyful memories! **Friday May 16<sup>th</sup> 5:30 – 7:00pm Register [HERE](#)**

**Job Interview Skills Workshop:** Get ready to shine in your next job interview! In this hands-on workshop, we'll cover the essentials of interview success—starting with a review of resumes, followed by a breakdown of key interviewing fundamentals, including how to confidently answer common questions and present your strengths. To wrap it up, we'll put it all into practice with mock interviews to help you build confidence and get comfortable in a supportive environment. Whether you're new to the job market or just need a refresher, this workshop is designed to help you feel prepared and empowered. **Monday May 19<sup>th</sup> 5:30 – 7pm Register [HERE](#)**

**Field Trip to B&O Railroad Museum:** We are taking a trip to the B&O Railroad Museum in Baltimore! In this program, students will learn about many different types of freight cars used on the railroad. Using America's favorite fruit, the banana, students will explore how the banana is transported from the field to their table. We will listen to an interactive Storytime and will have the opportunity to explore the museum. **Tuesday May 20<sup>th</sup> 9am – 2pm Register [HERE](#)**

**Creating a Calming Corner: Tools to Support Your Child's Emotional Growth:** Discover the benefits of having a designated calming corner in your home—a peaceful space where your child can practice self-regulation and manage big emotions. In this hands-on

workshop, parents will learn how calming areas support emotional development and walk away with practical tools and ideas to create their own calming corner at home. Help your child build healthy coping skills in a comforting, supportive environment!

**Thursday May 22<sup>nd</sup> 12 – 1pm Register [HERE](#)**

**Picky Eating: Turning Mealtime Struggles into Healthy Habits**

Tired of mealtime battles and picky eating stress? Join us for this practical and supportive workshop led by a board-certified pediatrician. Learn why picky eating happens, how to create positive food experiences, and simple strategies to encourage healthy eating without the power struggles. You'll walk away with expert tips and real-life solutions to make mealtimes more enjoyable—for both you and your child!

**Tuesday May 6<sup>th</sup> 7-8pm Virtual Workshop Register [HERE](#)**

**Tuesday May 27<sup>th</sup> 2-3pm In person at FSC Register [HERE](#)**

**Howard County Public Schools Early Intervention Services:** Will be onsite to do free child development screenings! This is a great opportunity to talk to professionals about your child's development and ask any questions you may have. No registration is required.

**Thursday May 29<sup>th</sup> 12 – 2pm**

**On the Road to Kindergarten Van:** The OTRTK Library van will be at the Family Support Center on May 15<sup>th</sup> and 28<sup>th</sup> from 11:30am – 12:30pm Sign up for a library card! • Borrow books and other items. • Borrow activity kits and toys. • Learn about community resources! No registration required.

**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!

**Tuesday May 27<sup>th</sup> 10 – 11am Register [HERE](#) Thursday May 29<sup>th</sup> 11am – 12pm Register [HERE](#)**

**Virtual Workshops**

**Navigating Your Child's Mental Health Journey:** Whether it is knowing the best ways to support your child's social emotional health or having concerns about your child's behaviors, knowing where to go for answers can be a challenge for parents and/or caregivers. Those first steps of navigating mental health supports can feel like an overwhelming task. Learn from both the Howard County Local Children's Board and the Howard County Bureau of Behavioral Health about the stages of mental health and the local resources and supports that will guide your understanding, provide you with choices, and help you learn the steps to start helping your child. You will have the opportunity to leave with tangible tools for education and intervention as well as where to go for assistance if you hit roadblocks to services. **Thursday, May 8, 7:00 p.m. Free virtual workshop. Register [here](#)**

**Positive Discipline:** Gain insights and understandings about parenting to bring out the best in your children and yourself. Learn the tools for reducing power struggles, the hows of cultivating respectful family relationships, and learn how to set limits while increasing buy-in from your kids. Parenting the Positive Discipline way is built on foundational teachings from Adlerian psychology and the work of Jane Nelson, Ed.D., which has proven to be a powerful approach to raising resilient, capable and respectful children. The key is beginning to understand how our parenting approaches make all the difference. This workshop will provide you with concrete tools you can start using with your kids right away to foster more of the behavior and connection you want to see. Presented by Lisa Krausz, Parent & Couple Educator from MAP Wisdom **Wednesday, May 14, 6:30 to 8:00 p.m. Free Virtual Workshop, register [here](#)**

**Effective Parenting Plans: Co-Parenting Across Two Households (Allison McFadden):** Creating a successful parenting plan is crucial for fostering a harmonious and supportive environment for children, especially when parenting across two households. Learn key elements of building a comprehensive parenting plan, focusing on the practical steps and strategies needed to ensure a smooth and collaborative co-parenting experience. **Wednesday, May 21, 7:00 p.m. Free virtual workshop. Register [here](#)**

**Creating a Calming Corner: Tools to Support Your Child's Emotional Growth:** Discover the benefits of having a designated calming corner in your home—a peaceful space where your child can practice self-regulation and manage big emotions. Learn how calming areas support emotional development and walk away with practical tools and ideas to create their own calming corner at home. Help your child build healthy coping skills in a comforting, supportive environment! **Thursday, May 5, 6:00 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**

**To register use the QR Code:**

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

