






















# 2025

Monday	Tuesday	Wednesday	Thursday
		1  English for Life, Work, Family 10am - 12pm	2 Tiny Tots 10:15 – 11am  <a href="#">The Dads check-in (virtual) 7-8pm</a>
6 English for Life, Work, Family 10am – 12pm Infant Massage 12:30 – 1:30pm <a href="#">My Gym 2 – 2:45pm</a> 	7 Floor Fun 9:15 – 10:15am Ready Set Grow 10:30 – 11:30am 	8 English for Life, Work, Family 10am - 12pm 	9 Tiny Tots 10:15 - 11am  <a href="#">Field Trip to Larriland Farm 9:30am - 2pm</a>
13 Closed 	14  <b>Closed for Professional Development day for staff</b>  <a href="#">Navigating Your Child's Mental Health Journey, 7 pm, virtual</a>	15 English for Life, Work, Family 10am - 12pm 	16 <a href="#">Breastfeeding Support &amp; Dads Workshop</a> 9:30-10:30am <a href="#">Grooving with Grands</a> 11-12pm <a href="#">The Dads check-in (virtual) 7-8pm</a>
20 <a href="#">Circle of Security 10 – 11:30am</a> Infant Massage 12:30 – 1:30pm <a href="#">My Gym 2 – 2:45pm</a>   	21  <a href="#">Family Resiliency Series (P.E.P.) 10 – 11:30am</a>  <a href="#">Potty Training Basics 7:00 – 8:15pm, virtual</a>	22 <a href="#">Engaging Families in School Readiness 10 – 11am</a> <a href="#">Helping Children Transition Between Activities Workshop 12:30-1:30pm</a> <a href="#">Empowering Voices: Supporting Children with Speech Delays 5:30 – 7pm</a>	23  <a href="#">Drop-in Play Group 10 – 11am</a> <a href="#">Empowering Voices: Supporting Children with Speech Delays 6:30 – 7:30pm (virtual)</a>
27  <a href="#">Circle of Security 10 – 11:30am</a> Infant Massage 12:30 – 1:30pm <a href="#">Parent's Guide to Challenging Behaviors 6:30- 7:30pm, virtual</a>	28  <a href="#">Family Resiliency Series (P.E.P.) 10 – 11:30am</a> <a href="#">Family Game Night 5:30 – 7pm</a>	29 <a href="#">Engaging Families in School Readiness 10 – 11am</a> 	30 <a href="#">Trunk or Treat 10:30am - 12pm</a> 

### **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.\*

**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, October 6, 2 – 2:45 p.m. Register [here](#)**

**Pre-K Class 2.5 – 5-Year-olds class Monday, October 20, 2 -2:45 p.m. Register [here](#)**

**Field Trip to Larriland Farm:** Join the Office of Children and Families for a fun-filled day at Larriland Farm! Children will enjoy a scenic hayride tour of the farm, pick their very own pumpkin to take home and explore the exciting straw maze. Families are asked to bring a packed lunch—picnic tables and grassy areas will be available for seating and blankets. It's sure to be a memorable autumn adventure for all! **Thursday, October 9, 9:30 a.m. – 2 p.m. Register [here](#)**

**Breastfeeding Support and Dads workshop:** We invite parents to join us in learning how dads can make a big difference in breastfeeding success. Get tips, benefits and guidance from certified lactation consultants to make breastfeeding a positive experience for everyone. **Thursday, October 16, 9:30 – 10:30 a.m. Register [here](#)**

**Grooving with Grands:** Calling all grandparents and grand-caregivers with little ones (birth to age five) Join us for a morning of music, dancing and bi-lingual story time in English and Spanish. Together we'll celebrate family connections, spark creativity and support children's language, rhythm and social-emotional growth. **Thursday, October 16, 11 a.m. – 12 p.m. Register [here](#)**

**Circle of Security:** At times all parents feel lost or without a clue about what our child might need from us. Imagine what it might feel like if you were able to make sense of what your child was really asking from you. The Circle of Security Parenting™ program is based on decades of research about how secure parent-child relationships can be supported and strengthened.

Learning Objectives of the Program:

- Understand your child's emotional world by learning to read the emotional needs

- Support your child's ability to successfully manage emotions
- Enhance the development of your child's self esteem
- Honor your innate wisdom and desire for your child to be secure

**Mondays, October 20 – December 15, 10 – 11:30 a.m. Register [here](#)**

**Family Resiliency Series (Parent Encouragement Program):** PEP-FRP is an 8-week course for parents and caregivers of children 0-5 years old. It is designed to strengthen parenting confidence, promote children's mental wellness and foster resiliency and success in school. The evidence-based program features interactive tools, group sharing, and weekly skill-building exercises on topics such as emotional coaching, limit setting, motivation, and understanding mental health. PEP-FRP Program was developed by PEP with select content on mental health provided by Suburban Hospital/Johns Hopkins Medicine.

**Tuesdays, October 21 – December 16, 10 – 11:30 a.m. Register [here](#)**

**Engaging Families in School Readiness Series:** This interactive 4-session series is designed for parents and children (ages 3–5) to learn and grow together while building essential skills for school success. Each one-hour workshop combines short discussions with hands-on, play-based activities that parents and children complete side by side. Families explore routines, early literacy, foundational math and social-emotional development through fun games, crafts and guided activities. Every session includes take-home resources so families can continue practicing at home. The series strengthens parent-child bonds, equips families with practical strategies and helps ensure children are well-prepared for the transition to school.

**Wednesdays, October 22 & 29, November 5 & 19, 10 – 11 a.m. Register [here](#)**

**Helping Children Transition Between Activities:** For some children, transitions such as moving from outside play to dinner or from playtime to bedtime, can be challenging and may lead to frustration or difficult behaviors. Learn practical strategies to help children understand and anticipate what's coming next, making transitions smoother, calmer and more successful for the whole family.

**Wednesday, October 22, 12:30 – 1:30 p.m. [Register here to attend in person](#) or**

**[Register here to attend the workshop virtually](#)**

**Empowering Voices: Supporting Children with Speech Delays:** It can be frustrating for both you and a child when you don't understand what they said. This training provides information on speech sound development from 1-6 years old so you know what sounds a child should be saying at specific ages. You will feel confident using strategies to support speech sound development and respond in ways that reduces frustrations when you have no clue what a child says.

**Wednesday, October 22 5:30 – 7p.m. In person Register [here](#)**

**Thursday, October 23 6:30 – 7:30p.m. Virtual 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. This is a great opportunity for children to meet new friends and parents to network!

**Thursday, October 23, 10 – 11a.m. Register [here](#)**

**Trunk or Treat:** Join us for a fun-filled **Trunk or Treat** in the parking lot behind the Family Support Center! Our team, along with local community partners, will have decorated trunks for children to explore and collect candy and small giveaways. Families are invited to start the event inside the Center with a special story time before heading out to enjoy the festivities. Kids are encouraged to come in costume, visit all the trunks and enjoy themed snacks along the way. **Thursday, October 30, 10:30 a.m. – 12 p.m. Register [here](#)**

**Family Game Night:** Bring your family and come and play a variety of games ranging from Candy Land, bean bag toss, Don't Break the Ice and many more. Games are a great way for families to engage with their children while children learn social skills and practice fine motor skills. **Tuesday, October 28, 5:30 – 7 p.m. Register [here](#)**

### Virtual Workshops

#### **Brain Builders: Optimizing Your Toddler's Early Brain Development**

Learn simple, everyday ways to boost your child's development—through play, talking, reading, singing, and routines. Discover how these daily moments build strong brain connections, foster social and emotional skills and support your child's growing independence.

**Friday, October 10, 1:00 p.m. Free virtual workshop, register [here](#)**

#### **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.

**Tuesday, October 14, 7 p.m. Free virtual workshop, register [here](#)**

#### **Potty Training Basics**

Join for an engaging discussion about potty training basics for little ones. Gain insight from caregivers as they share what their potty-training journey has been like. Discover ways to make the transition to the potty fun and hassle free, while avoiding some of the pitfalls

that can arise when trying to potty train little ones. **Tuesday, October 21, 7:00 p.m., Free virtual workshop, register [here](#)**

### **Parent's Guide to Challenging Behaviors**

Discover a proven, research-based approach to better understand your child's behavior and what influences it. Learn practical tools to prevent challenging behaviors—and handle them calmly when they do occur. Ask questions, gain ready-to-use strategies and leave feeling more confident in your parenting. For parents of children ages 2–8.

**Monday, October 27, 6:30 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**