





**This Month's Theme:**  
Healthy Living



# FEBRUARY 2023



⇒ See back of calendar for more information! ⇒

Monday	Tuesday	Wednesday	Thursday	Friday
		1 9am-9:30am: Story Time! 9:45am-11:30am: P.R.I.D.E.	2 9am-11:30am: Heart Health 12:30pm-2:30pm: Heart Health	3 
6 9am-11:30am: Cooking with Elaine!	7 9am-11:30am: Circle of Security #3	8 <b>9:30am-11:30am:</b> "BONES" PLAYGROUP AT THE FAMILY CENTER! (ALL FAMILIES WELCOME!) 	9 9:30am-11am: Mobile Library 12:30pm-2:30pm: Career Exploration	10
13 9am-11:30am: Career Exploration <b>PAJAMA WEEK! ⇒</b> (EVERY DAY IS PAJAMA DAY!)	14 9am-11:30am: Circle of Security #4 10am-12pm: Community Wellness 	15 9am-11:30am: No Sew Project	16 9am-11:30am: Virtual Zoo Activity 12:30pm-2:30pm: Coffee Talk	17 <b>9-11:30AM:</b> <b>PARENT CAFÉ</b> (SIGN UP WITH BETH OR BONNIE!)
20 <b>CENTER CLOSED</b> 	21 9am-11:30am: Circle of Security #5	22 9am-11:30am: Parent Advisory	23 9am-11:30am: Health with Melissa! 9:30am-11am: Mobile Library 12:30pm-2:30pm: Parent Advisory	24
27 <b>10:45am-11:45am</b> "Move it Monday" AT The Edge Stevensville, MD (SIGN UP WITH BETH OR BONNIE) <i>limited space</i>	28 9am-11:30am: Circle of Security #6	<b>MORNING PROGRAMMING</b> 8:50AM ARRIVAL TIME 9:00AM PACT ACTIVITY 9:15AM PARENTS EXIT CD ROOMS 11:30AM DISMISSAL	<b>AFTERNOON PROGRAMMING</b> (WHEN OFFERED) 12:20PM ARRIVAL TIME 12:30PM PACT ACTIVITY 12:45PM PARENTS EXIT CD ROOMS 2:30PM DISMISSAL	<b>INCLEMENT WEATHER?!</b> * If QACPS is <b>CLOSED</b> for inclement weather, the center will also be <b>CLOSED</b> ** If QACPS has a <b>90 MINUTE DELAY, ARRIVAL TIME</b> will be at 9:30am

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"The Family Center of QAC"



**Enroll Today!**  
Call or Scan QR Code  
to schedule a Tour!  
410-438-3182



## OPPORTUNITIES FOR PARENTS & CHILDREN PRENATAL THROUGH 5 YEARS OLD

**P.R.I.D.E.** – “**P**arenting **R**ealistically with **I**ntention, **D**etermination, & **E**xcellence” is a group discussion facilitated by our Mental Health Consultant that is geared towards promoting a healthy parent, a healthy child, and a healthy family.

**Career Exploration** – Learn how your peers earned their careers and reached their goals!

**Themed Playgroups** – Opportunities for parents and their children to play together. A variety of themed activities will be offered.

**Health & Safety Programs** – A variety of programs are provided by the QAC Health Department, Priority Partners and other community partners. Other health activities include Mental Health, Children’s Safety, Family Planning/Preconception Health, Cooking, and Exercise!

**Parent Education** – Nationally Accredited Programs facilitated by one of our staff members to help you become the best parent you can be! Currently offering “The Nurturing Parenting Program” and “Circle of Security Program.”

**Parent Advisory** – Join us to discuss our center! The Great, The Good, The Not-So-Great, & how to improve your experience with us! **YOUR INPUT MATTERS!**

**Coffee Talk** – Miss having conversations with other parents? Need to vent? Need advice? Well, this is for you! No agendas, no topics, just catch up with your peers from the center!

**Our Mission:** The Family Center of Queen Anne’s County’s mission is to empower parents and children to shine!

**Our Vision:** The Family Center of Queen Anne’s County’s vision is to empower and encourage families to reach their highest potential. We help provide the best possible start in life for families through a nurturing and welcoming environment. We are committed to working in partnership with families while respecting individual and family strengths.

**Our Goal:** The Family Center of Queen Anne’s County is sponsored by the Queen Anne’s County Public Schools. Funding provided by Maryland Family Network, and our generous community. Our goal is to support families with young children (prenatal until their fifth birthday) in becoming prepared for school success by empowering and educating parents to be their child’s first and most important teacher.

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Find more information at <https://www.qacps.org/student-services/the-family-center/>

