

THE WILLOWS COMMUNITY CENTER NEWSLETTER

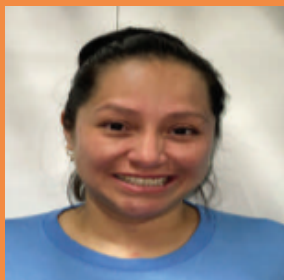
MAY 2021

THEME: MENTAL HEALTH AWARENESS MONTH

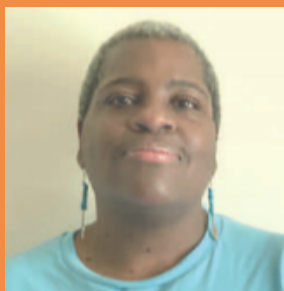


EMAIL

thewillowsd@csfndn.org



MARTHA DELGADO
Site Director



RHONDA MORRISON
Assistant Site Director

Due to the Coronavirus, the rental office and the community center will remain **CLOSED** until further notice.

DISTANCE / VIRTUAL LEARNING WILL CONTINUE

The programs are provided in partnership with Housing Opportunities Commission, Edgewood Management Corporation and Community Services Foundation.



Our Site Director's Message

Everyone likes to talk about the things that they do well at home, at work, in school, or on the weekends. Our ability to excel in a wide array of activities enables us to feel good about ourselves and allows our self-esteem to grow in a healthy way! High self-esteem isn't about bragging! Having healthy self-esteem allows us to show the world that we have the resiliency or tenacity to meet and overcome everyday challenges...no matter how big or small! We are powerful people!

We invite you to join us in our virtual programming and share your accomplishments so we can celebrate you and all of the great things that you do; Graduations, Job Promotions, Passing of a Certification test — whatever the accomplishment, you can be recognized! In honor of Mother's Day, make sure that mothers are recognized for the great things they do each day. Share your accomplishments with us, so we can be one of your biggest fans! Resident accomplishments will be acknowledged on CSF's Facebook page. Let's celebrate your success!

Our Community Manager's Message

This time last year, we were a few months into stay-at-home orders, virtual schooling, and beginning to see the impact of staying inside. Now, as we begin May and Mental Health Awareness month, it's even more important to have open conversations about our mental well-being. Know that you are not alone, your feelings are valid, and there are resources available to you for support. Talk to your children and allow them time to share their feelings. Their mental health is important too.

Please continue to practice precautions when you are out and be sure to wash your hands. Masks are still important indoors, even for the vaccinated. As always, our staff is available to you for maintenance and other concerns. We are just a call away!

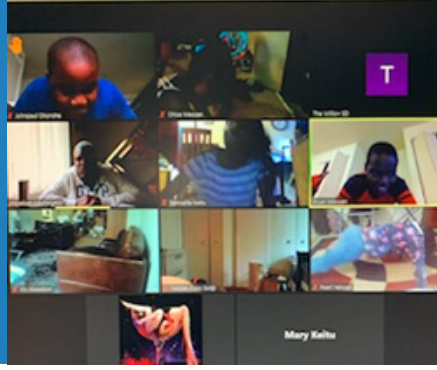


MAYRENE MENDEZ
Community Manager

Community Services Foundation is a CORES certified organization.



Youth Activities For the Month



Let's make our afterschool program great! Join our Virtual After School Club! Email us or call us: 301-925-4251.

Virtual Afterschool Youth Enrichment Club Schedule

Monday - Friday: 1:30 PM to 5:30 PM

Group and Individual sessions will focus on:

- Homework Assistance
- Parent Education
 - Tuesdays at 10:00 AM
- Math & Reading Tutoring using S.T.E.A.M. (Science, Technology, Engineering, Art & Math)
 - Mon. & Wed. from 5-5:30 PM
- Public Speaking, Spelling & Journaling
 - Tues. & Thurs. at 5:00 PM
- Virtual Games & Digital Literacy
 - Fridays at 5:00 PM

Adult & Senior Resources

We can provide assistance with:

- Rental assistance applications
- Unemployment compensation
- Weekly food distribution
- Parenting Support
- Wellness Calls

Call us: 301-925-4251

MAY 2021

S	M	T	W	T	F	S
						1
2	3	4	5	6	7	8
9	10	11	12	13	14	15
16	17	18	19	20	21	22
23	24	25	26	27	28	29
30	31					

Cinco De Mayo

Wednesday, May 5th

Mother's Day

Sunday, May 9th

Parent Meeting

Wednesday, May 19th

Memorial Day

Monday, May 31st

No activities

Resources

Find food assistance, help paying bills, and other free or reduced-cost programs, including new programs for the COVID-19 pandemic at <https://findhelp.org/>. When you log on, insert your zip code to search for services and benefits in your area. You can also ask your Site Director for additional resources.