

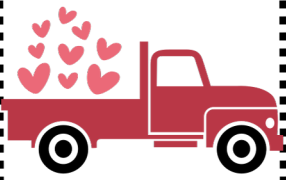
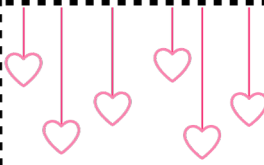
*IN PERSON GROUPS

Unless otherwise noted, all in person groups will be held at:
Synergy Family Services
1425 University Blvd E, Ste 265
Hyattsville, MD 20783

FEBRUARY

2026 PRP Kids In Person Groups

Monthly Theme:
Self love is Self Care

MON	TUE	WED	THURS	FRI	SAT	SUN
						1
2	3 Brain Boost & Creative Thinking w/ Luis 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14 -17 y/o: 6 pm-7 pm	4	5	6	7 Fitness & Fun w/ Luis 5-9 y/o: 10 am-11 am 10-13 y/o: 11 am-12 pm 14 -17 y/o: 12 pm-1 pm	8 Music Group w/ Daniel & Haylin 5-9 y/o: 12 pm-1 pm 10-13 y/o: 1 pm-2 pm Weekend Fun w/ Michelle & Haylin 5-9 y/o: 2 pm-3 pm 10-13 y/o: 3 pm-4 pm 14-17 y/o: 4 pm-5 pm
9	10	11	12	13 Social Skills w/ Michelle & Gabby 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14 -17 y/o: 7:30 pm-8:30 pm	14  PG County 1/2 DAY	15 Music Group w/ Daniel & Haylin 5-9 y/o: 12 pm-1 pm 10-13 y/o: 1 pm-2 pm Weekend Fun w/ Michelle & Haylin 5-9 y/o: 2 pm-3 pm 10-13 y/o: 3 pm-4 pm 14-17 y/o: 4 pm-5 pm
16 	17 Brain Boost & Creative Thinking w/ Luis 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14 -17 y/o: 6 pm-7 pm	18 	19 	20 Social Skills w/ Michelle & Gabby 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14 -17 y/o: 7:30 pm-8:30 pm	21 Self Care w/ Brittany 10-13 y/o: 11 am-12 pm 14 -17 y/o: 12 pm-1 pm Fitness & Fun w/ Luis 5-9 y/o: 10 am-11 am 10-13 y/o: 11 am-12 pm 14 -17 y/o: 12 pm-1 pm	22 Music Group w/ Daniel & Haylin 5-9 y/o: 12 pm-1 pm 10-13 y/o: 1 pm-2 pm Weekend Fun w/ Michelle & Haylin 5-9 y/o: 2 pm-3 pm 10-13 y/o: 3 pm-4 pm 14 -17 y/o: 4 pm-5 pm
23 	24 	25 	26 	27 Social Skills w/ Michelle & Gabby 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14 -17 y/o: 7:30 pm-8:30 pm	28 Self Care w/ Brittany 10-13 y/o: 11 am-12 pm 14 -17 y/o: 12 pm-1 pm	

*VIRTUAL GROUPS

FEBRUARY

2026 PRP Kids Virtual Groups

Monthly Theme:
Self love is Self Care

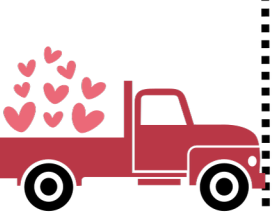
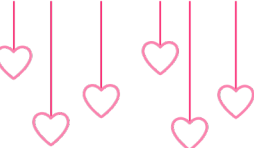
MON	TUE	WED	THURS	FRI	SAT	SUN
						
2 Social Skills w/ Gabby & Bryan 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm Emotional Regulation w/ Cindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	3 Me Time w/ Melanie & Foday 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm	4 Anger Management w/ Mike 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Healthy Relationships w/ Cindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	5 Feel It. Face It. Handle It. w/ Brittany & Kathleen 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	6 Social Practice w/ Mike & Haylin 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Self Care w/ Cindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	7	8
9 Social Skills w/ Gabby & Bryan 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm Emotional Regulation w/ Cindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	10 Me Time w/ Melanie & Foday 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Friendships & Kindness w/ Kathleen & Brittany 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	11 Zumba w/ Melanie 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Drawing For Stress Relief w/ Mike 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Healthy Relationships w/ Cindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	12 Emotional Regulation w/ Michelle & Gabby 5-9 y/o: 6 pm-7 pm 10-13 y/o: 7 pm-8 pm 14-17 y/o: 8 pm-9 pm Feel It. Face It. Handle It. w/ Brittany & Kathleen 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	13 Social Practice w/ Mike & Haylin 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Self Care w/ Cindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	 PG County 1/2 DAY	15
16 Social Skills w/ Gabby & Bryan 14-17 y/o: 7 pm-8 pm 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm Emotional Regulation w/ Cindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	 17 Me Time w/ Melanie & Foday 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Friendships & Kindness w/ Kathleen & Brittany 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	 18 Anger Management w/ Mike 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Healthy Relationships w/ Cindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	 19 Emotional Regulation w/ Michelle & Gabby 5-9 y/o: 6 pm-7 pm 10-13 y/o: 7 pm-8 pm 14-17 y/o: 8 pm-9 pm Feel It. Face It. Handle It. w/ Brittany & Kathleen 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	 20 Social Practice w/ Mike & Haylin 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Self Care w/ Cindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	21	22 
 23 Emotional Regulation w/ Michelle & Gabby 5-9 y/o: 6 pm-7 pm 10-13 y/o: 7 pm-8 pm 14-17 y/o: 8 pm-9 pm Feel It. Face It. Handle It. w/ Brittany & Kathleen 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	 24 Me Time w/ Melanie & Foday 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Friendships & Kindness w/ Kathleen & Brittany 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	 25 Zumba w/ Melanie 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Drawing For Stress Relief w/ Mike 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm	 26 Emotional Regulation w/ Michelle & Gabby 5-9 y/o: 6 pm-7 pm 10-13 y/o: 7 pm-8 pm 14-17 y/o: 8 pm-9 pm	 27 Social Practice w/ Mike & Haylin 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm	28	

*Grupos Virtuales

FEBRUARY

2025 PRP Grupos Virtuales Para los Niños

Tema Mensual:
El Amor Propio es
el Cuidado Personal

MON	TUE	WED	THURS	FRI	SAT	SUN
						1
2 Habilidades Sociales con Gabby & Bryan 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm Regulación Emocional con Sindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	3 Tiempo Para Mi con Melanie & Foday 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm	4 Manejo de la Ira con Mike 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Relaciones Saludables con Sindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	5 Siente. Enfrentalo. Supéralo. con Brittany & Kathleen 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	6 Practica Social con Mike & Haylin 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Cuidado Personal con Sindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	7	8
9 Habilidades Sociales con Gabby & Bryan 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm Regulación Emocional con Sindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	10 Tiempo Para Mi con Melanie & Foday 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Amistades & Bondad con Kathleen & Brittany 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	11 Zumba con Melanie 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Dibujo para aliviar el estrés con Mike 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Relaciones Saludables con Sindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	12 Regulación Emocional con Michelle & Gabby 5-9 y/o: 6 pm-7 pm 10-13 y/o: 7 pm-8 pm 14-17 y/o: 8 pm-9 pm Siente. Enfrentalo. Supéralo. Cuidado Personal con Brittany & Kathleen 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	13 Practica Social con Mike & Haylin 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm con Sindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	PG County 1/2 DAY 14 	15
16 Habilidades Sociales con Gabby & Bryan 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm Regulación Emocional con Sindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	17 Tiempo Para Mi con Melanie & Foday 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Amistades & Bondad con Kathleen & Brittany 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	18 Manejo de la Ira con Mike 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Relaciones Saludables con Sindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	19 Regulación Emocional con Michelle & Gabby 5-9 y/o: 6 pm-7 pm 10-13 y/o: 7 pm-8 pm 14-17 y/o: 8 pm-9 pm Siente. Enfrentalo. Supéralo. con Brittany & Kathleen 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	20 Practica Social con Mike & Haylin 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Cuidado Personal con Sindy & Alvaro 5-9 y/o: 5 pm-6 pm 10-13 y/o: 6 pm-7 pm 14-17 y/o: 7 pm-8 pm	21	22
23 Regulación Emocional con Michelle & Gabby 5-9 y/o: 6 pm-7 pm 10-13 y/o: 7 pm-8 pm 14-17 y/o: 8 pm-9 pm Siente. Enfrentalo. Supéralo. Amistades & Bondad con Brittany & Kathleen 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	24 Tiempo Para Mi con Melanie & Foday 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm con Kathleen & Brittany 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	25 Zumba con Melanie 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm Dibujo para aliviar el estrés con Mike 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm	26 Regulación Emocional con Michelle & Gabby 5-9 y/o: 6 pm-7 pm 10-13 y/o: 7 pm-8 pm 14-17 y/o: 8 pm-9 pm	27 Practica Social con Mike & Haylin 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm	28 	

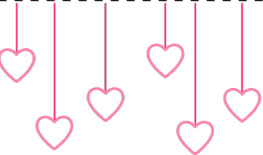
*GRUPOS EN PERSONA

Amenos que se indique lo contrario, todos los grupos presenciales se llevarán a cabo en:
Synergy Family Services
1425 University Blvd E, Ste 265
Hyattsville, MD 20783

FEBRUARY

2025 PRP Grupos En Persona Para los Niños

Tema Mensual:
El Amor Propio es
el Cuidado Personal

MON	TUE	WED	THURS	FRI	SAT	SUN
						1
2	3 Estímulo Cerebral & Pensamiento Creativo con Luis 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm	4	5	6	7	8 Grupo de Musica con Daniel & Haylin 5-9 y/o: 12 pm-1 pm 10-13 y/o: 1 pm-2 pm Diversión de finde con Michelle & Haylin 5-9 y/o: 2 pm-3 pm 10-13 y/o: 3 pm-4 pm 14-17 y/o: 4 pm-5 pm
9	10	11	12	13 PG County 1 1/2 DAY Habilidades Sociales con Michelle & Gabby 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	14 	15 Grupo de Musica con Daniel & Haylin 5-9 y/o: 12 pm-1 pm 10-13 y/o: 1 pm-2 pm Diversión de finde con Michelle & Haylin 5-9 y/o: 2 pm-3 pm 10-13 y/o: 3 pm-4 pm 14-17 y/o: 4 pm-5 pm
16 	17  Estímulo Cerebral & Pensamiento Creativo con Luis 5-9 y/o: 4 pm-5 pm 10-13 y/o: 5 pm-6 pm 14-17 y/o: 6 pm-7 pm	18 	19 	20  Habilidades Sociales con Michelle & Gabby 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	21  Cuidado Personal con Brittany 10-13 y/o: 11 am-12 pm 14-17 y/o: 12 pm-1 pm	22  Grupo de Musica con Daniel & Haylin 5-9 y/o: 12 pm-1 pm 10-13 y/o: 1 pm-2 pm Diversión de finde con Michelle & Haylin 5-9 y/o: 2 pm-3 pm 10-13 y/o: 3 pm-4 pm 14-17 y/o: 4 pm-5 pm
23 	24 	25 	26 	27  Habilidades Sociales con Michelle & Gabby 5-9 y/o: 5:30 pm-6:30 pm 10-13 y/o: 6:30 pm-7:30 pm 14-17 y/o: 7:30 pm-8:30 pm	28  Cuidado Personal con Brittany 10-13 y/o: 11 am-12 pm 14-17 y/o: 12 pm-1 pm	

*IN PERSON GROUPS
*VIRTUAL GROUPS

FEBRUARY

2026 PRP Adult Groups

Monthly Theme:
Self love is Self Care

MON	TUE	WED	THURS	FRI	SAT	SUN
						1
2 Benefits Screening w/ Yasmine Adults:10am-11am 11am-12 pm	3	4 Organizational Skills w/ Yasmine Adults: 7 pm-8 pm	5 Job & Career Clinic w/ Yasmine Adults: 11am-12pm 12pm-1 pm Grief & loss w/ Yasmine Adults: 7 pm-8 pm	6	7	8
9 African-American History Bingo w/ Yasmine Adults:5pm-6pm 6pm-7 pm	10	11 Health & Wellness Self-love w/ Yasmine Adults: 7 pm-8 pm Zumba w/ Melanie Adults: 7 pm-8 pm	12 Celebration of love - Candle Making w/ Yasmine Adults:12pm-1pm 1 pm-2pm	13 PG County 1/2 DAY	14 	15
16 	17 	18  Black History Game Night w/ Yasmine Adults: 7 pm-8 pm	19  Job & Career Clinic w/ Yasmine Adults:11am-12pm 12pm-1 pm Anger Management w/ Yasmine Adults: 7 pm-8 pm	20 	21 	22 
23  Benefits Screening w/ Yasmine Adults:10am-11am 11am-12 pm	24 	25  Learn to Create with Canva w/ Yasmine Adults: 10:30 am-11:30 am 11:30 am-12:30 pm Stress Management w/ Yasmine Adults: 7 pm-8 pm Zumba w/ Melanie Adults: 7 pm-8 pm	26 	27 	28 	