



## THURSDAY FOLDER

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The flyers and  
informational sheets in  
the Thursday Folder  
have been approved by  
Mrs. Fernandez



# Important Dates

January 28	Open House & STEM Fair 9:30 AM - 12:00 PM
January 29	Family & Community Appreciation Day Sister of the Poor Item Collection Starts School Courtyard Coffee & Candy Bar 7:45 AM CSW Prayer Service & Spelling Bee 8:20 AM
January 30	Student Appreciation Day Dress Down
January 31	Vocation & Teacher Appreciation Day
January 28-February 3	Catholic Schools Week
February 1	Nation Celebration Day Red, White, & Blue Dress Down
February 2	Faculty & Staff Appreciation Day EARLY DISMISSAL - 12:30 PM 2nd Quarter Assembly 10:30 AM
February 7	EARLY DISMISSAL - 12:30 PM
February 9	Auction Winner Dress Down
February 10	Father Daughter Dance 6:00 PM - 8:00 PM
February 13	Valentine's Day Parties Valentine's Day Themed Dress Down
February 14	Ash Wednesday Valentine's Day
February 16	SCHOOL CLOSED - Professional Development Day
February 19	SCHOOL CLOSED - President's Day
February 20	Coin Drive Starts

# WEEKLY SUMMARY

## TO DO

- Service Project List
- International Day
- Catholic Schools Week
- Father-Daughter Dance Registration
- 2024-2025 Re-Enrollment
- 2024-2025 ADW TA

Refer to Thursday Folder flyers for more details.

## Volunteer Opportunities

- International Day
- Silent Auction Item Donations
- Silent Auction Committee
- Pizza Volunteers
- Chick-fil-a Volunteers

Email hours to Mrs. Rosen  
[school@holy-redeemer.org](mailto:school@holy-redeemer.org)

## Misc. Items

- "Why Catholic?" Every Thursday, 3:00-3:45 pm
- Wednesday Weekly Rosary 3:00 PM; In front of the school
- Student Choir Rehearsals every Tuesday from 3:00-3:45 PM
- Chess Club Every Tuesday 3:00-3:45 PM
- Environmental Club Every Other Wednesday 3:00-3:45 PM

**VIRTUAL  
HSA MTG &  
BACK TO  
SCHOOL  
NIGHT**

6 PM  
24th AUG

**HSA  
WELCOME  
BACK  
BBQ**

5 - 7:30 PM  
8th SEPT

**MONSTER  
DASH  
& PUMPKIN  
PATCH**

8 AM  
21st OCT

**TRUNK  
OR  
TREAT**

6:30 PM  
26th OCT

**VIRTUAL  
HSA  
MEETING**

7 PM  
15th NOV

## **HOLY REDEEMER HSA**

# **UPCOMING EVENTS**

**2023  
2024**

**DONUTS  
FOR  
DADS**

7:45 AM  
1st DEC

**THREE  
KINGS  
FEAST DAY  
EVENT**

7 PM  
5th JAN

**FATHER  
DAUGHTER  
DANCE**

6 - 8 PM  
10th FEB

**COIN  
DRIVE**

20th FEB -  
26th MAR

**VIRTUAL  
HSA  
MEETING**

7 PM  
20th MARCH

**MOTHER-  
SON  
SCAVENGER  
HUNT**

10 AM  
13th APR

**SILENT  
AUCTION**

ONGOING  
19 - 26 APR

**SIP  
AND  
SUPPORT**

6 PM  
26th APR

**MUFFINS  
FOR  
MOMS**

7:45 AM  
3rd MAY

**HSA  
END OF  
YEAR  
BBQ**

5 PM  
23rd MAY

**TO ASK QUESTIONS OR  
VOLUNTEER TO HELP**

CONTACT:

**PAULA  
TUTTLE**  
HSA President

**hsapresident  
@holy-redeemer.  
org**

HRS

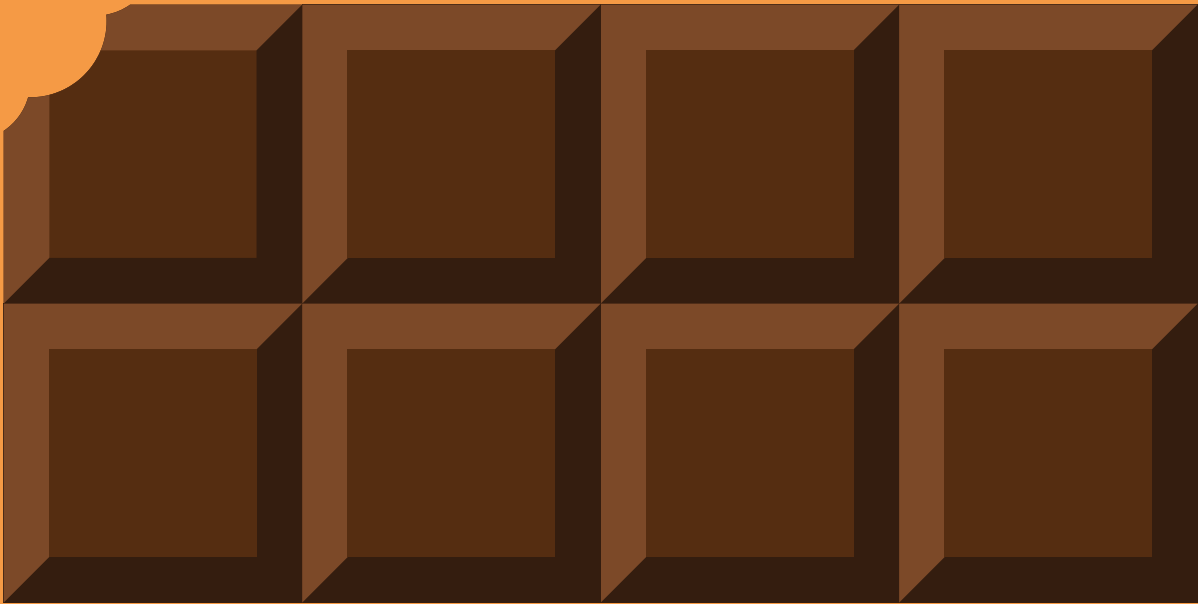
# Family & Community Appreciation Day

*coffee & candy bar*

**Jan  
29**

—  —  
**SCHOOL COURTYARD**

**7:45  
AM**



### *More Information:*

IN HONOR OF FAMILY AND COMMUNITY APPRECIATION DAY 4 LUCKY WINNERS WILL RECEIVE A \$200 TUITION CREDIT VOUCHER. IF YOUR BAR HAS A GOLDEN TICKET INSIDE ITS SLEEVE, PLEASE EMAIL [IRMA.ARIAS@HOLY-REDEEMER.ORG](mailto:IRMA.ARIAS@HOLY-REDEEMER.ORG) WITH DOCUMENTATION OF THE TICKET. YOU MUST EMAIL BY FEBRUARY 5TH TO CLAIM THE CREDIT.



# Vocation Day Service Project For: Little Sisters of the Poor

WEDNESDAY, JANUARY 31ST

**ITEMS COLLECTION STARTS:  
MONDAY JANUARY 29TH**

## **WHAT WE NEED:**

*6-8TH GRADE WILL BRING IN:*

UNSCENTED BODY WASH  
(FULL OR MINI)

SHAMPOO

*3RD-5TH WILL BRING IN:*

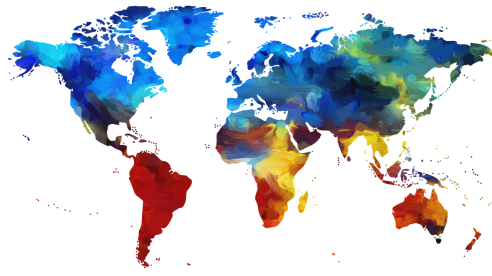
MINI BOTTLES WATER  
LIQUID HAND SOAP

*PK-2 WILL BRING IN:*

TABLE NAPKINS

BOXES OF TISSUES





## **YOU ARE INVITED!**

On February 23rd, 2024 Holy Redeemer School will be hosting “International Day.” This day will be filled with many cultural presentations, music, and food.

We wish to extend a special invitation to all of our current families, potential and future parents, parishioners, and community members. Come and view the country displays in the morning from **8:30-9:25** and again from **11:00-11:35** in Fealy Hall. You will learn about each country from the students who researched and studied their country over the past few weeks. They will introduce you to the culture, food, language, and other interesting facts about their country. Join us in the Four Seasons Room at **10:00** for a cultural showcase on Brazilian Capoeira. We will also host a cultural fashion show in the Four Seasons Room at **1:30**.

This event is a fun-filled and educational experience for all ages. It will not only be exciting, but also memorable. We look forward to seeing you there. Please contact the main office with any questions or to let us know you will be joining us.

God Bless,

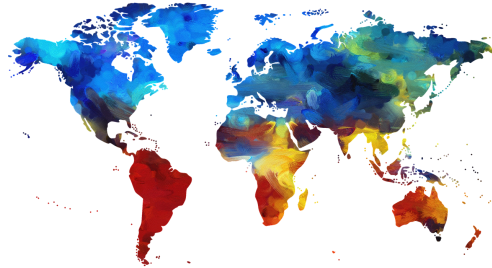
Srta. Hannah Bernitt  
Holy Redeemer School  
College Park, MD  
301-474-3993

**Cc: S. Hammel, Vice Principal**  
**Cc: K. Fernandez, Principal**

# *Looking for Volunteer Hours??*

*We are in need of volunteers for International Day!*

*February 23rd, 2024*



We are looking for a few VIRTUS-trained volunteers to help us with International Day. During the morning sessions, you would be assisting students as they make their trek “around the world” and visit all of the presentations. In the afternoon, parents would be helping the students get ready for the cultural fashion show in the Four Seasons Room and assisting during the event.

If you are interested, please send in the bottom portion of this form to your child’s homeroom teacher.

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**Parent Name (and Student’s Grade)**\_\_\_\_\_

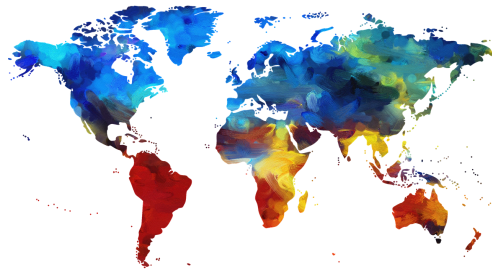
**Email adress**\_\_\_\_\_

Time you are able to help:

\_\_\_\_\_ 8:00-9:30am

\_\_\_\_\_ 10:50-11:40am

\_\_\_\_\_ 1:00-2:00pm



Dear HRS families,

On February 23rd, 2024 Holy Redeemer School will be hosting "International Day." This day will be filled with many cultural presentations, music, and food. The homeroom teacher will reach out to families for ways to cover the cost of the ethnic snack for each class. Please contact the homeroom teacher with any questions with regards to the snack.

We wish to extend a special invitation to all families. From **8:30am-9:25am** and again from **11:00am-11:35am** in Fealy Hall, you will learn about each country from the students who researched and studied that country over the past few weeks. They will introduce you to the culture, food, language, and interesting facts about each country. At **10:00am**, you can join us for a special musical presentation in the Four Seasons Room on Brazilian Capoeira. Or you may join us for the cultural fashion show in the afternoon from **1:30pm-2:00pm** in the Four Seasons Room.

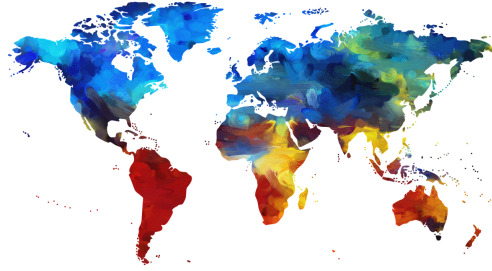
Students who are interested in the fashion show can sign up by sending in the permission slip also included. This slip is due **Friday, February 16**. The clothing should be brought into school in a bag on **Friday, February 23**. Please send them into school wearing their school uniform.

This event will not only be exciting, but also memorable. I thank you for your assistance, and I look forward to seeing you there.

Thank you so much for your help!  
*Srta. Bernitt*

# Holy Redeemer School International Day

## CULTURAL FASHION SHOW PERMISSION SLIP



We are holding an International Fashion Show in the afternoon of International Day, which will be held on February 23rd, 2024. Over the years, we had students wear outfits representing a wide range of countries and cultures. We hope that you will again participate in this fun event!

To participate, please return the permission slip below by February 16.

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### Holy Redeemer School International Day Cultural Showcase Permission Slip

I \_\_\_\_\_, give my child, \_\_\_\_\_, permission to participate in the International Day Fashion Show on February 23rd. I understand that I am responsible for providing the clothing on March 24 by sending my child to school with the change of outfit in a bag.

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Parent Signature

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Date

In the space below, please describe the outfit. Include its country of origin and any information about it as it relates to our International/Cultural theme. **This is the exact description that will be used in the fashion show.**

Country of Origin: \_\_\_\_\_

Outfit Description:

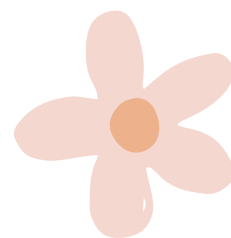
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# CATHOLIC SCHOOLS WEEK





## WEEKLONG ITINERARY


<b>SUNDAY</b>	<b>28</b>
9:30AM: OPEN HOUSE & STEM FAIR	
10AM: MASS	
 <b>THEME: OUR SCHOOL &amp; PARISH</b>	

<b>WEDNESDAY</b>	<b>31</b>
LITTLE SISTERS OF THE POOR SERVICE PROJECT	
<u>TEACHER APPRECIATION DAY</u>	
 <b>THEME: VOCATION DAY</b>	

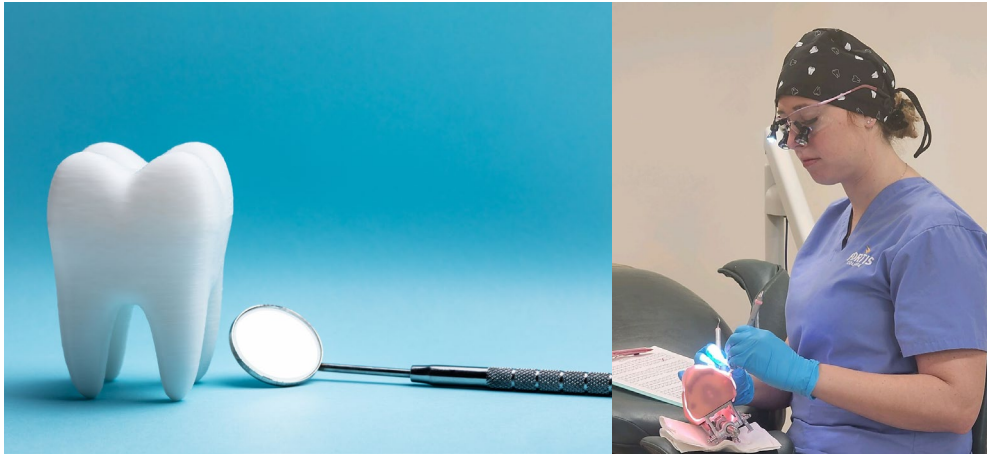
<b>MONDAY</b>	<b>29</b>
7:45AM: COFFEE & CANDY BAR IN THE COURTYARD	
8:20AM: CSW PRAYER SERVICE & SPELLING BEE	
 <b>THEME: FAMILY &amp; COMMUNITY APPRECIATION</b>	

<b>THURSDAY</b>	<b>1</b>
RED WHITE & BLUE DRESS DOWN	
VALENTINE'S FOR VETERENS AND THE RETIREMENT HOME SERVICE PROJECT	
 <b>THEME: NATION CELEBRATION DAY</b>	

<b>TUESDAY</b>	<b>30</b>
SCHOOL DRESS DOWN DAY NO HOMEWORK, TESTS, & QUIZZES	
1:30PM: STUDENT BINGO WITH MRS. FERNANDEZ	
 <b>THEME: STUDENT APPRECIATION DAY</b>	

<b>FRIDAY</b>	<b>2</b>
10:30AM: 2ND QUARTER AWARD CEREMONY	
12:30PM: EARLY DISMISSAL	
 <b>THEME: FACULTY &amp; STAFF APPRECIATION DAY</b>	

[CLICK HERE FOR DETAILED ITINERARY](#)



# DENTAL HYGIENE SERVICE

## Book an Appointment with Becky Hammer

As many of you know, I am a full-time student pursuing my career in Dental Hygiene! I will need to book many patients starting in January 2024 in order to meet the requirements for graduation. The appointments will be Tuesday and Thursday mornings (8am). If you need a dental appointment for any of the following services, please scan the QR code below or call/text **240-593-5490**

### Services Provided:

- Dental Examination
- Radiographs (X-Rays)
- Dental Prophy (Cleaning)
- Fluoride Treatment
- Sealants
- Dental Sensitivity Treatment
- Blood Pressure Screening
- Oral Cancer Screening
- Oral Health Education
- Scaling and Root Planing (Deep Cleaning)



**General Cost for  
Dental Hygiene  
Services: \$40.00**

**Cost for Military  
Members: \$20.00**

**19 years or younger:  
\$20.00**

**\*\*Dental Services can take multiple visits (1-3) \*\* Each visit is about 3-4 hours in length\*\***

### OUR LOCATION

4351 Garden City Dr,  
Landover, MD, 20785  
(5<sup>th</sup> Floor)

Located in front of New  
Carrollton Train Station

Text or Call: **240-808-2709**

**SAVE THE DATE  
FOR HOLY REDEEMER'S  
21+ ONLY**

**FUNDRAISING EVENT  
INVITE YOUR FRIENDS & FAMILY!**

# Grip AND Support



**APRIL 26TH  
6 PM - 9 PM**

**AT HOLY REDEEMER**

- REGISTRATION COMING SOON!
- TICKET PRICE INCLUDES FOOD AND A COMMEMORATIVE GLASS FOR TASTINGS FROM VENDORS TO INCLUDE LOCAL DISTILLERIES, BREWERIES, AND WINERIES
- LIMITED BABYSITTING AVAILABLE FOR HRS FAMILIES
- FOLLOW @HRS\_HSA ON INSTAGRAM FOR EVENT AND VENDOR DETAILS



YOU CAN HELP !  
**THE SILENT AUCTION COMMITTEE IS LOOKING  
FOR AUCTION ITEMS !!!**

IF YOU OWN A BUSINESS, HAVE A SPECIAL TALENT/SKILL TO  
OFFER, CAN MAKE CRAFTS, OR CAN MAKE JEWELRY, CRAFTS  
OR OTHER SMALL ITEMS, PLEASE CONSIDER  
DONATING TO THE HRS SILENT AUCTION.  
SERVICE HOURS WILL BE GIVEN IN PLACE OF ITEMS.



In the past, families have donated handmade jewelry, artwork, afghans, and other crafts. They have also prepared baked goods and entrees or have donated time at their vacation houses. All ideas are welcome !

Questions ? Please contact Paula Tuttle at  
[hsapresident@holy-redeemer.org](mailto:hsapresident@holy-redeemer.org)

# **VOLUNTEERS NEEDED**

for HOLY REDEEMER'S  
**SILENT AUCTION  
COMMITTEE**

**VOLUNTEERS DO NOT NEED  
TO BE VIRTUS TRAINED!!!!**



**THERE ARE SEVERAL WAYS TO HELP.  
THIS IS A GREAT WAY TO FINISH YOUR VOLUNTEER HOURS!**

**QUESTIONS:  
CONTACT PAULA TUTTLE AT  
[hsapresident@holy-redeemer.org](mailto:hsapresident@holy-redeemer.org)**



## *Holy Redeemer School*

4902 Berwyn Road • College Park, MD 20740

301-474-3993

www.holy-redeemer.org • school@holy-redeemer.org

January 11, 2024

Dear Holy Redeemer Parents,

Our Mid -Year standardized testing is scheduled for January 16 through January 26. The Archdiocese of Washington has integrated the NWEA MAP Growth as our standardized testing platform, which we began last year. This platform measures what students know and how they are growing academically. This helps teachers develop strategies for equitable instruction that maximizes every learner's potential. Your child will be tested in Math and Reading (1<sup>st</sup> - 8<sup>th</sup> grade) to determine their growth in proficiency. An End-of-the-Year assessment will be administered (1<sup>st</sup> - 8<sup>th</sup> grades) in the Spring 2024 and those results will be sent home with their 4th quarter report card.

Homeroom teachers will post the class testing schedules in Google Classroom. The testing schedule is also on the school calendar and school website. You are encouraged to look at this schedule to help prepare your child. Teachers are preparing the students for this testing as well as providing them with test-taking strategies. The students will take this assessment in their homeroom classroom and will be using a Chromebook provided by the school.

As we prepare for testing, we encourage you to continue the following discussions on test-taking strategies with your child:

- ☐ Read all directions and titles
- ☐ Read the entire question
- ☐ Determine what is being asked
- ☐ Reread the question if needed
- ☐ Identify key clue words
- ☐ Eliminate choices you know are incorrect
- ☐ Select your best answer
- ☐ Go back and check your work
- ☐ Use scrap paper to work out problems (math) or take notes (reading)
- ☐ Get a good night's sleep
- ☐ Make sure to eat a healthy breakfast

Attendance and punctuality are **critical** during the testing weeks. Please make sure your child arrives at school on time **before** the 8:10 bell. Students will not be able to join their class once testing has begun.

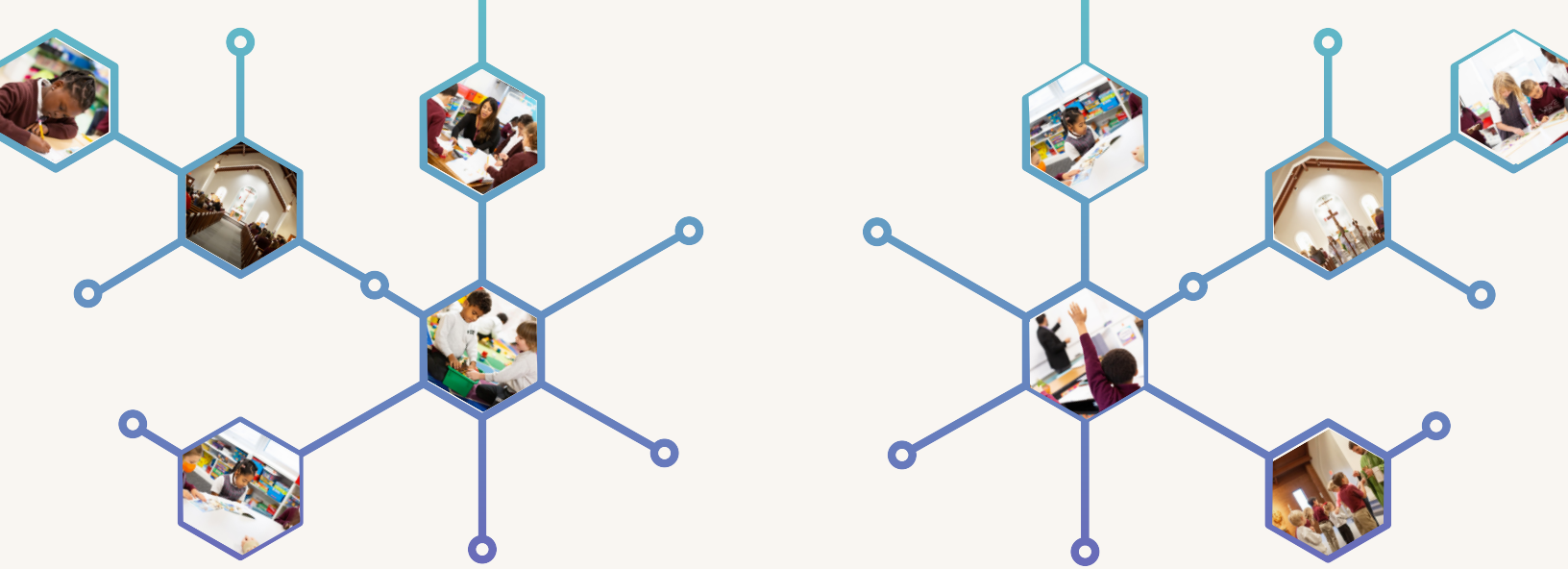
Our academic goal continues to be integration and application of math skills across the curriculum, with an outcome of increased, standardized math scores. Please encourage your child to take their time, check their answers, and use scrap paper when needed.

Thank you for your support in helping to make your child's testing experience positive and successful.

Sincerely,

Katrina Fernandez  
Principal

*Excellence in Education With the Power of Faith*

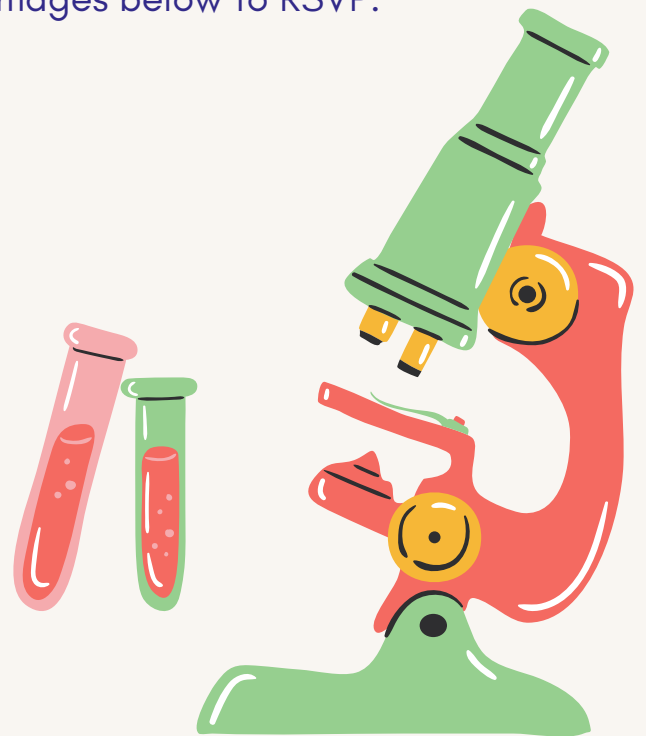
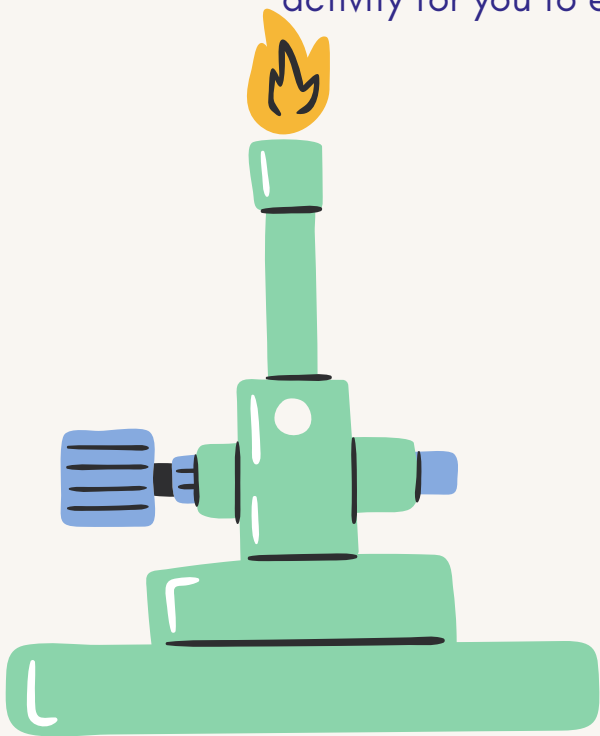


January 28, 2024

# OPEN HOUSE & STEM FAIR

**SCIENCE. TECHNOLOGY. ENGINEERING. MATHEMATICS**

Join us on Sunday, January 28th from 9:30 AM to 12:00 to inspire students to think creatively, collaborate, and solve problems. During the open house tours, each room will have an interactive STEM activity for you to enjoy. Click the Images below to RSVP.





# Chick-fil-a Volunteer

Click the icon to volunteer for Thursday's  
CFA lunch services in January/Feb  
MUST BE VIRTUS TRAINED

The background is a dark grey or black surface. It is decorated with various school supplies: several colored pencils (yellow, blue, red, green) are scattered around the edges. On the left, there is a pink highlighter and a yellow pencil in an orange cup. A paint palette with various colored dots is also on the left. On the right, there is a green ruler and a red pencil. At the bottom, there are more pencils, a yellow ruler, and a magnifying glass. The central focus is a green chalkboard with a wooden frame.

**VOLUNTEERS NEEDED**

**for** CATHOLIC  
SCHOOLS WEEK

*Teacher's*  
APPRECIATION  
DAY

We are in need of Virtus Trained  
Volunteers to help  
cover LUNCH and RECESS for our  
Teacher Appreciation Lunch on  
Wednesday, Jan. 31st,  
during Catholic School's week.

Thank you!

**PLEASE CLICK**  
**HERE TO SIGN UP**



Holy Redeemer 's 6th Annual  
**Daddy-Daughter**  
*Sweetheart*  
**Dance**

**SATURDAY, FEBRUARY 10TH**

**6:00 pm - 8:00 pm**  
*in the Four Seasons Room*

**\$20 per couple,  
\$5 each additional daughter**

*AFTER FEBRUARY 1ST PAYMENT WILL INCREASE  
TO \$30 PER COUPLE \$5 ADD'L DAUGHTER*

*GIRLS CAN BRING DAD OR  
OTHER SPECIAL MALE GUEST*

Child's Name(s) \_\_\_\_\_

Teacher's Name: \_\_\_\_\_

Number of People Attending: \_\_\_\_\_ (\$20 per couple, \$5 each additional daughter)  
After 2/1 payment increase to \$30 and \$5 each additional daughter.

*If paying by check, make payable to Holy Redeemer School HSA*

*Online payment: <https://www.zeffy.com/en-US/ticketing/d787b3c3-10d0-4b73-a51a-ad2907c9ade9>*

# Inclement Weather

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## *Announcement*

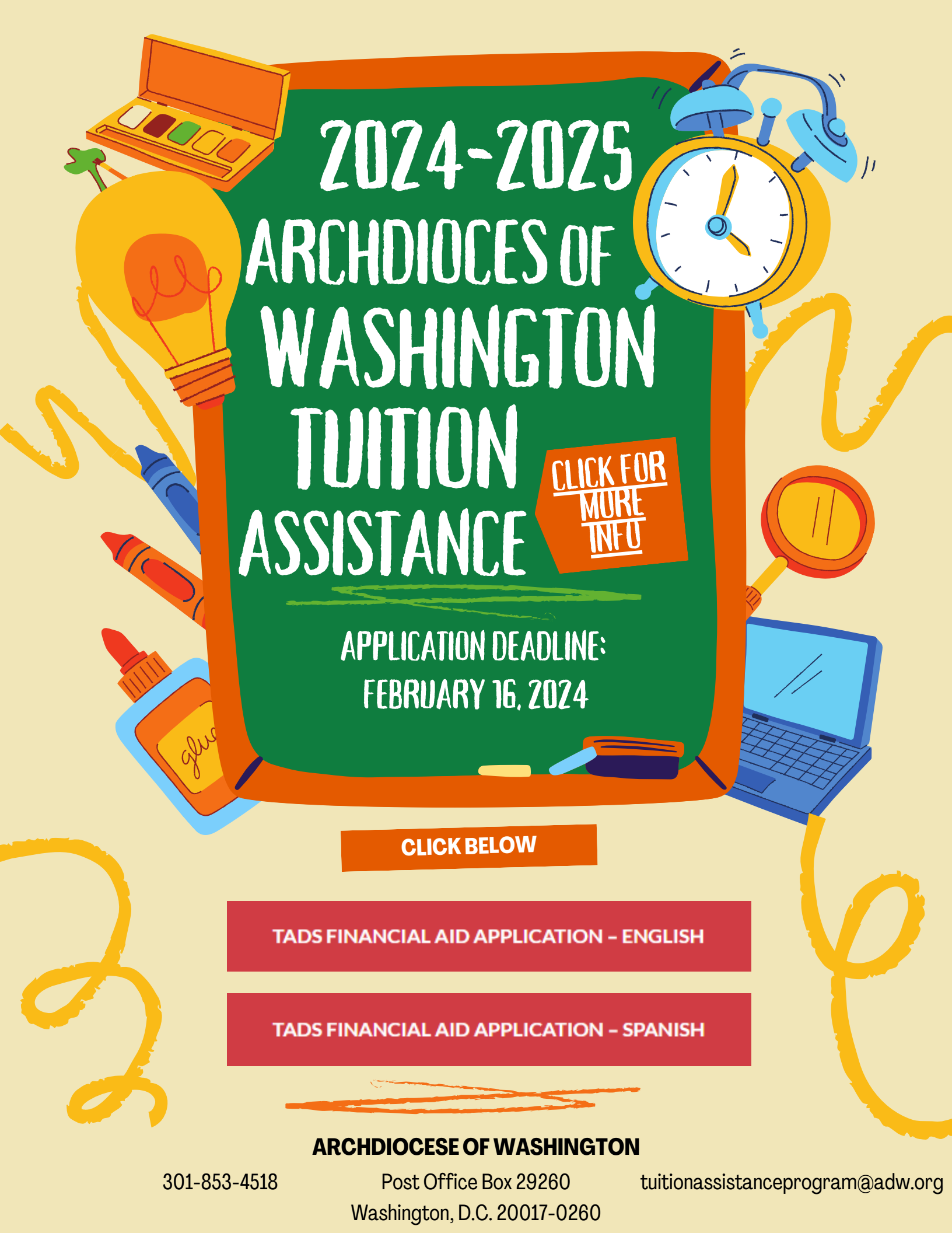
HRS follows Prince George's County  
Public School's weather advisory

Click Image

To Stay  
Informed!



<https://ektron.pgcps.org/>



# 2024-2025 ARCHDIOCES OF WASHINGTON TUITION ASSISTANCE

CLICK FOR  
MORE  
INFO

APPLICATION DEADLINE:  
FEBRUARY 16, 2024

CLICK BELOW

TADS FINANCIAL AID APPLICATION - ENGLISH

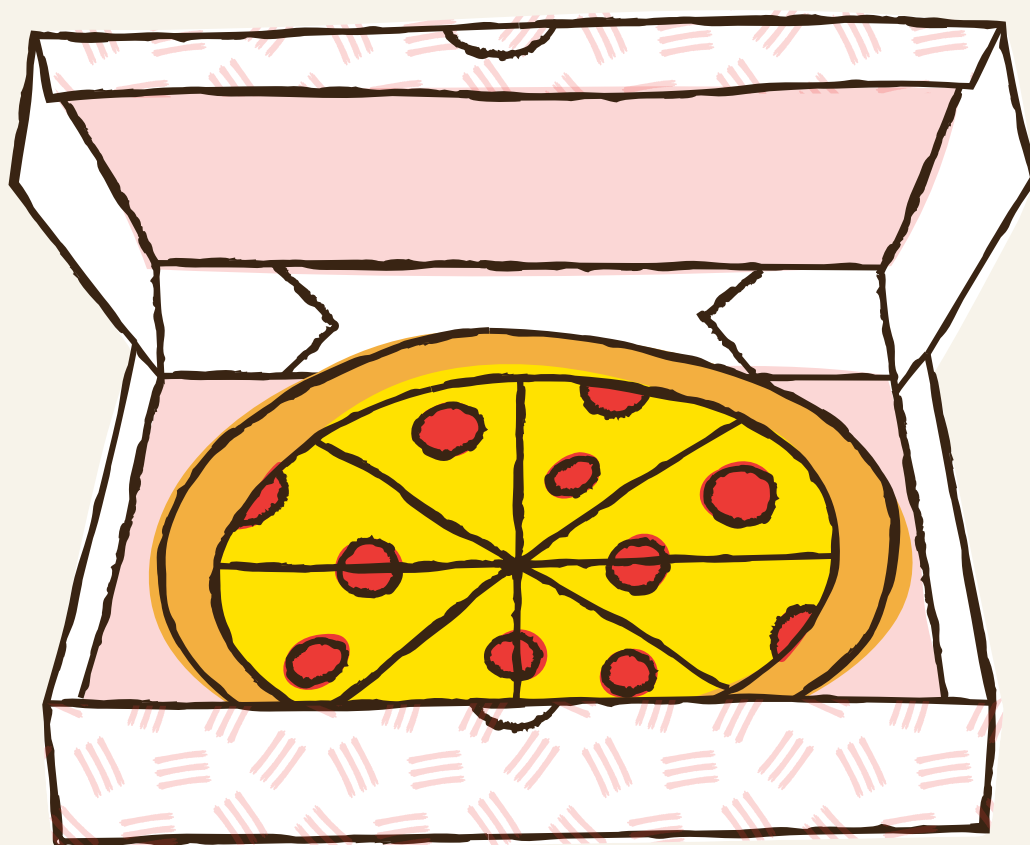
TADS FINANCIAL AID APPLICATION - SPANISH

**ARCHDIOCESE OF WASHINGTON**

301-853-4518

Post Office Box 29260  
Washington, D.C. 20017-0260

tuitionassistanceprogram@adw.org



# **JAN/FEB PIZZA VOLUNTEER SIGN UP**

**MUST BE VIRTUS-TRAINED  
CLICK THE IMAGE TO SIGN UP**

# HOLY REDEEMER GIVING TREE

Click on the links below to access our  
Amazon wishlists.

Please remember to include a  
gift note with your name

Office

MS Math  
& Science

6th

Aftercare

5th

7th

4th

8th

3rd

Resource

2nd

Spanish

1st

Kinder

Religion

Music

PreK

Library

STEM Room



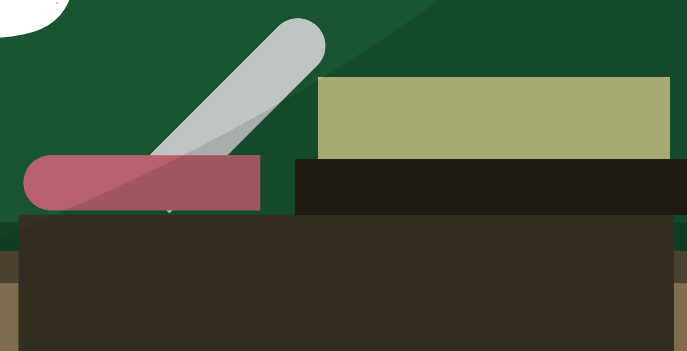
**EMAIL MRS.  
ROSEN**

YOUR VOLUNTEER HOURS  
WORKED DURING THE  
HARVEST BAZAAR

SCHOOL@HOLY-REDEEMER.ORG

# **HRS RE-ENROLLMENT**

**SCHOOL YEAR  
2024-2025**



**Use the Link Sent to You Via  
Email to Re-Enroll through TADS**

**\$200 Re-Enrollment Fee  
\$215 Re-Enrollment Fee  
After December 1st**



# Library News

## TEACHER PRIEST TESTIMONIAL

Father Golas: Pastor

*Saintly Creatures* by Alexi Sargeant

“This new compilation published by Word on Fire introduces kids to saints through their animal companions.”

- [Buy it here](#), for your home or our library

## BOOKS TO LOOK OUT FOR

### Saint Compilation - Prek-2nd Grade

*Light of the Saints* by Cory Heimann

This fun, interactive saint compilation encourages children to develop different virtues demonstrated by the saints.

- [Buy it here](#), for your home or our library

### Saint Compilation - 3rd-5th Grade

*Great Missionaries throughout the Ages* by

Gaile Tertrais

This compilation includes some less-common saints as well as a historical facts page with each story.

- [Buy it here](#), for your home or our library

### Saint Compilation - Middle Grade

*The Saints Chronicles* series by Sophia

Institute Press

These graphic novel compilations capture the drama and adventure of saints' lives of faith.

- [Buy it here](#), for your home or our library

### An Almost Saint Book - Family Read

*A Millenial in Paradise* by Fr. Will Conquer

Explore the life of Bl. Carlo Acutis, who died in only 2006 and was beatified in 2020.

- [Buy it here](#), for your home or our library

## ANNOUNCEMENTS:

- **Library Donations:** *Huge thanks to whoever has been anonymously donating from our [Amazon wishlist](#)! You are storing up treasure in heaven :)*  
- Ms. Watkins



## STORYTIME STEM-SAINT TRAINING

The stories of the saints inspire us to grow in virtue! This All Saints Day, try picking a saint as a family to learn about and emulate. Can each member of the family find one way to mimic this saint's charism this month, by prayer, fasting, or acts of charity?

(e.g. *Live like St. Dominic with a daily rosary, or like St. Francis by giving alms or volunteering.*)

## TIPS FOR PARENTS

- **Make learning about a saint of the day or week a part of your family's routine**, in the morning, after dinner, or right before bed. Share how each saint has a unique way of loving God—and we do, too!
- **Ask for the saints' help.** Make asking for saints' intercession a part of daily family prayer - you can even make up your own litany of saints!
- **Celebrate feast days.** On feast days of particular saints, celebrate with dinner guests, a special meal, or a fun family treat.

# CALLING FOR Volunteers

**TO HELP WITH  
HSA EVENTS  
DURING THE YEAR**

ICE CREAM SOCIAL ● BACK TO SCHOOL BBQ  
MONSTER DASH ● PUMPKIN PATCH  
TRUNK OR TREAT ● SIP N SUPPORT  
SILENT AUCTION ● DONUTS FOR DADS  
MUFFINS FOR MOMS ● FATHER DAUGHTER DANCE  
COIN DRIVE ● END OF YEAR BBQ  
AND MUCH MORE!



**CLICK HERE TO SIGN UP!**



Join us for a

# Wednesday Rosary

Every Wednesday at 3:00

in front of the school

**All are welcome - parents, students, aftercare**

Questions? Contact  
Fr. Andrews ([gerald.andrews@holy-redeemer.org](mailto:gerald.andrews@holy-redeemer.org))  
Mrs. Keane ([noreen.keane@holy-redeemer.org](mailto:noreen.keane@holy-redeemer.org)),  
or Ms. Watkins ([emerson.watkins@holy-redeemer.org](mailto:emerson.watkins@holy-redeemer.org))



TECHNIQUE. ETIQUETTE. PASSION.

### **Open Enrollment!**

Classes are now available for boys,  
girls & adults of all ages in

**\*Ballet\***

**\*Highland Dance\***

**\*Stretch & Conditioning\***

Three convenient locations:

NEW Home Studio on Route 1

Kim Studio College Park

Old Parish House

All ballet students will have the  
opportunity to participate in TBBS  
performances!

To view class descriptions,  
schedules & to register for your

**FREE trial class**, visit,

[www.berwynballetschool.com](http://www.berwynballetschool.com)

**301-683-8674**

[office@berwynballetschool.com](mailto:office@berwynballetschool.com)





**MELANIE CANTWELL**

— Long and Foster Real Estate —



The Long & Foster® Companies  
**Gold Team**

**LOOKING FOR A LOCAL REALTOR  
TO HELP YOU BUY OR SELL  
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**MELANIE CANTWELL, REALTOR MD & DC  
9094 Baltimore Avenue  
College Park, MD 20740**

**Cell: 240-470-5911/ Office: 301-441-9511**

**Melanie.Cantwell@LNF.com**

**[www.longandfoster.com/MelanieCantwell](http://www.longandfoster.com/MelanieCantwell)**



# CHOICE CLINICAL SERVICES

## HELPING YOU REACH YOUR GOALS

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### ABOUT CHOICE CLINICAL

Choice Clinical Services understands that each individual brings their own set of needs, challenges and strengths to the therapeutic relationship. For this reason, our clinicians are trained in treating a wide range of diagnoses. You will be paired with a CCS clinician that is best suited to meet your individual needs, and assist you reaching your goals and making positive personal changes.

### Telehealth Services

Telehealth is HIPAA compliant and a multi-faceted health ecosystem that aims to empower providers to deliver a more convenient and personalized service. Telehealth is a practical solution to improve care coordination, provide effective therapy, and meets patients at their convenience during COVID when in-person care may not be possible.

### Individual & Family Therapy

Clinicians are trained in a wide array of diagnoses, modalities and needs to address behavioral challenges, mood disorders, anxiety, personality disorders, psychotic disorders, and social and emotional needs. If you are need of a safe space and support, we have a clinician for you!

### Medication Management

We understand that that medication is a complex decision. Each patient will work with their clinician to determine if medication is right for them and how it works in tandem with their therapy. Managing medication is often critical in treating acute and chronic health issues and helps with the healing process.

#### OLD GREENBELT OFFICE

111 Centerway  
Suite C Second Floor  
Greenbelt, MD 20770

#### BALTIMORE AVE OFFICE

8400 Baltimore Ave  
Suite 300  
College Park, MD 20740

#### KNOX ROAD OFFICE

4511 Knox Road  
Suite 201  
College Park, MD 20740

(240) 670-4050

INFO@CHOICECLINICAL.COM

CHOICECLINICAL.COM