

# Today's MMU: Save the Date for the Mentor Mile with United Way of Palm Beach County

Children's Services Council of Palm Beach County <mmu+cscpb.org@ccsend.com>

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To:Updates <updates@gladesinitiative.org>

## 35 years #HealthySafeStrong

Helping Palm Beach County  
children grow up  
healthy, safe and strong



## Monday Morning Update September 25, 2023

### Save the Date for the Mentor Mile with United Way of Palm Beach County

Sunday, December 10

6:30 a.m.

John Prince Park

2700 6th Avenue South, Lake Worth

Join United Way of Palm Beach County for their Mentor's Center's First Annual 1-mile Walk / 5K Run! This is a family-oriented event filled with fun activities including a bouncy house, petting zoo, firetruck, vendors, music, food, and much more. [Click here](#) to sign up for the run and for volunteer opportunities.

### Council Proposes Rolling Back Tax Rate for 2023-2024 Fiscal Year

The governing board of Children's Services Council of Palm Beach County last week proposed a 2023-2024 millage rate of .4908 – nearly an 11-percent decrease from last year. If approved, this will be the third consecutive year the council has reduced the millage to the rolled-back rate. The final Truth in Millage hearing, which open to the public, is Sept. 21, 2023, at 5:01 [Click here](#) to learn more.

### Free Mental Health First Aid Training

Mental Health First Aid (MHFA) is an eight-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program shows that MHFA builds mental health literacy, helps the public identify and understand the signs of mental illness and respond the signs. Jewish Family Service of Palm Beach County invites those who want to learn how to provide initial help to someone who may be experiencing symptoms of mental illness or in crisis and give people the tools to help friends, family members, colleagues or others in their community. For more information, contact **561-238-0251**. [Click here](#) to read more, [here](#) to view a flyer for youth first aid services and [here](#) for adult youth services.

### Affordability Connectivity Program Opportunities for Tablet Giveaway

The Affordable Connectivity Program is an FCC (Federal Communications Commission) benefit program that helps ensure households have access to broadband for work, school and more. The benefit provides access to broadband on an approved device, such as a tablet or cell phone for a period of 12 months. To qualify for this benefit, a member of the household must be a recipient of at least one federal program in the link. The Affordable Connectivity Program is limited to one device per household. [Click here](#) to complete an enrollment form to determine your eligibility.

### Youth Summit Committee Recruiting Youth and Adults

The Youth Summit committee is recruiting creative and self-motivated youth and adults to assist in the planning of their 2024 event. The Youth Summit provides youth with the unique opportunity to access information and resources aimed at assisting them in making better decisions and positive life choices. If you are a middle or high school student or a parent, please complete a survey to help us bring informative workshop topics and fun activities in which you would like to participate. [Click here](#) to view a flyer with survey link. The Youth Summit committee meets via Zoom every first Wednesday of the month at 3:00 p.m. For more information, please contact [BahiaM@pbsso.org](mailto:BahiaM@pbsso.org).

### Take Action During Hunger Action Month

Every September, CROS Ministries joins other leading hunger organizations for Hunger Action Month, Feeding America's annual national campaign designed to inspire people to take action and raise awareness of hunger in the United States. There are many ways to support this month, from volunteering to wearing orange on Hunger Action Day, September 15. [Click here](#) for current volunteer opportunities and [here](#) to read about CROS Ministries' impact.



### Ask an Expert: Getting Teens to Talk

How are you doing? It's a simple question, but it's a great way to begin a conversation with your teenager, says Dr. Robert Simmons, CEO of the See Forever Foundation and the Maya Angelou Schools. By asking this question regularly, it makes it easier for teens to open up.

[Click this Button to Learn More](#)

## Events

**Volunteer with Feeding South Florida**  
Fall and Winter 2023  
Multiple locations & times

Feeding South Florida is planning a series of initiatives and events over the next several months to support hunger relief efforts. The initiatives are being curated

**United Way of Palm Beach County Mentor Recruitment Event**  
Friday, September 29  
12:00 p.m. - 1:30 p.m.  
Virtual

Learn from our local programs on how you can become a mentor and help change a life. To RSVP,

**Community Meet & Greet**  
Friday, September 26  
9:30 a.m. - 11:30 a.m.  
909 Fern Street  
West Palm Beach

Mental Health America of the Palm Beaches invites you to a morning dedicated to discovering local resources and their potential to

throughout the 4-county service area (Broward, Miami-Dade, Palm Beach, and Monroe), in hopes of engaging with local partners and friends. [Click here](#) to learn more.

[click here](#). Please contact their Mentoring Initiative Specialist with questions at **561-375-6652**.

support you, your family and the community! Breakfast provided. [Click here](#) to reserve a spot.

### Fall Family Festival

Saturday, October 7  
4:00 p.m. - 7:00 p.m.  
Sunlight Ridge Park  
1400 14 Ave. N.  
Lake Worth Beach

CROS Ministries invites you to this event featuring music, food, trunk or treat, face painting, costume contest, games and more. [Click here](#) to view a flyer for the event.

### R.I.D.E the Wave Youth Summit 2014

Saturday, October 14  
9:00 a.m. - 3:00 p.m.  
Children's Services Council  
2300 High Ridge Road  
Boynton Beach

Teens in middle and high school are invited to register for this event where they can earn six community service hours. This year's theme is Ride the WAVE - to wellness, awareness, visualization and empathy, to focus on mental health support for teens. Activities, prizes, lunch and fun swag serve as additional incentives to get students to register and attend this teen-led event. Each educational, advocacy or activity session will include at least one of these WAVE signs in order to learn how to help yourself and others around you. [Click here](#) to register.

### Science Career Day

Sunday, October 14  
10:00 a.m. - 2:30 p.m.  
Max Planck Florida Institute (MPFI) for  
Neuroscience  
1 Max Planck Way  
Jupiter

The MPFI event is an opportunity for high school students to meet and interact with Max Planck scientists. Students will hear from scientists who are in different stages of training, from Ph.D. students to research group leaders. Students' questions will be answered and they will share what inspired them to pursue a career in science and discuss the educational research backgrounds that got them to where they are today. [Click here](#) to register.

### FREE Intro to Construction Training

Saturday, October 16 - 19  
9:00 a.m. - 4:00 p.m.  
Extraordinary Charities  
2635 Old Okeechobee Road  
West Palm Beach

Seeking a career in construction? This free program will teach the fundamental skills needed for entry in the construction industry. Lunch is provided daily. [Click here](#) to view a flyer with details, instructions to register

### Children's Services Council Self-Care Awareness Month Events

In celebration of September Self-Care Awareness Month, we want to celebrate you and invite you to deepen awareness and activation of self-care.

#### Paint Your Culture

Tuesday, September 26  
9:00 a.m. - 5:00 p.m.  
Children's Services Council  
2300 High Ridge Road  
Boynton Beach

Using visual arts, participants will learn how to work together and communicate without words and explore and share fundamentals of belonging through exploring vulnerability and connection in artistic expression, as well as art as self-care and honoring dignity in uniqueness. [Click here](#) to view a flyer for this event.

#### Self-Compassion & Reiki? Techniques for Burnout Reiki & Reflective Practice

Wednesday, September 27  
9:00 a.m. - 5:00 p.m.  
Children's Services Council

2300 High Ridge Road  
Boynton Beach

Participants will review the self-compassion within Reiki, dialog about burnout and how the two things work together. Review with practical Reiki skills, learn the different components of self-compassion and use skills to practice.

To view a flyer with additional information and instructions to register for these two events, [click here](#).

### **Palm Health Foundation Neuroarts Events in October:**

This October, join Palm Health Foundation for the following three events, where you will experience first-hand how the arts can improve your brain health and the wellbeing of our community.

#### **The Art of Learning: A Cross-Curricular Art Show & Symposium**

Thursday, October 19

5:30 p.m. - 7:30 p.m.

A.D. Henderson University School

777 Glades Road

Boca Raton

Palm Beach County students are diving into topics like brain health and stress management, in a science classroom! Hear from these students, their educators and a neuroscientist on the connection between art and brain science. Registration includes light snack and beverages.

#### **The Power of Public Art: A Lunch & Learn**

Tuesday, October 24

11:00 a.m. - 1:00 p.m.

Boynton Beach Arts & Cultural Center

125 E. Ocean Ave.

Boynton Beach

Join this event to find out why art installations are important in urban environments and how public art impacts health and mental wellness. Brain health experts and artists will answer these questions and provide a tour of public art. Registration includes free lunch.

#### **The Science of Singing**

Thursday, October 26

5:30 p.m. - 7:30 p.m.

Cox Science Center and Aquarium

4801 Dreher Trail N.

West Palm Beach

Join in on a fun sing along and learn what happens in our brains when we sing together. Registration includes light snack and beverages.

Register for all events by clicking [here](#).

### **Recurring Events:**

#### **Parenting 101 Support Group: A Way of Being with Children**

Second Thursdays of the month, starting September 14

6:00 p.m. - 7:00 p.m.

Virtual

Center for Child Counseling invites you to this group for parents of children ages three to six. You will learn to handle difficult behaviors and improve your relationship with your child. To view a flyer for this recurring group, [click here](#) and to register, [click here](#).

#### **Support Group: Raising Black Children with Autism**

Every last Wednesday of the month

6:00 p.m. - 7:00 p.m.

Virtual

Florida Atlantic University's Center for Autism and Related Disabilities offers this group, specifically for

parents and guardians of Black children with autism, to support, encourage and be a resource on issues related to autism and the Black community. RSVP by calling **561-212-4930** or email [cmckinney@fau.edu](mailto:cmckinney@fau.edu).

### **Thea's Night Out - Community Respite Program**

Second Fridays, monthly: October 13, November 10 & December 8

6:00 p.m. - 9:30 p.m.

St. Peter's United Methodist Church

12200 Forest Hill Blvd.

Wellington

Parents are invited to drop off their children for fun activities, crafts and games and enjoy much-needed rest or a night out. This FREE respite program is available to families of children with special needs and their siblings, up to age 11. Children are paired with a qualified volunteer and qualified medical supervision will be at each event. To view a flyer with more information and instructions on how to register, [click here](#).

### **Art Therapy Classes for Middle-School Students**

Tuesdays: 7-week sessions

6:00 p.m. - 8:00 p.m.

Lighthouse Art Center

Tequesta

Group art therapy classes support mental health, peer relationships and overall well-being. The purpose of this program is to increase feelings of community and connectedness, build resilience and coping skills and decrease feelings associated with anxiety, depression, loneliness and/or stress. For each group cohort, a Center for Child Counseling therapist will partner with a Lighthouse ArtCenter art instructor to provide weekly therapeutic art activities from painting to pottery! [Click here](#) for the ArtClub schedule with a list of topics and registration form.

### **Unicorn Children's Foundation Family Fun Nights**

Every last Wednesday of the month

5:30 p.m. - 7:30 p.m.

99 SE Mizner Blvd., Ste. 120

Boca Raton

The Unicorn Children's Foundation is dedicated to creating cradle to career pathways for kids and young adults with developmental differences and helping their families navigate the complex journey. This free event is open to people of all ages and abilities and includes karaoke, dancing, light bites and refreshments, crafts, board games, cups of kindness served by Percs Café baristas and tours available upon request. [Click here](#) to register.

### **Girls Voice Task Force Virtual Space Meetings**

Every second Thursday of the month

6:00 p.m.

Virtual

The GVTF virtual space serves as a place for girls to connect with one another, learn valuable skills and grow together. [Click here](#) to complete the application to receive the meeting link. Join GVTF on Remind by texting @girlspbc to **81010**.

### **Food as Medicine Workshops**

Second and Fourth Saturdays, through December

10:00 a.m. - 11:00 a.m.

Riviera Beach Urban Farm and Garden

W. Blue Heron Blvd.

Riviera Beach

The idea that our foods can aide in our wellness is a proven fact. The need for medications can be reduced by learning medicinal remedies composed of veggies, fruits and herbs. Operation No Food Gap, in partnership with the American Heart Association is excited to host these events and invites you to join in the fun by participating in cooking demos, gardening, wellness events, juicing and educational workshops along with fitness such as Zumba! The events are FREE and open to the entire family of all ages. [Click here](#) to learn more and RSVP.

## **Trainings**

### **Empowering Families of Neurodivergent Children: Equipping Them with Financial Education for Stronger Futures**

Wednesday, October 18

6 p.m.  
Zoom

Join Unicorn Children's Foundation for a seminar on empowering families of neurodivergent children. Learn essential financial skills to address unique challenges, access resources, and nurture independence in your loved ones. Secure a brighter future for your child with the knowledge and confidence gained from this event. [Click here](#) to learn more and to register.

### **Healthy Mothers, Healthy Babies Coalition of Palm Beach County: September Educational Calendar**

September events include educational classes for pregnant women, new parents and their support partners, maternal wellness support group meetings, childbirth classes, pregnancy and infant loss and Couples Becoming Parents support groups and prenatal yoga. Many classes are offered in both English and Spanish with a virtual option. A calendar with details can be found [here](#).

### **Re-envisioning Authentic Voice Through the Lens of Critical Self-Reflection**

Tuesday, September 26

1:00 p.m. - 4:00 p.m.  
Virtual

The Florida Association for Infant Mental Health Training Academy (FAIMH) invites you to join national leaders in Reflective Supervision/Consultation in an experience that will help build the critical self-awareness needed to re-envision your authentic voice to leverage current opportunities in your role as a reflective supervisor. This training is right for professionals in the Infant Family Specialist category and also for Endorsed Reflective Supervisors, Infant Mental Health Specialists (Category 3) or Infant Mental Health Mentors (Category 4) who have experience with Reflective Supervision/Consultation and would like to further their training for professionals preparing to apply for Endorsement® as an IMHS or IMHM. [Click here](#) to learn more, view rates and register. Late registration starts September 4.

### **Florida Atlantic University's Center for Autism and Related Disabilities Trainings:**

#### **PEPSA Training: It's About Time! Evidence-Based Practices in Supporting Social Skills & Friendship Initiation & Support for Pre-K and Elementary Age Children with Autism**

Available September 1 - September 30

9:00 a.m. - 8:00 p.m.

Virtual (pre-recorded webinar)

This PEPSA (Partnership for Effective Programs for Students with Autism) training is hosted by FAU Center for Autism and Related Disabilities. Participants will learn the importance of teaching social skills instruction and developing supports for friendship initiation, identify description language and terms related to autism and identify the components needed to create classroom friendship initiation supports for children with autism. To register, [click here](#).

#### **Little Owls Early Intervention Webinar Series: free Autism Training for Parents**

Six weeks: September 25 - October 18

10:30 a.m. - 11:30 a.m.

Virtual

This autism training is for parents of children ages 18 months to 5 years and is one hour each week for six weeks. Topics include what is autism, understanding and preventing problem behavior, unique ways children with autism communicate and experience the world, keeping your child safe, navigating resources and tips on taking care of the you (the caregiver). [Click here](#) to register.

#### **Pathway to Higher Education: Navigating Social Interaction and Building Independence for High School Students with Disabilities**

Available October 1 - October 31

Participants will review data surrounding current status of student preparedness for higher education, areas of growth for students with disabilities specifically, and typical supports available for students in higher education. In this session, evidence-based strategies to support initiation, motivation, prioritization, time

management, and other executive function skills will be explored, including the use of case study examples. A variety of evidence-based methods for promoting dynamic learning, self-awareness, self-regulation, and self-advocacy strategies to build a student's personal autonomy and social interaction abilities is discussed. Attendees will be provided with strategies ready for immediate use. [Click here](#) to reserve a spot.

### Recurring Trainings:

#### **Mommy Matters Virtual Series**

Second Wednesday, next scheduled meeting is October 11

12:00 p.m. - 1:00 p.m.

Virtual

Baptist Health South Florida invites you to join this educational series emphasizing mental health, breastfeeding, nutrition and more. [Click here](#) to view flyers with specific topics for next three months.

## **Additional Resources**

[Visit the CSC website](#)

[CSC Employment](#)

[CSC Provider Agency Employment](#)

[Search for Trainings](#)

## **Do you have information for the MMU?**

Email your MMU submission to [mmu@cscpbcc.org](mailto:mmu@cscpbcc.org). [Click here](#) review the MMU Submission Guidelines.

## **Stay Connected!**



Children's Services Council of Palm Beach County | 2300 High Ridge Road, Boynton Beach, FL 33426

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