

35 years #HealthySafeStrong

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



Monday Morning Update January 3, 2022

[COVID-19 Resources](#)

Testing sites, meals sites, health tips and more COVID-19 updates and resources

Children's Services Council has compiled an ongoing list of local resources that Palm Beach County families may find helpful in these uncertain times. [Click here](#) for links to federal, state and local resources and as well as educational resources for your family.

News

Prime Time Palm Beach County now offering Restorative Practices in OST

Prime Time Palm Beach County is now offering Restorative Practices in OST, a three-part training series where out-of-school time (OST) professionals are invited to learn how to create a culture of care through a structured process that supports all youth to have an equal voice while developing social and emotional skills. [Click here](#) to learn more.

Push for Girls & Boys Leadership Academy

The Talented Teen Club Push for Girls and Boys Leadership Academy is an in-depth mentoring program targeted for middle and high school girls and boys offerings on Saturdays' with Entrepreneurs and Community Leaders. Components include; Entrepreneurship, school and/or career preparation and work-based learning experiences; youth development and leadership; personal mission statement; and

Affordable Connectivity Program

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount

mentor/mentee goal setting and vision-casting. [Click here](#) to learn more.

of up to \$100 to purchase a laptop, desktop computer, or tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. [Click here](#) to learn more and for eligibility requirements.

Learn more about Head Start in Palm Beach County

Head Start in Palm Beach County is a no-cost early education program available to families in need. Operated by Lutheran Services Florida, Head Start offers a healthier, happier, hope-filled future for local families. For more than 30 years, Head Start offers a safe and engaging environment to learn, with high-quality education and a research-based curriculum. For more information and to apply online, start with [this video](#).

Equitable Hiring & Staff Development Practices to Break Down Systemic Barriers & Increase Access in Out-of-School Time

National Afterschool Association has created a [no-to low-cost, practical guide](#) for out-of-school time (OST) programs to use when examining systems, elevating their practices and policies that will build and strengthen the field. Prime Time encourages OST programs in Palm Beach County and beyond to read and to begin reviewing, discussing and implementing these best practices to increase equity and mitigate bias in recruitment and hiring processes. [Click here](#) to learn more.

FAU's Early Childhood Environmental Education Certificate

Are you a formal/non-formal educator or leader who serves young children and their families? This fully online certificate's unique focus prepares you to develop innovative programs and guide children's environmental literacy skills. Tuition support may be available for eligible students, degree and non-degree seeking students. No prerequisites required. Receive 12 credit hours. [Click here](#) to learn more and apply.

CSC's Council Proclaims January as Mentoring Awareness Month

More than 5,000 children were matched with mentors in Palm Beach County through the United Way Mentor Center in fiscal year 2020-2021, including 1,901 children matched through 22 programs funded directly by Children's Services Council of Palm Beach County. This is the highest number of matches in the Mentor Center's history. [Read more here](#).

Adventure with Me - Alcohol and Vape Free

The 12th Annual School Bus Drug Prevention Media Contest with Palm Beach County with the Palm Beach County Behavioral Health Coalition (PBCBHC) kicked off for students in Palm Beach County. We have three contests to share positive drug prevention messages in this annual Creativity Contest. Adventure with Me - Alcohol Free and Adventure with Me - Vape Free are this year's themes for our 1) POSTER contest - 8" wide by 5" high 2) VIDEO contest and new this year 3) DANCE Contest. Over \$4100 in prizes and scholarships to elementary, middle and high school students who create the winning posters that get posted in each PBC School Bus or for their winning Public

January 2022 Benefits Outreach Program with Palm Beach County Food Bank

The Benefits Outreach Program assists individuals and families with applying for federal food assistance benefits (SNAP). Palm Beach County Food Bank is one of only seven organizations in Florida that provide the DCF required federal food relief interview. This interview will be conducted during your meeting with one of our Benefits Specialists, who speak English, Spanish and Creole. [Click here](#) to learn more and to view the Benefits Outreach Calendar for December.

Service Announcement Video to promote alcohol & vape-free lifestyles. PBCBHC newest Dance contest

lets students create a video to specific music provided to encourage positive tobacco-free lives for students. [Click here](#) to learn more. Deadline to enter is **Jan. 16, 2022**.

Community Foundation Scholarship applications are now open!

Do you know a graduating high school senior or current undergraduate student from Palm Beach or Martin County? Do they plan on attending a college, university, trade, or vocational school? Share the Community Foundation's scholarship opportunity with them! In the 2020-2021 scholarship cycle, the Community Foundation awarded over \$1 million dollars to 107 local students. Once a student completes our general scholarship application, they are automatically considered for over 110 scholarship funds! Application deadline is **Jan. 31, 2022**. [Click here](#) to apply.

United Way of Palm Beach County – Hunger Relief Food Storage Capacity Grant now open!

In accordance with the Hunger Relief Plan, the Food Storage Capacity Grant aims to minimize food waste by increasing storage capacity of food pantries and other non-profit organizations that address food insecurity. The extra storage space will enable the recipient agencies to provide a consistent supply of perishable items, including produce, to a greater number of Palm Beach County residents. You can apply now if you are a non-profit who meets the eligibility criteria. [Click here](#) to learn more.

Florida Children's Council: Capitol Connection

Florida Children's Council's Capitol Connection is a weekly email update sent during Legislative Session to keep you informed of all proposed legislation related to children, youth and families in Florida. This newsletter provides concise and timely information regarding current public policy issues. [Click here](#) to access the 2022 Legislative Session updates.



Modeling self-care: Let your children see you recharge

Modeling self-care teaches your children how to establish boundaries, tune into themselves and take action to remain healthy. Their best role model is you, even while you're indulging in a much-needed nap. [Read on](#) in this **EveryParent** article for more ways to create soothing habits to renew your energy.

Events

Black History Youth Awareness Art Festival

Friday, Feb. 18, 2022
6 p.m.
Spady Cultural Heritage Museum
170 NW 5th Ave.,
Delray Beach

Join community partners and submit your artwork for the Black History Youth Awareness Art Festival! Mail your artwork to 695 Auburn Ave Or drop off your between Jan.31 - Feb 4. [Click here](#) to learn more.

Palm Beach MLK Day 5/10K

Saturday, Jan. 15, 2022
7:30 - 10 a.m.
Dan Calloway Recreation Complex
1420 W 10th St.,
Riviera Beach

Join in for the first annual race in Palm Beach County celebrating the life and legacy of Dr. Martin Luther King, Jr. Join hundreds of other like-minded people as we pursue Dr. King's dream of equality, particular in health and economics, in what promises to be the most diverse athletic event in Palm Beach County. Taking place just prior the start of the MLK Day Parade in Riviera Beach, this event has something for everyone including kids races, 1-mile, 5k and 10k races. [Click here](#) to learn more and sign up.

Palm Beach County Community Health Assessment Focus Group - Creole

Monday, Jan. 10, 2022
12 - 1:30 p.m.
Virtual

The Health Council of Southeast Florida is look for Haitian Creole residents to take part in a focus group to about your experience in health. Participate to receive a \$25 gift card! [Click here](#) to register.

Deliver the Dream Toy Drive and Upcoming January Retreats

Deliver the Dream is excited to announce the return to in-person retreat weekends along with upcoming programs:

- Family Retreats (in-person) for families who have a child with Down Syndrome. Jan. 7-9, 2022 at FFA Leadership Training Center in Haines City. [Click here](#) to register.
- Hope at HOME (virtual) Canvas & Connections; Record of Your Family: Tuesday, January 18, 2022. [Click here](#) to register.

Healthy Mothers, Healthy Babies Basic4Babies Mobile Pantry

Mondays and Wednesdays
Pop-up sites in West Palm Beach, Riviera Beach, Lake Park, Royal Palm and Jupiter

Healthy Mothers, Healthy Babies of Palm Beach County's Basics4Babies Emergency Pantry for Infants is going mobile! Made possible by a grant from the [Lost Tree Foundation](#), our Mobile Pantry will travel around northern Palm Beach County communities and make distribution of infant essentials directly to local families possible - eliminating transportation barriers that prohibit them from receiving our services. [Click here](#) to learn more.

Trainings

Chill Out! Building Regulation, Mindfulness & Growth In Trauma-Informed Play Therapy Services

Friday, March 11

Upcoming trainings with the Center for Child Counseling

The Center of Child Counseling is hosting the upcoming trainings

Newborn T.O.U.C.H. training with Florida Association for Infant Mental Health

Virtual

2 – 4 p.m.
Zoom Webinar

Why don't you just chill out?! Well, that's not really how brains work. Join us in learning about the Neurosequential Model of regulation, mindfulness and growth in trauma-informed art, play and sandtray therapy services for children, teens and adults. Participants will learn and incorporate regulation and mindfulness activities through hands-on activities throughout the workshop. The use of regulation and mindfulness will be incorporated in art, play and sandtray activities throughout the training. This workshop is geared towards working with children, teens and adults dealing with trauma. Attendees will receive 2 APT CONTACT CE Hours & Florida LMHC, LMFT & LCSW CEU's with registration. [Click here](#) to learn more and register.

A Way of Being with Children: A Trauma-Informed Approach to Building Resilience

In May, Center for Child Counseling (CFCC) launched "A Way of Being with Children: A Trauma-Informed Approach to Building Resilience." This online training for parents, teachers, childcare workers, or anyone who regularly interacts with children and families aims to build a more trauma-informed community so that children can grow up with adults who understand the impact of stress and trauma on the developing child. Being trauma-informed involves understanding, sensitivity, and a deep knowledge of how trauma can affect a child's growing brain and potentially result in lifelong physical and

below. Their trainers have a wealth of experience, knowledge, and formal training in a wide array of best practice and evidence-based interventions for young children, their families, and caregivers:

- [Healthy Babies, Healthy Children, Healthy Life: A Symposium on Demand](#)
- [Implementing Effective Transitions - Live Virtual Workshop](#)
- [Self-Regulation for the Classroom and Beyond](#)
- [Showing Affection During the Pandemic](#)
- [Implementing Effective Transitions for Children](#)
- [Integrating Mindfulness into Daily Routines](#)
- [Creating a Calm Down Corner](#)
- [Beating Burnout for Teachers](#)
- [The Power of Co-Regulation](#)
- [Calming Down for High Energy Children](#)
- [Promoting Engagement for Withdrawn Children](#)

Upcoming CSC trainings

Virtual

Children's Services Council will host the upcoming online trainings through the end of the calendar year:

- Early Childhood Attachment & Development by Dr. Allison Golden, now through Jan. 25, 2022, 1 - 4:30 p.m.

[Click here](#) to view more information about these trainings and additional trainings to come.

The Florida Association for Infant Mental Health (FAIMH) is excited to share with you our newest competency-based training: Newborn T.O.U.C.H. (Touch, Observe, Understand, Communicate, Hold). This training emphasizes the critical role the physical, social and emotional environment plays in shaping healthy infant development. This 4-hour training can help professionals from all disciplines who need additional training hours to meet the Pregnancy and Early Parenthood or Relationship-based Practice Competencies in preparation for Florida's Infant Mental Health Endorsement® (FIMH-E®) even if you don't work directly with newborns. [Click here](#) to learn more and to register.

January classes for pregnant and new parents with Healthy Mothers, Healthy Babies

Throughout January 2022
Virtual

Healthy Mothers, Healthy Babies of Palm Beach County is here to support you through pregnancy with educational classes and groups. Register today for upcoming support groups and educational classes for pregnant and new parents like Small Steps, Great Parents classes and Circle of Moms. All are at no cost, but registration is required. [Click here](#) to learn more and to register.

mental health implications. The 5.5 hour online course, accompanied by a spiral-bound manual with over 80 pages of practical advice and technique-building exercises, introduces a new way for adults to simply “be” around children. [Click here](#) to register.

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. [Click here](#) to review the MMU Submission Guidelines.

Stay Connected!

