

Today's MMU: Children's Services Council Rolls Back Tax Rate for 2023-24 Fiscal Year

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

Mon 10/2/2023 3:31 PM

To:Updates <updates@gladesinitiative.org>

35 years #HealthySafeStrong

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



Monday Morning Update October 2, 2023

Children's Services Council Rolls Back Tax Rate for 2023-24 Fiscal Year

The governing board of Children's Services Council of Palm Beach County on September 21 approved a 2023-2024 millage rate of .4908 – a nearly 11 percent decrease from last year. This is the third consecutive year the council has reduced the millage to the rolled-back rate. The Council's revenue remains the same despite the reduction in the rate, allowing it to continue to meet the needs of Palm Beach County families.

OST Professionals Take a Deep Dive into STEAM with Florida Fishing Academy

Prime Time Palm Beach County offers innovative opportunities for out-of-school time (OST) professionals, in order to be empowered and equipped to bring new and exciting learning activities

Impact the Palm Beaches Next-Gen Offers Teens Service Opportunities

This lively Impact the Palm Beaches teen group is open to high school age students. Members pay \$30 quarterly and meet to vote on a grant recipient and the award is given in person. Teens interested in connecting for service opportunities and hoping to create change in their community are encouraged to join. [Click here](#) to learn more. Contact alex@quantumcos.com with questions.

Join the Train the Brain Social Media Challenge in October for Train the Brain Month

Palm Health Foundation invites you to join the Train the Brain social media challenge, designed to showcase how community uses the arts for brain health and wellness. To participate, post a

Be a Difference Maker and Become a Mentor

Take Stock in Children is seeking role models who will spend time with a child who is earning a college scholarship. Their program is growing, and mentors are needed throughout Palm Beach County. [Click here](#) to complete a mentor application. Upcoming orientation dates, via Zoom for one hour, are October 6 at 12:00 p.m., October 10 at 5:30 p.m., October 12 at 9:00 a.m. and October 19 at 5:30 p.m. RSVP to kbriard@takestockpalmbeach.org or ksegarra@takestockpalmbeach.org.

Help Shape a Healthier Palm Beach County

Palm Beach County invites you to take a survey to help them learn about the needs and strengths of the county. Text **WELLNESS** to **844.926.6691** to access the survey.

to the children and youth they serve. Prime Time and 25 STEAM cohort members took to the seas on August 26 for a morning excursion with expanded learning opportunity (ELO) provider Florida Fishing Academy. [Click here](#) to read more.

photo representing how you use or experience art to support your personal health and wellness, for example, a selfie of you listening to music, dancing, visiting a museum, etc. Tag [@PalmHealthFoundation](#) and [#TraintheBrainPBC](#), and encourage others to join you by tagging them in your post. See the 'Events' section, below, for three free events to celebrate the month. [Click here](#) to learn more.

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 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@pbso.org.

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 to 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 services.



Pregnant? Watch your blood pressure. It's important!

If you are pregnant, it's important to monitor your blood pressure to avoid preeclampsia, a disorder that can occur when a woman's blood pressure rises dangerously high. A new mom also could develop the condition up to six weeks after giving birth.

Check out CSC's pregnancy campaign online at [EveryParent](#) and explore engaging videos, insightful articles and quick tips you can trust.

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

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, a costume contest, games and more. [Click here](#) to view a flyer for the event.

Ride the W.A.V.E. Youth Summit

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 W.A.V.E. - to wellness, awareness, visualization and empathy, to focus on mental health support for teens. Each educational, advocacy or activity session will include at least one of the W.A.V.E. signs in order to learn how to help oneself and others around you. This teen-led event includes many activities, prizes, lunch and fun swag. [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.

Blind Sports Day

Sunday, October 14
10:00 a.m. - 3:00 p.m.
CMAA Therapeutic Recreation Complex
2728 Lake Worth Road
Lake Worth

Palm Beach County Parks & Recreation, in partnership with Endless Possibilities for the Disabled, Inc., offers this unique opportunity for all community members to experience sports for individuals with visual impairment and blindness. Adults and children ages six and older, with or without visual impairment or blindness are invited to this free, interactive day playing four different blind sports, including beep baseball, beep kickball, boccia and goalball. All participants will receive an eyeshade that they will use while participating in the sports throughout the day to help ensure all participants have the same level of vision during the games. Participants will also have the opportunity to meet local community athletes who currently participate in these sports. [Click here](#) to view a flyer for the event.

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 into the construction industry. Lunch is provided daily. [Click here](#) to view a flyer with details and instructions to register.

Spooky Swamp Event

Friday, October 20

Hoot & Howl

Friday, October 27

Read for the Record

Thursday, October 26, 2023

6:00 p.m. - 8:00 p.m.
Riverbend Park
9060 W. Indiantown Road
Jupiter

Bring the kids in costume and enjoy Halloween-themed games and crafts, (while supplies last), and a not-so-scary walk through the woods while learning about nocturnal creatures. Remember to bring a flashlight and bug spray! All ages are welcome to this free event, and reservations are not required. [Click here](#) to read about Riverbend Park.

LagoonFest 2023
Saturday, November 4
9:00 a.m. - 2:00 p.m.
Waterfront
Downtown West Palm Beach

LagoonFest celebrates one of the most picturesque waterways and estuaries in The Palm Beaches - Lake Worth Lagoon. This free, family-friendly festival includes a Kid's Zone, kayak and guided boat tours, live bird release, interactive touch tanks and more! [Click here](#) to learn more.

6:00 p.m. - 8:00 p.m.
Daggerwing Nature Center in
Burt Aaronson S. County Regional
Park
West of Boca Raton

Kids are encouraged to dress in costume and enjoy not-so-scary Halloween games and crafts, (while supplies last), while learning about nocturnal creatures such as owls, toads, snakes and spiders. Remember to bring a flashlight and bug spray to continue the adventure outside along the boardwalk at night! All ages are welcome to this free event and reservations are not required. [Click here](#) to learn about the Daggerwing Nature Center.

Meet the Orchestra Events
Saturday, November 18
11:00 a.m.
Roberts Theater at Saint Andrew's
School
3900 Jog Road
Boca Raton

AND

Saturday, December 2
11:00 a.m.
Countess de Hoernle Theatre at
Spanish River High School
5100 Jog Road
Boca Raton

Meet The Orchestra is a fun, interactive program for children through The Symphonia that provides opportunities for kids to share a classical music experience with their parents or grandparents, listen to a live orchestra, talk to conductors and musicians, learn about the instrument families that make up an orchestra and test out a few instruments at the 'Musical Instrument Petting Zoo.' This program is free for children, and adults pay a \$5.00 fee. Nonprofit groups are free of charge. To learn more and register, [click here](#).

Multiple locations & times

Literacy Coalition of Palm Beach County's Read for the Record brings together millions of adults and children around the world each year to read the same book on the same day in order to raise awareness about the critical importance of early literacy and access to high-quality books. This year's book is With Lots of Love, by Jenny Torres Sanchez. [Click here](#) to learn more and complete a registration form.

Mentor Mile with United Way of Palm Beach County
Sunday, December 10
6:30 a.m.
John Prince Park
2700 6 Ave. S.
Lake Worth Beach

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 and [here](#) to view a flyer for the event.

[Palm Health Foundation Neuroarts Events in October for Train the Brain Month:](#)

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 well-being 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

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.

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 (GVTF) 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

Healthy Mothers, Healthy Babies Coalition of Palm Beach County: October Educational Calendar

October 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](#).

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.

Filial Play Therapy

Pathway to Higher Education: Navigating

Friday, December 1
9:00 a.m. - 4:30 p.m.
Opportunity Early Childhood Education and Family
Center

Center for Child Counseling offers this workshop on Filial Therapy, a highly effective intervention that integrates family therapy with play therapy to address child and family problems. Participants will learn the history and theoretical foundations of Filial Play Therapy, identify the structure and stages of filial play therapy sessions with child and parent/caregiver, list the principles of filial play therapy, use basic client-centered play therapy skills, list the stages used in Filial Play Therapy sessions, demonstrate strategies to engage with, empower and strengthen the skills of parents/caregivers in the playroom and practice Filial Play Therapy interventions in dyads and triads. A fee applies, with an early bird special until November 1. For more details and to register, [click here](#).

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

Stay Connected!



Social Interaction and Building Independence for High School Students with Disabilities

Available October 1 - October 31
Virtual

In this training from Florida Atlantic University's Center for Autism and Related Disabilities program, 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.

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