

# Today's MMU: Hurricane Season Resources Available through 211 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 July 31, 2023

### News

#### **Hurricane Season Resources Available through 211 Palm Beach County**

211 partners with emergency management services and local agencies in Palm Beach and the Treasure Coast to get you the information needed to prepare, endure and recover from natural disasters. They encourage all individuals, families, organizations and businesses to take stock, plan and be prepared. Download their hurricane preparedness guide by [clicking here](#).

#### **Postpartum Care Coordination Offered Through Healthy Mothers Healthy Babies Coalition of Palm Beach County (HMHB)**

HMHB recognizes the importance of new mothers attending their healthcare appointments through the fourth trimester. Due to the recent Medicaid extension for pregnant women, they are thrilled to now offer Postpartum Care Coordination. Read more and find contact information [here](#).

#### **Students Speak Up for Kids Empowers Students to Stand Up for Kids in Foster Care**

Looking for end of summer volunteer opportunities? Students Speak Up for Kids (SSUFK) is a division of Speak Up for Kids of Palm Beach County with a mission to empower local students with opportunities to serve and speak up for the children involved in the county's dependency court system. They do this through flexible community service projects, chapters of SSUFK at local schools and fun-filled in-person events. One such project, Music

#### **Free Back-to-School Events for Families**

211 Palm Beach County has rounded up a list of FREE supply events happening in the County. Some events also offer school physicals, haircuts and other activities. Please be aware that you may need to register in advance and some events are limited while supplies last. [Click here](#) to access the list of events with locations and further details.

Families are encouraged to visit frequently, as the list is constantly updated. If individuals or families are looking for help with other basic needs or for crisis support

Buddies, is a program that pairs kids in foster care with student music teachers who then provide them with free virtual music lessons. To learn more about how to get involved with more incredible projects like this one, [click here](#).

they can dial **2-1-1** 24/7, or text their zip code to **898211**. Please note that Back to School Sales Tax Holiday is from July 25 to August 7. No sales tax is collected on purchases of uniforms, clothing, footwear and certain accessories selling for \$100 or less per item and certain school supplies selling for the price of \$50 or less.

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### Quick tips for getting your child emotionally ready for going back to school

Getting your child ready to go back to school is about more than buying the right backpack or a new pair of sneakers. You need to prepare your child for the social and emotional adjustments of returning to the classroom, says Carolina Libreros, a Triple P supervisor for the Center for Family Services of Palm Beach County. Triple P stands for the Positive Parenting Program, a program available to all Palm Beach County families who are experiencing parenting challenges.

[Click this Button to Learn More](#)

## Events

### Back to School Festival & Resource Fair

Saturday, August 5

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

St. Mary's medical Center/Palm Beach Children's Hospital

5101 Greenwood Avenue

West Palm Beach

### Free School of Rock Performances for Families

Saturday, August 5

1:00 p.m. AND 7:00 p.m.

AND

Sunday, August 6

4:00 p.m.

Children's Services Council, in partnership with Familias Latinas and St. Mary's Medical Center invites families to this afternoon of fun, including music, face painting, snacks, resources and back-to-school bags (while supplies last). To view a flyer for the event in English, [click here](#) and in Spanish, [here](#).

Wellington High School  
2101 Greenview Shores Blvd.  
Wellington

Theatre Arts Productions, a nonprofit theatre Company based in Wellington, invites you to this family-oriented production with great music, singing, and acting, as well as a message of inclusion, passion and trust. The production features a cast of twenty-eight actors, with direction and choreography by Jaycie Cohen and musical direction by Dolly Romano. For free tickets, call **561-340-9623**.

## **Recurring Events:**

### **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.

### **Black Under-Representation Initiative Task Force Meetings**

Every last Wednesday of the month

10:00 a.m.

Virtual

Florida Atlantic University's Center for Autism and Related Disabilities invites you to join the Black Under-Representation Initiative meetings to discuss research that indicates black children are being misidentified, delay identified and under-identified with Autism Spectrum Disorder. Without proper identification, children will not receive access to evidence-based interventions to progress academically and socially, and parents and families will not receive the support and training needed to help their children. RSVP by calling **561-212-4930** or email [cmckinney@fau.edu](mailto:cmckinney@fau.edu).

### **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 @girlspbcb to **81010**.

### **Food as Medicine Workshops**

Second and Fourth Saturdays, May - 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

### Financial Literacy Bootcamp for Teens

Tuesday, August 1  
6:00 p.m.  
Virtual

This workshop is for any youth ready to begin understanding money and its responsibility in the world. These trainings are offered through Students Speak Up for Kids of Palm Beach County and are conducted by Jaisnav Rajesh at Princeton University. Space is limited. [Click here](#) to view a flyer with more information and [click here](#) to sign up.

### 3Ts Parenting Workshops

Monday, July 31  
12:30 p.m. - 1:30 p.m.  
Virtual

The 3Ts – Tune In, Talk More, Take Turns- is a simple but powerful tool to help make the most of everyday interactions with children. Early Learning Coalition's 3Ts workshop shares resources that foster knowledge and build skills parents can use to promote foundational brain development. These workshops are for anyone who takes care of a child ages 0-3 years old. [Click here](#) to register.

### College 101 Series for Parents

Wednesday, August 2  
6:30 p.m. - 8:30 p.m.  
Virtual

AND

Saturday, August 5  
11:00 a.m. - 1:00 p.m.  
Delray Beach Library  
100 W. Atlantic Ave.  
Delray Beach

Scholar Career Coaching's workshops are specifically designed to provide valuable guidance and support to immigrants and first-generation families, helping them navigate the educational journey of their students with confidence and ease. Advance registration is required. To learn more and register, [click here](#).

### ABLE Accounts and Special Needs Trusts

Wednesday, August 16  
2:00 p.m.  
Virtual

The Melvin J. and Claire Levine at Alpert Jewish Family Service offers this free opportunity to learn how to safeguard money without impacting government benefits. Topics covered include explanation of ABLE tax-free savings accounts, eligibility and cost, difference between ABLE accounts and special needs trusts, benefits and when to use each and answers to your questions on both financial tools. [Click here](#) to register. Contact [tami.lustig@alpertjfs.org](mailto:tami.lustig@alpertjfs.org) or call 561-713-1917 with questions.

### Recurring Trainings:

#### Mommy Matters Virtual Series

Second Tuesdays, monthly, August 8 & September 12  
10:30 a.m. - 11:30 a.m.  
Virtual

Baptist Health South Florida invites you to join this educational series emphasizing mental and heart health, for new and expectant mothers. [Click here](#) to view a flyer for the events.

#### In-Person Play Therapy Series

Friday, August 4 & September 8  
9:00 a.m. - 4:00 p.m.

Opportunity Early Childhood Education and Family Center  
4171 Westgate Ave.  
West Palm Beach

Join Play Therapy experts with Center for Child Counseling to learn the language of the child through this new Play Therapy Series. The next workshop focuses on addressing trauma through Play Therapy. This workshop will define trauma and its impact on children and families, demonstrate at least five Play Therapy activities for different developmental stages to minimize trauma symptoms, apply Play Therapy trauma narrative interventions, use therapeutic skills related to addressing trauma in the playroom, demonstrate skills for taking trauma history in the playroom and identify both directive and nondirective interventions to use in the playroom. To learn more about the event and to register, [click here](#). Includes six CEUs and Contact APT CEs. The last workshop will be Treating Trauma using TF-CBT.

## 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@cscpsc.org](mailto:mmu@cscpsc.org). [Click here](#) review the MMU Submission Guidelines.

## Stay Connected!



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