



## Monday Morning Update November 5, 2018

### News

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**Alcohol Prevention  
Poster and Media  
Contest - win \$1,000**

**Council Update:  
Slightly more PBC  
babies born too early**

**211's List of Holiday Meal  
Sites**

### **and \$500 scholarships!**

The Palm Beach County Substance Abuse Coalition is hosting its 9th Annual Alcohol Prevention Poster and Media Contest! This year's theme is "Superhero Me, Alcohol Free." All Palm Beach County students K-12 are eligible to enter either one or both contests. Enter the Poster Contest to win one of two \$1,000 scholarships offered by the Hanley Foundation and Judy Carreras Foundation. Enter the Video PSA Contest to win a \$500 scholarship from Michael Joseph Brink Foundation. [Click here](#) for rules and the entry form. Contest deadline is Nov. 30.

The percent of Palm Beach County babies born too soon inched up in 2017 to 9.4, or 1,410 babies born before 37 weeks gestation. Across the state, the number of babies born premature also increased slightly from the year before, to 10.2 percent. Recognizing both the financial and emotional toll prematurity takes on a family, as well as a community, Children's Services Council's board proclaimed November as Prematurity Awareness Month at its recent meeting. To learn more, [click here](#).

Every year, 211 compiles a list of meal sites for the holidays. Also included is information on toy giveaways. Individuals and families interested in learning more about meal sites and times can call 2-1-1 or [click here](#) for more information. If your agency is hosting holiday meals and or toy giveaways-please contact [Judi.hechtman@211pbtc.org](mailto:Judi.hechtman@211pbtc.org).

### **TheDream.US Scholarships for Dreamers**

TheDream.US scholarships are for highly motivated DREAMers to achieve a college education. Two scholarships are available. The National Scholarship is for high school or community college graduates. The Opportunity Scholarship is for students who live in targeted, locked-out states where they cannot get in-

### **Sponsored Programs Funding Request from the Health Care District of Palm Beach County**

Each year, the Health Care District of Palm Beach County provides funding to organizations for health care related or support services for residents of Palm Beach County. This program is known as Sponsored Programs at the District and usually funds between 15-20 organizations each year.

### **Become a VITA volunteer!**

One hour of your time brings in more than \$2,145 in refunds to families in need. The Volunteer Income Tax Assistance (VITA) Program provides free tax-preparation services for households with low to moderate incomes. Join the VITA Volunteer team and become a greeter, tax preparer or site coordinator. Flexible hours

state tuition. Eligibility for both is based upon where you live. [Click here](#) for more information and to apply.

This year's Sponsored Programs Funding Request is now posted on the District's website. [Click here](#) to learn more and apply.

and locations. [Click here](#) for more information.

### **Pie it Forward with Meals on Wheels of the Palm Beaches**

Oct. 15 - Nov. 15

We all need two things at Thanksgiving time, a delicious pie and to give thanks by paying it forward. Pie It Forward fosters community spirit and supports the mission of Meals on Wheels of the Palm Beaches. Purchase pies for your staff, clients, colleagues, friends and family. Each delicious pie sold for \$25 will provide a week's worth of meals for a local, homebound senior. [Click here](#) to learn more.

### **211's Teen Help Guides available**

There are still quantities of 211's Teen Help Guide available for distribution. These handy pocket directory for teens are a great resource for those individuals or organizations that work with teens or offer teen programming. Included in the guide is a scavenger hunt that can be used as a lesson or activity - a great way to get teens reading the guide. Those interested can email [info@211pbtc.org](mailto:info@211pbtc.org).



### **Is your baby or toddler getting enough sleep?**

Don't be alarmed that your baby or toddler loves to sleep - a lot. Pediatric and sleep professionals aren't hitting the snooze button on a recent report urging parents to ensure their children are getting enough sleep. [Click here](#) for sleeping tips for your little one. For more information, create a family profile on [EveryParentPBC.org](http://EveryParentPBC.org).

## **Events**

**Your Health Matters: "Your**

**Miracle League Resource Fair**  
Saturday, Nov. 17  
2 - 5 p.m.

**November Happenings with**

**Child and Pediatric Visits"**

Thursday, Nov. 8  
1:30 - 2:30 p.m.  
**BRIDGES at Pahokee**  
170 S. Barfield Hwy,  
Pahokee

All children and teens should receive well-child care visits to ensure their overall health and wellness. Join BRIDGES at Pahokee for a friendly discussion of reasons why visits are important. Beverly Hunt, NP and Adina Hurst, NP of Pahokee Pediatric Associates will address the need for these visits, and allow you the opportunity to get advice and guidance from their pediatric practice. [Click here](#) to view event calendars at all ten BRIDGES sites.

**Miller Park Field #6**  
1905 SW 4th Ave  
Delray Beach

Explore all the resources Palm Beach County has to offer the special needs community. Miracle League's Resource Fair features local resources, advocacy organizations, therapy programs, home health/PPEC agencies, support groups, mental health providers and more. For more information, please contact Thea Chimenti at 561.414.4441.

**PBC Parks and Recreation**

There's plenty to do in Palm Beach County in the month of November - and Palm Beach County Parks and Recreation has your list of outdoor events and activities to enjoy with your family! From food truck invasions to owl prowls, there's something for everyone! [Click here](#) for more events and activities near you.

**Glades Region Choice and Career Academy Programs Showcase**  
Monday, Nov. 5  
6 - 8 p.m.  
West Technical Education Center  
2625 State Hwy 715  
Belle Glade

**Delray Big Build and Workshops**  
Sunday, Nov. 4  
10 a.m. - 2 p.m.  
51 N Swinton Ave.,  
Delray Beach

For kids of all ages! Bring the family for good, old fashioned fun with a huge pile of large and small

**Walk Palm Beach Saturday, Dec. 1**  
9 a.m. - 12 p.m.  
600 Blue Heron Blvd.,  
Riviera Beach

Walk Palm Beach for HIV positive individuals who live in Palm Beach County. Activities include 3 mile walk, food trucks,

Come out and see what Choice and Career Academy Programs are available in the Glades region. Computers will be available for parents to apply on-site. Creole and Spanish interpreters will be available. For more information, contact Cosha Jackson at 561.829.4620 or Sherry Canty at 561.993.4400.

boxes, cardboard, lots of tape and loose parts like fabric, yarn and recycling bits to build and decorate creations of their own imaginations. For adults: free 20-minute workshops on The Power of Play: Nurturing Happier, Healthier Children and Communities. [Must register online](#) to attend workshops. Tickets for workshops will be limited. For more information, call 561.501.6615 or Teacher/provider door prizes available!

kids, activity, blood drive, free HIV testing, free health screening. Team up with family and friends to register today. [Click here](#) to register. Deadline to register is November 30.

**November events at the Palm Beach County Library System**  
Throughout November  
All library branches

Bring the family to your local Palm Beach County Library branches for family activities. From reading events to crafts, there's something for the whole family! [Click here](#) to see a full list of November events at all branches.

**Florida Mental Health Counselors Association Annual Conference**  
Jan. 31 - Feb. 2, 2019  
Lake Mary, Orlando Area

Join the Florida Mental Health Counselors Association (FMHCA) at the Annual Conference and earn CEU's while networking with mental health professionals. Conference tracks include ethics, domestic violence, HIV/AIDS, trauma, cultural diversity, children, adolescents and family, addiction treatment and assessment, evidenced-based and emerging practices, military and veterans and more. For more information and register, [click here](#).

**'Earth from Space' exhibition**  
Sept. 2018 - Jan. 2019  
Lake Mary, Orlando Area  
The Center for Creative Education  
425 24th St.,  
West Palm Beach

The Sallie & Berton Korman Gallery at Center for Creative Education will host the exhibition 'Earth from Space' now through January 2019. Come see this Smithsonian traveling exhibition with your family. Exhibition reception will take place on Dec. 7 at 6 p.m. \$10 entry fee. [Click here](#) for more events with the Center for Creative Education.

## Trainings

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### Circle of Security Parenting Facilitator Training

March 4 - 7  
9 a.m. - 5 p.m.  
Manatee Lagoon Eco Center  
6000 N. Flagler Dr.,  
West Palm Beach

Circle of Security has established a parenting reflection program offering the core components of the evidence-based and internationally acclaimed COS protocol. This 4-day seminar trains professionals to use an eight chapter DVD to reflect with parents and caregivers. This program presents video examples of secure and problematic parent/child interaction, healthy options in care giving, and animated graphics designed to clarify principles central to COS.

[Click here](#) to register.

### Florida Child Passenger Safety Technician Update

Wednesday, Nov. 7  
Memorial Regional Hospital Conference Center  
3501 Johnson St.,  
Hollywood, FL

### Nonprofits First workshops

Nonprofits First's monthly calendar of new and ongoing workshops are designed to develop every area of an organization from front line employees to executives, and from startups to established businesses. [Click here](#) to view the calendar and workshops that are offered this month.

### Free workshops with JFS Career & Employment Services

Ruth & Norman Rales  
Jewish Family Services  
6413 Congress Ave. Suite 225,  
Boca Raton

From first time job seekers to those in career transition, Ruth & Norman

### Hot Topics in Developmental Disabilities Conference

Nov. 8 - 9

Renaissance Hotel  
2000 NW 19th St.  
Boca Raton

Florida's Voice on Developmental Disabilities' annual conference Hot Topics in Developmental Disabilities is now open for registration. The two-day conference offers a broad range of presentations led by experts in the field. Presentation topics include school choice options, transitions, benefits, housing, bullying, divorce, technology, 504/IEP, post high school education options, employment, physical disabilities, ASD/ADHD and more. [Click here](#) to learn more and to register.

### Free Statewide Respite Conference

Thursday, Nov. 15  
9 a.m. - 3 p.m.  
Florida Atlantic University Auditorium  
5353 Parkside Dr.,  
Jupiter

The Palm Beach Respite Coalition is hosting a free

Safe Kids Palm Beach County is partnering with Safe Kids Broward and Safe Kids Worldwide to offer a tech update for certified technicians. This tech update is the best way to obtain your 6 CEUs for recertification and to stay current with new trends and technology. [Click here](#) for details and to access the registration form.

### **Trainings with FAU's Office of Professional Development**

Florida Atlantic University's Office of Professional Development provides students' scholarships and assistantships, and supports faculty and students with research projects, attendance and presentations at national and international conferences, and other projects related to advancing FAU's academic excellence and community engagement. CEU training courses are available in topics like addiction, trauma, contemplative practices and advanced clinical skills in child, adult, and elderly care. [Click here](#) to see full course descriptions and to register.

Rales Jewish Family Services offers Career and Employment Services (CES). By focusing on job candidates' individual goals, the CES Team creates customized action plans and offers support throughout the employment-seeking process. The CES Team can help you discover your true potential and assist you in the transformation from job candidate to "You're hired!" [Click here](#) for more information about the program.

### **Rainbow Retreat** Saturday, Dec. 15 9 a.m. - 6 p.m. Tomorrow's Rainbow 4341 NW 39th Ave., Coconut Creek

Tomorrow's Rainbow presents the Rainbow Retreat, A Grief Retreat, December 15th. Tomorrow's Rainbow is proud to offer the Rainbow Retreat, a grief retreat for children, teens and adults who have experience a stigmatic or traumatic death. Scholarships are available for everyone. By incorporating horse interactions with therapeutic art and play, as well as education on grief and facilitated peer support; children, teens and adults are given the tools necessary to take their own personal grief journey in a way that is meaningful to them. [Click here](#) to learn more.

Statewide Respite Conference. This interactive day of connection and collaboration will bring family caregivers of all ages and disabilities, service professionals and other stakeholders together to share creative strategies. [Click here](#) to learn more and to register.

### **Child-Centered Play Therapy through the Lens of Neuroscience: The Brain Story** Oct. 19 - Nov. 15

9 a.m. - 4:30 p.m.  
Quantum Foundation  
2701 N. Australian  
Avenue  
West Palm Beach

What happens to a child early in life (sensitive periods) impacts brain development, relationships, resilience as well as mental and physical health. It is the experiences that shape the brain and a person's perception of the world. This two-part workshop will apply the Neuroscience of the developing child, the power of relationships, and the understanding of the science behind Child-Centered Play Therapy. Earn 12 CEU's or APT

credits! [Click here](#) for more information.

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## Additional Resources

[Visit the CSC website](#)  
[CSC Employment](#)  
[CSC Provider Agency Employment](#)  
[Search for Trainings](#)

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## Do you have information for the MMU?

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

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[Sign up for the MMU!](#)

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## Stay connected!



[www.cscpb.org](http://www.cscpb.org)