

# Today's MMU: Breastfeeding Support Offered Through Healthy Mothers Healthy Babies Coalition of Palm Beach County (HMHB)

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 August 7, 2023

### News

#### **Breastfeeding Support Offered Through Healthy Mothers Healthy Babies Coalition of Palm Beach County (HMHB)**

Throughout the month of August, HMHB joins the U.S. Breastfeeding Committee in recognizing National Breastfeeding Month. This year's advocacy and educational theme is: This is Our Why, which will shine a light on why this work is so important and center the conversation on the babies and families who need support. HMHB encourages you to take time throughout the month of August and beyond to learn more and celebrate the efforts of families and communities in working to ensure the best health outcomes. They offer quick, convenient, and free answers to your breastfeeding questions, with educators available to provide encouragement and support Monday through Thursday from 8:00 a.m. to 5:00 p.m. Call **561-440-9036** or email

#### **Affordable Connectivity Program Helps Households with Internet Service Costs**

The Affordable Connectivity Program is a Federal Communications Commission (FCC) benefit program that helps ensure that households can afford the broadband they need for school, work, 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 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. The Program is limited to one monthly service discount and one device discount per household. To read more about eligibility and enrollment,

#### **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](#).

[bfsupport@hmbhpbpc.org](mailto:bfsupport@hmbhpbpc.org) to get [click here.](#)  
help today.



## Going back to school can bring out big emotions in your child

Going back to school can be a stressful time for your child. It's important to set aside time to talk to your child about what they are feeling, says Carolina Libreros, a Triple P supervisor for the Center for Family Services of Palm Beach County.

[Click this Button to Learn More](#)

## Events

### Palm Beach County Food Bank: August Outreach Calendar

Palm Beach County Food Bank is focused on fighting hunger in Palm Beach County through five programs – Partner Marketplace, Pop-Up Farmer's Market, Benefits Outreach, Childhood Hunger Initiatives (Lois' Food4Kids, Weekend Food for Kids, and School Pantries) and Groceries for Seniors. They support close to 200 partner agencies in Palm Beach County with food, programs and [Click here](#) to view a listing of opportunities with locations, times and language services offered. [Click here](#) learn more about the Food Bank.

### 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-

### Power Up for School

Sunday, August 27  
2:00 p.m. - 4:00 p.m.  
Arts Garage  
94 NE 2nd Ave.  
Delray Beach

The Coalition for Black Student Achievement invites you to join this event and gain insider tips for a successful 2023-2024 school year. To view a flyer for the event with a list of speakers, including Michael J. Burke, Superintendent of The School District of Palm Beach County, and a QR code to register, [click here.](#)

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 @girlspbc 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**

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

August 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 Circle of Dads 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](#).

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

#### **Executive Functioning Strategies for Students with Autism**

Wednesday, August 9  
4:00 p.m. - 5:00 p.m.  
Virtual

This workshop is intended for instructional personnel to learn executive functioning strategies to support teaching students with autism. [Click here](#) to register.

#### **Homework Hero**

Monday, August 14  
11:00 a.m. - 12:30 p.m.

Virtual

This training will discuss some of the barriers children with ASD and their families face completing homework and getting it turned in, as well as a variety of strategies to use at home to combat those barriers and lead to a more positive experience for everyone. [Click here](#) to register.

### **Keeping Children with Autism Safe at Home, School and in the Community**

Monday, August 14  
11:00 a.m. - 12:30 p.m.  
Virtual

Learn about important supports, strategies and local resources that will ensure the safety of children with autism, regardless of where they are. [Click here](#) to register.

### **Let's Get Social**

Tuesday, August 15 (next date, November 15)  
2:00 p.m. - 3:00 p.m.  
Virtual

Join this training to identify ways that you can incorporate purposeful play and support the building of social skills within your day. [Click here](#) to register.

### **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.

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

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## **Stay Connected!**



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