

Today's MMU:

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

Mon 12/18/2023 4:31 PM

To:Updates <updates@gladesinitiative.org>

# 35 years #HealthySafeStrong

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



## Monday Morning Update December 18, 2023

**Please note: Children's Services Council's offices will be closed from Friday, December 22-Tuesday, January 2. We will release the next Monday Morning Update after the first of the year.**

### Calling all Student Go-Getters to Make a Difference

Students Speak Up for Kids, a program of Speak Up for Kids Palm Beach County, invites you to transform lives, earn community service hours and create a legacy for foster kids in the county. Work Individually to create virtual projects with no strict schedules. Coaching is provided. [Click here](#) to learn more.

Additionally, discover the Life Skills Learning Portal, a crucial resource for foster kids aging out of the system or any teen who could use life skill planning. This platform offers comprehensive support, empowering them with essential life skills, education, scholarship information and guidance. [Click here](#) to access assessments, educational materials and practical advice.

### Rising Leaders Program Soliciting Proposals for Organizational and Capacity-Building Projects

Last week, 28 emerging leaders in the Nonprofits First Rising Leaders Class of 2024 embarked on an eight-month experience to further develop their potential. An important element of this program is for each participant to complete a service-learning project. These projects come from organizations like yours and are meant to support your vital missions and the work you do in the community. Do you need your policies or procedures updated? Are you ready for a new marketing plan? Do you have a goal to increase volunteers? Working in small groups, these Rising Leaders will provide sponsoring organizations a free professional project management presentation

### Clerk's Office Expands Services in Royal Palm Beach Office

Clerk of the Circuit Court and Comptroller of Palm Beach County now offers more services in an expanded location at the Royal Palm Beach branch to better serve central Palm Beach County, including the communities of Loxahatchee, Royal Palm Beach and Wellington. You can now access many services in person, such as: Family case filings, including new case creation for divorce and paternity, marriage license applications and marriage ceremonies in a private room, and petitions for injunction for protection, commonly referred to as restraining orders. Read more about all services offered by [clicking here](#).

at the Rising Leaders graduation ceremony in July 2024. Proposals are due December 29 and must be submitted online. For more information and how to apply, [click here](#).

### **Youth Services Opens 2024 Summer Camp Scholarship Program Provider Applications**

The Summer Camp Scholarship Program provides full tuition and fees for summer camp for children residing in families with income at or below 185% of Federal Poverty Guidelines. Fees are paid directly to the camps who enroll the children with scholarships. Providers can submit an application until January 5 to the Palm Beach County Youth Services Department to join the approved list of summer camp providers for summer 2024. [Click here](#) to learn more and access a recording of the provider information meeting. For more information, please email **YSD-SummerCamp@pbcgov.org** or call **561-242-5713**.

### **Quantum Foundation Issues \$500,000 Request for Proposals**

Quantum Foundation is launching a \$500,000 Strong Communities Initiative (SCI) Request for Proposal, seeking projects designed to improve the community health of the Northwest, Coleman Park, Pleasant City, Northwood Hills, Pinewood Park and North 45 Street communities of West Palm Beach. Funding will be available for a one-year duration and directed to nonprofit community organizations providing supports and services focused on the social determinants of health, with preference given to projects that are collaborative, innovative in design, and that demonstrate the potential for substantial, measurable and enduring impact. Application deadline is January 17, 2024. [Click here](#) for more information, including a funding boundaries map and timeline. A virtual information session will take place Wednesday, December 13 at 10:00 a.m. [Click here](#) to register.

### **All Students Invited to Enter Ride the Wave School Bus Drug Prevention Media Contest**

Palm Beach County Behavioral Health Coalition invites students from kindergarten to grade 12 to enter the Ride the Wave contest to promote alcohol-free and vape-free lifestyles for youth. The three contest categories are Poster, Video/Reel and JAM4HUMANiTY, which includes dance, sports, instrumental, lip synch, cheer and adults. Two to five community service hours can be earned, and scholarships and prizes are available. Deadline for submissions is January 18. For further information, including criteria for all categories and prize information, [click here](#).

### **Help Local Families Succeed and Volunteer to Support the VITA Program**

United Way of Palm Beach County is looking for volunteers to support the VITA Program during the 2024 tax season. Volunteer Income Tax Assistance (VITA) is a national program, in partnership with The Internal Revenue Service (IRS), staffed by local volunteers to provide free preparation and electronic filing of tax returns. It helps households with an annual income of \$75,000 or less with taxes and serves thousands of individuals and families in Palm Beach County each year. [Click here](#) to view a flyer with more information and a QR code to sign up.

### **Palm Health Foundation Scholarship Applications Open Now**

Palm Health Foundation's scholarships are available for students pursuing careers in Nursing or Behavioral/Mental Health. Graduate and undergraduate scholarships are available. Applications are open until February 1, 2024. To learn more about the criteria for the scholarships, selection process timeline and to apply, [click here](#).

### **Council Update: CSC, Partners Engage With Community to Develop Youth Master Plan 2.0**

More than 400 local youth and adults engaged in Community Conversations, hosted by Birth to 22: United for Brighter Futures, to update the Alliance's Youth Master Plan, staff from Children's Services Council of Palm Beach County shared with board members at the December meeting. The original plan, launched in 2015, created action teams and workgroups to address six major areas of need. As Birth to 22 approaches its 10th year, organizers agreed it was time to reconnect with the community to evaluate next steps. [Click here](#) to learn more.

## [Holiday-Related Meal, Gift and Volunteer Opportunities:](#)

### **CROS Ministries Serves Meals to Anyone Who is Hungry**

CROS Ministries' Caring Kitchen distributes hot meals throughout the week and sandwiches on the weekends. For locations and times of their To-Go and congregate meals, please [click here](#). Additionally, they deliver meals to the homebound living in the 33444 or 33445 zip codes in Delray Beach. If you know someone who could benefit from these services, contact [scastillo@crosministries.org](mailto:scastillo@crosministries.org) for more details.

### **PBC Food Finder Map Helps Families in Need this Holiday Season**

United Way of Palm Beach County encourages anyone looking for food or helping others find food to utilize their Food Finder map, which is updated weekly. [Click here](#) to access the map. You can also get help finding food locations by calling 2-1-1.

A robust food pantry system is the best way to ensure people can access emergency food. Pantries rely mainly on food from local food banks and other donations. [Click here](#) to learn how you can support Palm Beach County Food Bank and help fight hunger in the county by donating food.

### **December Holiday Meal and Toy Distribution Events**

211 collects seasonal lists that include holiday meal sites and toy distribution events. Individuals and families looking for a warm holiday meal and toy distributions can [click here](#) to access the listing. Please note the list is updated frequently, so families are encouraged to check back often. If you know of an event that is not listed, please email event details and contact information to [patrice.schroeder@211pbtc.org](mailto:patrice.schroeder@211pbtc.org).

### **Gift Drive Seeks to Impact Youth this Holiday Season**

Birth to 22 Future Leaders and Girls Coordinating Council are hosting a holiday gift drive this December and seek to provide gifts to youth in underserved communities while teaching the valuable lesson of finding joy in giving. Deadline to drop off new and unwrapped gifts for school-aged youth is December 8 and deadline to drop off gift cards for teens is December 15. To view a flyer with additional details, including drop-off location and contact information, please [click here](#).

### **Holiday Volunteer Opportunities with Students Speak Up for Kids**

Looking for holiday volunteer opportunities? Students Speak Up for Kids is a division of Speak Up for Kids of Palm Beach County, whose mission is to empower local students with opportunities to serve and speak up for children involved in the county's dependency court system. As the holidays approach, there are many ways you can help make this holiday season magical for the foster care community. From volunteering at Winterfest, a free carnival for kids in foster care to donating to their toy drive toy drive to completing an individual holiday project, there's something for everyone. To learn more about how to get involved with more incredible projects like these, [click here](#).

### **Volunteer with Feeding South Florida this Winter**

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.

## **Find things to do with your kids in Palm Beach County!**

Did you know, the free EveryParent App designed for Palm Beach County families has a weekly listing of free and low-cost events and activities for the kids?



The app, which is free to download from the Apple App and Google Play stores, shares at least 10 new Things to Do each week – from free bonfires at Lake Worth Beach to low-cost, hands-on STEM programs in West Palm Beach!

[Click this Button to Learn More](#)

## Events

### **Palm Beach County Food Bank: December 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 services. [Click here](#) to view a listing of opportunities with locations, times and language services offered. [Click here](#) learn more about the Food Bank.

### **Day of Awareness and Community Resource Fair**

Saturday, January 20  
11:00 a.m. - 2:00 p.m.  
Alpert Jewish Family Service  
5841 Corporate Way  
West Palm Beach

Alpert Jewish Family Service of Palm Beach County and Commission for Jewish Education invite you to a day to celebrate community and learn about valuable resources. More information forthcoming. [Click here](#) to learn more about Alpert Jewish Family Service.

### **Third Annual Old-Time Fiddle Contest**

Sunday, January 21  
2:00 p.m. - 4:00 p.m.  
Yesteryear Village  
9067 Southern Boulevard  
West Palm Beach

Are you a fiddle enthusiast? Fiddlers of all ages are invited to compete in the fiddle contest in Yesteryear Village Storm Tight Windows Pavillion during the South Florida Fair, which takes place January 12-28, 2024. Prizes are given for the following three divisions: Junior Division, up to 10 years, Youth Division, ages 11-18, and Adult Division, ages 19 and over. Register by January 10. [Click here](#) to learn more.

### **Recurring Events:**

#### **Holistic Wellness Circle**

Tuesdays  
6:00 p.m. - 7:30 p.m.  
Cocoplum Nature School  
342 N. Swinton Ave.  
Delray Beach

Holistic Wellness Circle is a collaboration between Soil and Soul and Cocoplum Nature School and seeks justice and healing for families experiencing economic oppression, especially families of color with very young children. No experience is necessary, and all ages are welcome. Skills and relationships developed through Holistic Wellness Circle can be transformative for individual and family wellness. Children socialize and play outdoors, and parents and grandparents get a break from childcare and focus on holistic wellness in partnership with other families. [Click here](#) to learn more and [here](#) to view a flyer.

#### **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](#).

**Florida Atlantic University Center for Autism and Related Disabilities Events:  
African American Under-Representation in Autism Initiative Meetings**

Every last Wednesday of the month

10:00 a.m.

Virtual

Research indicates that Black children are being misidentified, delay identified and under-identified with ASD. Without identification children will not receive appropriate educational and therapeutic services and they will not maximize their personal potential. The Black Under-Representation Initiative and Black ASD Identification Research Expansion Project helps to spread awareness and implement an action plan for change of autism in the Black community. RSVP by calling **561-212-4930** or email [cmckinney@fau.edu](mailto:cmckinney@fau.edu).

**Support Group: Raising Black Children with Autism**

Every last Wednesday of the month

6:00 p.m. - 7:00 p.m.

Virtual

This group is 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](mailto:cmckinney@fau.edu).

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**Thea's Night Out - Community Respite Program**

Second Fridays, monthly: 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](#).

**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 aid 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: December Educational Calendar

December events include Childbirth and Caring for Newborn classes in English and Spanish, Breastfeeding and Infant Feeding class in English and Prenatal Yoga in English. A calendar with details, including holiday closure dates, can be found [here](#).

### Mental Health First Aid Training Various opportunities - see links below

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. Classes are currently being scheduled for January and February of 2024. [Click here](#) to read more, [here](#) to view a flyer for youth first aid services and [here](#) for adult services. Contact Timothy Bouck, MHFA Instructor, at **561-713-1877** or [tbouck@alpertjfs.org](mailto:tbouck@alpertjfs.org).

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### 2024 Children's Services Council Trainings List:

#### Bringing Baby Home: Care of the Newborn and Lactation Support

Tuesday, February 13  
9:00 a.m. - 5:00 p.m.

[Click here](#) to view a flyer for this event.

#### Family and Community Engagement in Action: Staff, Families and Community Agencies Partnering to Achieve Positive Outcomes

Wednesday, February 28 OR May 22  
9:00 a.m. - 5:00 p.m.

[Click here](#) to view a flyer with details.

#### Perinatal Mood and Anxiety Disorders (PMADS)

Tuesday, March 5  
9:00 a.m. - 5:00 p.m.

[Click here](#) to view a flyer for this event.

#### Touchpoints

Next Session March 5-7  
9:00 a.m. - 5:00 p.m.

This three-day training is designed for individual healthcare, therapy, early childhood education and social service providers who want to incorporate elements of the Brazelton Touchpoints™ Approach into their practice setting. The Brazelton Touchpoints™ Approach helps professionals engage around key points in the

development of young children. By helping parents identify and expect bursts and regressions in child behavior (the "touchpoints") professionals can reduce parental frustration and self-doubt while fostering parenting skills and the parents' enjoyment of their child. In the process, the bond between the provider and the family is strengthened. [Click here](#) to view a flyer.

### **Additional Trainings:**

Dates, times and locations vary

Virtual, on-demand and in-person trainings are available

- Emotional Intelligence- CEUs
- Infant Mental Health- Level 1 & 2- CEUs **\*starts Jan 16**
- Get Your Green On Special Trainings: Impact of Nutrition on Mental Health
- Get Your Green On Special Trainings: Healing through Art for Young Children
- Early Childhood Attachment & Development- CEUs
- Brain Development- CEUs
- Supporting Children in Uncertain Times- CEUs
- Language Development in Early Childhood
- Trauma Informed Care- CEUs **\*starts Dec 7**
- Advances in Trauma Informed Care Webinar
- Self-care for Helping Professionals Webinar
- IMH Reflective Supervision- CEUs
- AVDA Domestic Violence Prevention Education- CEUs
- T. Leroy Jefferson Medical Society High-Risk Pregnancy Support & Reproductive Justice Webinar
- Special Needs & Sensory Integration- CEUs
- Autism & Cultural Considerations- CEUs **\*starts Dec 5**
- Perinatal Mood and Anxiety Disorders (PMADS)- CEUs **\*starts Nov 16**
- Teen Parents and their Babies: Strategies for Speaking with Young Parents- CEUs
- Ghosts & Angels in the Nursely Webinar
- Bereavement, Grief, & Loss Webinar
- Connecting with Fathers Webinar
- Solution-Focused Approach for Substance Abuse Services Webinar **\*starts Nov 29**
- LGBTQ Strength based Clinical Tools Webinar
- Crisis & Team Management: Developing Effective Teams
- Essentials of Effective Leadership **\*starts Nov 30**
- Public Speaking
- T. Leroy Jefferson Medical Society Diversity in IMH: Case Study Review & Support Webinar
- Faith & Culture in Family Engagement- CEUs
- T. Leroy Jefferson Medical Society Social Determinants of Health & Wellbeing Webinar
- Communicating Across Differences Webinar
- Solution Focused Brief Therapy Webinar
- Cultural Humility Webinar **\*starts Nov 6**
- Community Trauma & Systemic Thinking Webinar **\*starts Nov 15**
- Family Engagement: Facilitating Attuned Interactions- CEUs
- Dynamics of Family: Blended Families, Co-parenting, & the Life Course- CEUs

To learn more and register, [click here](#). Contact Debbie Manigat at **561-740-7000** with questions.

### **Recurring Trainings:**

#### **Mommy Matters Virtual Series**

Second Wednesdays

12:00 p.m. - 1:00 p.m. OR 6:00 p.m. - 7:00 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.

### **On-Demand Trainings:**

#### **ACEs, Trauma, and Toxic Stress - Center for Child Counseling**

Workshop available on [bekidsafe.org](http://bekidsafe.org)

Virtual

This workshop provides an overview of the ACE study, Trauma, Toxic Stress and the impact on health.

Resilience and building a trauma-informed approach is also explored. This workshop is appropriate for teachers, caregivers, professionals and anyone who is interested in learning more about how adverse childhood experiences impact children, and what we can all do to foster resilience throughout the lifespan. Small fees apply. Click the link above to learn more.

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### Save the Date(s) - 2024:

#### **Student Mental Health and Wellness Conference: Inspiring Resiliency and Well-being**

Monday, February 19

8:00 a.m. - 3:30 p.m.

Park Vista High School

7900 Jog Road

Lake Worth Beach

This full-day conference will offer keynote speaker Randy D. Blakely, Ph.D., Executive Director, FAU Stiles-Nicholson Brain Institute and special guest Michael J. Burke, Palm Beach County School District Superintendent, as well as break-out sessions and a community resource fair providing information and strategies that support the well-being and mental health of students and staff. [Click here](#) to learn more and register.

#### **Child-Parent Psychotherapy (CPP)**

Tuesday, February 20 - Thursday, February 22

9:00 a.m. - 4:30 p.m.

Children's Services Council of Palm Beach County

2300 High Ridge Road

Boynton Beach

Florida State University Center for Prevention and Early Intervention Policy invites you to apply for their 2023-2025 Florida Cohort 8 CPP training. CPP is an effective, evidence-based intervention to help young children 0-5 and families recover and heal after stressful and traumatic events. [Click here](#) to apply for the first learning session, and [here](#) for a flyer with additional details.

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

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