

Today's MMU: Calling All Students for Visual Arts & Poetry Contest

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 February 21, 2023

Please note: Children's Services Council's offices were closed for President's Day, so we've released the Monday Morning Update today, Tuesday, January 21.

News

Calling All Students for Visual Arts & Poetry Contest

Students between the ages of 13 and 21 are invited to create a visual or written piece depicting self-love, to enter into Palm Beach County's virtual contest. The focus of this event is violence prevention through knowing your voice and finding the power to change yourself and your community. [Click here](#) for information. Submissions due February 23.

The Guatemalan Mayan Center Enhances Afternoon Meeting to Build Positive Youth Interaction, Youth Voice and Equity

Guatemalan Mayan Center at South Grade Elementary Afterschool Program, affectionately known as "La Escuelita Maya," received support from Prime Time on delivering a daily Afternoon Meeting for youth. The Afternoon Meeting entails an intentional circle gathering where the afterschool practitioners model and facilitate four activity segments, namely, the Greeting, the Sharing, the Activity and the Message. Prime Time's Social Emotional Learning Specialist Knellee Bisram facilitated a simulation and modeling of Afternoon Meeting in Spanish with

Florida Department of Health in Palm Beach County Providing Lifesaving Naloxone to Reduce Substance Abuse Deaths

The Florida Department of Health in Palm Beach County (DOH-Palm Beach) is announcing the availability of free naloxone (Narcan) nasal spray kits. This lifesaving medication could reduce thousands of substance abuse deaths across the state. Naloxone is available to people who use drugs, people with a history of drug use, others at risk of experiencing an overdose, friends, family members, and those who may witness an overdose. Kits comprise two naloxone nasal sprays that can be administered without a health care professional present. Learn more [here](#).

all staff that included direction and expectations. Learn more [here](#).

The LupieGirl Lupie Carekit Drive

During the month February, also known as Heart Health Month, The LupieGirl is hosting the first Lupie Carekit drive to show love for Lupies and those with chronic illnesses by collecting items that will go in the CareKits. These kits will be given out throughout the year and provide essentials and comfort to Lupies and other chronic illness survivors at home and/or during their hospital stay. They are only accepting new store bought items. If you would like to donate but can't make it, please visit [Amazon](#) where you can see the wish list of items requested to go into box. Learn more about LupieGirl [here](#).

Affordable Connectivity Program Helps Households Paying of Internet Services

The Affordable Connectivity Program is a Federal Communications Commission benefit program that helps ensure households can afford the broadband they need for work, school, 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. Read more and watch a video about the program [here](#). [Click here](#) for a flyer in English and [here](#) for a flyer in Spanish.

Baskets4Babies: Two Weeks Away From Tip-Off

The official tip-off of the Third Annual Baskets4Babies campaign with Healthy Mothers, Healthy Babies of Palm Beach County, presented by iTHINK Financial, is only TWO WEEKS away! Are you ready for another month of friendly competition, creative baskets, and awesome prizes? Register now so you are ready to go on March 1! Registered fundraisers will be eligible for prizes that include sports memorabilia, tickets for family activities, wine baskets and more! [Click here](#) to register.

Free Tax Filing Program Through United Way of Palm Beach County

United Way of Palm Beach County's Volunteer Income Tax Assistance (VITA) program offers taxpayers with low-to-moderate incomes hybrid options to prepare and file their return for free. The program is an invaluable service to the community. Learn more about the program, services offered and site locations by [clicking here](#) or calling 211.

Seeking Dynamic Workshop Presenters for 2023 Youth Summit

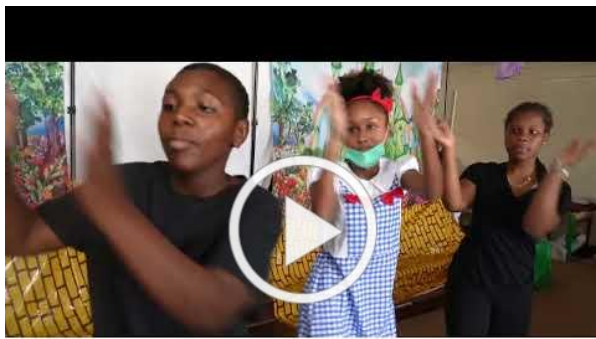
If you can effectively connect with middle and high school aged youth and would like to present at this year's workshop, you are encouraged to complete [this application](#). This event, taking place on Saturday, April 29, offers a free day of fun, food, prizes and education. To learn more and view sponsors, [click here](#).

February 2022 Benefits Outreach Program with Palm Beach County Food Bank

The Benefits Outreach Program assists individuals and families with applying for federal food assistance benefits (SNAP). Palm Beach County Food Bank is one of only seven organizations in Florida that provide the Department of Children and Families (DCF) required federal food relief interview. This interview is conducted during a meeting with a benefits specialist and meetings are conducted in English, Spanish and Creole. [Click here](#) to learn more and to view the Benefits Outreach Calendar for February.

Why summer camp? Hear from a local parent. Camp scholarships available in Palm Beach County!

Why should you send your child to summer camp? Hear from local parent Yashena Johnson why she thinks camp is good for



Summer Camp Scholarships Available!
EveryParentPBC.org/camps

your kids and also good for you too.

Now is the time to start thinking about signing up your child for summer camp! The scholarships are through Palm Beach County Youth Services and largely funded by Children's Services Council of Palm Beach County.

[Learn more](#)

Events

Hillsboro Estates Meet and Greet

Thursday, February 23
6:00 p.m. - 7:30 p.m.
West Technical Education Center
2625 NW 16 St.
Belle Glade

Come meet Ryan Homes and the companies building the brand-new housing community of Hillsboro Estates. This new development will require employees from all construction trades, and those attending are encouraged to bring a resume for future job opportunities. [Click here](#) to view a flyer.

Lit 'n Fit Community Health and Resource Fair

Saturday, February 25
11:00 a.m. - 3:00 p.m.
Blue Heron Church of God
2600 Avenue H West
Riviera

This joint endeavor by Blue Heron Church of God, Time 2 Win Community Organization and Enlightened Visionaries offers fellowship with a purpose while creating a sense of cohesiveness and unity. This free event is designed to uplift the underserved and underrepresented youth and their parents in the local community and surrounding areas. The venue will offer instructions regarding healthy food options, fitness and resources, including child care. There will be fun and games for everyone with a backdrop of family friendly, upbeat music by a DJ. Kids can enjoy a bounce house, face-painting and visit a game truck! Adults can get tips from fitness trainers on how to tone up and get healthier in 2023. Contact info@enlightenedvisionaries.com for more information.

A Day for Autism - Building Bridges with Law Enforcement Picnic

Sunday, February 26
10:00 a.m. - 1:00 p.m.
Village Park
11700 Pierson Road
Wellington

Join the Palm Beach County Sheriff's Office, the Village of Wellington & FAU CARD for a free picnic lunch and fun activities for the whole family, including a petting zoo, face painting, bounce houses, games & trackless train, arts & crafts, touch-a-truck zone, Kona Ice and a DJ. Additionally, there will be interactive opportunities with local law enforcement to include therapy dogs / Mounted unit, ATV/ Motors, 911 Bus and Fire Rescue. FAU CARD staff, community providers and local vendors will be in attendance providing information and resources for families and individuals with ASD. See flyers in [Spanish](#), [English](#) and [Creole](#). Please RSVP for the event [here](#) and indicate number of adults & children attending.

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

February events include educational classes for pregnant women, new parents and their support partners, maternal wellness support group meetings

FREE Baby Shower for Pregnant Moms

Wednesday, March 8
1:00 p.m. - 2:30 p.m.
Soma Medical Center
2135 S Congress Ave #3C
Palm Springs

Soma Medical Center is hosting this special opportunity for

AACY Community Caregiving Champions Breakfast

Friday, April 14,
8:00 - 10:00 a.m.
Boca Raton Marriott
5150 Town Center Cir.,
Boca Raton

Register today for the American Association of Caregiving Youth's

in English and Spanish, childbirth classes with virtual and Spanish options, pregnancy and infant loss support groups, Circle of Dads groups in English and Spanish, prenatal yoga and a six-session support group to reduce stress, in Spanish. A calendar with details can be found [here](#).

expectant mothers to connect and receive educational resources and goodie bags with baby items.

[Click here](#) to view a flyer and contact **561-346-8093** to RSVP.

(AACY) Community Caregiver Awards Breakfast. The AACY supports students who are responsible for caring for sick or disabled loved ones. The AACY provides individual and group counseling, tutoring, Camp Treasure, funds for home improvement projects, medical equipment such as ramps, respite care using Certified Nursing Assistants, mentors, meals, holiday meals and family events. [Click here](#) to register.

Autism Family Retreat with Deliver the Dream

April 14 - 16

10:00 a.m. - 1:00 p.m.

Cerveny Conference Center

11057 Camp Weed Pl.

Live Oak

This retreat is for families who have a child diagnosed with Autism Spectrum Disorder. All of the activities are centered on fun and are inclusive of the entire family unit. Thanks to the generosity of the sponsors and community, Deliver the Dream covers 100% of the lodging, activities and group meal expenses. Families are only responsible for their transportation to and from the retreat location. Application deadline is March 14. [Click here](#) to learn more.

Youth Summit of Palm Beach County

Saturday, April 29

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

Palm Beach Central High School

8499 W. Forest Hill Blvd.

Wellington

Middle and high school students are invited to join this free day of fun, food, prizes and education. Community service hours are available! Text **YOUTH SUMMIT** to **888-687-0035** for more information and to register and [click here](#) to view a flyer.

Hey Sistas Launch Party

Saturday, May 20

6:00 p.m.- 9:00 p.m.

Olentv Selfie Museum

205 N Federal Hwy

Lake Worth

“Hey Sistas” is a women’s support group for women of color to focus on health, wellness, and mental health awareness. The group will participate in fitness activities, as well as hear from expert guest speakers on health-related topics. Through the support of this program, women will work together to develop their leadership skills and find their voice to positively advocate for issues relate to women’s physical and mental health. [Click here](#) to register.

Trainings

Supporting the Spectrum

Wednesday, Feb. 22

1:00 p.m. - 2:00 p.m.

Virtual

Join the director of the FAU Center for Autism and Related Disabilities, Maryellen Quinn-Lunny, Ph.D., as she discusses disproportionality in autism spectrum disorder (ASD), benefits of early intervention for prognosis and outcomes, her research on black families through the ASD identification process and bridging needs with resources after receiving an ASD identification. [Click here](#) to register.

How to Change Your Stress to Strength

Wednesday, Feb. 22

6:00 p.m. - 7:30 p.m.

Virtual

Everyone experiences stress, and our bodies are meant to feel and react to it. Most people experience stress on a daily basis. But what happens when our stress does not go away? Participants in this United Way of Palm Beach County mentor training will learn from a Center for Child Counseling trainer what stress is, response levels, impact and symptoms of stress, self-care and self-regulation skills and how to cope with stress. [Click here](#) register.

Infant's Brain to the Therapist's Mind: Reflecting on How Babies Teach Us About Therapy

Thursday, February 23

2:00 p.m. - 4:00 p.m.

Virtual

Florida Association for Infant Mental Health Training Academy presents this provocative two-hour interactive and video-based seminar during which Dr. Neil Boris delves into key findings regarding the development of our socio-emotional brains and establishes ways in which research in this arena informs clinical work with parents. This training is encouraged for advanced practitioners such as

Endemic Times: Art & Play Therapy for Grief, Loss, and Isolation - Center for Child Counseling

Friday, February 24
9:00 a.m. - 4:00 p.m.
Children's Services Council
2300 High Ridge Road
Boynton Beach

The long-term effects from the Covid-19 pandemic are being seen even now with a rise in anxiety, depression and fears in our youth. This workshop will seek to provide hands-on, experiential art and play therapy activities to help children, tweens and teens process their lived experience of grief, loss, and isolation. Participants will engage in interactive activities that can be utilized through in-person and telehealth sessions. Cost: \$125 (Early Bird Special - including 6 CEUs and contact APT CEs). [Click here](#) to register.

Teacher Support Group: A Way of Being with Children, Center for Child Counseling

Tuesdays through March 14
1:00 p.m. - 2:00 p.m.
Virtual

This Teacher Support Group provides a safe space for teachers to freely share their experiences, including challenges and strengths, within a confidential group setting. Teachers will learn about the importance of attitude and acceptance to strengthen the teacher-child relationship and techniques such as reflective listening, encouragement, limit setting, choices and behavior management in the classroom. Skills focus on emotional and behavioral development, academic success and teaching children the life-

Writing the Grant

Thursday, March 2
1:00 p.m. - 5:00 p.m.
Vegso Community Resource Center
261 Nw 13 St.
Boca Raton

This hands-on, skills development training is part of the Junior League of Boca Raton's Professional Development Series and will arm you with new skills for writing grants that will earn attention. Registration is open through March 1. [Click here](#) to register.

mental health clinicians, mental health consultants, social workers, early intervention specialists, psychiatrists, pediatricians and nurse practitioners who work with infants, young children and their families - especially those who align with Infant Mental Health Specialist (IMHS) or Infant Mental Health Mentor (IMHM) Endorsement categories. [Click here](#) to view fees and to register.

Parenting 101: A Way of Being with Children, Center for Child Counseling

Tuesdays through March 14
6:00 p.m. - 7:00 p.m.
Virtual

Parenting 101 is a support group for parents and caregivers of children ages three to six and provides a safe space for parents and caregivers to freely share their experiences, challenges and strengths in a confidential group setting. Parents will learn about the importance of attitude and acceptance to strengthen the parent-child relationship, child development, and parenting techniques such as reflective listening, encouragement, limit setting and choices to manage children's emotional and behavioral difficulties. The skills taught set the foundation for the life-long skill of self-regulation. The support group provides an experience where parents learn from each other's experiences and practice the techniques learned in sessions through group activities and discussions. [Click here](#) to begin the registration process.

Coming in March: Center for Child Counseling In-Person Play Therapy Series

Friday, March 24
9:00 a.m. - 1:30 p.m.
Center for Child Counseling
8895 N. Military Trail
Palm Beach Gardens

Join Play Therapy experts to learn the language of the child through this new Play Therapy Series. The first workshop focuses on termination of therapy, which is an opportunity for closure and for the client and therapist to review the personal growth that has unfolded over the course of treatment. When done successfully, the end of therapy can be a positive experience with a long-lasting impact on both the client and therapist. To

long skill of self-regulation to enhance learning in the classroom. This group provides a unique experience where teachers will learn from each other's experiences as well as process and practice the techniques learned in sessions through group discussions. [Click here](#) to begin the registration process.

learn more about the event and to register, [click here](#). Cost includes 4 CEUs and Contact APT CEs. Early bird and student discounts are available. Upcoming workshops include Child-Centered Group Play Therapy, Utilizing Sand Tray in Play Therapy: The Basics and Continuing the Practice, Addressing Trauma Through Play Therapy and 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. [Click here](#) to review the MMU Submission Guidelines.

Stay Connected!



Children's Services Council of Palm Beach County | 2300 High Ridge Road, Boynton Beach, FL 33426

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