

Today's MMU: Council Proposes Rolling Back Tax Rate for 2023-2024 Fiscal Year

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 September 18, 2023

### **Council Proposes Rolling Back Tax Rate for 2023-2024 Fiscal Year**

The governing board of Children's Services Council of Palm Beach County last week proposed a 2023-2024 millage rate of .4908 – nearly an 11-percent decrease from last year. If approved, this will be the third consecutive year the council has reduced the millage to the rolled-back rate. The final Truth in Millage hearing, which open to the public, is Sept. 21, 2023, at 5:01 [Click here](#) to learn more.

### **Youth Summit Committee Recruiting Youth and Adults**

### **Free Mental Health First Aid Training**

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 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. For more information, contact **561-238-0251**. [Click here](#) to read more, [here](#) to view a flyer for youth first aid services and [here](#) for adult youth services.

### **Volunteer Mentors Needed for High School Students**

Scholar Career Coaching's Group

### **Affordability Connectivity Program Opportunities for Tablet Giveaway**

The Affordable Connectivity Program is an FCC (Federal Communications Commission) benefit program that helps ensure households have access to broadband for work, school and more. The benefit provides access to broadband on an approved device, such as a tablet or cell phone for a period of 12 months. To qualify for this benefit, a member of the household must be a recipient of at least one federal program in the link. The Affordable Connectivity Program is limited to one device per household. [Click here](#) to complete an enrollment form to determine your eligibility.

### **Take Action During Hunger Action Month**

Every September, CROS

The Youth Summit committee is recruiting creative and self-motivated youth and adults to assist in the planning of their 2024 event. The Youth Summit provides youth with the unique opportunity to access information and resources aimed at assisting them in making better decisions and positive life choices. If you are a middle or high school student or a parent, please complete a survey to help us bring informative workshop topics and fun activities in which you would like to participate. [Click here](#) to view a flyer with survey link. The Youth Summit committee meets via Zoom every first Wednesday of the month at 3:00 p.m. For more information, please contact [BahiaM@pbsso.org](mailto:BahiaM@pbsso.org).

Mentoring program was created to give high-potential students attending a Title I school the chance to connect with caring adults who share similar academic and/or career interests. With a minimum time commitment of just one hour a week, (hybrid or virtual), you can help a student plan and pursue their dreams. While bilingual skills in Haitian Creole or Spanish are appreciated, they are not mandatory. [Click here](#) to apply today.

Ministries joins other leading hunger organizations for Hunger Action Month, Feeding America's annual national campaign designed to inspire people to take action and raise awareness of hunger in the United States. There are many ways to support this month, from volunteering to wearing orange on Hunger Action Day, September 15. [Click here](#) for current volunteer opportunities and [here](#) to read about CROS Ministries' impact.

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

Looking for fall volunteer opportunities? Students Speak Up for Kids is a division of Speak Up for Kids of Palm Beach County. Their mission is to empower local students with opportunities to serve and speak up for the children involved in the county's dependency court system, through flexible community service projects, chapters of SSUFK at local schools and fun-filled in-person events. One of their most notable projects is the Pen Pal Project, a program that pairs kids in foster care with high school mentors via "snail mail." To learn more about how to get involved with more incredible projects like this one, [click here](#).



### **Belle Glade Summer Community Art Project!**

Students from Belle Glade got a chance to explore their creative sides this summer as they created colorful designs for four new picnic tables for their city. Watch how they did it and see their impressive artwork in this video. You can find the picnic tables at: Boys & Girls Club's Smith & Moore Family Teen Center 341 SW 12th St. (two tables), Hand Park, 500 W Canal St. and Louis James Butts Park 1224 SW Avenue E Pl.

[Click this Button to Learn More](#)

## **Events**

[Palm Beach County Food Bank: September 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.

### **SNAC (Special Needs Advisory Coalition) Meeting**

Tuesday, September 19  
2:00 p.m. - 4:00 p.m.  
Virtual

This month we ask all SNAC attendees to share information about themselves and their organizations in a short two-slide presentation. Please include organization history, key program, information and other details helpful for fellow SNAC members to share with families they serve. [Click here](#) to register.

### **Read With Me! Volunteer Opportunity**

Friday, September 22  
Multiple locations & times

Join the Literacy Coalition to volunteer to read to kindergarten students, where books and activities have been created for volunteers and students to share together. [Click here](#) for more details, including locations and times available.

### **Community Meet & Greet**

Friday, September 26  
9:30 a.m. - 1130 a.m.  
909 Fern Street  
West Palm Beach

Mental Health America of the Palm Beaches invites you to a morning dedicated to discovering local resources and their potential to support you, your family and the community! Breakfast provided. [Click here](#) to reserve a spot.

### **United Way of Palm Beach County Mentor Recruitment Event**

Friday, September 29  
12:00 p.m. - 1:30 p.m.  
Virtual

Learn from our local programs how you can become a mentor and help change a life. To RSVP, [click here](#). Please contact their Mentoring Initiative Specialist with questions at **561-375-6652**.

### **2nd Annual Girls Coordinating Council 5K Run/Walk**

Saturday, October 7  
7:00 a.m. Check-in opens  
Okeeheelee Park  
7715 Forest Hill Blvd.  
West Palm Beach

The Girls Coordinating Council of Palm Beach County invites you to celebrate their work at this FREE community event. Join the fun with music, food, swag and prizes. [Click here](#) to view a flyer for the event and [here](#) to register.

### **R.I.D.E the Wave Youth Summit 2014**

Saturday, October 14  
9:00 a.m. - 3:00 p.m.  
Children's Services Council  
2300 High Ridge Road  
Boynton Beach

Teens in middle and high school are invited to register for this event where they can earn six community service hours. This year's theme is Ride the WAVE - to wellness, awareness, visualization and empathy, to focus on mental health support for teens. Activities, prizes, lunch and fun swag serve as additional incentives to get students to register and attend this teen-led event. Each educational, advocacy or activity session will include at least one of these WAVE signs in order to learn how to help yourself and others around you. [Click here](#) to register.

### **FREE Intro to Construction Training**

Saturday, October 16 - 19  
9:00 a.m. - 4:00 p.m.  
Extraordinary Charities  
2635 Old Okeechobee Road  
West Palm Beach

Seeking a career in construction? This free program will teach the fundamental skills needed for entry in the construction industry. Lunch is provided daily. [Click here](#) to view a flyer with details, instructions to register

### **Children's Services Council Self-Care Awareness Month Events**

In celebration of September Self-Care Awareness Month, we want to celebrate you and invite you to deepen awareness and activation of self-care.

### **What is Reiki? Self-Care & Healing Stress**

Wednesday, September 20

9:00 a.m. - 5:00 p.m.

Children's Services Council

2300 High Ridge Road

Boynton Beach

Reiki is an energy healing technique that promotes relaxation, reduces stress and anxiety through gentle touch. Reiki practitioners use their hands to deliver energy to your body, improving the flow and balance of your energy to support healing.

### **Self-Compassion & Reiki? Techniques for Burnout Reiki & Reflective Practice**

Wednesday, September 27

9:00 a.m. - 5:00 p.m.

Children's Services Council

2300 High Ridge Road

Boynton Beach

Participants will review the self-compassion within Reiki, dialog about burnout and how the two things work together. Review with practical Reiki skills, learn the different components of self-compassion and use skills to practice.

To view a flyer with additional information and instructions to register for these two events, [click here](#).

### **Paint Your Culture**

Tuesday, September 26

9:00 a.m. - 5:00 p.m.

Children's Services Council

2300 High Ridge Road

Boynton Beach

Using visual arts, participants will learn how to work together and communicate without words and explore and share fundamentals of belonging through exploring vulnerability and connection in artistic expression, as well as art as self-care and honoring dignity in uniqueness. [Click here](#) to view a flyer for this event.

### **Recurring Events:**

#### **Parenting 101 Support Group: A Way of Being with Children**

Thursdays, starting September 14

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](#).

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

Every last Wednesday of the month

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

Virtual

Florida Atlantic University's Center for Autism and Related Disabilities offers this group, 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).

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

Second Fridays, monthly: October 13, 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](#).

### **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.

### **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, 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 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: September Educational Calendar**

September 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 Couples Becoming Parents support groups

### **Re-envisioning Authentic Voice Through the Lens of Critical Self-Reflection**

Tuesday, September 26  
1:00 p.m. - 4:00 p.m.  
Virtual

The Florida Association for Infant Mental Health Training Academy (FAIMH) invites you to join national leaders in Reflective

and prenatal yoga. Many classes are offered in both English and Spanish with a virtual option. A calendar with details can be found [here](#).

Supervision/Consultation in an experience that will help build the critical self-awareness needed to re-envision your authentic voice to leverage current opportunities in your role as a reflective supervisor. This training is right for professionals in the Infant Family Specialist category and also for Endorsed Reflective Supervisors, Infant Mental Health Specialists (Category 3) or Infant Mental Health Mentors (Category 4) who have experience with Reflective Supervision/Consultation and would like to further their training for professionals preparing to apply for Endorsement® as an IMHS or IMHM. [Click here](#) to learn more, view rates and register. Late registration starts September 4.

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

#### **PEPSA Training: It's About Time! Evidence-Based Practices in Supporting Social Skills & Friendship Initiation & Support for Pre-K and Elementary Age Children with Autism**

Available September 1 - September 30

9:00 a.m. - 8:00 p.m.

Virtual (pre-recorded webinar)

This PEPSA (Partnership for Effective Programs for Students with Autism) training is hosted by FAU Center for Autism and Related Disabilities. Participants will learn the importance of teaching social skills instruction and developing supports for friendship initiation, identify description language and terms related to autism and identify the components needed to create classroom friendship initiation supports for children with autism. To register, [click here](#).

#### **Little Owls Early Intervention Webinar Series: free Autism Training for Parents**

Six weeks: September 25 - October 18

10:30 a.m. - 11:30 a.m.

Virtual

This autism training is for parents of children ages 18 months to 5 years and is one hour each week for six weeks. Topics include what is autism, understanding and preventing problem behavior, unique ways children with autism communicate and experience the world, keeping your child safe, navigating resources and tips on taking care of the you (the caregiver). [Click here](#) to register.

#### **Pathway to Higher Education: Navigating Social Interaction and Building Independence for High School Students with Disabilities**

Available October 1 - October 31

Participants will review data surrounding current status of student preparedness for higher education, areas of growth for students with disabilities specifically, and typical supports available for students in higher education. In this session, evidence-based strategies to support initiation, motivation, prioritization, time management, and other executive function skills will be explored, including the use of case study examples. A variety of evidence-based methods for promoting dynamic learning, self-awareness, self-regulation, and self-advocacy strategies to build a student's personal autonomy and social interaction abilities is discussed. Attendees will be provided with strategies ready for immediate use. [Click here](#) to reserve a spot.

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

**Stay Connected!**



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