

# Stay #HealthySafeStrong



## Monday Morning Update December 14, 2020

### [COVID-19 Resources](#)

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#### **The CARES Act: Food assistance and rental/utilities resubmissions reopen through Dec. 15**

The CARES Act portal is now reopened for new food applications and resubmissions until Dec. 15 at 5 p.m. In addition, resubmissions for rent and utilities are now open until Dec. 15 at 5pm. [Click here](#) to learn more and to apply.

#### **Glades Student Grant-Making Association: RFP for Glades community-based projects**

The Glades Student Grant-Making Association (GSGA), working through Student ACES, announced a new grant application to design and implement community-based projects that would improve and increase trust, respect and safety for the benefit of children and families in the Glades region. An agency will be selected to implement ideas. Proposals are due **Jan. 8, 2021**. For information, a video and a link to the application, [click here](#).

#### **Council Update: Group prenatal care effective for mothers, babies**

CenteringPregnancy®, an evidence-based group prenatal care program brought to Palm Beach County by Children's Services Council, recently was recognized by the Prenatal-to-3 Policy Impact Center at The University of Texas at Austin. The CenteringPregnancy® model has been found to improve birth outcomes, support healthy parent-child interactions, and increase prenatal behaviors that lead to positive life outcomes for children. [Click here](#) to read more.

### **211's holiday meal sites for Palm Beach County**

This year, spreading some holiday cheer to local families is more important than ever! Every year, 211 compiles a list of holiday meal sites for Palm Beach County. Individuals and families interested in learning more about meal distribution sites and times can call 2-1-1 or [click here](#) for more information. Contact 211 HelpLine with your organization's holiday meal locations.

### **Center for Child Counseling's free online resources for parents and caregivers** Virtual

The Center for Child Counseling is offering free online resources for parents and caregivers. These trainings have been specially created to help children and families address mental and behavioral health concerns associated with the COVID-19 pandemic and beyond. [Click here](#) to learn more and register.

### **Mothers and Babies Virtual Group**

Wednesday, Dec. 16  
10 a.m.  
Virtual

Mothers and Babies is an evidence-based program that reduces stress and promotes healthy mood management for pregnant woman and new moms! In this 5-part group, participants will learn tools to manage stress, promote healthy bonding with baby, promote healthy communication, and techniques and activities to help babies learn. [Click here](#) to learn more.

### **Parents Connecting with Pre-K through Literacy Webinar with Palm Beach State College**

This recorded webinar from Palm Beach State College was created from the Interactive Read-Aloud for Preschool (HEO0265) course. It focuses on building the literacy skills of children as parents build literacy enrichment in their homes. This will lead to a stronger partnership between parents and teachers as they focus on shared goals related to literacy for children three to five years old. [Watch the webinar here](#). Palm Beach State College also has its STEAM Preschool website with tons of engaging STEAM experiences and resources that parents can do at home with their child/children. [Click here](#) to learn more.

### **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 DCF required federal food relief interview. This interview will be conducted during your meeting with one of our Benefits Specialists, who speak English, Spanish and Creole. [Click here](#) to learn more and to view the Benefits Outreach Calendar for December.

### **Testing sites, meals sites, health tips and more COVID-19 updates and resources**

Children's Services Council has compiled an ongoing list of local resources that Palm Beach County families may find helpful in these uncertain times. [Click here](#) for links to federal, state and local resources and as well as educational resources for your family.

## **News**

### **Advancing The Mission: Session V - Operationalizing and Institutionalizing Racial Equity within your Organization**

Thursday, Dec. 17  
1 - 4:30 p.m.  
Virtual

### **Palm Beach County schools and afterschool programs included in national report on social and emotional learning supports for students**

The School District of Palm Beach County and Prime Time Palm

### **Palm Health Foundation Nursing and Mental/Behavioral Health Scholarship Applications**

Known as experts in scholarship administration, the George Snow Scholarship Fund through the

Leaders have a high level of control over organizational culture and can develop policies and institutional practices that promote racial equity. This session will also offer a practical road map for increasing awareness, encouraging empathy and promoting racial healing within your organization. [Click here](#) to learn more and to register.

Beach County have collaborated on the Partnerships for Social and Emotional Learning Initiative (PSELI) - a comprehensive, multiyear project exploring whether and how children can benefit when schools and out-of-school time (OST) programs intentionally work together to build students' social and emotional skills. Findings from the first two years of PSELI have been released by The Wallace Foundation in the Early Lessons from Schools and Out-of-School Time Programs Implementing Social and Emotional Learning. [Learn more here.](#)

Palm Health Foundation has developed a reputation for creating innovative programs which address the educational needs of those in our community. Graduate and undergraduate scholarships are available! Application deadline is Feb. 1 at 5 p.m. [Click here](#) to apply.



## New blogs on EveryParent: Talking to your child about race and racism

Dr. Danniella Jones, Palm Beach County Youth Services Department's Education and Training Center's Psychologist, created new blogs on [EveryParentPBC.org](http://EveryParentPBC.org) on talking to your child about race and racism, along with helpful tips, definitions and resources. Thank you, Dr. Jones, for sharing your insight and this important information. To read Dr. Jones's blogs, go to [EveryParentPBC.org](http://EveryParentPBC.org), create a free family profile and search her name.

[Sign up for our emails!](#)

## Events

### Community Access Program with the Norton Museum of Art

The Norton Museum of Art is committed to making a visit to the museum welcoming, accessible, and enjoyable to all residents of the community. The regular price of admission should not be a deterrent for those who cannot afford to pay or are otherwise disadvantaged, and so the Community Access Program was

### Birth to 22 Virtual Task Force Planning Meeting

Tuesday, Dec. 15

1 - 4 p.m.

Zoom meeting ID: 418 780 1000

Passcode: 4700csd

Birth to 22: United for Brighter Futures invites you to its Virtual Task Force Planning meeting. The meeting will report progress on recommendations outlined in the Youth Master Plan. Registration is

### Heart and Sole of PBC Virtual 5K with United Way of Palm Beach County

Jan. 24 - 30, 2021

Virtual Event

Run your heart out for Palm Beach County with United Way of Palm Beach County's Heart and Sole Virtual 5K! Register today and make strides in helping our community as PBC needs your heart and soles more than ever

formed. Working directly with Palm Beach County non-profits, civic organizations, and agencies, the Norton provides passes for free admission that may be distributed by these organizations to their clients and the populations they serve. [Click here](#) to learn more and to participate.

### **Heroes 5K Run/Walk with Children's Home Society of Florida**

Saturday, April 24, 20121  
Okeeheelee Park  
7715 Forest Hill Blvd.,  
West Palm Beach  
7:30 a.m.

Bring the whole family out for a beautiful day at Okeeheelee Park to include a timed run and kids fun run! Not only will you be helping us invest in the future of children in your community, you'll be joining us in honoring our everyday heroes, Palm Beach County firefighters and police. Virtual option also available so you can run anywhere anytime! [Click here](#) to learn more and to register.

required. The registration deadline is Dec. 11. [Click here](#) to learn more and [click here](#) for the Zoom link to join the Dec. 15.

### **Virtual Workshop: Parents Against Gangs**

PBSO is providing this virtual workshop to raise parents' awareness on gang recruitment, how to recognize gang signs, juvenile crime, and how a criminal record can bring a lifetime of consequences to a child. To register, please contact Marcia Bahia at [bahiam@pbsso.org](mailto:bahiam@pbsso.org).

before. Whether on your favorite trail or on your favorite treadmill, the steps you make will create hope for our neighbors in need! [Click here](#) to learn more and to register.

### **Anti-bullying Virtual Workshop** Virtual

The Palm Beach County Sheriff's Office is offering a virtual workshop on anti-bullying. Your children will enjoy this educational and fun zoom sessions! To schedule group sessions (up to 10 children per session), contact Marcia Bahia at [bahiam@pbsso.org](mailto:bahiam@pbsso.org).

## **Trainings**

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### **Virtual Education Calendar with Healthy, Mothers, Healthy Babies**

Throughout December  
Virtual

Join Healthy Mothers, Healthy Babies of Palm Beach County for their virtual educational classes and groups like childbirth classes, Circle of Moms and Small Steps Great Parents courses. [Click here](#) to view December virtual courses and to register.

### **Florida KidCare Overview training with HCSEF**

Thursday, Dec. 17  
3:30 - 4 p.m.  
Virtual

Health Council of Southeast Florida (HCSEF) is a proud partner of the Florida Healthy Kids Corp. HCSEF is offering FREE training about the Florida KidCare program. Join HCSEF to learn more about Florida KidCare programs, eligibility, program updates, helpful tools and more. [Click here](#) to register.

### **Substance Use in the Perinatal Period**

Thursday, Jan. 28  
9 - 10:30 a.m.  
Zoom

Join Healthy Mothers, Healthy Babies of Palm Beach County for an important workshop focusing on how substances affect perinatal women and their babies! In this workshop, participants will learn how substances affect pregnant and postpartum women, their developing fetuses, and newborns. Participants will also learn about different Medication Assisted Treatment options for

this population, as well as strategies to help perinatal women who are or may be misusing substances. [Click here](#) to learn more and to register.

### Supporting Children During COVID-19

Online

This online workshop is designed for parents/caregivers to help them manage their children during the current pandemic. Cost is FREE.

[Click here](#) to register and learn more about the workshop.

### How to Help my Child Listen

Online

This online workshop is designed for parents/caregivers who are experiencing challenges with defiant behavior of their children. Cost is FREE. This training is offered in English, Spanish and Creole. [Click here](#) to register and learn more about the workshop.

### How to Structure your Child's Day for Success

Online

This online workshop is designed for parents/caregivers to help them with setting routines. This training is offered in English, Spanish and Creole. [Click here](#) to register and learn more about the workshop.

### Fostering Social-Emotional Learning in Elementary-Aged Children

Online

This online workshop is designed for parents/caregivers to help them understand what SEL is, and learn strategies to foster SEL skills. Cost is FREE. [Click here](#) to register and learn more about the workshop.

### How to Change your Stress to Strength

Online

This online workshop is designed for everyone experiencing stress to learn about it and develop new coping skills. Cost is FREE. [Click here](#) to register and learn more about the workshop.

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

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## Stay Connected!



