

Stay #HealthySafeStrong



Monday Morning Update December 7, 2020

COVID-19 Resources

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.

Mothers and Babies Virtual Group
Dec. 9 and 16

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.

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

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.

Palm Beach County Youth Services Department to host

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.

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.

Prospective Summer Camp Provider Information Meeting

The Palm Beach County Youth Services Department is hosting a virtual summer camp provider information meeting on Wednesday, November 18, from 9-11 a.m. All providers will gain information about the program, including important updates. All current and prospective summer camp providers are encouraged to attend if they wish to participate in the summer camp scholarship program for 2021. To register for the meeting, please contact Valerie Messineo by email at vmessine@pbcgov.org or by phone 561.242.5730.

Feeding South Florida Food distribution continues through November

Feeding South Florida is committed to serving the community during this rapidly evolving and unprecedented time of increased need. Food distribution sites provide groceries in a "drive-thru" style. The online distribution list is updated daily. Dates, times, and locations may change. [Click here](#) to find a site near you.

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 November.

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

Leaders have a high level of control over organizational culture

Making the Invisible Visible Discussion Series: Tackling Thorny Issues in 2020 so We Can Build Forward Together in 2021
Tuesday, Dec. 8
12 p.m.

The Readiness Projects coordinating partners and co-

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 Beach County have collaborated on the Partnerships for Social and

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.

strategists eagerly invite you to join us on a journey of inquiry that will lead to action. Throughout the months of November and December, we commit to “Making the Invisible Visible” – by tackling five thorny issues that need to be addressed in order to Build Forward Together. We will do this via a series of facilitated discussions, grapple groups, ongoing projects, and engagement opportunities that will feed into a planning guide and toolkit for local school and community leaders. [Click here](#) to learn more and to register.

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](#).

Make an impact, change a life, mentor today: Virtual Mentor Orientation
Friday, Dec. 11 at 12 p.m.

Take Stock in Children Palm Beach County wants you to make a difference in the lives of the students we serve. Our students are underserved youth in Palm Beach County. Each student in our program receives a college scholarship upon high school graduation; however, they must be assigned a mentor and meet. Becoming a mentor is easy with a minimal time commitment. All mentoring is virtual this school year. Get started and attend a Virtual Mentor Orientation on December 2, at 5:30 p.m., or December 11 at 12 p.m. [Click here](#) for more information.

Palm Health Foundation Nursing and Mental/Behavioral Health Scholarship Applications

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

2021 Spring Semester SEEK Scholarship Deadline for FAU/FIU

Apply today for Palm Beach State College's SEEK Scholarship for FAU/FIU. The application deadline is **Dec. 14, 2020**. [Click here](#) to learn more and 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](https://www.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](https://www.everyparentpbc.org), create a free family profile and search her name.

[Sign up for our emails!](#)

Events

Join ELC's Parent Café and Parent Chat

Monday, Dec. 7 at 6 p.m.
Thursday, Dec. 10 at 6 p.m.
Virtual on Facebook Live!

Please ELC for their exciting, all-new, two-part series this week. ELC will host a Facebook Live! Parent Cafe, Monday evening at 6 p.m. ELC will share some easy-to-remember points on "Equipping Your Child For Uncertain Times." Next, ELC invites you to tell them ways you have been "Helping Your Child, While Staying Emotionally Healthy." Please save the date and set a reminder to join this special Facebook Live! Parent Chat, Thursday evening at 6PM. [Click here](#) for their Facebook Live sessions.

Civil Rights Photo Exhibition with Photographer Bernie Kleina

Thursday, Dec. 10
4 - 5:30 p.m.
Online event

Legal Aid Society of Palm Beach County invites you to spend an afternoon with Civil Rights Photographer and Advocate Bernie Kleina. He will be sharing some insight into his extraordinary gallery of photographs taken during the Civil Rights Movement. [Click here](#) to learn more and to register.

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 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

Birth to 22 Virtual Task Force Planning Meeting

Tuesday, Dec. 15

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

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.

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.

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

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 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.

Trainings

Steps to Success Program with Ruth and Norman Rales Jewish Family Services, Inc.

Dec. 8 – 11
10 a.m. - 12 p.m.
Virtual

Struggling to find a job? We can help! During a four day, boot camp style workshop series, candidates find focus, develop a personal brand, create a resume and learn interviewing skills. Once completed, candidates work with a Career Strategist to overcome barriers and become job ready. This program is FREE. [Click here](#) to learn more.

Supporting Children During COVID-19 Online

Substance Use in the Perinatal Period

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

Join Healthy, Mothers, Healthy Babies for an important virtual workshop focusing on how substances affect perinatal women and their babies. Participants will learn how substances affect pregnant and postpartum women, their developing fetuses, and newborns. [Click here](#) to learn more and to register.

How to Help my Child Listen Online

Feelings & Coping Curriculum Online 'Caregiver + Kid' Workshop

This online training is designed to help teachers, parents, and caregivers of children aged 0 - 8. You should plan to attend along with your child. Cost is FREE. [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 manage their children during the current pandemic. Cost is FREE.

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

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.

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.

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!

