

35 years #HealthySafeStrong

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



Monday Morning Update May 9, 2022

COVID-19 Resources

[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

Register today for the Fearless Caregiver Conference

Thursday, July 14
10 a.m. - 2 p.m.
South County Civic Center
16700 Jog Road
Delray Beach

The Fearless Caregiver Conference provides practical information, advice and support for those caring for loved ones. The conference is designed to help attendees receive hands-on advice for his or her caregiving challenges. The Conference highlights Fearless Caregiver Trainings,

CSC Funding Opportunity

The Children's Services Council of Palm Beach County (CSC) has released a Request for Proposals (RFP #22-003) seeking a qualified Employee Group Benefits Insurance Broker who will assist the Human Resources Department in representing the CSC in the marketing of employee insurance benefit programs and to provide services, consultation and resolution for each of the CSC insurance benefit plans. The successful Proposal will be awarded an initial contract for two (2) years with at least three (3)

May 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 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

guided group participation, Q&A sessions, a panel of experts to help with your caregiver solutions, resource room with hands-on advice from local caregiving experts, a caregiving guide to take home for future reference and more. [Click here](#) to learn more and to register.

Upcoming Tax Holidays

The 2022 Florida Legislature passed, and Governor DeSantis signed into law nine sales tax holidays or temporary exemptions and a motor fuel tax exemption. Click here for a calendar that details the dates for each exemption period.

Palm Beach County Library System student jobs

Are you a student looking for a part-time job? Look no further! The Palm Beach County Library System is hiring students to work at their Jupiter, Palm Beach Gardens and Hagen Ranch Road branches and Annex location in West Palm Beach. All student employees must be at least 16 years old. Interested? [Click here](#) to find out more.

additional one (1) year renewals, at the option of both parties. Deadline for proposal submission is May 24, 2022, by 2:00 p.m. To submit a proposal, [click here](#). Please share this with organizations that might be interested. Certified small, minority, women-owned business enterprises (SBE, MBE, WBE) are encouraged to apply.

Council Update: Council Proclaims May as Mental Health Awareness Month

One in four adults, and one in five teens ages 13-18, experience a serious mental illness. Yet 60 percent of adults and half of youth don't receive the treatment necessary for their mental health concerns because of limited or no knowledge of their own need, barriers to care, or fear and shame.

To raise awareness, Children's Services Council of Palm Beach County's board proclaimed May as Mental Health Awareness and Trauma Informed Care Month at its most recent meeting. To learn more, [click here](#).

Healthy Mothers, Healthy Babies virtual and in-person programs ready to help moms-to-be!

Whether you want to learn infant CPR or you are looking for other pregnant women to share your journey, Healthy Mothers, Healthy Babies Coalition of Palm Beach County has a full slate of workshops, classes and support groups for May. The virtual and in-person programs are all free, but registration is required. Want to learn more? For information about classes and workshops, [click](#)

Benefits Outreach Calendar for May.

The School District partners with Paper tutoring for students who need extra help

Paper is a free online tutoring program that extends a helping hand to Palm Beach County students 24 hours a day, seven days a week! Parents, guardians, and family members of students in grades 6-12 in District-operated schools are invited to learn more about Paper. Learn how secondary students can access free, reliable support whenever they need it through Paper in 200+ subject areas, including homework help, essay review, and test preparation. Access Paper through the District Portal or [click here](#) to learn more. Services also offered in Spanish, French, and Mandarin.

Palm Beach Behavioral Health Coalition Internship Coalition

The Teen Internship Coalition Summer '22 kicks off in June. The Palm Beach County Behavioral Health Coalition is accepting interest applications from students rising to 8th to 12th grade and who desire to build skills, learn leadership, practice public speaking, just say KNOW and impact their peers in Palm Beach County. Students earn community service hours for their virtual and IRL participation. [Click here](#) to complete your interest form. Following the interest form, you

[here](#). For information about support groups, [click here](#).

will be asked to complete a full applications. The program begins in early June and goes through mid July.



Quick Tips on Getting Your Child to Listen

Is your young child not listening at all? When you ask them to do something, do they ignore you or answer, "No"? Time to re-think your approach. Try the F-L-A technique--Feeling, Limit and Alternative. It's easy to remember!

[Learn more!](#)

Events

Turn the Tables Career and Internship Expo

Wednesday, May 11, 2022
2:30 - 5:30 p.m.

Boynton Beach Arts & Cultural Center
125 E Ocean Ave
Boynton Beach

High school students ages 15+ are eligible to attend this free Boynton Beach Internship & Career Expo. Multiple employers will be in attendance to showcase both paid and unpaid internships in a variety of fields available for students. In addition, students will learn about free career training opportunities. Please bring resumes. Need assistance creating a resume? Visit the CareerSource PBC by [clicking here](#). [Click here](#) to learn more about the expo.

Basic Figure Drawing Class

Saturday, May 21
10 a.m. - 12 p.m.
801 North Railroad Ave.,
West Palm Beach

The West Palm Beach Center for Arts & Technology is hosting a FREE Basic Figure Drawing Workshop. The class is for students in grades 6 - 12. No experience is necessary and all materials are provided. [Click here](#) to learn more.

Back to School PBC: Registration is now open

Saturday, July 30
10 a.m. - 2 p.m.

Registration is now open for the 2022 Back to School PBC! Students must reside in designated neighborhoods or mobile home parks in unincorporated Palm Beach County to be eligible to register. Students will be able to receive free school supplies and other community resources. Registration ends Sunday, May 15. [Click here](#) to register. Organizations, please enter code "PBCOCR" when registering.

Place of Hope's 6th Annual KDW Fish for Hope Fishing Tournament

Friday, May 13 and Saturday, May 14
Harbourside Place
200 US-1,
Jupiter

Place of Hope's 6th Annual KDW Fish for Hope Fishing Tournament is a unique, fun, and laid back, yet competitive fundraising event bringing together over 300 local, active and influential business owners, anglers, philanthropists, and media coverage to support the mission of Place of Hope! They will kick off this weekend tournament with our Captain's Meeting Friday night at Tiki 52, followed by a day out fishing off of Florida's coast, and end with a great awards dinner at Harbourside Place Jupiter. Guests will enjoy exciting raffles, auction items, and giveaways. This 6th Annual Fish for Hope Fishing Tournament will be an exciting fishing tournament directly and immediately benefitting hundreds of abused children, youth, and families in desperate need throughout Palm Beach. [Click here](#) to learn more.

CROWN Awards with Talented Teen Club

Sunday, June 12
2 - 5:30 p.m.
Lake Pavilion
101 S Flagler Dr.,
West Palm Beach

Talented Teens Club Youth Cosmetology Program along with Salon Café Crowned the day with community leaders, entertainers, entrepreneurs as well as top hairstylists, and advancement for people of color. The inaugural CROWN Awards honored women, girls, and men for their contributions to society, culture, and furthering the tradition of Black beauty. They also celebrated the CROWN Awards celebrates with top Students from South Florida, teen dancers, and singers. The CROWN Awards brought hair, Music, and Culture together to Inspire, Educate and Encourage people to PASS the CROWN. [Click here](#) to learn more.

Deliver the Dream Upcoming Programming

Deliver the Dream is offering the following programs in May:

- Hope at Home (Virtual) Summer Sun Means Summer Fun - Tuesday, June 21
- Home is Where the Heart Is - Welcome Wreaths Tuesday, May 17
- Family Retreats (in-person) Cancer Family Retreat May 20-22, 2022. FFA Leadership Training Center, Haines City

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

Trainings

Florida Association for Infant Mental Health trainings

Virtual

The Florida Association for Infant Mental Health has two unique trainings on the horizon. The training "Angel and Ghosts in the Nursery" will demonstrate how early experiences can either foster or impede parent-child relationships, including early caregiving interactions. The trainings will be offered via Zoom with link info to be sent out one week before the trainings begin. The two 2-hour training sessions will be held from 12 p.m. to 2 p.m. on June 7 and June 14. The other training- "Listening with Compassion"- supports clinicians in their therapeutic identity development in infant

Upcoming trainings with the Center for Child Counseling

The Center of Child Counseling is hosting the online on-demand trainings below. Their trainers have a wealth of experience, knowledge, and formal training in a wide array of best practice and evidence-based interventions for young children, their families, and caregivers:

- Healthy Babies, Healthy Children, Healthy Life: A Symposium on Demand
- Self-Regulation for the Classroom and Beyond
- Showing Affection During the Pandemic
- Implementing Effective Transitions for Children
- Integrating Mindfulness into Daily Routines
- Creating a Calm Down Corner

mental health clinical work. The time of this training will be announced. To register for the trainings, [click here](#). If you have questions, e-mail training@faimh.org

Maternal Mental Health Training

Thursday, May 19, 2022

9 - 10:30 a.m.

Zoom

Join Healthy Mothers, Healthy Babies of Palm Beach County for a special presentation about mental health issues related to pregnancy and postpartum! This training will benefit students, physicians, nurses, pregnancy care providers, mental health professionals, case managers, and any other professionals who support perinatal women. In this training, you will learn about mental health disorders that commonly occur in pregnancy and postpartum. You will gain tools and information to enhance quality of care and improve healthcare outcomes for perinatal women who experience depression, anxiety, and other behavioral health concerns. [Click here](#) to register.

- Beating Burnout for Teachers
 - The Power of Co-Regulation
- [Click here](#) to learn more.

Upcoming CSC trainings

Virtual

Children's Services Council will host the upcoming online trainings through the end of the calendar year:

- Lunch and Learn with T. Leroy Jefferson Medical Society, through May 11
- Symposium Series: Autism and Cultural Considerations, through Apr. 21
- Compassion Fatigue: Power of Positivity, through Aug. 11
- Substance Abuse Signs, Prevention and Clinical Tools, Mar. 28 - May 24
- Reflective Supervision, May 12 - Aug. 5
- Mindful Movement and Meditation June 3 and July 1
- Trauma-Informed Organizations July 5 - Aug. 26

[Click here](#) to view more information about these trainings and additional trainings to come.

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@cscpb.org. [Click here](#) to review the MMU Submission Guidelines.

Stay Connected!



