

Stay #HealthySafeStrong



Monday Morning Update September 28, 2020

COVID-19 Resources

Train the Brain 2020: Participate in free virtual workshops, support groups and learning opportunities!

So far, 2020 has been a year filled with uncertainty and unexpected hardship. Many of us are experiencing stress and anxiety like never before. Palm Health Foundation's grantees and partners are providing free information and opportunities to help you maintain good brain health during this time with Train the Brain 2020: Resilience and Self-Care in the Face of Adversity. Participate in FREE virtual workshops, support groups and learning opportunities. [Learn more here.](#)

Have an idea for a healthier neighborhood? Apply for Healthier Jupiter's Mini-Grant Program

Healthier Jupiter is seeking innovative health ideas to fund through its Mini-Grant Program. The mini-grants will fund innovative ideas that aim to improve the health of the community in the greater Jupiter area. Healthier Jupiter will award grants of \$2,500 and encourages all not-for-profits, houses of worship, public schools, neighborhood associations, and civic organizations to submit a proposal for program ideas aligned with Healthier Jupiter's mission and goals. Individuals or businesses interested in applying must partner with a registered not-for-profit, civic organization or

Council Update: Council proposes keeping tax rate steady for 2020-2021

The governing board of Children's Services Council of Palm Beach County on Thursday agreed to hold the 2020-2021 millage rate steady – keeping last year's rate of .6497. The sustained rate will allow the Council to meet the needs of the community, especially as a global pandemic continues to take a toll on Palm Beach County's families. Learn more here: [Learn more here.](#)

government agencies. [Click here](#) to learn more.

Participate in the PBC Food for Kids Survey

Participate in this short, online survey for parents to help identify the best ways to improve food resources delivery in PBC based upon parent input. We want to ensure that children and families have access to food as the pandemic continues and schools are not open and beyond. [Click here](#) to take the survey.

Food assistance available through the CARES Act

The Palm Beach County Board of County Commissioners, through its Community Services Department (CSD), is providing direct assistance for food to eligible residents of Palm Beach County under CARES Act. Palm Beach County will issue pre-paid debit cards to approved residents to purchase food. Eligible residents who experienced a loss of income as a direct result of COVID-19 and who are at or below 140% Area Median Income (AMI) may apply. [Click here](#) to learn more.

Coronavirus Relief Fund (CRF) Emergency Repair Program

The Palm Beach County Department of Housing and Economic Stability has announced the availability of \$3,685,932 in CRF funding to assist residents impacted by the COVID-19 crisis. Funding will be used to provide emergency repair assistance to income-eligible, owner-occupied residences that have been impacted by COVID-19 to address emergency conditions such as the installation, replacement or repair of roofs, shutters and/or heating, ventilation and air conditioning. [Click here](#) to learn more.

Expanded Wi-Fi and remote printing available at all Palm Beach County Library System branches

All branches of the Palm Beach County Library System have expanded Wi-Fi signals throughout the parking lot. This will allow members who do not want to come into the building to access the internet from their car. The Library System is also offering remote printing. You can now print from anywhere – your home, school, office or even from your mobile device in the library. [Click here](#) to learn more.

Need child care during distant learning? Apply for the Palm Beach County School-Age Child Care Scholarship

The Early Learning Coalition is excited to partner with Palm Beach County and the Youth Services Department to supply child care scholarships for school-age children now through December 30, 2020. The Palm Beach County School-Age Child Care Scholarship will prioritize families in need, experiencing homelessness, or families who work or attend school and have a household income at or below 200% of the Federal Poverty Level (FPL) Guidelines. For more specific information on eligibility requirements and "how to apply." [Click here](#) to learn more.

Unicorn Children's Foundation launches new Fall Virtual Support Programs

The Unicorn Children's Foundation is launching a series of virtual support classes, clubs, and workshops to fill these gaps and help their families navigate this "next normal". These programs are intended to supplement the educational curriculum provided in schools by providing classes for building resiliency, special interest courses, employment supports, extracurricular activities, and social opportunities. [Click here](#) to learn more.

Florida KidCare Enrollment Assistance for uninsured children in Palm Beach County

The Health Council of Southeast Florida, (HCSEF) has partnered with Florida Healthy Kids Corporation to provide services for

Supplemental Nutrition Assistance Program (SNAP) expands to five Palm Beach County library locations

The Supplemental Nutrition Assistance Program (SNAP) has expanded the benefit sign-ups to

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

the Florida KidCare program in Palm Beach County. Florida KidCare, the state's Children's Health Insurance Plan (CHIP), exists to increase the number of insured children in Florida by offering affordable, quality health and dental insurance for children from birth through the end of age 18. [Click here](#) to learn more.

five Library locations. Members must make an appointment. They can also email the food bank at Benefits@pbcfoodbank.org to schedule appointments or ask questions. [Click here](#) for locations.

these uncertain times. [Click here](#) for links to federal, state and local resources and as well as educational resources for your family.

News

Fall 2020 Courses with Palm Beach State College's Institute of Early Childhood Excellence

Register today for Fall 2020 Courses with Palm Beach State College's Institute of Early Childhood Excellence. [Click here](#) to view the fall 2020 courses available. For registration information, call Debra Strange at 561.868.3670.

The South Florida Chamber Ensemble's iLUMA Program

The South Florida Chamber Ensemble has grant funds for the iLUMA (Inter-generational Literacy Using Music and Art) program. iLUMA is looking for partner locations who would benefit from this free literacy program. iLUMA is a literacy program that introduces or reinforces reading comprehension, listening and memory skills in VPK, elementary, students with disabilities and seniors. There are several residency sessions open for the Fall (September- December) and are booking for the Spring residencies (January- April). [Click here](#) to learn more.

Apply for the South Florida Fair Scholarship

The South Florida Fair & Palm Beach County Expositions, Inc. is proud to annually award \$50,000 in scholarships to students who have exhibited a desire to further their education. Our purpose is to encourage young people, who might not otherwise have an opportunity, to pursue a college education. Deadline for scholarship applications is **Oct. 18, 2020**. [Click here](#) to learn more and to apply.

Children's Services Council Funding Opportunity (CSC)

The Children's Services Council of Palm Beach County has released a Request for Proposal (RFP) seeking Proposals from experienced and qualified individuals, corporations, partnerships and other legal entities licensed to provide insurance agent/broker of record services for various insurance coverages for CSC and related entities, renewing primarily on May 1, 2021. The successful Proposal will be awarded a contract for five (5) years beginning on or about Jan. 4, 2021-Jan. 3, 2026. Minority Business Enterprises are encouraged to apply. You can find more detailed information on the Scope of Work; Minimum

Community Service Opportunity for Teens: Virtual Live Gang Prevention Workshop

PBSO is providing a virtual live workshop on gang prevention. The 1 hour workshop offers 2 community service hours. Teens are to write a paragraph summary about the workshop content and 1 page research paper on the topic of "How delinquency and gang membership may affect life as an adult" to receive 3 Community service hours. To register for the workshop, contact Marcia Bahia at bahiam@pbso.org. [Click here](#) to learn more.

Requirements; etc., on our website. A virtual Information Session will be held on Sept. 9, 2020 at 10:00 a.m. Deadline for submission is **Sept. 30, 2020**, by 2:00 p.m. For those interested in submitting a proposal, [click here](#).



Is your child developing on the right track? **EveryParent** can help with developmental screenings, tracking milestones, and more.

Is your child developing on the right track?

Do you have questions or wonder about your child's development? All children grow and change at different rates. With the FREE **EveryParent** website and app, you can find local information, expert advice and trusted resources to help your child grow up healthy, safe and strong. Stay one step ahead of your child's development - [click here](#) for **EveryParent** articles about developmental screenings, child milestones and local resources.

[Sign up for our emails!](#)

Events

Present at the Plate with the Palm Beach County Behavioral Health Coalition

Monday, Sept. 28
7 - 8 p.m.
Virtual

Did you know... that the more often children eat dinner with their families, the less likely they are to smoke, drink, use illegal drugs or even engage in other risky behaviors? Palm Beach County Behavioral Health Coalition is taking a new approach to Family Day™ this year! Please join us online for an informative and energetic web-based workshop designed to provide you and your family with fun and engaging ways

Virtual Trades Fair: Build a new future with a career in the trades

Sept. 29 and 30
1 - 3 p.m.
Virtual

Attend this virtual trades fair to learn more about programs autocad, automotive, carpentry, cosmetology electrical and more. [Click here](#) to learn more.

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@pbso.org.

to connect and be present at the plate. [Click here](#) to register.

Domestic Violence Awareness Month Opening Ceremony

Thursday, October 1
9 - 10:30 a.m.
Virtually on Zoom

2020 has challenged frontline workers to rethink and reinvent how they provide domestic violence services, and our county responded with vigor! Please join the Domestic Violence Council of Palm Beach for our virtual Opening Ceremony to commemorate Domestic Violence Awareness Month and celebrate frontline advocates, therapists, CPIs, case managers, and BIP providers. [Click here](#) to learn more.

Youth Summit: Unmask Your Potential!

Saturday, October 10
2 - 4 p.m.
Virtual

Unravel the mystery of your potential. Middle and high school students **text TCIA to 88811** to join in on a fun, fast paced event to focus on how to keep your motivation and your sanity during a trying time. Learn from experts on how to speak up and speak out on a cause important to you. Led by students of Teen Coalition in Action, they will show you how they put these strategies into practice with their drug prevention causes and personal life. Games, workshops and three community service hours are up for grabs.

Trainings

CSC's New Trainings and Online Support Groups

Join us for our Monthly Online Peer Support Groups to share ideas, express thoughts, gain support, process COVID-19 events, community trauma, racial injustice, workplace stress and managing work online. [Click here](#) to see a schedule of new trainings and online support groups.

Virtual Domestic Abuse Survivor Support Group

Thursdays from Oct. 1 - Nov. 5
6 p.m.
Virtual

Whether you are coping with something from the past or present, this group is for you. Coalition for Independent Living welcomes women from all backgrounds and sexual orientations. This six-week group offers support and education on intimate partner violence, as well as a safe place to heal. [Click here](#) to learn more.

Connect Through Entertainment

Wednesdays throughout October
3:30 - 4 p.m.
Virtual

As a way to create connections while social distancing, CILO is offering a "Connection Through Entertainment" peer support group where a movie/video/music album is voted on and viewed outside the meeting and will be discussed in group that week! [Click here](#) to learn more.

Creative Coping offered by CILO Inc.

Saturdays throughout October
11 a.m.

When life gets messy, get creative! Art therapy can improve communication and concentration and can help reduce feelings of isolation. [Click here](#) to learn more and to register.

Healthy Mothers, Healthy Babies October Educational Calendar

Throughout October
Online trainings

Join Healthy Mothers, Healthy Babies for their Virtual October Educational programs like Small Steps-Great Parents, Circle of Moms, Share and childbirth classes. [Click here](#) to register and learn more.

Factoring in Fathers: Nuts 'n Bolts of Paternal Perinatal Mental Health with Healthy Mothers, Healthy Babies

Thursday, October 22, 2020
1 - 3 p.m.

Dr. Singley will provide an overview of how men's socialization relates to common perinatal mental health issues with an emphasis on how clinicians

Dress for Success Palm Beaches' Your Next Step to Success

Fridays starting Oct. 9
9:30 a.m. - noon
Zoom

Dress for Success Palm Beaches' next session of Your Next Step to Success is suggested for women 18-25 who are at risk and lack the skills and abilities to obtain employment. The 8-week curriculum is designed to help build a life foundation based on self-knowledge and self-worth, accelerate the job search, and boost the confidence of each participant. [Click here](#) for more information and to register.

Supporting Children During COVID-19 Crisis
Online training

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.

NAMI Ending the Silence for Families: Virtual Presentations

Sept. 29, 11 a.m.-12:30 p.m.
Virtual

This 1-hour online mental health presentation is intended for the adult family members/caregivers of middle or high school aged youth. Topics include: warning signs of mental health conditions and suicide, facts and statistics, how to talk with your child, and how to work with school staff. [Click here](#) to register.

FAU CARD Little Owls Parent Training on Autism
Through Oct. 12

The training takes place on Zoom for one hour each Monday and Wednesday from 10:30 to 11:30. The class will begin on Sept 2 and end on October 12. This free Zoom training for parents of children up to age 6 with autism covers topics such as, encouraging social communication, preventing problem behavior and resources. [Click here](#) to register.

can be more father-inclusive and sensitive to common men's issues as they navigate the transition to fatherhood. [Click here](#) to learn more and to register.

Become a CHW Care Coordinator!

Fridays, Oct. 9 - Dec. 18
1 - 4 p.m.
Virtual

Fulfill training requirements and grow in your career! This training program offers the full complement of education hours and content areas that you need to fulfill the training requirements (30 contact hours) for the certification application as a community health worker. Training will be web-based and participant needs to have access to computer and internet. To apply, contact Karen at 561.433.3940 ext. 119 or via email at karenh@pbcms.org.

Fall Virtual Class Schedule with The Unicorn Children's Foundation

Virtual

The Unicorn Children's Foundation is pivoting to provide virtual supports and resources to people with special needs and their families, a population who typically suffer from social isolation. [Click here](#) for the schedule of classes, workshops and clubs.

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

Stay Connected!

