



Monday Morning Update

April 30, 2018

News

Fighting hunger and feeding futures: the Food4OurKids program

Vouchers for free swimming lessons, available through the

211's Teen Help Guides are available for your organization

The Palm Beach County Food Bank's Food4OurKids program is a year-round weekend feeding program for children. During the summer months, Food4OurKids partners with schools, summer camps and other non-profit organizations serving children. Agencies participating in the program receive a backpack and weekend's worth of nutritious, shelf-stable food for each child in their summer program. The backpack of food is enough to last the weekend for both the child and the child's family. Interested in becoming a participating location? [Click here](#) to learn more and to apply. **Application deadline is today, April 30.**

Drowning Prevention Coalition

The Drowning Prevention Coalition of Palm Beach County distributes vouchers for children ages 3-12 to take up to eight free swim lessons at more than 15 public pools throughout the county. The vouchers are available in Palm Beach County for families who otherwise might not be able to afford them. [Click here](#) for eligibility and to apply.

Quantities of 211 Helpline's handy pocket directory for teens are available for distribution! These pocket directories are a great resource for those individuals or organizations that work with teens or offer teen programs. The Teen Help Guide also includes a scavenger hunt that can be used as an activity - a great way to get teens reading the guide. To receive copies for your organization, email info@211pbtc.org.



For your family: which produce is best to buy organic?

Perhaps you're confused by all the buzz about organic foods. Is it really necessary to spend more money on organic? If you're on a budget and need to prioritize your organic purchases, or you simply would like to know which type of produce harbors the highest pesticide

residues, [click here](#) for a helpful chart on organic and conventional produce. For more local tips and expert advice, create a profile on EveryParentPBC.org - your parenting resource in Palm Beach County.

Events

Community Baby Shower with BRIDGES at Lake Worth West

Saturday, May 5
10 a.m. - 12 p.m.
BRIDGES at Lake Worth West
4730 Maine St.,
Lake Worth

Join BRIDGES at Lake Worth West for its Community Baby Shower - a free event honoring expecting parents! Agencies and vendors will be on hand to answer any of your questions about pregnancy, birth, breastfeeding, baby safety and much more! Call 561.649.9600 to register. For more events at the ten BRIDGES locations, [click here](#).

Adventure awaits at Palm Beach County natural areas!

Various dates and locations

The Palm Beach County Department of Environmental Resources management invites you and your family to free events throughout April. From sunset photography workshops to butterfly hikes, there's plenty to do and see! [Click here](#) to see the April schedule of events. To reserve your spot at any of these free events, [click here](#) to register.

Fifth Annual Moments Luncheon with Health Mothers, Healthy Babies

Friday, May 11
11:30 a.m.
The Country Club at Mirasol
11600 Mirasol Way
Palm Beach Gardens

Join the Healthy Mothers, Healthy Babies at the Fifth Annual Moments luncheon. This event honors mothers and all of their extraordinary moments - officially kicking off Mother's Day weekend! The keynote speech will be delivered by Gabrielle Finley-Hazle, Chief Executive Officer of St. Mary's Medical Center & Palm Beach Children's Hospital. Emceed by Alex Price of Office Depot, this is one event you won't want to miss! [Click here](#) to register.

Lake Worth West Resident Planning Group Steps to Success Middle School Health & Wellness Summer Camp
June 11 - August 10, 2018
4730 Maine St.,
Lake Worth

Register your child for the Lake Worth West Resident Planning Group Steps to Success Middle School Health & Wellness Summer Camp. The camp theme is Health and Wellness. Registration is \$50 per child. Lunch, snacks, educational and fun field trips will be provided. The summer camp will run for eight weeks. The youth must have completed 5th grade and will be going to middle school beginning in August until

Family Mental Health and Wellness Festival

Saturday, May 19
9 a.m. - 1 p.m.
UB Kinsey Educational and Community Center, 720 8th St., West Palm Beach

Join the West Palm Beach Mental Health Coalition for a free family mental health and wellness festival. Activities include stage performances and praise dancing, discussions on mental wellness, community resource tables, free food, giveaways, raffles and more! For more information and to become a vendor, [click here](#) or call 561.517.8003.

8th grade. [Click here](#) for the registration form.

Especially for Kids Fair at Sugar Sand Park

Saturday, May 19

5:30 - 8:30 p.m.

Sugar Sand Park Community Center

300 S. Military Trail

Boca Raton

Especially for Kids is a free family event for kids with special needs and abilities, taking place "after hours" when Sugar Sand Park Community Center closes to the public. Families can enjoy special access to the Children's Science Explorium, free carousel rides, arts & crafts, classes, the Resource Fair exhibitor tables and more. [Click here](#) to learn more and to register.

May events with the Palm Beach County Library System

The Palm Beach County Library System has many activities for children and families in May. From book clubs to arts and crafts for the for little ones, there's an activity for everyone. [Click here](#) to see the full list of May activities.

Trainings

The Neurology of Trauma and Grief at the 8th Annual Hopeful TEARS Grief Summit

Wednesday, May 23

9 a.m. - 4:30 p.m.

New York Life

Auditorium

1300 Concord Terrace,
Sunrise, FL

Tomorrow's Rainbow Hopeful TEARS Grief Summit will host The Neurobiology of Trauma and Grief. Dr. Hans Watson will educate participants on how the

Free training on ADHA and Co-Occurring Diagnoses offered at Youth Services Department

Wednesday, May 2

9 - 11:30- a.m.

Highridge Family Center
4200 N. Australian Ave.,
West Palm Beach, FL

The Palm Beach County Youth Services Department are offering the training "ADHD & Co-Occurring Diagnoses," presented by Brandi Rials, Psy.D., on.

Save the date for the 2018 First 1,000 Days Summit

Sept. 26 - 28, 2018

Palm Beach County

Convention Center

Mark your calendar and plan to attend this statewide multi-disciplinary, cross-sector conference focusing on science, skill-building and advocacy for home visitors and other early childhood staff serving expectant and new families with children

brain processes trauma and will guide participants to a greater understanding of how this framework can support clients through change. 6 CEU's are available for LMHC, LMFT, LCSW, school psychologists and psychologists. [Click here](#) to register.

This course offers 2 CE credits for psychologists, LCSW's, LMFT's and LMHC's. There is no fee for the program. Registration form must be received by May 1. Seating is limited. For additional information, contact Giselle Badillo at gbadillo@pbcgov.org or 561.233-4460. [Click here](#) to register.

through age 3. [Learn more here.](#)

Future Leaders: 2018 Leadership Conference

Saturday, May 12
9 am - 4 p.m.

Palm Beach Lakes
Community High School
3505 Shiloh Dr.,
West Palm Beach

Future Leaders would like to invite all youth to Future Leaders: 2018 Leadership Conference. The conference is organized by youth, member of the council and Birth to 22 partners. In the conference, young people will lead conversations and group discussions in five areas: equity, healthy coping, social media, life skills and leadership. [Click here](#) to register.

Sugar Sand Park's programs and activities for special needs kids

The Community Center at Sugar Sand Park offers various classes, parent workshops and activities for special needs children and their families. Don't miss upcoming events like the Sunday sensory-friendly movies, the free Especially For Kids family event and the children's explorium. For more information, [click here](#) to view their Spring 2018 flyer.

Free training on "When Compassion Causes Concern" offered at Youth Services Department

Wednesday, May 9
9 - 11:30 a.m.

Highridge Family Center
4200 N. Australian Ave.,
West Palm Beach

The Palm Beach County Youth Services Department is offering the training "Motivational Interviewing" presented by presented by Loren Berry, Psy.D. This course offers 2 CE credits for psychologists, LCSW's, LMFT's and LMHC's. There is no fee for the program. Registration form must be received by May 8. Seating is limited. For additional information, contact Giselle Badillo at gbadillo@pbcgov.org or 561.233-4460. [Click here](#) to register.

English classes at Palm Beach State College

Palm Beach State College offer English classes from basic to advanced levels

Community Spanish Classes at Palm Beach State College

**Every Wednesday
May 30 - July 28**
Palm Beach State College

FirstPlay classes for newborns and parents!

The Children's Healing Institute is offering free classes in FirstPlay

with flexible schedules including weekday mornings, afternoons, evenings as well as Saturday classes. Get connected to powerful language resources for personal and professional success! For more information, pricing and scheduling, contact Grace Diaz at 561.868.4211.

Lake Worth Campus 4200 S Congress Ave., Lake Worth

Connect with your Spanish-speaking clients, co-workers, and community with Community Spanish! With this quick, easy approach, you'll rapidly learn key words and phrases used most frequently in routine, daily communications. This course uses a non-academic and non-grammar approach that requires no prior knowledge of Spanish. Contact Grace Diaz at 561.868.4211 for more info.

throughout Palm Beach County for newborns and their parents. FirstPlay teaches parents a new way to bond with their babies through storytelling and touch. [Click here](#) to learn more and to register.

Parent seminar at Grandma's Place

May 3 and 10

6 - 7 p.m.

Grandma's Place

184 Sparrow Dr., Royal Palm Beach

Parents are invited to join Grandma's Place for three evenings dedicated to helping families with behavior, communication and social skills. Respite care will be provided during the training. RSVP by calling 561.753.2226 or email laura@grandmasplacepb.org.

Parent Aide Program at the Children's Healing Institute

Through the evidence-based Parent Aide Mentoring Program, the Children's Healing Institute provides a strong, consistent support system for at-risk families. Parents are matched with a highly qualified mentor who visits the home on a weekly basis for 6-12 months. Parent Aide mentors provide

Nonprofits First workshops

Nonprofits First's monthly calendar of new and ongoing workshops are designed to develop every area of an organization from front line employees to executives, and from startups to established businesses. [Click here](#) to view the calendar and workshops that are offered this month.

Workshops for pregnant families

Tuesdays, 6 - 8 p.m.

Saturdays 9 a.m. - noon

901 Northpoint Pkwy Suite 400, West Palm Beach

Are you pregnant and worried about breastfeeding or newborn care? Have questions about how to make healthy lifestyle choices for you and your growing family and still live on a budget? Join Healthy Mothers, Healthy

intensive support, information, and modeling of effective parenting - all in the home of the family. [Click here](#) for more information.

Babies for its Small Steps, Great Parents workshops for pregnant women and their support partners. [Click here](#) to register.

Enhance your hiring search with free job postings

Children's Services Council continues to offer free job postings for CSC-funded providers in Palm Beach County. For job openings at CSC-funded agencies, [click here](#).

If you are a CSC-funded agency, contact Paulina Rudzinska at Paulina.Rudzinska@cscpb.org to post a position on CSC's website.

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.

[Sign up for the MMU!](#)

Stay connected!



www.cscpb.org