

35 years #HealthySafeStrong

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



Monday Morning Update January 24, 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

Be Well Do Well Mini Grants

Share your innovative behavioral health and wellness ideas! Now more than ever, Be Well wants to support innovative ideas to advance behavioral health in our communities. Be Well Do Well Grants are an opportunity to fund creative projects, Palm Beach County residents or organizations who have an idea to build a community of support, promote workforce wellness, and/or focus on residents most in need. Application opens Feb. 7, 2022.

Free tax filing through United Way of Palm Beach County!

Get your taxes filed free, fast, and safe! If your household income was \$68,000 or less in 2021, United Way of Palm Beach County is offering virtual and in-person income tax preparation options. This service is supported by IRS-certified Volunteer Income Tax Assistance (VITA) volunteers. See all tax filing options, find a site near you, make an appointment, and learn what

2022 Summer Internship Opportunities with the Children's Services of Palm Beach County

Children's Services Council of Palm Beach County is excited to announce our Internship Opportunities for Summer 2022! Internships available in the following areas: Legal Affairs, Finance/Audit, Communications/Social Media, Journalism, and Human Services. Undergraduate Juniors and Seniors that are US citizens or

Awards are up to \$5,000. [Click here](#) to learn more.

documents to bring by [clicking here](#) or calling 211.

legal residents, enrolled either full or part-time in an accredited college or university (residing in Palm Beach County during internship period) are eligible to apply. For more information, eligibility requirements and how to apply, [click here](#). Deadline to apply is **February 28, 2022 at 5:00 p.m.**

Florida Alliance of Children's Councils & Trusts: Capitol Connection

The Florida Alliance of Children's Councils and Trusts' Capitol Connection is a weekly email update sent during Legislative Session to keep you informed of all proposed legislation related to children, youth and families in Florida. This newsletter provides concise and timely information regarding current public policy issues. [Click here](#) to access the 2022 Legislative Session updates.

Children's Services Council Funding Opportunity: Security Guard Services

The Children's Services Council of Palm Beach County (CSC) has released a Request for Proposals (RFP #22-001) seeking Proposals from qualified Companies to protect its employees, tenants, infrastructure, and property located at 2300 High Ridge Road, Boynton Beach, Florida. Proposer will provide fully trained and reliable uniformed, unarmed, Security Guard Services for CSC's facility in accordance with the terms, conditions, and specifications contained in this RFP. The successful Proposer will be awarded an initial contract for one (1) year with an opportunity for up to four (4) additional years. Deadline for proposal submission is **February 8, 2022, by 2:00 p.m.** [Click here](#) to submit a proposal.

Become a mentor with the DadUp 1000 program and Project FACT

DadUp 1000 is an initiative to enroll 1000 dads in Palm Beach County to become mentors. Volunteer at least 100 hours per year to help Project FACT achieve this mission. These hours would include time that fathers invest in attending programs and services of Project FACT that they and their own children wish to participate in. For more information and to volunteer, call 561-229-2379.

Affordable Connectivity Program

The Affordable Connectivity Program is an FCC benefit program that helps ensure that households can afford the broadband they need for work, school, healthcare and more. The benefit provides a discount of up to \$30 per month toward internet service for eligible households and up to \$75 per month for households on qualifying Tribal lands. Eligible households can also receive a one-time discount of up to \$100 to purchase a laptop, desktop computer, or

Prime Time Palm Beach County now offering Restorative Practices in OST

Prime Time Palm Beach County is now offering Restorative Practices in OST, a three-part training series where out-of-school time (OST) professionals are invited to learn how to create a culture of care through a structured process that supports all youth to have an equal voice while developing social and emotional skills. [Click here](#) to learn more.

Learn more about Head Start in Palm Beach County

Head Start in Palm Beach County is a no-cost early education program available to families in need. Operated by Lutheran Services Florida, Head Start offers a healthier, happier, hope-filled future for local families. For more than 30 years, Head Start offers a safe and engaging environment to learn, with high-quality education and a research-based curriculum. For more information and to apply online, start with [this video](#).

tablet from participating providers if they contribute more than \$10 and less than \$50 toward the purchase price. [Click here](#) to learn more and for eligibility requirements.



SYRETHIA BOLDIN
Mother to Zoey

What parents say about VPK

Get your child ready for kindergarten: What parents say about VPK

What can Voluntary Prekindergarten (VPK) do for your child? Hear about the benefits of VPK from Palm Beach County parents just like you.

[Learn more!](#)

Events

POSTPONED: Palm Beach MLK Day 5/10K

NEW DATE: Sat., May 7, 2022
7:30 - 10 a.m.
Dan Calloway Recreation Complex
1420 W 10th St.,
Riviera Beach

Join in for the first annual race in Palm Beach County celebrating the life and legacy of Dr. Martin Luther King, Jr. Join hundreds of other like-minded people as we pursue Dr. King's dream of equality, particular in health and economics, in what promises to be the most diverse athletic event in Palm Beach County. Taking place just prior the start of the MLK Day Parade in Riviera Beach, this event has something for everyone including kids races, 1-mile, 5k and 10k races. [Click here](#) to learn more and sign up.

Black History Youth Awareness Art Festival

Friday, Feb. 18, 2022
6 p.m.
Spady Cultural Heritage Museum
170 NW 5th Ave.,
Delray Beach

Join community partners and submit your artwork for the Black History Youth Awareness Art Festival! Mail your artwork to 695 Auburn Ave Or drop off your between Jan.31 - Feb 4. [Click here](#) to learn more.

12th Annual Loop for Literacy

In-person on Saturday, Feb. 12
7 a.m.
or Loop Your Way from Feb 1 - 12
Bryant Park
30 S. Golfview Rd.,
Lake Worth

Gather a team of colleagues, family, friends, or participate as an individual to actively support literacy in the 12th annual Loop for Literacy. Participants can walk, run or cycle in person on February 12, 2022, at Bryant Park or at the place and time of their choice between February 1-12, 2022. Every child registered will receive a book. Loop for Literacy benefits the Literacy Coalition's programs that serve 46,867 adults, children, youths and families in Palm Beach County each year. [Click here](#) to learn more and register.

Book Reading and Conversation on ACEs

Tuesday, Feb. 22
6 - 7:30 p.m.
Virtual event

Join the Center for Child Counseling for Lead the Fight: Giving Children with Trauma a Voice, featuring children's author and ACEs advocate Juleus Ghunta. This live, virtual event for system, business, philanthropic, and civic leaders aims to combat the effects of childhood trauma and adversity on families and communities through education, discourse, action, and advocacy. [Click here](#) to learn more and to register.

2022 Palm Beach County Nancy Katz KidneyWalk

Saturday, March 26, 2022
8:30 a.m.
John Prince Park
2700 6th Ave South,
Lake Worth Beach

The National Kidney Foundation of Florida will host an annual Palm Beach County KidneyWalk, which will be held this year at John Prince Park. Chronic kidney disease and end stage kidney failure are disability diagnoses and we have large number of families in the County with at least one member of the household who fall into these categories. This year we are offering options to your participation – you can join us in-person or virtually and walk your way on your own time. [Click here](#) to learn more and to register.

Healthy Mothers, Healthy Babies Basic4Babies Mobile Pantry

Mondays and Wednesdays
Pop-up sites in West Palm Beach, Riviera Beach, Lake Park, Royal Palm and Jupiter

Healthy Mothers, Healthy Babies of Palm Beach County's Basics4Babies Emergency Pantry for Infants is going mobile! Made possible by a grant from the [Lost Tree Foundation](#), our Mobile Pantry will travel around northern Palm Beach County communities and make distribution of infant essentials directly to local families possible - eliminating transportation barriers that prohibit them from receiving our services. [Click here](#) to learn more.

Trainings

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, Feb. 1 - May 11
- Yoga for Burnout: Self-care for Helping Professionals, Feb. 4
- Symposium Series: Socioculturally Attuned Family Services, Feb. 25
- Early Childhood Attachment and Development, Jan. 25
- Intersection of Domestic Violence, Mar. 16
- Brain Development Mar. 2-3

Upcoming trainings with the Center for Child Counseling

The Center of Child Counseling is hosting the upcoming 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](#)
- [Implementing Effective Transitions - Live Virtual Workshop](#)
- [Self-Regulation for the Classroom and Beyond](#)
- [Showing Affection During the Pandemic](#)
- [Implementing Effective Transitions for Children](#)

A Way of Being with Children: A Trauma-Informed Approach to Building Resilience

In May, Center for Child Counseling (CFCC) launched "A Way of Being with Children: A Trauma-Informed Approach to Building Resilience." This online training for parents, teachers, childcare workers, or anyone who regularly interacts with children and families aims to build a more trauma-informed community so that children can grow up with adults who understand the impact of stress and trauma on the developing child. Being trauma-informed involves understanding, sensitivity, and a deep knowledge of how trauma can affect a child's growing brain and potentially result in lifelong physical and mental health implications. The 5.5 hour online course,

- Symposium Series: Autism and Cultural Considerations, Feb. 3 - Apr. 21
- Cultural Humanity, Feb. 9 - April 7
- Compassion Fatigue: Power of Positivity Feb. 8 - Aug. 11
- Community Trauma and Systemic Thinking webinar, Feb. 23 and Mar. 30
- 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
- [Integrating Mindfulness into Daily Routines](#)
- [Creating a Calm Down Corner](#)
- [Beating Burnout for Teachers](#)
- [The Power of Co-Regulation](#)
- [Calming Down for High Energy Children](#)
- [Promoting Engagement for Withdrawn Children](#)

accompanied by a spiral-bound manual with over 80 pages of practical advice and technique-building exercises, introduces a new way for adults to simply “be” around children. [Click here](#) to register.

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

Healthy Mothers, Healthy Babies February educational calendar

Throughout February 2022
Virtual

Healthy Mothers, Healthy Babies of Palm Beach County is here to support you through pregnancy with educational classes and groups. Register today for upcoming support groups and educational classes for pregnant and new parents like Small Steps, Great Parents classes and Circle of Moms. All are at no cost, but registration is required. [Click here](#) to learn more and to register.

Unicorn Children’s Foundation Hosts 2022 In-Person and Virtual Classes

Unicorn Children's Foundation, a non-profit organization that creates cradle to career pathways for people with developmental differences, will offer in-person classes in Boca Raton, as well as virtual classes that are inclusive for everyone. Enroll in classes including Theatre & Performance, Candle Making, Learn Japanese and Graphic Design: Learning Canva. [Click here](#) to learn more and to register.

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!

