



Monday Morning Update

October 15, 2018

News

Children's Services Council partners with University of Chicago to boost babies' brains

Save the Date: My Brother's Keeper Race to Equity Summit

Pie it Forward with Meals on Wheels of the Palm Beaches
Oct. 15 - Nov. 15

Beginning in fall 2019, Palm Beach County families will have the chance to help their baby's brain grow stronger and improve their early school success. Palm Beach County will be the first site in the nation to demonstrate how proven community-wide services and practices can bolster brain development in children, thanks to a new partnership between a University of Chicago research institute and Children's Services Council of Palm Beach County. [Click here](#) to learn more.

The My Brother's Keeper Network is a coalition of public and private entities that work together to improve life outcomes for boys and young men of color through internal agency policy review, education and employment opportunities. In partnership with Birth to 22 United for Brighter Futures, The Race to Equity Summit will convene for in-depth days of learning, inquiry and problem-solving about how best as community we can face, embrace and lead with racial equity. [Click here](#) to learn more.

We all need two things at Thanksgiving time, a delicious pie and to give thanks by paying it forward. Pie It Forward fosters community spirit and supports the mission of Meals on Wheels of the Palm Beaches. Purchase pies for your staff, clients, colleagues, friends and family. Each delicious pie sold for \$25 will provide a week's worth of meals for a local, homebound senior. [Click here](#) to learn more.

On the Table - join the conversation!

On the Table is a civic engagement initiative, organized by the Community Foundation for Palm Beach and Martin Counties, where thousands of diverse residents from all walks of life will gather to share a meal and discuss meaningful ideas to strengthen our community. Join us on Wednesday, October 24, 2018. [Click here](#) to learn more here.

211's Teen Help Guides available

There are still quantities of 211's Teen Help Guide available for distribution. These handy pocket directory for teens are a great resource for those individuals or organizations that work with teens or offer teen programming. Included in the guide is a scavenger hunt that can be used as a lesson or activity - a great way to get teens reading the guide. Those interested can email info@211pbtc.org.

Free FASFA help available from TRIO Educational Opportunity Center for High School Seniors or College Students

The TRIO Educational Opportunity Center at Palm beach State College is offering free FASFA help for High School Seniors or College Students. If you are attending college in the Fall 2019, please bring your 2017 Tax Return. If you are attending college in the Summer 2019, please bring your 2016 Tax Return.

For more information, call 561.868.3684 or email tragerc@palmbeachstate.edu.

Children's Services Council reduces tax rate and updates funded programs for 2018-2019

The governing board of Children's Services Council of Palm Beach County last week approved its 2018-2019 millage rate of .6403 - a 2.8% drop from last year's rate of .6590. Total ad valorem taxes to the Council will be \$120,540,063. Nearly 90% of the Council's overall budget will go to support children's programs and services. For more information and a list of funded programs for the fiscal year, [click here](#).

Food drive to benefit victims and survivors of domestic violence

Drop off location
BRIDGES at Lake Worth West: 4730 Maine St., Lake Worth

BRIDGES at Lake Worth West and Lake Worth West Resident Planning Group Inc is conducting a food drive to benefit individuals and their families living in shelters that have been affected by domestic violence. Domestic Violence Awareness Month is an annual campaign that is focused on raising awareness about domestic violence in an effort to eradicate such violence from our communities. The food drive is collecting can goods, non-perishable food items and feminine products throughout the month of October. For more information, call 561.649.9600.

Take the Train the Brain pledge with Palm Healthcare

Train the Brain, Palm Health Foundation's community health campaign, takes place between Oct. 1 and Oct. 31, 2018. The goal of Train the Brain is to change the conversation around brain health by helping Palm Beach County residents understand that taking care of the brain is just as important as taking care of the body. The campaign empowers residents to take charge of their brain health. Participants are invited to [take a pledge to "train their brains"](#) to make changes in their thinking, integrate self-care behaviors into their daily routines and show compassion to individuals with acute and persistent mental health conditions. [Click here](#) for local Train the Brain events.



VIDEO: Expert advice on boosting baby's brain power

Is there a way you can make your newborn smarter? [Click here](#) to hear from Dr. Neil Boris, an expert in infant mental health. Dr. Boris is the Irving Harris Training Director for the Center for Prevention and Early Intervention Policy at Florida State University. For more information, create a family profile on [EveryParentPBC.org](#).

Events

Family Night at BRIDGES at Lake Worth
Monday, Oct. 15
6 - 7 p.m.
BRIDGES at Lake Worth
802 South Dixie Highway,
Lake Worth

September to October is Hispanic Heritage month! BRIDGES at Lake Worth will be celebrating the history, culture and contributions of Hispanic Americans, specifically - those whose ancestors came from Spain, Mexico, the Caribbean, and Central and South America. Communities mark the achievements of Hispanic and Latino Americans with festivals and educational activities. [Click here](#) to view event calendars at all ten BRIDGES sites.

November events at the Palm Beach County Library System
Throughout November
All library branches

Bring the family to your local Palm Beach County Library branches for family activities. From reading events to crafts, there's something for the whole family! [Click here](#) to see a full list of November events at all branches.

Walk a Mile in Her Shoes
Tuesday, Oct. 16
12 - 1 p.m.
MLK Plaza
4200 S. Congress Ave.,
Lake Worth

Walk a Mile in Her Shoes asks men to literally walk one mile in high-heeled shoes. This march helps to playfully but effectively grab the community's attention while educating and opening up conversations to stop rape, sexual assault and gender violence. This event is in partnership with the Domestic Violence Council of Palm Beach County. [Click here](#) to learn more about the march.

Lunch and Learn: Palm Beach County Opioid Crisis and Sober Home Update
Tuesday, Oct. 16
11:30 a.m. - 1:30 p.m.
Palm Beach Atlantic University
901 S. Flagler Dr.,
West Palm Beach

The Women's Chamber of Commerce is proud to present a special educational program on the opioid crisis and sober homes in Palm Beach County. Please join us for this follow up to our

Child Rescue Coalition Town Hall Luncheon
Tuesday, Oct. 23
12 p.m. - 1:30 p.m.
Child Rescue Coalition Offices
4530 Conference Way
South, Boca Raton

Learn more about child sexual abuse prevention and how you can help Child Rescue Coalition further their mission in South Florida at their upcoming Town Hall Luncheon. CRC staff will be joined by special guest speaker, Det. Charlie Ramos with the Boynton Beach PD. For more information and to register, [click here](#).

Women's Business Conference and Expo
Saturday, Oct. 20
9 a.m. - 2 p.m.
Urban League Community Empowerment Center
560 NW 27th Ave,
Fort Lauderdale

The theme of the conference is Women Winning in Business. Come be inspired and informed by some of the most successful female executives and business owners in South Florida. Women's Business Conference speakers will

February event for a luncheon with State Attorney Dave Aronberg. Seating is limited. [Click here](#) to learn more and to register.

offer advice on many topics of interest to professional women, including business and career development, financial resources, work/lifestyle balance and women's health issues. [Click here](#) to learn more and to register.

2018 Breast Cancer Awareness Luncheon
Thursday, Oct. 18
11 a.m. - 1 :30 p.m.
Gaines Park Community Center
1501 N. Australian Ave.,
West Palm Beach

The Urban League of Palm Beach County Inc., will host its 7th Annual Breast Cancer Awareness Luncheon. Join clinicians and survivors as we educate the community about the disease that affects both men and women. Come out and enjoy a healthy lunch, receive educational materials and register to win a free door prize. [Click here](#) to learn more and to register.

Family Health and Safety Expo
Saturday, Oct. 20
11 a.m. - 2 p.m.
Lake Park Public Library
529 Park Ave.,
Lake Park

This is a free event sponsored by Parent 2 Parent Group, and the Lake Park Public Library and will include fun, music and health and safety tips from the many local organizations like Caridad, Epilepsy Florida, the Area Agency on Aging, PBC Extension, SafeKids, the Breastfeeding Coalition of PBC and PBSO. For more information, click here or call 561.881.3330.

FPL Careers in Energy Open House Event
Saturday, Oct. 20
9 a.m. - noon
Manatee Lagoon
600 N. Flagler Dr.
West Palm Beach

Students, teachers, parents and guidance counselors - come meet representatives from companies and schools to learn about the opportunities and programs to prepare you for your future career. For more information, contact Maureen Wilt at 561.694.3518.

Florida Mental Health Counselors Association Annual Conference
Jan. 31 - Feb. 2, 2019
Lake Mary, Orlando Area

Join the Florida Mental Health Counselors Association (FMHCA) at the Annual Conference and earn CEU's while networking with mental health professionals. Conference tracks include ethics, domestic violence, HIV/AIDS, trauma, cultural diversity, children, adolescents and family, addiction

Better Brain Luncheon
Thursday, Nov. 29
9 a.m. - 1 p.m.
Boynton Beach Community High School
4975 Park Ridge Blvd.,
Boynton Beach

Palm Health Foundation's second annual Better Brain Health Luncheon, sponsored by Jupiter Medical Center's Calcagnini Center for Mindfulness, will feature keynote speaker and TED Talk "All-Star," Helen E. Fisher, PhD, a pioneer in the

treatment and assessment, evidenced-based and emerging practices, military and veterans and more. For more information and register, [click here](#).

research of human personality and the neurochemistry of leadership. Dr. Fisher, a biological anthropologist, has been named one of "the 15 most amazing women in science today" by Business Insider. [Click here](#) to learn more and to register.

Trainings

Using Thought Leadership to Influence Decision Makers and Attract Donors

Tuesday, Oct. 23
1 - 3 p.m.

Vegso Community
Resource Center
261 NW 13th St.
Boca Raton

To broaden awareness of your nonprofit, the secret sauce is to become a "thought leader." Prime your field experts and executive leaders to champion your cause and build support in Palm Beach County and beyond with decision makers, policy makers, and the media, as well as donors and supporters. [Click here](#) to register for this free workshop, and learn more about our [nonprofit support programs](#).

Child Rescue Coalition Town Hall Luncheon

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12 p.m. - 1:30 p.m.
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Offices
4530 Conference Way
South
Boca Raton

Learn more about child sexual abuse prevention and how you can help Child Rescue Coalition further their mission in South Florida at their upcoming Town Hall Luncheon. CRC staff will be joined by special guest speaker, Det. Charlie Ramos with the Boynton Beach PD. For more information and to register, [click here](#).

Rainbow Retreat

Saturday, Dec. 15
9 a.m. - 6 p.m.
Tomorrow's Rainbow
4341 NW 39th Ave.,
Coconut Creek

Tomorrow's Rainbow presents the Rainbow Retreat, A Grief Retreat, December 15th. Tomorrow's Rainbow is proud to offer the Rainbow Retreat, a grief retreat for children, teens and adults who have experience a stigmatic or traumatic death. Scholarships are available for everyone. By incorporating horse interactions with therapeutic art and play, as well as education on grief and facilitated peer support; children, teens and adults are given the tools necessary to take their own personal grief journey in a way that is meaningful to them. [Click here](#) to learn more.

Trainings with FAU's Office of Professional Development

Florida Atlantic University's Office of Professional Development provides students' scholarships and assistantships, and supports faculty and students with research projects, attendance and presentations at national and international conferences, and other projects related to advancing FAU's academic excellence and community engagement. CEU training courses are available in topics like addiction, trauma, contemplative practices and advanced clinical skills in child, adult, and elderly care. [Click here](#) to see full course descriptions and to register.

Circle of Security Parenting Facilitator Training

March 4 - 7
9 a.m. - 5 p.m.
Manatee Lagoon Eco Center
6000 N. Flagler Dr.,
West Palm Beach

Circle of Security has established a parenting reflection program offering the core components of the evidence-based and internationally acclaimed COS protocol. This 4-day

Turn on the Light Conference

Tuesday, Oct. 23
8 a.m. - 4:45 p.m.
Palm Beach Convention Center
650 Okeechobee Blvd.,
West Palm Beach

The Turn on the Light National Conference on the Wellbeing of Children and Families is a one-day conference that brings together parents, volunteers and professionals concerned with the welfare of children and families for a full day of educational and networking opportunities. Attend a variety of workshops and presentations focused on child and family health and wellbeing including strategies, research, practices, therapeutic approaches and advocacy. Continuing Education credits are available for many professions. [Click here](#) to learn more and to register.

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.

Statewide Respite Conference

Thursday, Nov. 15
9 a.m. - 3 p.m.
Florida Atlantic University Auditorium
5353 Parkside Dr.,
Jupiter

The Palm Beach Respite Coalition is hosting a free Statewide Respite Conference. This interactive day of connection and collaboration will bring family caregivers of all ages and disabilities, service professionals and other stakeholders together to share creative strategies. Participants will better understand the availability of respite resources within the State of Florida and develop concrete plans for improving access to, and understanding of respite care. There will be a resource fair and lunch is provided. [Click here](#) to learn more and to register.

What's at Stake? Master the Complexities of Independent Living Benefits

Wednesday, Oct. 17
1 - 3:30 p.m.
Children's Services Council of Palm Beach County
2300 High Ridge Rd.,
Boynton Beach

Florida offers a variety of assistance to young adults who were formerly in Florida's child welfare system. The eligibility

seminar trains professionals to use an eight chapter DVD to reflect with parents and caregivers. This program presents video examples of secure and problematic parent/child interaction, healthy options in care giving, and animated graphics designed to clarify principles central to COS.

[Click here](#) to register.

requirements vary by program, and small changes in a teen's status can have a big impact on their eligibility for future assistance. This training will review the benefits, the eligibility requirements, and advocacy strategies for helping young people get off on the best foot possible. [Click here](#) to learn more.

Navigating the Unknowns of Pregnancy: Food, Fear, Body Image, and Eating Disorders

Friday, Oct. 26

8 a.m. - 12 p.m.

Ramada Inn

1901 Palm Beach Lakes Blvd., West Palm Beach

The Alliance for Eating Disorders Awareness and The Renfrew Center invites you to "Navigating the Unknowns of Pregnancy: Food, Fear, Body Image, and Eating Disorders." This workshop will explore the issues specific to pregnancy, body image and disordered eating. Biopsychosocial factors that contribute to the development and maintenance of disordered eating during and after pregnancy will be examined and strategies for clinicians to provide support and care to pregnant women and their loved ones will be provided. [Click here](#) to register.

Child-Centered Play Therapy through the Lens of Neuroscience: The Brain Story

Oct. 19 - Nov. 15

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

Quantum Foundation

2701 N. Australian Avenue
West Palm Beach

What happens to a child early in life (sensitive periods) impacts brain development, relationships, resilience as well as mental and physical health. It is the experiences that shape the brain and a person's perception of the world. This two-part workshop will apply the Neuroscience of the developing child, the power of relationships, and the understanding of the science behind Child-Centered Play Therapy. Earn 12 CEU's or APT credits! [Click here](#) for more information.

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

Sign up for the MMU!

Stay connected!



www.cscpbcb.org