

Today's MMU: Pint Size Science Program Development Opportunity for Educators

Children's Services Council of Palm Beach County <mmu+cscpb.org@ccsend.com>

Mon 10/16/2023 3:30 PM

To:Updates <updates@gladesinitiative.org>

35 years #HealthySafeStrong

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



Monday Morning Update October 16, 2023

Pint Size Science Program Development Opportunity for Educators

The Cox Science Center and Aquarium is pleased to announce a wonderful development opportunity for early learning educators in Palm Beach County! Through the generous support of the Max M. and Marjorie S. Fisher Foundation, they are excited to offer the Pint Size Science STEAM Education Program for Early Learning. To learn about the benefits, conditions and requirements for participation in the program and to apply, [click here](#). Applications are due Friday, December 1. If your school is chosen to participate, the designated administrator will be notified.

Resource Depot's Fieldtrip and Volunteer Programs Stress Environmental Conservation

Resource Depot offers field trips to their facility Tuesdays through Thursdays, with three themes to choose from. The lessons and activities can be differentiated for

Food Pantry Grab Bags for Those in Need

Loving Hands for the Needy Food Pantry is open every Friday from 1:00 p.m. - 4:00 p.m. to serve those in need of groceries. Distribution is at the side door of the building, located at 3100 S. Congress in Boynton Beach. For those without a car, Louis is available to assist. For more information about the food pantry and how you can help, [click here](#).

Additionally, holiday toys will be available for families for pick-up December 22. Sign up to help [here](#).

American Heart Association's Culture of Health Mini-Grant Opportunity

Is your organization building a culture of health in Palm Beach County? Apply by Oct. 27 for a Culture of Health Mini-Grant to implement changes benefitting

Domestic Violence Resources Are a Step Away

October is Domestic Violence Awareness Month. Domestic violence is a serious issue that affects people across our community regardless of their age, gender, race or religion. Clerk of the Circuit Court & Comptroller of Palm Beach County serves every day as a resource to those in the county who want and need help. Their office has tools available to help victims get the services they need, including free and simplified forms, online how-to resources and filing assistance. [Click here](#) to access resources.

FAU Card iRise2 Mentoring Program Seeks Dedicated Virtual Mentors

Individuals with autism spectrum disorder many times struggle with engaging and maintaining conversation with peers and adults. iRISE2, Interest and

students from preschool to high school age and reserved by public or private schools and youth organizations. The focus is environmental conservation through upcycling and includes a hands-on and maker-oriented activity. [Click here](#) to learn more about the program. Additionally, they offer volunteer opportunities for adults and teens ages 15 and older that are looking for community service or volunteer hours and excited about reuse and environmental sustainability, to help with their mission of rescuing unwanted and excess materials and turning waste into wonder. Volunteer Orientations are offered the third Saturday of every month from 10:00 a.m. - 10:30 a.m. at Resource Depot. [Click here](#) for further information and contact atrainor@resourcedepot.org with questions.

tobacco-free and vape-free environments, nutrition security, blood pressure control and cardiac emergency response plans. Additional details, including the priority areas, award amount, eligibility criteria/requirements and application instructions can be found [here](#).

Relationships Impacting Social Engagement and Employment Mentoring Program through Florida Atlantic University's Center for Autism and Related Disabilities provides high-functioning individuals diagnosed with autism the opportunity to engage in a supportive one-to-one mentoring relationship. As a dedicated, professionally trained mentor, you will be able to provide guidance, support and friendship through social engagement and exploring employment interests with your protégé. Mentors must be at least 21 years of age or older and open to maintaining a one-year virtual mentoring relationship. To learn about further mentoring requirements and informational session dates, please [click here](#).

CSC Proposal Opportunities Now Available

Children's Services Council of Palm Beach County (CSC) is seeking both a professional painter for the purpose of exterior waterproofing and painting and interior lobby drywall and stucco repair and repainting AND a vendor to maintain the landscaping and preserve areas of property at 2300 High Ridge Road in Boynton Beach.

Painting details:

The scope of services required include exterior and interior work to be performed, with interior work performed between December 15, 2023 and January 1, 2024. Attending the mandatory tour of the Building on October 17 at 9:00 a.m. is a requirement for bidding. Deadline for application submission is October 30 by 2:00 p.m.

Landscaping details:

The goal is to select a vendor for comprehensive landscaping services for an initial contract of one, two-year term starting on January 1, 2024, with the option to renew for three, one-year terms. Attending the mandatory tour of the building and grounds scheduled on October 10 at 10:00 a.m. is a requirement for bidding. In preparation, CSC has released Deadline for application submission is October 19 by 2:00 p.m.

[Click here](#) for more information and to apply through Foundant, a Funding Management System. Please direct questions regarding either opportunity to bidsadmin@cscpbcc.org.

Students Speak Up for Kids Empowers Students to Stand Up for Kids in Foster Care

With holiday season fast-approaching and students looking for ways to give back, consider Students Speak Up for Kids, a division of Speak Up for Kids of Palm Beach County, whose mission is to empower local students with opportunities to serve and speak up for the children involved in the county's dependency court system. One of

Be a Difference Maker and Become a Mentor

Take Stock in Children is seeking role models who will spend time with a child who is earning a college scholarship. Their program is growing, and mentors are needed throughout Palm Beach County. [Click here](#) to complete a mentor application. Upcoming orientation dates, via Zoom for one hour, are October 10 at 5:30 p.m., October 12 at 9:00 a.m. and October 19 at 5:30 p.m. RSVP to

Join the Train the Brain Social Media Challenge in October for Train the Brain Month

Palm Health Foundation invites you to join the Train the Brain social media challenge, designed to showcase how community uses the arts for brain health and wellness. To participate, post a photo representing how you use or experience art to support your personal health and wellness, for example, a selfie of you listening to music, dancing, visiting a

the ways to do this is through flexible community service projects, working with students to create service projects that reflect their own interests and help those in the foster care system, from creating self-care kits for teen girls to hosting a public speaking workshop for youth in foster care. All projects are flexible, student-led and can be completed from home on your own timeline. To learn more about how to get involved with more incredible projects like this one, [click here](#).

kbriard@takestockpalmbeach.org
or
ksegarra@takestockpalmbeach.org

museum, etc. Tag [@PalmHealthFoundation](#) and [#TraintheBrainPBC](#), and encourage others to join you by tagging them in your post. See the 'Events' section, below, for three free events to celebrate the month. [Click here](#) to learn more.



Ask an Expert: Relaxing during pregnancy

It's so important for a pregnant woman to be as stress-free and relaxed as possible. According to Dr. Joia Crear-Perry, president of the National Birth Equity Collaborative, less stressful pregnancies tend to produce healthier babies.

[Click this Button to Learn More](#)

Events

Volunteer with Feeding South Florida

Fall and Winter 2023
[Multiple locations & times](#)

Feeding South Florida is planning a series of initiatives and events over the next several months to support hunger relief efforts. The initiatives are being curated throughout the four-county service area (Broward, Miami-Dade, Palm Beach and Monroe), in hopes of engaging with local partners and friends. [Click here](#) to learn more.

Palm Beach County Food Bank: October Outreach Calendar

Palm Beach County Food Bank is focused on fighting hunger in Palm Beach County through five programs – Partner Marketplace, Pop-Up Farmer's Market, Benefits Outreach, Childhood Hunger Initiatives (Lois' Food4Kids, Weekend Food for Kids, and School Pantries) and Groceries for Seniors. They support close to 200 partner agencies in Palm Beach County with food, programs and [Click here](#) to view a listing of opportunities with locations, times and language services offered. [Click here](#) learn more about the Food Bank.

Family and Friends Day

Friday, October 20
5:30 p.m. - 8:00 p.m.
[Heart and Soul Park](#)
[825 N. Rosemary Ave.](#)
[West Palm Beach](#)

The city of West Palm Beach invites you to join this fun, interactive community-engaged event. Learn more about Whiting Turner Contracting, Inc., the general contractor for the Banyan Boulevard and Tamarind Avenue beautification project(s) and community updates while enjoying free hamburgers and hotdogs, (while supplies last), performances from local talent, a pumpkin decorating contest, bounce house, face painting, vendors and much more! Registration is required. Please [click here](#) to secure your

spot.

Spooky Swamp Event

Friday, October 20
6:00 p.m. - 8:00 p.m.
Riverbend Park
9060 W. Indiantown Road
Jupiter

Bring the kids in costume and enjoy Halloween-themed games and crafts, (while supplies last), and a not-so-scary walk through the woods while learning about nocturnal creatures. Remember to bring a flashlight and bug spray! All ages are welcome to this free event, and reservations are not required. [Click here](#) to read about Riverbend Park.

Hoot & Howl

Friday, October 27
6:00 p.m. - 8:00 p.m.
Daggerwing Nature Center in
Burt Aaronson S. County Regional
Park
West of Boca Raton

Kids are encouraged to dress in costume and enjoy not-so-scary Halloween games and crafts, (while supplies last), while learning about nocturnal creatures such as owls, toads, snakes and spiders. Remember to bring a flashlight and bug spray to continue the adventure outside along the boardwalk at night! All ages are welcome to this free event and reservations are not required. [Click here](#) to learn about the Daggerwing Nature Center.

Meet the Orchestra Events

Saturday, November 18
11:00 a.m.
Roberts Theater at Saint Andrew's School
3900 Jog Road
Boca Raton

AND

Saturday, December 2
11:00 a.m.
Countess de Hoernle Theatre at
Spanish River High School
5100 Jog Road

Halloween/Day of the Dead Costume Ideation Session

Saturday, October 21
10:00 a.m. - 12:00 p.m.
Resource Depot
2508 Florida Ave.
West Palm Beach

Resource Depot, in collaboration with Green Garments, a student-run group which specializes in upcycling clothing to give them new life, is hosting this event to help people make their costumes greener! Participants can peruse their Materials Marketplace for upcycled materials or ideas, work on certain aspects of their costume, get sewing help/advice from Green Garments and brainstorm ideas and creative solutions for their vision! For more information and to RSVP, [click here](#).

Sunset Celebration Fall Festival

Friday, October 27
6:00 p.m. - 9:00 p.m.
Lake Park Harbor Marina
105 Lake Shore Drive
Lake Park

The Town of Lake Park invites you to this family-friendly event with live entertainment, food vendors, arts and crafts, trick-or-treating and a costume contest. Admission and parking are free. For more information contact specialevents@lakeparkflorida.gov.

Read for the Record

Thursday, October 26, 2023
Multiple locations & times

Literacy Coalition of Palm Beach County's Read for the Record brings together millions of adults and children around the world each year to read the same book on the same day in order to raise awareness about the critical importance of early literacy and access to high-quality books. This year's book is [With Lots of Love](#), by Jenny Torres Sanchez. [Click here](#) to learn more and complete a registration form.

Confronting the Complexities of Diabetes: Annual Professional Development Symposium

Friday, November 3
8:00 a.m. - 4:30 p.m.
Manatee Lagoon
6000 N. Flagler Dr.
West Palm Beach

The Diabetes Coalition of Palm Beach County is hosting its fifth annual symposium, a continuing medical education event, for health care providers and professionals. Breakfast and lunch are included. [Click here](#) to view fees and for registration information.

Mentor Mile with United Way of Palm Beach County

Sunday, December 10
6:30 a.m.
John Prince Park
2700 6 Ave. S.
Lake Worth Beach

Join United Way of Palm Beach County for their Mentor's Center's First Annual 1-mile Walk / 5K Run! This is a family-oriented event filled with fun activities including a bouncy house, petting zoo, firetruck, vendors, music, food, and much more. [Click here](#) to sign up for the run and for volunteer

Meet The Orchestra is a fun, interactive program for children through The Symphonia that provides opportunities for kids to share a classical music experience with their parents or grandparents, listen to a live orchestra, talk to conductors and musicians, learn about the instrument families that make up an orchestra and test out a few instruments at the 'Musical Instrument Petting Zoo.' This program is free for children, and adults pay a \$5.00 fee. Nonprofit groups are free of charge. To learn more and register, [click here](#).

[Palm Health Foundation Neuroarts Events in October for Train the Brain Month:](#)

This October, join Palm Health Foundation for the following three events, where you will experience first-hand how the arts can improve your brain health and the well-being of our community.

The Art of Learning: A Cross-Curricular Art Show & Symposium

Thursday, October 19

5:30 p.m. - 7:30 p.m.

A.D. Henderson University School

777 Glades Road

Boca Raton

Palm Beach County students are diving into topics like brain health and stress management, in a science classroom! Hear from these students, their educators and a neuroscientist on the connection between art and brain science. Registration includes light snack and beverages.

The Power of Public Art: A Lunch & Learn

Tuesday, October 24

11:00 a.m. - 1:00 p.m.

Boynton Beach Arts & Cultural Center

125 E. Ocean Ave.

Boynton Beach

Join this event to find out why art installations are important in urban environments and how public art impacts health and mental wellness. Brain health experts and artists will answer these questions and provide a tour of public art. Registration includes free lunch.

The Science of Singing

Thursday, October 26

5:30 p.m. - 7:30 p.m.

Cox Science Center and Aquarium

4801 Dreher Trail N.

West Palm Beach

Join in on a fun sing-along and learn what happens in our brains when we sing together. Registration includes light snack and beverages.

Register for all events by clicking [here](#).

Recurring Events:

Parenting 101 Support Group: A Way of Being with Children

Second Thursdays of the month

6:00 p.m. - 7:00 p.m.

Virtual

Center for Child Counseling invites you to this group for parents of children ages three to six. You will learn to handle difficult behaviors and improve your relationship with your child. To view a flyer for this recurring group, [click here](#) and to register, [click here](#).

**Florida Atlantic University Center for Autism and Related Disabilities Events:
African American Under-Representation in Autism Initiative Meetings**

Every last Wednesday of the month

10:00 a.m.

Virtual

Research indicates that Black children are being misidentified, delay identified and under-identified with ASD. Without identification children will not receive appropriate educational and therapeutic services and they will not maximize their personal potential. The Black Under-Representation Initiative and Black ASD Identification Research Expansion Project helps to spread awareness and implement an action plan for change of autism in the Black community.

Support Group: Raising Black Children with Autism

Every last Wednesday of the month

6:00 p.m. - 7:00 p.m.

Virtual

This group is specifically for parents and guardians of Black children with autism, to support, encourage and be a resource on issues related to autism and the Black community. RSVP by calling **561-212-4930** or email cmckinney@fau.edu.

Thea's Night Out - Community Respite Program

Second Fridays, monthly: October 13, November 10 & December 8

6:00 p.m. - 9:30 p.m.

St. Peter's United Methodist Church

12200 Forest Hill Blvd.

Wellington

Parents are invited to drop off their children for fun activities, crafts and games and enjoy much-needed rest or a night out. This free respite program is available to families of children with special needs and their siblings, up to age 11. Children are paired with a qualified volunteer and qualified medical supervision will be at each event. To view a flyer with more information and instructions on how to register, [click here](#).

Art Therapy Classes for Middle-School Students

Tuesdays: 7-week sessions

6:00 p.m. - 8:00 p.m.

Lighthouse Art Center

Tequesta

Group art therapy classes support mental health, peer relationships and overall well-being. The purpose of this program is to increase feelings of community and connectedness, build resilience and coping skills and decrease feelings associated with anxiety, depression, loneliness and/or stress. For each group cohort, a Center for Child Counseling therapist will partner with a Lighthouse ArtCenter art instructor to provide weekly therapeutic art activities from painting to pottery! [Click here](#) for the ArtClub schedule with a list of topics and registration form.

Unicorn Children's Foundation Family Fun Nights

Every last Wednesday of the month

5:30 p.m. - 7:30 p.m.

99 SE Mizner Blvd., Ste. 120

Boca Raton

The Unicorn Children's Foundation is dedicated to creating cradle to career pathways for kids and young adults with developmental differences and helping their families navigate the complex journey. This free event is open to people of all ages and abilities and includes karaoke, dancing, light bites and refreshments, crafts, board games, cups of kindness served by Percs Café baristas and tours available upon request. [Click here](#) to register.

Girls Voice Task Force (GVTF) Virtual Space Meetings

Every second Thursday of the month

6:00 p.m.

Virtual

The GVTF virtual space serves as a place for girls to connect with one another, learn valuable skills and grow together. [Click here](#) to complete the application to receive the meeting link. Join GVTF on Remind by texting [@girlspbc](#) to **81010**.

Food as Medicine Workshops

Second and Fourth Saturdays, through December
10:00 a.m. - 11:00 a.m.
Riviera Beach Urban Farm and Garden
W. Blue Heron Blvd.
Riviera Beach

The idea that our foods can aide in our wellness is a proven fact. The need for medications can be reduced by learning medicinal remedies composed of veggies, fruits and herbs. Operation No Food Gap, in partnership with the American Heart Association is excited to host these events and invites you to join in the fun by participating in cooking demos, gardening, wellness events, juicing and educational workshops along with fitness such as Zumba! The events are free and open to the entire family of all ages. [Click here](#) to learn more and RSVP.

Trainings

Healthy Mothers, Healthy Babies Coalition of Palm Beach County: October Educational Calendar

October events include educational classes for pregnant women, new parents and their support partners, maternal wellness support group meetings, childbirth classes, pregnancy and infant loss and Couples Becoming Parents support groups and prenatal yoga. Many classes are offered in both English and Spanish with a virtual option. A calendar with details can be found [here](#). Featured this month:

In-Person Circle of Moms – Free Support Groups
Pregnant or postpartum and not feeling like yourself? Talking with other moms who are also struggling can help you feel less alone.
Motherhood can be challenging, but it doesn't have to be lonely. Join a group today and connect with other moms in a safe and confidential space.

Healthy Mothers Healthy Babies Coalition of Palm Beach County
Location: Lake Worth Rd
Greenacres, FL 33463.

Dates: Every Thursday. Pre-registration required

Mental Health First Aid Training Various opportunities - see links below

Mental Health First Aid (MHFA) is an eight-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program shows that MHFA builds mental health literacy, helps the public identify and understand the signs of mental illness and respond to the signs. Jewish Family Service of Palm Beach County invites those who want to learn how to provide initial help to someone who may be experiencing symptoms of mental illness or in crisis and give people the tools to help friends, family members, colleagues or others in their community. Classes are currently being scheduled for January and February of 2024. [Click here](#) to read more, [here](#) to view a flyer for youth first aid services and [here](#) for adult services. Contact Timothy Bouck, MHFA Instructor, at **561-713-1877** or tbouck@alpertjfs.org.

Empowering Families of Neurodivergent Children: Equipping them with Financial Education for Stronger Futures

Wednesday, October 18
6:00 p.m.
Virtual

In this new series, Navigating New Pathways, the goal is to provide support and guidance to families who are navigating the complex journey of developmental differences. You are invited to join and learn valuable insights and strategies to make life's terrain a little bit smoother for you and your loved ones. [Register here](#).

Times:

10:00 AM – Spanish (Español)

11:30 AM – English Group

Financial Benefits, Including SSI, SSDI and More

Wednesday, October 25

6:00 p.m. - 8:00 p.m.

Virtual

Jewish Family Service of Palm Beach County welcomes you to attend this program for individuals with disabilities of all types, their friends, families and caregivers. Richard Friedkin will be presenting and fielding questions, and resource tables with helpful information and light refreshments will be available. [Click here](#) to view a flyer for the event.

Fearless Caregiver Conference

Wednesday, November 1

10:00 a.m. - 2:00 p.m.

Jupiter Community Center

200 Military Trail

Jupiter

Participants will learn how to balance family, work and caregiving, motivate family members to help, convince parents to stop driving and to listen to you, legally protect your aging parents and secure the future of your adult child. Lunch is included, and limited free tickets are available now! [Click here](#) to view a flyer for the event and [here](#) to register.

Filial Play Therapy

Friday, December 1

9:00 a.m. - 4:30 p.m.

Opportunity Early Childhood Education and Family Center

Center for Child Counseling offers this workshop on Filial Therapy, a highly effective intervention that integrates family therapy with play therapy to address child and family problems. Participants will learn the history and theoretical foundations of Filial Play Therapy, identify the structure and stages of filial play therapy sessions with child and parent/caregiver, list the principles of filial play therapy, use basic client-centered play therapy skills, list the stages used in Filial Play Therapy sessions, demonstrate strategies to engage with, empower and strengthen the skills of parents/caregivers in the playroom and practice Filial Play Therapy interventions in dyads and triads. A fee applies, with an early bird special until November 1. For more details and to register, [click here](#).

Center for Child Counseling October Trainings, sponsored by United Way of Palm Beach County:

Positive and Adverse Childhood Experiences (PACES)

Tuesday, October 17

9:00 a.m. - 1:00 p.m.

Virtual

In the absence of protective relationships, toxic stress in childhood impacts an individual's well-being across the lifetime. This workshop provides an overview of the ACE Study, trauma, toxic stress and the impact on health. This workshop will provide an overview, interactive learning and strategies on becoming trauma informed. [Click here](#) to learn more and register.

Healing the Healers

Monday, October 23

9:00 a.m. - 10:30 a.m.

Virtual

In this live webinar you will learn the definition, impact and symptoms of stress, self-care techniques, stress response levels, self-care and self-regulation skills and strategies to cope with stress. [Click here](#) to register.

Florida Atlantic University Center for Autism and Related Disabilities October Trainings:

Keeping Children with Autism Safe in Their Home, School and Community

Monday, October 23

12:00 p.m. - 1:00 p.m.

Virtual

Participants will learn about important wandering and elopement prevention strategies and resources,

understand how to support the safety of a child with autism while they are at home, at school and out in the community, obtain information about drowning prevention and swim lessons and view local and national agencies that offer safety supports and resources for children with ASD and their families. [Click here](#) to reserve a spot.

Use of Visual Supports

Wednesday, October 25

12:00 p.m. - 1:00 p.m. OR 6:00 p.m. - 7:00 p.m.

Virtual

This training will cover understanding of what visual supports are, how they can be used and their benefits in meeting communication needs. [Click here](#) to register.

Transition Talk for Parents with Middle Schoolers with ASD

Thursday, October 26

5:30 p.m. - 7:00 p.m.

Virtual

It's never too early to start planning! This training will discuss the transition process into adulthood, including guardianship, post-secondary pathways, transition programs for 18-22-year-olds, employment options, career/technical training, higher education, certificate programs, independent living skills, recreation and leisure/volunteering and safety. [Click here](#) to register.

Pathway to Higher Education: Navigating Social Interaction and Building Independence for High School Students with Disabilities

Available October 1 - October 31

Virtual

In this training participants will review data surrounding current status of student preparedness for higher education, areas of growth for students with disabilities specifically, and typical supports available for students in higher education. In this session, evidence-based strategies to support initiation, motivation, prioritization, time management, and other executive function skills will be explored, including the use of case study examples. A variety of evidence-based methods for promoting dynamic learning, self-awareness, self-regulation, and self-advocacy strategies to build a student's personal autonomy and social interaction abilities is discussed. Attendees will be provided with strategies ready for immediate use. [Click here](#) to reserve a spot.

Recurring Trainings:

Mommy Matters Virtual Series

Second Wednesdays

12:00 p.m. - 1:00 p.m. OR 6:00 p.m. - 7:00 p.m.

Virtual

Baptist Health South Florida invites you to join this educational series emphasizing mental health, breastfeeding, nutrition and more. [Click here](#) to view flyers with specific topics for next three months.

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@cscpsc.org. [Click here](#) review the MMU Submission

Guidelines.

Stay Connected!



Children's Services Council of Palm Beach County | 2300 High Ridge Road, Boynton Beach, FL
33426

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