

## Today's MMU: Caps & Cribs Mentoring Program

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

Tue 9/6/2022 3:33 PM

To: Updates <updates@gladesinitiative.org>

# 35 years #HealthySafeStrong

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



## Monday Morning Update September 6, 2022

**Please note: Children's Services Council's offices were closed on Monday, Sept. 5, for Labor Day. Instead, we've released the next Monday Morning Update today, Tuesday, Sept. 6.**

### News

#### **Caps & Cribs Mentoring Program**

Healthy Mothers, Healthy Babies of Palm Beach County's Caps & Cribs is a mentoring program for pregnant or parenting teens. The young women who take part in this program experience the regular stressors that come with being a student and teen while facing additional challenges that come with being a mom. This is where our mentors come in. Local professionals who are also moms themselves volunteer their time to mentor a teen who is juggling many responsibilities. After applying to be a mentor, these women receive training before being matched with a teen mom. Do you know a pregnant or parenting teen in the Palm Beach

#### **Audition Opportunities with Young Singers of the Palm Beaches**

Know a child in 2nd through 12th grade who loves to sing? Looking for an afterschool activity that fosters creative excellence, personal growth and social development? Join Young Singers of the Palm Beached Youth Community Choir. We have programs at the Kravis Center for the Performing Arts and the Boynton Beach Cultural Center. Auditions are scheduled for September 10, and 14, 2022. Scholarships are available and no child is turned away for financial reasons. For more information, [click here](#).

#### **Habitat for Humanity of Palm Beach County: Neighborhood Revitalization Home Preservation Programs**

Do you or someone you know need low-cost home repairs? Habitat for Humanity of Palm Beach County is working throughout Palm Beach County to help lower-income home owners with home repairs. You may be eligible to partner with us to complete your repairs at a reduced cost. Call today at 561.366.2645 or 561.571.5232 to learn more about the Home Preservation Programs.

County school system? [Click here](#) to refer them to Caps & Cribs. Are you interested in becoming a mentor and making an impact on the life of a teen mom? [Click here](#) to complete the application.

### Unicorn Children's Foundation In-Person Classes

Are you looking for the perfect after-school activity? Look no further than the Unicorn Connection Center in Boca Raton! From Yoga to Job Club, we have something for everyone and accommodate participants of all abilities. Unicorn Children's Foundation offers programs to individuals around the world, eliminating geographic barriers, expanding social networks, and exposing individuals with developmental or learning challenges to educational opportunities that they would not otherwise have available. [Click here](#) to learn more.

### Volunteer tutors needed for the Literacy Coalition's Building Better Readers Program

Help our students attain grade level in reading! Tutor 1st, 2nd or 3rd grade students in reading comprehension during school hours. Each volunteer will tutor 2 or 3 students, one-on-one for 30 minutes each, two times per week during the entire school year. Times to be determined by schools but usually in the morning. Volunteers need to be at least 18 years of age. Training is required and provided by the Literacy Coalition. To apply, [click here](#) for the Building Better Readers or call Jeanne Heavilin at 561.767.3366.

### Apply for the South Florida Fair Scholarship!

The South Florida Fair & Palm Beach County Expositions, Inc. is proud to annually award more than \$55,000 in Scholarships to worthy South Florida students who have exhibited a desire to further their education. The scholarship purpose is to encourage young people, who might not otherwise have an opportunity, to pursue a college education. Deadline for submission is Oct. 18, 2022. [Click here](#) to learn more and to apply.



### My child has ADHD, what can I do?

Getting an ADHD (Attention-Deficit/Hyperactivity Disorder) diagnosis for your child may answer some of the behaviors you've been seeing like lack of concentration and impulsivity. But what comes next? What can you do as a parent? Here are some quick tips from Carolina Libberos, a Triple P supervisor for the Center for Family Services of Palm Beach County.

[Learn more](#)

## Events

### DownRight ExtraOrdinary Walk for Down Syndrome 2022

Sunday, October 23, 2022  
8 a.m. – noon  
John Prince Park's Center Drive Pavilion  
4759 South Congress Ave.,

### Community Disaster Preparedness Fair

Sunday, Sept. 11  
8:30 - 11 a.m.  
Greenacres Community Center  
501 Swain Blvd  
Greenacres

### FAU Research in Action: New Approaches to Combat Alzheimer's Disease

Thursday, Sept. 8  
1 - 2 p.m.  
Virtual seminar

## Lake Worth

Gold Coast Down Syndrome is proud to continue their tradition of coming together to celebrate people with Down syndrome. Join their DownRight ExtraOrdinary Walk for Down Syndrome and start your team today! Other activities include bounce houses, breakfast, carnival games, DJ & dancing, live entertainment, pony rides, face painting, raffle & silent auction and much more! [Click here](#) to learn more and to register.

All are welcome to attend this free, family-friendly event! Trained experts will show you how to be prepared for any disaster that could affect your family. Demonstrations include generator safety, drowning prevention, CPR training, and opportunities to explore Fire Rescue's firetruck and PBSO's mounted horses unit! For more information, [click here](#).

580,000 people aged 65 and older are living with Alzheimer's disease in Florida. By 2025, that number is expected to increase by 24%. Join Gregg Fields, Ph.D., as he discusses new techniques, in collaboration with the Delray Medical Center, to treat and monitor Alzheimer's. His talk will cover the use of Magnetic resonance-guided focused ultrasound (MRgFUS) technology to deliver drugs to the brain, diagnosis using less invasive and less expensive blood-based biomarkers and the use of biomarkers to evaluate the potential effectiveness of therapeutic interventions. [Click here](#) to register.

### Securing Our Future Economic Mobility Summit

Wednesday, Sept. 28, 2022

9 a.m. - 4 p.m.

Palm Beach County Convention Center  
650 Okeechobee Blvd,  
West Palm Beach

The goal of the summit is to bring systems leaders together in support of our families that are unemployed or underemployed. The summit will consist of a plenary session and eight workshops plus a lunchtime panel discussion. The workshops will provide information about ways organizations involved in the systems pictured below can work collaboratively to help families earn more and move out of poverty. The systems are: housing and homelessness, employment, childcare, education, safety and justice, food and hunger, health, transportation. [Click here](#) to learn more and to register.

### The Arc of Palm Beach County Family Fun Day

Sept. 10

10 a.m. - 3 p.m.

4522 S. Congress Ave.,  
Palm Springs

The Arc of PBC is having a Community Fun Day for our families, caregivers, clients and the community we serve. We will have fun activities though out the day and would like to provide as many Community Partner tables for our guests to talk with and gather important resources. To learn more, call 561.842.5814.

### Save the Date: Domestic Violence Awareness Month Opening Ceremony

Monday, Oct. 3

9 a.m.

Palm Beach State College Duncan Theater  
4200 S Congress Ave.,  
Lake Worth

Save the date for this year's Domestic Violence Awareness Month's Opening Ceremony. This year's theme is Increasing Family Safety Through Abusive Partner Accountability. Luli Ortiz, CBS 12 News, will be our Master of Ceremonies. Lee Giordano, formerly with Men Stopping Violence in Atlanta, GA, is providing the keynote address titled "Strengthening Communities Through Abusive Partner Intervention." [Click here](#) to learn more.

### Aware and Care 5K Run for School & Community Mass Violence Awareness & Prevention

Saturday, Sept. 17,  
8 a.m.

Okeeheliee Park  
7715 Forest Hill Blvd.,  
West Palm Beach

Mass violence is a serious public health threat for our schools and communities. Aware& Care Palm Beach County provides critical information about warning signs and indicators which could signify a person is in crisis and in need of immediate intervention. Join them and other advocates for a 5K Walk and Run to help bring awareness to mass violence and its effects on our community. [Click here](#) to learn more.

## Trainings

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### Critical Self-Reflection: Finding Your Way to a More Inclusive Form of Reflective Supervision

Wednesday, Sept. 21

1 - 4 p.m.

Virtual

This 3-hour training from the Florida Association for Infant Mental Health, developed for reflective supervisors, explores a multiple lenses approach to reflective supervision. This approach allows reflective supervisors to approach supervisees and their cases from an inclusive perspective for understanding and working within the complexity of early childhood intervention work at the clinical and systems level. This approach is centered in the use and development of critical self-reflection, which the RSC considers the central goal of reflective supervision. [Click here](#) to learn more.

### Center for Child Counseling: Upcoming Trainings

Register today for these upcoming trainings with the Center for Child Counseling:

- September 23: 8:30am - 11:30am [Trauma-Informed Case Conceptualization](#)
- October 17: 9am - 5pm [Motivational Interviewing for Practitioners](#)
- November 14: 9am - 3pm [CBT with Children and Youth](#)
- December 2: 9am -10:30am [Self-Care for Practitioners](#)

### Unicorn Children's Foundation Hosts Virtual Classes

Unicorn Children's Foundation, a non-profit organization that creates cradle to career pathways for people with developmental differences, offers virtual classes that are inclusive for everyone. Enroll in classes including Author Club (publish your own book), French Club, Job Club, Self Advocacy, Graphic Design, and more! [Click here](#) to learn more and to register.

### Healthy Mothers, Healthy Babies September Educational Calendar

Throughout September

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.

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## Additional Resources

[Visit the CSC website](#)

[CSC Employment](#)

[CSC Provider Agency Employment](#)

[Search for Trainings](#)

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## Do you have information for the MMU?

Email your MMU submission to [mmu@cscpb.org](mailto:mmu@cscpb.org). [Click here](#) to review the MMU Submission Guidelines.

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## Stay Connected!



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