

Today's MMU: Get Your Green on and Spring into Self Care with CSC!

Children's Services Council of Palm Beach County <mmu@cscpbc.org>
via auth.ccsend.com

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To: Updates <updates@gladesinitiative.org>

35 years #HealthySafeStrong

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



Monday Morning Update April 10, 2023

News

Get Your Green on and Spring into Self Care with CSC!

Children's Services Council of Palm Beach County (CSCPBC) is highlighting mental health and self-care for the month of May. CSC providers can check out and register for some of our new offerings as well as some old favorites on the CSC Learning Management System, [here](#). Offerings Include: Mental Health First Aid for Adults (5/10), Introduction to Mindfulness (5/16), **NEW** PBSO Therapy Dogs- Meet & greet the officers and therapy dogs working within the Palm Beach Sheriff's Office Canine Unit (5/23) and **NEW** Introduction to Sound Therapy (Sound Bathing) (5/24).

Teen Intern Coalition Summer 2023 Seeks Student Interns

The Palm Beach County

Youth Performers Wanted for Youth Explosion 2023

Youth performers ages five to 18 are invited to sign up to participate in the second annual Youth Explosion on May 21 at New Bethel Missionary Baptist Church in Belle Glade. Cash prizes will be awarded for both singing and dance categories. [Click here](#) to complete the application to register. A flyer with prizes listed for the event can be viewed [here](#).

Outreach Opportunities with Palm Beach County Food Bank

During the 2021-2022 fiscal year,

Legal Aid's Community ID of the Palm Beaches Issuing IDs in April

The Community ID of the Palm Beaches is for any resident who may have limited access to government issued forms of identification and for those who support a diverse and inclusive community. Upcoming dates include April 13 in Lake Worth, April 20 in West Palm Beach and April 25 in Belle Glade. For more information, including what to bring with you, contact Legal Aid Society of Palm Beach County, Inc. at **561-822-9740** or visit their Facebook page, [here](#).

Complimentary Tickets Available for Family Caregivers for Fearless Caregiver Conference

Behavioral Health Coalition's Teen Intern Coalition Summer '23, (TICS'23), seeks Palm Beach County students interested in education, recreation, public health and/or psychology to intern this summer to develop leadership skills, practice public speaking, gain community engagement experience and increase knowledge of substance use prevention while earning community service hours. Applications will be accepted during the month of April for students rising to 8th through 11th grades. The deadline to apply is May 1st. To read application criteria and to apply, [click here](#). For questions, call **561-628-3951** or email SusanFoley@pbcbhc.org.

More than 270 PBC Youth Benefit from Enhanced Mentoring Program

A new mentoring program that connects historically underserved youth with long-term, supportive role models is showing positive results in Palm Beach County, staff shared with Children's Services Council of Palm Beach County's board at its March meeting. [Click here](#) to read more.

the Palm Beach County Food Bank distributed 11.4 million pounds of food - equal to 9.5 million meals - worth \$20,406,000. The food distributed reaches nearly 200,000 hungry residents in Palm Beach County monthly. For a listing of scheduled times, locations and language services, view the April Benefits Outreach Program calendar, [here](#). [Click here](#) to learn more about Palm Beach County Food Bank.

New Program Aims to Increase the Number of Lifeguards in Palm Beach County

Pools nationwide have suffered from a shortage of lifeguards and swim instructors and Palm Beach County is no exception. That's why the Palm Beach County Parks and Recreation Department and Children's Services Council of Palm Beach County are launching a pilot program that will allow lifeguards and water safety instructors to become certified for free. With an agreement approved by the Palm Beach County Board of County Commissioners, Parks and Recreation will provide the pool space and staff for trainings at county-run pools while Children's Services Council will cover the processing fees for certification. Hopeful lifeguards and swim instructors participating in the program will pay nothing to be certified. The first certification classes offered through this pilot program are April 15, 16, 22 and 23 at Aqua Crest Pool in Delray. To sign up, contact Paul Milne at **561-278-7104** or pmilne@pbcgov.org. [Click here](#) to read more about the program.

A limited number of free tickets are available for the Fearless Caregiver Conference on April 27, from 10:00 a.m. to 2:00 p.m. at the Carolyn Sims Center. [Click here](#) to view a flyer for the event and [here](#) to register. Call **954-362-8126** with questions or to register via phone.

Children's Services Council of Palm Beach County Job Opportunity

Children's Services Council (CSC) seeks an evaluation officer to conduct systematic inquiry to understand how funding from CSC is used to improve child outcomes and reduce racial disparities. Using a broad range of quantitative and qualitative methods, the evaluation officer performs complex statistical analyses, synthesizes data and shares findings with funded programs, system leaders and community residents. To read more and apply, submit a cover letter and resume [here](#) by 5:00 p.m. April 30.

Parenting Tips: How Does Descriptive Praise Work?

Descriptive praise can a powerful tool



for a parent to encourage good behavior. By providing attention to your child when they are behaving, it increases the chances of that behavior happening again.

Therapists Robert Lerro and Amelia Baena are part of a team of Triple P therapists with Community Partners of South Florida. Triple P is a FREE program offered in Palm Beach County and funded by Children's Services Council of Palm Beach County.

[Learn more](#)

Events

Art Therapy Classes for Middle-School Students

Tuesdays: 7-week sessions
6:00 p.m. - 8:00 p.m.
Lighthouse Art Center
Tequesta

Center for Child Counseling continues to offer group art therapy classes to 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! The first session's topic is anxiety. [Click here](#) for the ArtClub schedule with a list of topics and registration form.

ELCPBC Kaleidoscope Play & Learn Groups

Mondays, April 10, 17 & 24
10:00 a.m. - 11:30 a.m.
Glades Pioneer Park
866 SW 16th Street
Belle Glade

During these group meetings with

Black Under-Representation Initiative Task Force Meetings

Every last Wednesday of the month
10:00 a.m.
Virtual

Florida Atlantic University's Center for Autism and Related Disabilities invites you to join the Black Under-Representation Initiative meetings to discuss research that indicates black children are being misidentified, delay identified and under-identified with Autism Spectrum Disorder. Without proper identification, children will not receive access to evidence-based interventions to progress academically and socially, and parents and families will not receive the support and training needed to help their children. RSVP by calling **561-212-4930** or email cmckinney@fau.edu.

FAU CARD & the City of Boynton Beach Art & Autism Expo Gallery Opening

Wednesday, April 12
5:00 p.m. - 7:00 p.m.
City of Boynton Beach Arts & Cultural Center
125 E Ocean Ave.
Boynton Beach

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.

ELCPBC Transition to Kindergarten Workshops

Thursday, April 13
2:00 p.m. - 3:00 p.m.
Virtual AND

Friday, April 21, Thursday, April 27 & Friday, April 28
6:00 p.m. - 7:00 p.m.

Early Learning Coalition of Palm Beach County, children will learn through play, get to practice with their peers and spend quality time with their caregivers. Families with all children five and under are welcome! No registration required. For more information, contact arielle.tuan@elcpalmbeach.org.

Girls' Voice Task Force Virtual Space Meetings

Thursday, April 13 and every second Thursday of the month
6:00 p.m.
Virtual

The Girls' Voice Task Force, (GVTF), is a subcommittee of the Girls Coordinating Council of Palm Beach County; a community collaborative aimed at strengthening the system of care for girls. The GVTF virtual space serves as a place for girls ages 12-19 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**

BAM Festival: Celebrating Books, Art & Music

Saturday, April 15
10:00 a.m. - 3:00 p.m.
Mandel Public Library & Clematis St., 400 Block
West Palm Beach

Join Palm Beach's annual event dedicated to empowering and inspiring youth through the arts and literacy, where artists, illustrators and performers from across the nation gather to inspire children and teens. At this free public event, families and fans can attend panels, listen to live music, meet authors and illustrators and get books signed, join workshops, enjoy arts and crafts and meet likeminded creatives. For more information, including a schedule and list of guests, and to register, [click here](#).

Join the Expo for gallery opening night in celebration of Autism Awareness Month. The Expo includes performance art, fiber art, music, sculptures, workshops, photography and traditional and modern art. Catering provided by the Chocolate Spectrum. [Click here](#) to learn more.

AACY Community Caregiving Champions Breakfast

Friday, April 14
8:00 a.m. - 10:00 a.m.
Boca Raton Marriott
5150 Town Center Cir.
Boca Raton

Register today for the American Association of Caregiving Youth's (AACY) Community Caregiver Awards Breakfast. The AACY supports students who are responsible for caring for sick or disabled loved ones. The AACY provides individual and group counseling, tutoring, Camp Treasure, funds for home improvement projects, medical equipment such as ramps, respite care using Certified Nursing Assistants, mentors, meals, holiday meals and family events. [Click here](#) to register.

Birth to 22 Ensuring Safety & Justice Kick-Off

Monday, April 17
2:00 p.m.
Clayton Hutchinson Center
559 N. Military Trail
West Palm Beach

You're invited to join this special, kick-off event to hear more about the work of the Birth to 22 *Ensuring Safety & Justice* Action Team and the ways you can join their efforts. A "marketplace" will be featured at the event, so please feel free to bring any organizational materials, resources and swag to share with attendees. Refreshments will be provided. [Click here](#) to view a flyer with more details. RSVP to caltaro@pbcgov.org.

Early Learning Coalition
2051 Martin Luther King Junior Blvd., Ste. 300
Riviera Beach

These hour-long workshop sessions provide information about registration and what is needed for a successful 2023 school year. These are family events for children ages four to five or entering Kindergarten. [Click here](#) to register.

Boys & Girls Club of Wellington 10-Year Anniversary Day for Kids Celebration

Saturday, April 15
10:00 a.m. - 1:00 p.m.
Neil S. Hirsch Family Boys & Girls Club
1080 Wellington Trace
Wellington

Join the fun, which includes music, slides, a foam party, entertainment, kid's activities, face painting, food and free t-shirts for the first 300 kids! For more information, contact Steve Cornette at **213-212-1417** or scornette@bgcpcb.org.

Lead the Fight, with Fritz Horstman

Wednesday, April 19
6:00 p.m. - 7:30 p.m.
Virtual

This event is a continuation of the Center for Child Counseling Lead the Fight series that aims to bring awareness, action, and advocacy to effectively addressing Adverse Childhood Experiences (ACEs) and trauma. [Click here](#) to read more and to RSVP.

School Dress Code & Self-Advocacy for Girls and Parents

Wednesday, April 19
6:00 p.m. - 7:00 p.m.
Virtual

Herizon invites girls ages 12-19 and their parents to attend this panel discussion, part of Girls' Voice Task Force of Palm Beach County. [Click here](#) to register and [here](#) to learn more about Herizon.

Jupiter Police Family Autism Day

Saturday, April 22
10:00 a.m. - 2:00 p.m.
Carlin Park West
400 SR-A1A
Jupiter

This event is filled with over 25 incredible resources in the area that assist those on the autism spectrum and will inform their families and friends while providing fun connections with local first responders and others with autism. Read more about the event [here](#) and RSVP [here](#).

Take Back Day

Saturday, April 22
10:00 a.m. - 2:00 p.m.
Walgreens
10420 Forest Hill Blvd.
Wellington

Palm Beach County Behavioral Health Coalition is partnering with the Village of Wellington to host National Take Back Day for residents to anonymously drop off unused or expired medications to be safely disposed of and reduce overdose deaths. The goal is to collect 100 pounds of medications so they don't go into the water system, landfill or into other hands and used for harm. Learn more about the event [here](#) or call **561-374-7627**. Click [here](#) for all local drop off locations that are open year-round.

Boys SNAP® Group

Wednesdays, April 26 - June 28
Center for Child Counseling
8895 N. Military Trail, Suite 300c
Palm Beach Gardens

The Stop Now And Plan (SNAP®) Program offers support for children ages 6-11 and their families by providing strategies to address acting out behaviors and increasing prosocial skills that help children stay out of trouble by making better choices. SNAP® is a 13-week program during which children and their families participate in engaging activities such as group discussions, role-playing, interactive games and self-reflection to address topics including dealing with anger, learning how to cope and practice self-control, and engaging in problem solving. Please make sure you and your child are able to commit to the 13-week group sessions so that you both can get the best out of the program. [Click here](#) to complete the Interest Form. Email info@centerforchildcounseling.org with questions.

Minority Health Month Events

Saturday, April 22
10:00 a.m. - 2:00 p.m.
Palm Beach County Health Department
1150 45 St.
West Palm Beach AND

Saturday, April 29
10:00 a.m. - 2:00 p.m.
Palm Beach County Belle Glade Health Center
38754 State Road 80
Belle Glade

Florida Health's Office of Minority Health is celebrating National Minority Health Month, in partnership with the Alzheimer's Association and other community partners, in order to distribute information on various topics as they relate to minority health. Partners and events include 211, Digital VibeZ, Library Literacy Corner, smoothies and games. For more information call **850-245-4941** or email MHHE@flhealth.gov.

Youth Summit of Palm Beach County

Saturday, April 29
9:00 a.m. - 4:00 p.m.
Palm Beach Central High School
8499 W. Forest Hill Blvd.
Wellington

Middle and high school students are invited to join this free day of fun, food, music and entertainment, a dance competition, prizes and education. Community service hours are available! Text **YOUTH SUMMIT** to **888-687-0035** for more information, [click here](#) to register and [click here](#) to view a flyer.

The Village of Wellington Hurricane Expo '23

Saturday, May 6

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

Wellington Community Center
Wellington

Grab a disaster supply kit and hear presentations by Florida Power and Light, National Weather Service, Wellington Flood Control, and homeowner's insurance updates from Allstate Insurance. The Storm Panel includes Home and Business Preparedness Planning by the American Red Cross, Learn How to Stay Informed by the Village of Wellington, Shelters and Special Needs Registry by Palm Beach County EOC and hear from Solid Waste Authority's COO. Admission is free. Contact Wellington Village Hall for more information at **561-791-4000** or **561-363-7905**.

Healthy Mothers, Healthy Babies Tenth Annual Moments Luncheon

Thursday, May 11

11:30 a.m. - 2:00 p.m.

BallenIsles Country Club
100 BallenIsles Circle
Palm Beach Gardens

For a decade, Moments has honored all of the women in our lives – the mothers, daughters, aunts, sisters and friends who tirelessly ensure we all have moments of joy to share. Please join Healthy Mothers, Healthy Babies for this special anniversary year celebration that will feature a Q&A session with Tonya Lewis Lee, producer, film director, writer, entrepreneur and women's health advocate and facilitated by Hollani Davis of WPTV. For more information, including ticketing, [click here](#).

Afterschool Symposium 2023: Shift to Now

Friday, May 12

8:00 a.m. - 1:00 p.m.

West Palm Beach Marriott
1001 Okeechobee Blvd.
West Palm Beach

Prime Time Palm Beach County is excited to offer this annual event with the purpose of embracing the present to offer youth meaningful out-of-school time experiences. Attendees will be inspired with innovative strategies and activities that complement ways in which out-of-school time programs, practitioners and the field can "SHIFT" (Stop, Hold space, Imagine, Feel the change and Take action). Pre-register [here](#) to get placed in a drawing to win a \$50 gift card. The winner will be announced at the Advancing Afterschool Awards Luncheon on May 12 and must be present to win.

Get Your Green On Fashion Art Ball 2.0

Thursday, May 18

5:00 p.m. - 9:00 p.m.

Arts Warehouse
313 NE 3rd
Delray Beach

Don your super-hero attire at this featured event for the county-wide Get Your Green On (GYGO) mental health campaign, which aims to raise awareness by creating visible support and fostering safe spaces to talk openly about mental health and trauma. The Ball will combine fashion and the arts while shining light on mental health during Mental Health Awareness Month. The evening includes a fashion show, music, performances and mental health inspired artwork. To view a flyer for the event, [click here](#) and to reserve your spot, [click here](#).

Hey Sistas Launch Party

Saturday, May 20

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

Olentv Selfie Museum
205 N Federal Hwy
Lake Worth

"Hey Sistas" is a women's support group through Rhonda's Promise Inc. for women of color to focus on health, wellness and mental health awareness. The group will participate in fitness activities, as well as hear from expert guest speakers on health-related topics. Through the support of this program, women will work together to develop their leadership skills and find their voice to positively advocate for issues related to women's physical and mental health. [Click here](#) to register.

Trainings

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

April 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 support groups, prenatal yoga, and Circle of Dads peer-to-

ACEs, Trauma and Toxic Stress

Tuesday, April 11

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

Virtual

In this intensive workshop, trainers from Center for Child Counseling will present information about the ACE study, including outcomes and findings, definition of toxic stress and its impact on the developing brain in early childhood and throughout the lifespan, the

What is "Mommy Brain?"

Thursday, April 13

10:00 a.m. - 12:30 p.m.

Virtual

In this presentation from Healthy Mothers Healthy Babies Coalition of Palm Beach County, attendees will learn from health educator Barb Buckner Suárez, ICCE, FACCE about how the maternal brain changes - both in structure and function - to support the

peer support groups. Many classes are offered in both English and Spanish with a virtual option. A calendar with details can be found [here](#).

impact of early adversity on lifelong health, both mental and physical, the ACEs and Resilience Surveys and the importance of creating trauma-informed and resilience-building practices based on the findings of the ACEs research. [Click here](#) to register.

newborn, especially in the fourth trimester (first 12 weeks postpartum). When expecting parents, and those who support them in the childbearing year, are aware of these changes and can provide the necessary support these changes require, families can feel empowered and maybe even learn to celebrate "Mommy Brain." To view a flyer for this event, [click here](#). To register, [click here](#).

Talking to Children About Grief

Tuesday, April 18
6:00 p.m. - 7:30 p.m.
Virtual

In this intensive workshop, participants will learn about what grief is and how children grieve, developmental stages and the impact on grief, parent regulation and ways to encourage self-expression and how to prepare for the conversation about grief. Presented by trainers from the Center for Child Counseling. [Click here](#) to register.

Summer Break Success for Children with ASD: Tips for Caregivers

Monday, April 24
12:00 p.m. - 1:00 p.m.
Virtual

In this workshop hosted by Florida Atlantic University's Center for Autism and Related Disabilities, parents of children with Autism Spectrum Disorder, (ASD), will learn about evidence-based strategies and community resources to support their child's behavior and routines during holiday breaks from school. [Click here](#) to reserve a spot.

Turn on the Light Conference on the Wellbeing of Children and Families

Thursday, April 27
8:00 a.m. - 4:15 p.m.
Palm Beach County Convention Center
650 Okeechobee Blvd.
West Palm Beach

The full day symposium offers an array of educational workshops, resource booths and a keynote luncheon. This year's speaker is Dena "Rainey" Nave, Executive Director of Healing Place, International Vice-President of Bikers Against Trafficking, Addiction and Clinical Trauma Therapist, and biker who survived a lifetime of being trafficked. [Visit here](#) to register, become a sponsor or secure your exhibitor table. Group discounts available.

Caregiver 911: Fearless Caregiver Conference

Thursday, April 27
10:00 a.m. - 2:00 p.m.
Carolyn Sims Center
225 NW 12th Ave.
Boynton Beach

This conference, hosted by Gary Barg, Editor-in-Chief of *Today's Caregiver* magazine, will teach how to balance work, family and caring, motivate family members to help, communication strategies and securing the future of your adult child. Lunch is included. [Click here](#) to register and [here](#) to view a flyer for the event.

Mental Health First Aid

Tuesday, May 2
1:00 p.m. - 3:00 p.m.
Alpert JFS Office
5841 Corporate Way
West Palm Beach

Learn how to recognize and help an individual who may be experiencing a mental health or substance use crisis. This training, presented by the Melvin J. & Claire Levine LifePlanning Program and sponsored by Jewish Family Service, National Council for Mental Wellbeing and Palm Beach County Mental Health First Aid Coalition covers topics such as recognizing changes, signs and symptoms in behavior, learning how to safely and appropriately approach someone in need, recognize triggers to crises, highlights the importance of self-care and much more. Register [here](#).

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

Stay Connected!



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