

# Stay #HealthySafeStrong



## Monday Morning Update October 11, 2021

### COVID-19 Resources

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#### 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

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#### **Stronger Together doula program with Healthy Mothers, Healthy Babies**

Healthy Mothers, Healthy Babies is thrilled to unveil Stronger Together, its Doula program designed to improve maternal health in Palm Beach County, through a focused project dedicated to reducing maternal morbidity and mortality for Black

#### **Apply for the South Florida Fair Scholarship**

This year, the South Florida Fair and Palm Beach County Expositions, Inc. will award more than \$50,000 in scholarships to help deserving students obtain financial help to further their education. Completed application form must be signed by the applicant and parent/guardian or

#### **Free College Prep workshops for students**

Mondays Oct 12, 18, 25  
4 - 5:30 p.m.  
Online

Path to College offers an 8 hour, 4 session interactive tutoring and college counseling opportunity that is free to any high school student, anywhere. The disturbing trend is that students from low-

women in our area. Stronger Together will provide Doula certification to a cohort of Black American women in Palm Beach County. Once certified, these women will be matched with pregnant Black American clients of HMHB who reside within a specific area of the Riviera Beach community where higher rates of poor birth outcomes and infant mortality are prevalent. HMHB will hold an informational meeting for individuals interested in joining the inaugural cohort on Saturday, October 16th at 5pm. Deadline for cohort applications is Friday, October 29th. To learn more or register for the informational meeting, please [click here](#).

#### **Florida Children's Council: Capitol Connection**

Florida Children's Council's 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.

#### **Webcast Wednesday Survey for Teens**

The Palm Beach County Behavioral Health Coalition continues its teen health series on the 2nd and 4th Wednesdays of each month. We want to hear from teens for their top topics. Kindly share this with any middle or high school student or young adult. [Click here](#) to access the survey. Tell us what you wish for Webcast Wednesdays.

can be typed in Acrobat Reader. Attaching a resume is not acceptable. Submissions should also include the following:

- Essay: "Describe something you are passionate about. How did you learn more about it and what was it that motivated you to pursue it? 200 words or fewer
- Two Letters of Recommendation
- High School Transcript

The deadline for returning the application is Midnight, October 18, 2021. [Click here](#) to apply.

#### **100 Students, 100 Mentors**

Tuesday Oct. 12, 12 p.m.  
Wednesday, Oct. 20, 5:30 p.m.  
Zoom

Take Stock in Children is seeking volunteer mentors. We need mentors to begin mentoring new students in January 2022 or earlier. We have a school-based mentoring program that allows mentors to meet their mentees during their student's lunch period at their school or meet virtually. Time commitment is minimal, but the impact is significant. [Click here](#) to learn more and apply.

#### **7 Habits of Highly Effective Teens**

The Palm Beach County Behavioral Health Coalition provides support for over a dozen Teen Coalition in Action (TCIA) Community Clubs across the area. A new addition to our peer and adult facilitated club programs includes Sean Covey's 7 Habits of Highly Effective Teens. A sneak peak at the future building skills for teens happens on Webcast Wednesday on the 4th Wednesday of each month from 4 to 5pm on zoom. Text PREP to 888-687-0035 to register for text alerts and links to teen education

income backgrounds are not keeping up in the competitive arena of college admissions-- not because they are not qualified, but because they do not receive expert advice. In fact, current data shows the amount of low-income students enrolling at higher-education institutions since the Covid-19 pandemic has decreased by 22%. Disrupting this unfortunate trend is part of our mission at Path to College to reach all motivated students and help them launch. [Click here](#) to learn more.

#### **Train the Brain 2021: Connecting Brain Science, Community & Care**

Palm Health Foundation's fifth annual Train the Brain community health campaign kicks off on October 1, 2021 with this year's theme, "Connecting Brain Science, Community & Care." Throughout October 2021, the foundation will promote information that relates scientific research to practical brain health tips that can help build a better brain, and offer two free virtual educational events featuring nationally acclaimed brain health experts. [Learn more](#) about the campaign here.

#### **Free mental health and substance use services via telehealth**

No-cost mental health and substance use counseling, medication, and services for low-income families and individuals

Contact [SusanFoley@pbcchc.org](mailto:SusanFoley@pbcchc.org) for or more information.

programs. Contact [SusanFoley@pbcchc.org](mailto:SusanFoley@pbcchc.org) for or more information.

needing help as a result of the pandemic are available through IMPOWER, a Florida non-profit organization. To qualify for services, individuals must be uninsured, underinsured, be at 150% of the Federal Poverty Level, and have been impacted by COVID-19. Services available for Florida residents of any age. For more information, [click here](#) or call 321.639.1224.

### **Job opportunities in afterschool programs across Palm Beach County**

Apply to work with youth in afterschool programs across Palm Beach County today and earn scholarships and financial incentives through Prime Time Palm Beach County. You may be eligible for scholarships and financial incentives up to \$3,000, if you apply and are hired as an afterschool professional while working on one of the following credit pathways at Palm Beach State College. [Click here](#) to learn more and for available job opportunities.

### **Integrating school and out-of-school time toward equity**

The School District of Palm Beach County and local out-of-school time (OST) provider, Prime Time Palm Beach County, engaged in a long-term collaboration to advance equitable social-emotional learning. Many educators have called for an increased focus on non-academic, social-emotional learning (SEL) and equity advancement in schools. In turn, these calls have raised questions about the extent to which SEL promotes equity in schools and society, particularly in terms of equalizing positive outcomes across racial subgroups. [Click here](#) to learn more.

### **Infant to 3rd grade educators: Journey Together with Cox Campus**

Cox Campus, partnering with the Campaign for Grade Level Reading and Rollins Center for Language and Literacy, offers self-paced professional development courses, companion guides and monthly live facilitated discussions for infant through 3rd grade educators. A new session starts September 15. [Click here](#) for more details.



## At the Heart of CSC

At Children’s Services Council of Palm Beach County, our staff is our heart. Go to [www.cscpb.org](http://www.cscpb.org) to learn about the important work they do every day on behalf of our community’s children and families –and why they feel such a deep connection to CSC’s mission: that all Palm Beach County children grow up healthy, safe and strong:

[Learn more](#)

### Events

**Riviera Beach Urban Farm and Restorative Garden Grand Opening**  
Saturday, Oct. 16  
10 a.m. - 1 p.m.  
1621 W. Blue Heron Blvd.,  
Riviera Beach

Operation No Food Gap has a mission to eradicate food deserts in underserved communities for marginalized people throughout Palm Beach County, Florida. Riviera Beach is one of our locations they are proud to highlight as a community who gets it! Come celebrate as they showcase the space, the system, the community, volunteers, partners and so much more! [Click here](#) to RSVP and learn more.

**The 9th Annual Coalition Champions Awards**  
Friday, Nov. 12  
11: 3- a.m. - 1 p.m.  
West Palm Beach Marriott

The 9th Annual Coalition Champions Awards hosted by the Palm Beach County Behavioral Health Coalition celebrates our community’s collaboration in supporting behavioral health. Nominations are open until October 12, 2021 to recognize Champions in Law Enforcement, Youth in Action, Business Leadership, Community/Civic, Media, Faith-based representatives. [Click here](#) to nominate your Coalition Champion.

**Professionals United for Parkland Superhero 5K**  
Saturday, Oct. 23  
Virtual

Professionals United for Parkland is excited to host the 2nd Annual Superhero 5K virtually on Saturday October 23, 2021. PU4P was founded to support our community through education and support following the tragedy at MSD. The Superhero 5K promises to be a fun and energetic day for everyone. This is a great virtual event to form a team with your family, friends, or co-workers, to support a great cause and have a lot of fun. Download the app, suit up and save the day on October 23rd. For race and sponsorship information, [click here](#).

**Investing in a Violence-Free Future Virtual Conversation**  
Wednesday, October 20  
8:30AM  
Virtual via Zoom

In awareness of Domestic Violence Awareness Month, please save the date and join Aid to Victims of Domestic Abuse, Inc. (AVDA) for the 3rd Annual

**Community Assistance Available at the Mandel Public Library**  
Mondays, 3 – 5 p.m.  
Tuesdays, 10 a.m. - noon  
Wednesdays, 10 - noon  
Thursdays, 3 – 5 p.m.  
Mandel Public Library of West Palm Beach  
401 Clematis St.,  
West Palm Beach

Investing in a Violence-Free Future community conversation. This free, virtual event invites the community to engage in the conversation of creating a community of men committed to a violence-free future and features keynote speaker, Jason Page, Senior Director of National Programs for Men Can Stop Rape. [Click here](#) to learn more.

The City of West Palm Beach is offering office hours for assistance with community resources including housing/shelter, food, and mental health services. Those in need of assistance can visit Kevin Jones, Coordinator of Community Initiatives, on the 4th floor of the Mandel Public Library of West Palm Beach. [Click here](#) to learn more.

## Trainings

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### Healing the Healers online training Virtual

To address burnout and compassion fatigue, Center for Child Counseling developed Healing the Healers to support helpers and healers in the medical, mental, and caregiving professions. Healing the Healers is designed to decrease burnout and compassion fatigue by providing information on the impact of stress and burnout, helping individuals build a self-care 'kit', and providing resilience-building strategies. Upon registration, the 4-hour online training is available on-demand for 30 days. [Click here](#) to register. Center for Child Counseling is offering 75 member agency staff Healing the Healers at no charge! Email Dominika Nolan at [Dominika@centerforchildcounseling.org](mailto:Dominika@centerforchildcounseling.org) with your role and name of your agency for the code to waive the fee.

### Trauma-Informed Care for Child Care Directors: Fall Term 2021

Wednesdays Oct. 13, 27, Nov. 11  
6:30 - 9:30 p.m.  
Or Saturdays Oct. 23, Nov. 6, 20  
9 a.m. – noon  
Online

This is a five-session course, which will require the completion of outside assignments and readings. Upon completion of this course, child care program directors will form a community of practice and be able to recognize the signs of trauma impacting children, examine the importance of self-care, apply tools to help children regulate emotions and behaviors and more. [Click here](#) to apply.

### 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, 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.

### October classes for pregnant and new parents with Healthy Mothers, Healthy Babies

Throughout October 2021  
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.

## 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!**

