

Today's MMU: HMHB Begins Tenth Year of Caps and Cribs Teen Mom Mentoring Program

Children's Services Council of Palm Beach County <mmu+cscpbcc.org>

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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 January 8, 2023

HMHB Begins Tenth Year of Caps and Cribs Teen Mom Mentoring Program

January is National Mentoring Month, and Healthy Mothers, Healthy Babies Coalition of Palm Beach County (HMHB) encourages you to consider becoming a mentor. Their Caps and Cribs Program, entering its tenth year, is in need of bilingual, Spanish-speaking women to be matched with Spanish-speaking teen mothers. If you or someone you know would be a good fit, read more and complete an online application by [clicking here](#).

Funding Available for First Mortgage Loan Assistance Program

Palm Beach County's Department of Housing and Economic Development (HED) announces the availability of State Housing Initiatives Partnership (SHIP) First Mortgage Loan Assistance Program funds. Funding will provide first mortgage loan assistance, at a 4% fixed interest rate, to assist income-eligible applicants/households. The maximum loan amount is based upon established affordability guidelines and creditworthiness, based upon established underwriting guidelines. Eligible applicants can learn more and apply online [here](#). The application portal will open Monday, February 5 at 8:00 a.m. and close on Monday, February 26 at 11:59 p.m. (or until 50 applications have been submitted).

Early Learning Coalition Seeking Workshop Presenter Proposals for Annual Conference

The Early Learning Coalition of Palm Beach County is hosting its sixth Annual Early Childhood Conference, EMPOWER, on Saturday, May 4 at Keiser University Flagship Campus in West Palm Beach. This full-day event will provide early childhood educators and parents an opportunity to grow in the areas of family engagement, developmentally appropriate practices, inclusion and early intervention, cultural responsiveness and trauma-informed care, strengthening families' protective factors, self-care and many more exciting program areas. The Coalition is currently accepting workshop presenter proposals for the event. [Click here](#) to learn more and apply. Deadline for submissions is January 26.

New Life Skills Learning Portal Open to Foster Kids

Students Speak Up for Kids, a program of Speak Up for Kids Palm Beach County, invites foster youth of all ages to discover their new Life Skills Learning Portal, a one-stop shop that empowers them with essential life skills and includes resources on financial literacy, career exploration, college preparation and much more guidance. This portal can be a crucial resource for foster kids aging out of the system or any teen who could use life skill planning. [Click here](#) to access assessments, educational materials and practical advice.

Help Local Families Succeed and Volunteer to Support the VITA Program

United Way of Palm Beach County is looking for volunteers to support the VITA Program during the 2024 tax season. Volunteer Income Tax Assistance (VITA) is a national program, in partnership with The Internal Revenue Service (IRS), staffed by local volunteers to provide free preparation and electronic filing of tax returns. It helps households with an annual income of \$75,000 or less with taxes and serves thousands of individuals and families in Palm Beach County each year. [Click here](#) to view a flyer with more information and a QR code to sign up.

Field Trips to Resource Depot Offer Fun for Preschool to High School Students

Resource Depot offers field trips to their facility with three themes to choose from, and lessons and activities differentiated for students of all ages. Activities are focused on environmental conservation through upcycling and include a hands-on and maker-oriented activity. For more information and to book a trip, [click here](#). Resource Depot is always in need of volunteers to help with their mission of rescuing unwanted and excess materials and turning waste into wonder. To learn more and for information about their next orientation, [click here](#).

Palm Health Foundation Scholarship Applications Open Now

Palm Health Foundation's scholarships are available for students pursuing careers in Nursing or Behavioral/Mental Health. Graduate and undergraduate scholarships are available. Applications are open until February 1, 2024. To learn more about the criteria for the scholarships, selection process timeline and to apply, [click here](#).

All Students Invited to Enter Ride the Wave School Bus Drug Prevention Media Contest

Palm Beach County Behavioral Health Coalition invites students from kindergarten to grade 12 to enter the Ride the Wave contest to promote alcohol-free and vape-free lifestyles for youth. The three contest categories are Poster, Video/Reel and JAM4HUMANiTY, which includes dance, sports, instrumental, lip synch, cheer and adults. Two to five community service hours can be earned, and scholarships and prizes are available. Deadline for submissions is January 18. For further information, including criteria for all categories and prize information, [click here](#).

Quantum Foundation Issues \$500,000 Request for Proposals

Quantum Foundation is launching a \$500,000 Strong Communities Initiative (SCI) Request for Proposal, seeking projects designed to improve the community health of the Northwest, Coleman Park, Pleasant City, Northwood Hills, Pinewood Park and North 45 Street communities of West Palm Beach. Funding will be available for a one-year duration and directed to nonprofit community organizations providing supports and services focused on the social determinants of health, with preference given to projects that are collaborative, innovative in design, and that demonstrate the potential for substantial, measurable and enduring impact. Application deadline is January 17, 2024. [Click here](#) for more information, including a funding boundaries map and timeline.

What you need to know about VPK (Voluntary Prekindergarten) in Palm Beach County

Voluntary Prekindergarten (VPK) is a free educational program open to all four-year-olds in Florida. It's not only a



great opportunity to prepare your child for elementary school, but it's also free! Watch the video to hear more!

[Click this Button to Learn More](#)

Events

Day of Awareness and Community Resource Fair

Saturday, January 20
11:00 a.m. - 2:00 p.m.
Arthur I. Meyer Jewish Preparatory School
5225 Hood Road
Palm Beach Gardens

Alpert Jewish Family Service of Palm Beach County and Commission for Jewish Education invite you to a day to celebrate community and learn about valuable resources. [Click here](#) to learn more about Alpert Jewish Family Service. Their 2024 Program Calendar can be viewed [here](#).

Third Annual Old-Time Fiddle Contest

Sunday, January 21
2:00 p.m. - 4:00 p.m.
Yesteryear Village
9067 Southern Boulevard
West Palm Beach

Are you a fiddle enthusiast? Fiddlers of all ages are invited to compete in the fiddle contest in Yesteryear Village Storm Tight Windows Pavillion during the South Florida Fair, which takes place January 12-28, 2024. Prizes are given for the following three divisions: Junior Division, up to 10 years, Youth Division, ages 11-18, and Adult Division, ages 19 and over. Register by January 10. [Click here](#) to learn more.

Sealing and Expungement Workshop

Friday, February 2
3:00 p.m. - 7:00 p.m.
Wells Recreation Center
2409 Avenue H West
Riviera Beach

The City of Riviera Beach, Riviera Beach Police Department, Clerk & Comptroller Joseph Abruzzo, Public Defender Carey Haughwout and State Attorney Dave Aronberg are hosting a Sealing and Expungement Workshop for the citizens of Riviera Beach. This workshop will help those charged with a crime in the county where the case did not result in a conviction or prison, determine eligibility to have a single arrest record sealed or expunged. to view a flyer in English, [click here](#), in Spanish, [click here](#) and in Creole, [click here](#).

Recurring Events:

Holistic Wellness Circle

Tuesdays
6:00 p.m. - 7:30 p.m.
Cocoplum Nature School
342 N. Swinton Ave.
Delray Beach

Holistic Wellness Circle is a collaboration between Soil and Soul and Cocoplum Nature School and seeks justice and healing for families experiencing economic oppression, especially families of color with very young children. No experience is necessary, and all ages are welcome. Skills and relationships developed through Holistic Wellness Circle can be transformative for individual and family wellness. Children socialize and play outdoors, and parents and grandparents get a break from childcare and focus on holistic wellness in partnership with other families. [Click here](#) to learn more and [here](#) to view a flyer.

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. RSVP by calling **561-212-4930** or email cmckinney@fau.edu.

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: 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](#).

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

Student Mental Health and Wellness

Conference: Inspiring Resiliency and Well-being

Monday, February 19

8:00 a.m. - 3:30 p.m.

Park Vista High School

7900 Jog Road

Lake Worth Beach

This full-day conference will offer keynote speaker Randy D. Blakely, Ph.D., Executive Director, FAU Stiles-Nicholson Brain Institute and special guest Michael. J. Burke, Palm Beach County School District Superintendent, as well as break-out sessions and a community resource fair providing information and strategies that support the well-being and mental health of students and staff. [Click here](#) to learn more and register.

Child-Parent Psychotherapy (CPP)

Tuesday, February 20 - Thursday, February 22

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

Children's Services Council of Palm Beach County

2300 High Ridge Road

Boynton Beach

Florida State University Center for Prevention and Early Intervention Policy invites you to apply for their 2023-2025 Florida Cohort 8 CPP training. CPP is an effective, evidence-based intervention to help young children 0-5 and families recover and heal after stressful and traumatic events. [Click here](#) to apply for the first learning session, and [here](#) for a flyer with additional details.

2024 Children's Services Council Trainings List:

Bringing Baby Home: Care of the Newborn and Lactation Support

Tuesday, February 13

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

[Click here](#) to view a flyer for this event.

Family and Community Engagement in Action: Staff, Families and Community Agencies Partnering to Achieve Positive Outcomes

Wednesday, February 28 OR May 22

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

[Click here](#) to view a flyer with details.

Perinatal Mood and Anxiety Disorders (PMADS)

Tuesday, March 5

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

[Click here](#) to view a flyer for this event.

Touchpoints

Next Session March 5-7

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

This three-day training is designed for individual healthcare, therapy, early childhood education and social service providers who want to incorporate elements of the Brazelton Touchpoints™ Approach into their practice setting. The Brazelton Touchpoints™ Approach helps professionals engage around key points in the development of young children. By helping parents identify and expect bursts and regressions in child behavior (the "touchpoints") professionals can reduce parental frustration and self-doubt while fostering

parenting skills and the parents' enjoyment of their child. In the process, the bond between the provider and the family is strengthened. [Click here](#) to view a flyer.

Additional Trainings:

Dates, times and locations vary

Virtual, on-demand and in-person trainings are available

- Emotional Intelligence- CEUs
- Infant Mental Health- Level 1 & 2- CEUs ***starts Jan 16**
- Get Your Green On Special Trainings: Impact of Nutrition on Mental Health
- Get Your Green On Special Trainings: Healing through Art for Young Children
- Early Childhood Attachment & Development- CEUs
- Brain Development- CEUs
- Supporting Children in Uncertain Times- CEUs
- Language Development in Early Childhood
- Trauma Informed Care- CEUs ***starts Dec 7**
- Advances in Trauma Informed Care Webinar
- Self-care for Helping Professionals Webinar
- IMH Reflective Supervision- CEUs
- AVDA Domestic Violence Prevention Education- CEUs
- T. Leroy Jefferson Medical Society High-Risk Pregnancy Support & Reproductive Justice Webinar
- Special Needs & Sensory Integration- CEUs
- Autism & Cultural Considerations- CEUs ***starts Dec 5**
- Perinatal Mood and Anxiety Disorders (PMADS)- CEUs ***starts Nov 16**
- Teen Parents and their Babies: Strategies for Speaking with Young Parents- CEUs
- Ghosts & Angels in the Nursely Webinar
- Bereavement, Grief, & Loss Webinar
- Connecting with Fathers Webinar
- Solution-Focused Approach for Substance Abuse Services Webinar ***starts Nov 29**
- LGBTQ Strength based Clinical Tools Webinar
- Crisis & Team Management: Developing Effective Teams
- Essentials of Effective Leadership ***starts Nov 30**
- Public Speaking
- T. Leroy Jefferson Medical Society Diversity in IMH: Case Study Review & Support Webinar
- Faith & Culture in Family Engagement- CEUs
- T. Leroy Jefferson Medical Society Social Determinants of Health & Wellbeing Webinar
- Communicating Across Differences Webinar
- Solution Focused Brief Therapy Webinar
- Cultural Humility Webinar ***starts Nov 6**
- Community Trauma & Systemic Thinking Webinar ***starts Nov 15**
- Family Engagement: Facilitating Attuned Interactions- CEUs
- Dynamics of Family: Blended Families, Co-parenting, & the Life Course- CEUs

To learn more and register, [click here](#). Contact Debbie Manigat at **561-740-7000** with questions.

Florida Atlantic University Center for Autism and Related Disabilities (CARD) Trainings:

Little Owls Early Intervention Webinar

Wednesdays and Fridays, January 10 - February 9

10:30 a.m.- 11:30 a.m.

Virtual

Join this free parenting training for family members of children ages two to six years old with autism spectrum disorder (ASD) or that are in the process of seeking a diagnosis. The goal of the training is to help prepare families to be active participants in a child's positive developmental growth. [Click here](#) to reserve a spot.

Building Better Behavior

Seven-week class - January 16, 23 and 30, February 6, 13, 20 & 27

6:30 p.m. - 8:00 p.m.

Virtual

This class, adapted from the RUBI Autism Network is a step-by-step guide to help you reduce your child's

problem behaviors and replace them with better behaviors. For more information, including eligibility requirements and registration link, contact Wanda Baldwin, LCSW, at **561-245-1792**.

Keeping Kids with Autism Safe in Their Home, School & Community

January 19

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

Virtual

Learn about important supports, strategy and community resources necessary to ensure the safety of children with ASD in their home, school and community. [Click here](#) to reserve a spot.

Center for Child Counseling Trainings:

PACes: Building Trauma-Informed Communities

Wednesday, January 24

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

Virtual

This workshop provides an overview of the individual and historical trauma, ACEs in the community, Positive Childhood Experiences (PCEs) and ways to build resilience. [Click here](#) to register.

Circle of Security Group

Mondays, February 26 - April 15 (8 sessions)

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

Center for Child Counseling

8895 N. Military Trail

Palm Beach Gardens

This group is for adults with children between the ages of six months to six years, and there will be a maximum of eight adults or six families in the room. Please note that childcare is not available. Please contact Lhernandez@centerforchildcounseling.org if interested for more information.

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.

On-Demand Trainings:

ACEs, Trauma, and Toxic Stress - Center for Child Counseling

Workshop available on bekidsafe.org

Virtual

This workshop provides an overview of the ACE study, Trauma, Toxic Stress and the impact on health. Resilience and building a trauma-informed approach is also explored. This workshop is appropriate for teachers, caregivers, professionals and anyone who is interested in learning more about how adverse childhood experiences impact children, and what we can all do to foster resilience throughout the lifespan. Small fees apply. Click the link above to learn more.

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@cscpbc.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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