



Playful. Healthful. Hopeful.

Press Release: CFCC Receives Florida Blue Foundation Grant to Promote "Way of Being" with Children



Florida Blue Foundation has awarded **Center for Child Counseling (CFCC)** \$360,762 to bring hope and healing to children and their families, and educate the community, by supporting the development and distribution of our unique curriculum called "A Way of Being with Children".

Mental health services are in demand more than ever before, particularly strategies to promote well-being and resilience. This is especially true in the case of children who have struggled under the COVID-19 pandemic, many of them experiencing fear, isolation, and the toxic stress that results from sustained periods of intense, unmitigated anxiety. Some children have tragically experienced profound abuse and neglect. Since its founding more than 20 years ago, Center for Child Counseling's mission has focused on employing a trauma-informed approach to help infants, children, and their families heal after trauma

and go on to thrive. Over the past fifteen years, we have developed a unique, scientifically-based approach that really is a whole new way of working and simply 'being' with children.

Florida Blue Foundation has awarded CFCC this grant over the next four years to support the development and implementation of the virtual component of our "A Way of Being with Children" curriculum. This will include community-wide training, awareness, program services, oversight, and evaluation.

[Read the Full Press Release Here...](#)

Ways to Talk to Kids About Scary News



Last week's attack on the Capitol, combined with the continued stress of the pandemic and economic uncertainty, weigh heavy on our minds as we continue our work supporting children and families in Palm Beach County. 2020 was a year of unprecedented events which drew the spotlight to issues that our communities of color face every day -- the pervasive challenges of entrenched bias, racial inequity, systemic brutality, community violence, and social disparities.

[Fred Rogers](#), the beloved children's TV host, famously passed on this advice from his mother: **"When something scary is happening, look for the helpers. You will always find people who are helping."**

It is very important to speak to children, in age-appropriate ways, about what they may be seeing or hearing on the news. You may feel as if you are shielding them from the worst news but they are likely hearing about it from friends or being exposed to it in ways you can't control.

Children often try to make sense of what they see and hear through art and creative play. Sometimes, it can be disturbing for adults to see children reenact or draw something scary or violent, but this kind of play serves an important purpose. These situations provide opportunities for you to talk calmly and clearly to your children about what is going on in the world around us.

Here are some good resources that may be helpful:

- [What to Say to Kids When the News is Scary - NPR](#)
- [Helping Kids Understand the Riots at the Capitol - Child Mind Institute](#)
- [Talking to Kids About Tragedies & Other News Events - American Academy of Pediatrics](#)

Thank you to our partners at [Child First](#) for sharing these important resources.

Ways to Play



Play is essential because it contributes to the cognitive, physical, social, and emotional development and well-being of children. Play also offers a great opportunity for parents and caregivers to positively engage and interact with children.

Through play, children learn to interact with the world around them. Play allows children to create and explore a world they can learn to master, sometimes while practicing adult roles, and in turn, developing a greater understanding of the thoughts and feelings of others. At every age, from birth through the teenage years, play teaches children vital life lessons.

Visit the 'Ways to Play' page on our website to learn about:

- [Child-Centered Play \(or Child-Directed Play\)](#)
- [Pretend Play \(or Imaginative Play\)](#)
- [Sensory Play](#)
- [Art Activities](#)
- [Feelings at Play](#)
- [Nature and Outdoor Play](#)

- [Writing and Journaling](#)
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A Calm Way of Being



We all need a little calm right now. We are putting together some fun exercises for adults and kids to restore some balance in your day. You may find the idea of meditation intimidating but it's a very simple process and one you can enjoy alongside your family in a quiet setting. Breathing is another easy but effective tool in the battle against stress and anxiety.

We offer instructions for simple and fun meditation and breathing exercises on our website.

[Explore more here...](#)

Ways to Get Support



If your child, teen, or other family member is experiencing emotional struggles related to the stress of social isolation, loss, or fears, we are here to support you.

Our team of clinicians are experts in children's mental health, parenting, and trauma. As a nonprofit, we accept insurance, such as Medicaid, work on a sliding scale, or have grants that may support counseling for your child and family. [Contact us](#) for a free telephone consultation.

We provide counseling for children and families impacted by everyday challenges, those experiencing difficulties adjusting to life's changes, and adverse experiences that impact healthy development and growth. These experiences could include physical abuse, sexual abuse, violence, divorce, and traumatic experiences such as the current health crisis.

[**Learn More About Our Services...**](#)

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