

Today's MMU: Become a Mentor to a Local Teen Mom

Children's Services Council of Palm Beach County <mmu+cscpb.org@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 January 9, 2023

News

Become a Mentor to a Local Teen Mom

January is [National Mentoring Month](#) and is dedicated to elevating the power of relationships by highlighting the benefits of mentoring, discussing best practices for supporting young people and sharing inspiring stories from the field. Healthy Mothers, Healthy Babies Coalition of Palm Beach County is accepting applications for women who will dedicate their time to a local teen mom in their [Caps & Cribs Mentoring](#) program. Applications can be completed [here](#).

Mentors Needed to Support Low-Income Youth

Celebrate National Mentoring Month with Take Stock in Children and become a mentor! Take Stock in Children provides a unique opportunity for low-income youth to escape the cycle of poverty through education. Underserved students receive one-on-one support through caring volunteer mentors, with the opportunity to earn a college scholarship and gain hope for success in college, career and life. Read more, and complete a mentor application [here](#). Mentor orientations are being held January 10 at 5:30 p.m. and January 13 at 12:00 noon, via Zoom. Contact kbriard@takestockpalmbeach.org for more information and to RSVP for an orientation.

Volunteer with Palm Beach County Food Bank and Help Turn Hunger into Hope

Palm Beach County Food bank offers a variety of individual and group outreach opportunities, including packing and sorting food, preparing backpacks for schools, holding a food drive, administrative work and more. [Click here](#) to view their January Benefits Outreach Calendar and [here](#) to learn more.

Prime Time Hosts Site-based Training to Inspire Afterschool Professionals to Walk in

Access Resources Using United Way of Palm Beach County's Food Provider Map

Purpose

Prime Time Palm Beach County rang in the new year by hosting Walking in Purpose, offered as a site-based training at Freedom Shores Elementary Afterschool Program on January 3. The staff were able to reflect on their own lives, find what values meant most to them and created and shared a vision statement with each other. Walking in Purpose is different than other offerings, as the content is highly focused on the personal reflection of the practitioner. Read more on their blog, [here](#).

Easily locate resources such as food pantries, soup kitchens, food for babies, SNAP (food stamps), VITA (tax filing) assistance and more by clicking [here](#). Using the key provided, users can click on the type of service needed, and the site name, contact information, languages available and location is provided.

2023 Marketplace Health Coverage Guidance for Pregnant Families in Palm Beach County

Healthy Mothers, Healthy Babies Coalition of Palm Beach County has certified patient staff application counselors ready to assist pregnant Palm Beach County residents in need of federally-facilitated marketplace health coverage and/or guidance. The open enrollment period ends January 15. Contact them at 561-665-4500 or complete a contact form [here](#) to make an appointment.

211 Palm Beach Continues to Provide Free and Confidential Crisis Support 24/7

211 Palm Beach has been supporting individuals and families for over 50 years and is a confidential, community helpline and crisis hotline service providing immediate guidance for those who find themselves without answers to problems they may face on a daily basis. Trained resource specialists can connect county residents to community services dealing with family counseling, depression, relationship problems, suicide, alcohol and drug abuse, parenting struggles, child care, disasters, divorce, health insurance, emergency food, employment, housing, financial difficulties, domestic violence and more. Dial 2-1-1 or 561-383-1112 to access services. User guides are available in [English](#), [Spanish](#) and [Creole](#).

Mini-Grants Available to Support Palm Beach County Youth

BeWellPBC is launching Level Up! Mini-Grants to promote innovative idea-sharing. Youth, ages 15-18, are invited to apply for grants up to \$1,000, for their creative and innovative ideas to support youth behavioral health and wellness. Application process is open through January 11 at 7:59 p.m. To read more and apply, click [here](#).

CSC Recruiting for Summer 2023 Internship Positions

Children's Services Council of Palm Beach County is recruiting summer interns in several departments, including Programs, Information Technology, Finance, Talent Management and Communications. This is an incredible opportunity for college students to get real life work experience in their fields of study, while impacting their community. Applications are due January 13 at 5:00 p.m. Please view [this flyer](#) for more information and a QR code to apply.

School Bus Drug Prevention Media Contest for Students

Palm Beach County Behavioral Health Coalition invites county students in grades kindergarten to twelfth to participate in their annual contest. The theme is focused on vaping prevention, as well as underage drinking prevention. Students can earn community service hours as follows: two for each poster submitted, five for video submission and 10 for the dance competition! For details, prizes, rules and entry form, click [here](#). Deadline for entry is 11:59 p.m., January 17.

Baby crying and upset? Should you let them 'cry it out'? | Expert advice

You are exhausted and your baby won't stop crying. Should you let your baby "cry it out" in their crib until they fall asleep? Watch the video to learn more.

For more helpful Palm Beach County



parenting tips, download our FREE EveryParent app via the Apple and Google Play Store.

Apple Store:

<https://itunes.apple.com/us/app/every...>

Google Play:

<https://play.google.com/store/apps/de...>

[Learn more](#)

Events

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

January events include educational classes for pregnant women, new parents and their support partners, maternal wellness support group meetings in English and Spanish, childbirth classes, pregnancy and infant loss support groups, prenatal yoga, breastfeeding classes in English and Spanish and a six-session support group to reduce stress, in Spanish. A calendar with details can be found [here](#).

Free Film Screening & Panel Discussion of Sextortion, The Hidden Pandemic

Thursday, January 12

6:30 p.m. - 9:00 p.m. (doors open at 6:00 p.m.)

Duncan Theatre - Palm Beach State College

4200 Congress Ave.

Lake Worth

Palm Beach State College, in partnership with Human Trafficking Coalition of the Palm Beaches, Palm Beach County Human Trafficking Task Force, National Council of Jewish Women-Palm Beach Section, Hope for Freedom and Rescue Upstream invites you to view this documentary that uncovers the fastest growing internet crime to threaten children and teens. This screening is open to the public and offers free general admission. For more information, contact BarrettJ@pbso.org. A flyer for the event may be viewed [here](#).

Engaged Voices for Brighter Futures Taskforce Meeting

Saturday, January 21

12:00 p.m. - 3:00 p.m.

Virtual

Birth to 22: United for Brighter Futures, invites Palm Beach County youth, young adults, parents, families, community members and agencies to help build their next action plan, based upon community-voiced priorities of mental health, economic access and education. The plan will incorporate targeted approaches for children in the child welfare system, the juvenile justice system, LGBTQ+ youth and youth transitioning to adulthood. A flyer for the event can be viewed [here](#).

Martin Luther King 5K and Divine Nine Challenge

Saturday, January 21

7:30 a.m.

Dan Colloway Recreation Complex

1420 W 10th St.

Riviera Beach

You're invited to participate in this fun and healthy way to celebrate the legacy of Dr. Martin Luther King, Jr. This second annual event includes races for kids, a one-mile fun run/walk and a 5K and 10K run/walk. [Click here](#) to view race fee details and to register.

Cleanup at Ocean Cay

Saturday, February 4 and every

first Saturday of the month

(exceptions in April, May & September)

8:00 a.m. - 10:00 a.m.

Ocean Cay Park

2188 Marcinski Road

Jupiter

Palm Beach County Parks & Recreation invites you to help clean up the beach! Grab a friend or a group and help make a difference, all while enjoying the beautiful sunshine. A continental breakfast is provided for all volunteers attending the event and everyone who participates gets a raffle ticket for prizes after the cleanup. Young Friends Cleanup for middle and high school students who are in need of community service hours takes

place on the third Sunday each month from 3:00 p.m. to 5:00 p.m. To register, [click here](#). For more information, contact hello@friendsofjupiterbeach.org

Palm Beach Gardens Police and Fire Public Safety Day

Saturday, February 4
10:00 a.m. - 2:00 p.m.
The Gardens - North County District Park
5101 117th Court North
Palm Beach Gardens

This family-friendly event offers an afternoon of fun and excitement, with a kids' costume contest, live demonstrations, games, activities and food trucks. Further details can be found [here](#).

Tu Bishvat in the Park

Sunday, February 12
1:00 p.m. - 3:00 p.m.
Mandel Jewish Community Center
8500 Jog Road
Boynton Beach

Alpert Jewish Family Service (JFS) invites you to celebrate this Jewish Disabilities Network program in celebration of JDAIM: Jewish Disability Awareness and Inclusion month. For more information, contact Tami.Lustig@AlpertJFS.org or visit their website [here](#).

Basketball Fun Day for all Ages

Saturday, February 25
12:30 p.m. - 4:00 p.m.
The Eleanor R. Baldwin Arena
777 Glades Road
Boca Raton

Watch the Florida Atlantic Owls men's basketball team play the UTEP Miners on a day celebrating the FAU Center for Autism and Related Disabilities. Learn about FAU CARD and local resources. This event is free to the first 250 participants registered, and includes free food and drinks, music and games. Register [here](#).

Trainings

Building Bridges: Autism Spectrum Disorder and Your Grandchild

Thursday, January 12
1:00 p.m. - 2:30 p.m.
Zoom Webinar

FAU Card offers this training geared towards grandparents of individuals with Autism Spectrum Disorder and related disabilities, to provide a concise explanation of ASD, causes and early indicators, a discussion on dealing with challenging behaviors, strategies to build relationships with grandchildren and supporting their adult child. Registration closes January 10. [Click here](#) to register now.

ACEs, Trauma and Racism

Wednesday, January 18
9:00 a.m. - 1:00 p.m.
Virtual

This training, provided by United Way of Palm Beach County, provides participants with defined terms and history relevant to race and racism, the impact of Adverse Childhood Experiences and trauma in the context of race, reflections on individuals' experiences with racism and racial trauma, the description of resiliency in the face of racism and shared opportunities for learning, growth, change, and healing. To register, [click here](#).

Positive Childhood Experiences (PACEs) & Resilience

Wednesday, January 25
6:00 p.m. - 7:30 p.m.
Virtual

In this intensive workshop, participants will learn about trauma and toxic stress, outcomes and findings of the ACEs study, impacts of positive childhood experiences and PACEs on youth, trauma symptoms in children and youth, the definition of resilience and strategies to promote resilience. To register, [click here](#).

Small Business Bootcamp: A Free Event for All Businesses

Tuesday, Feb. 7
8:00 a.m. - 9:30 a.m.
Hispanic Chamber of Commerce of Palm Beach County
12794 Forest Hill Blvd., Suite 19
Wellington

The Hispanic Chamber of Commerce of Palm Beach County invites businesses of all sizes to join their bootcamp, presented by

Endemic Times: Art & Play Therapy for Grief, Loss, and Isolation - Center for Child Counseling

Friday, Feb. 24
9:00 a.m. - 4:00 p.m.
Children's Services Council
2300 High Ridge Road
Boynton Beach

The long-term effects from the Covid-19 pandemic are being seen even now with a rise in

Promoting Socialization of Children and Adolescents with AAC across a Variety of Social Settings with Peers

FAU Center for Autism and Related Disabilities
Online Webinar - Available during January

Augmentative and/or Alternative Communication (AAC) includes a variety of methods to support and supplement communication. The

Bank of America. Email info@cpbchamber.com for more information and [click here](#) to register.

anxiety, depression and fears in our youth. This workshop will seek to provide hands-on, experiential art and play therapy activities to help children, tweens and teens process their lived experience of grief, loss, and isolation. Participants will engage in interactive activities which can be utilized through in-person and telehealth sessions. Cost: \$125 (Early Bird Special - including 6 CEUs and contact APT CEs). [Click here](#) to register.

aim of this presentation is to provide strategies to move the child beyond requesting items and needs into more social communicative functions. To read more and register, [click 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@cscpsc.org. [Click here](#) to 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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