



Monday Morning Update November 19, 2018

News

**Become a peer mentor
today with the
Mental Health Associat**

**Apply online for legal
services through Legal Aid
Society of Palm Beach
County**

**Grant available with
Allegany Franciscan
Ministries**

ion of Palm Beach County

If you or someone you know is a peer mentor and would like to get paid to become a certified peer mentor, then apply to the Mental Health Association of Palm Beach County's Peer Mentor Program! Help others achieve their personal potential and continued growth through after care and ongoing support, supported employment, recreation, and education. [Click here](#) to learn more and apply.

The Legal Aid Society of Palm Beach County is now accepting online applications for legal services, including Spanish and Haitian-Creole application translations. Legal matters that can be applied for online include consumer, domestic violence, education, elder law, family law, housing, immigration, low income taxpayer clinic, relative caregivers and wage disputes. Applications can be submitted by potential clients, family members or friends and social services staff. [Click here](#) to learn more and apply.

Allegany Franciscan Ministries approaches health from a "Social Determinants of Health" (SDOH) perspective, recognizing that individual and community health is impacted by a range of social, economic and physical conditions such as availability of safe housing, access to healthy food, quality of education and job training, transportation options and access to health care. [Click here](#) to learn more about the available grant, guidelines and how to apply. Deadline is **March 28, 2019 at 12 p.m.**

Florida Children's Council announces Matt Guse as New Chief Executive Officer

The Florida Children's Council's Board of Directors has appointed Matt Guse as Chief Executive Officer effective November 13, 2018. Guse previously served in the Office of Early Learning within the Florida Department of Education and most recently held the position of Chief Executive Officer at the Early Learning Coalition of the Big Bend. [Click here](#) to learn more.

211's holiday meals and toy giveaway sites for Palm Beach County

Every year, 211 compiles a list of meal sites for the holidays. Also included is information on toy giveaways. Individuals and families interested in learning more about meal sites and times can call 2-1-1 or [click here](#) for more information. If your agency is hosting holiday meals and or toy giveaways, please contact Judi.hechtman@211pbtc.org

Council Update: Slightly more PBC babies born too early

The percent of Palm Beach County babies born too soon inched up in 2017 to 9.4, or 1,410 babies born before 37 weeks gestation. Across the state, the number of babies born premature also increased slightly from the year before, to 10.2 percent. Recognizing both the financial and emotional toll prematurity takes on a family, as well as a community, Children's Services Council's board proclaimed November as Prematurity Awareness Month at its recent meeting. To learn more, [click here](#).

**Alcohol Prevention
Poster and Media Contest
- win \$1,000 and \$500
scholarships!**

The Palm Beach County Substance Abuse Coalition is hosting its 9th Annual Alcohol Prevention Poster and Media Contest! This year's theme is "Superhero Me, Alcohol Free." All Palm Beach County students K-12 are eligible to enter either one or both contests. Enter the Poster Contest to win one of two \$1,000 scholarships offered by the Hanley Foundation and Judy Carreras Foundation. Enter the Video PSA Contest to win a \$500 scholarship from Michael Joseph Brink Foundation. [Click here](#) for rules and the entry form. Contest deadline is **Nov. 30.**

**TheDream.US
Scholarships for
Dreamers**

TheDream.US scholarships are for highly motivated DREAMers to achieve a college education. Two scholarships are available. The National Scholarship is for high school or community college graduates. The Opportunity Scholarship is for students who live in targeted, locked-out states where they cannot get in-state tuition. Eligibility for both is based upon where you live. [Click here](#) for more information and to apply. Scholarship deadline is **Feb. 28, 2019.**

**Become a VITA
volunteer!**

One hour of your time brings in more than \$2,145 in refunds to families in need. The Volunteer Income Tax Assistance (VITA) Program provides free tax-preparation services for households with low to moderate incomes. Join the VITA Volunteer team and become a greeter, tax preparer or site coordinator. Flexible hours and locations. [Click here](#) for more information.



Family coming to town for the holidays? Here's how to diffuse those awkward conversations

Thanksgiving! Lots of food, lots of family, lots of fun ... for some. Although this is the season to be thankful, your stress level may rise and long buried emotions may bubble up when family and close friends come to town - and share the same space for an extended period of time. No matter how much you may want peace, remember

that not everyone has the same viewpoints - even if they grew up in the same household. And that's OK. [Click here](#) for tips on how to ease stress during big family gatherings. For more information, create a family profile on EveryParentPBC.org.

Events

Raise Me Up: Turkey Time with BRIDGES at Lake Park

Thursday, Nov. 15
10 - 11 a.m.
BRIDGES at Lake Park
1411 10th St.,
Lake Park

During this BRIDGES activity, you and your little one will create a Thanksgiving turkey as special as your child. We will use your child's thumb print to make our holiday project. Your child can learn the names of colors, learn more about thanksgiving and understand how very special they are. For more information, please call 561.881.5060. [Click here](#) to view event calendars at all ten BRIDGES sites.

November events at the Palm Beach County Library System

Throughout November
All library branches

Bring the family to your local Palm Beach County Library branches for family activities. From reading events to crafts, there's something for the whole family! [Click here](#) to see a full list of November events at all branches.

A Community Education Exchange

Wednesday, Nov. 28
4 - 6:30 p.m.
Palm Beach State College
Public Safety Training
Center (PSD) 108
4200 S. Congress Ave.,
Lake Worth

Boca Raton's Promise invites you to a Community Education Exchange on Mental Health. Join local educators, parents, students, elected officials, PTAs and communities of faith in responding to community mental health needs and creating a call to action. [Click here](#) for more information and to register.

November Happenings with PBC Parks and Recreation

There's plenty to do in Palm Beach County in the month of November - and Palm Beach County Parks and Recreation has your list of outdoor events and activities to enjoy with your family! From food truck invasions to owl prowls, there's something for everyone! [Click here](#) for more events and activities near you.

Save the Date: My Brother's Keeper Race to Equity Summit

Feb. 20 - 21, 2019

The My Brother's Keeper Network is a coalition of public and private entities that work together to improve life outcomes for boys and young men of color through internal agency policy review, education and employment opportunities. In partnership with Birth to 22 United for Brighter Futures, the Race to Equity Summit will convene for in-depth days of learning, inquiry and problem-solving about how best as community we can face, embrace and lead with racial equity. [Click here](#) to learn more.

Walk Palm Beach

Saturday, Dec. 1
9 a.m. - 12 p.m.
600 Blue Heron Blvd.,
Riviera Beach

Walk Palm Beach for HIV positive individuals who live in Palm Beach County. Activities include 3 mile walk, food trucks, kids, activity, blood drive, free HIV testing, free health screening. Team up with family and friends to register today. [Click here](#) to register. Deadline to register is November 30.

Florida Mental Health Counselors Association Annual Conference

Jan. 31 - Feb. 2, 2019
Lake Mary, Orlando area

Join the Florida Mental Health Counselors Association (FMHCA) at the Annual Conference and earn CEU's while networking with mental health professionals. Conference tracks include ethics, domestic violence, HIV/AIDS, trauma, cultural diversity, children, adolescents and family, addiction treatment and assessment, evidenced-based and emerging practices, military and veterans and more. For more information and register, [click here](#).

'Earth from Space' exhibition

Open through Jan. 2019
Lake Mary, Orlando Area
The Center for Creative Education
425 24th St., West Palm Beach

The Sallie & Berton Korman Gallery at Center for Creative Education will host the exhibition 'Earth from Space' now through January 2019. Come see this Smithsonian traveling exhibition with your family. Exhibition reception will take place on Dec. 7 at 6 p.m. \$10 entry fee. [Click here](#) for more events with the Center for Creative Education.

Trainings

Trauma Informed Human Trafficking program

Dec. 11 - 12, 17 - 18
Barry University
11300 NE 2nd Ave.,
Miami Shores

Barry University will host a four day training on trauma informed human trafficking. The first two days will cover basic 101 information on human trafficking, different forms of trafficking, beginning engagement skills as well as how to identify a possible trafficking victim. The second two days are reserved for upper level, graduate clinicians who counsel and engage survivors of sex trafficking

Little Owls Parent Training on Autism

Nov. 26, Dec. 3 and 10
8:45 a.m. - 1:30 p.m.
Els Center of Excellence
18370 Limestone Creek Rd., Jupiter

This free, three-day parents training is aimed at parents of young children with autism or a related disorder and covers topics such as encouraging social communication, preventing problem behavior and resources. [Click here](#) to learn more and register.

Star Achievement Series

Jan. 31, March 14, April 4 and May 9, 2019
9 a.m. - 4 p.m.
Children's Services Council of Palm Beach County
2300 High Ridge Rd.,
Boynton Beach

This four-day Star Achievement series is an elite training program for administrative, executive assistants and operational support staff. Designed by Joan Burge, founder and CEO of Office Dynamics, the Star Achievement training incorporates innovative methods of teaching such as interactive role playing, presentations, self-

in therapeutic relationships. [Click here](#) to learn more and to register.

reflection exercises, team competitions, case studies, brainstorming, modeling, and more. [Click here](#) to register.

Nonprofits First workshops

Nonprofits First's monthly calendar of new and ongoing workshops are designed to develop every area of an organization from front line employees to executives, and from startups to established businesses. [Click here](#) to view the calendar and workshops that are offered this month.

Free workshops with JFS Career & Employment Services

Ruth & Norman Rales
Jewish Family Services
6413 Congress Ave. Suite
225, Boca Raton

From first time job seekers to those in career transition, Ruth & Norman Rales Jewish Family Services offers Career and Employment Services (CES). By focusing on job candidates' individual goals, the CES Team creates customized action plans and offers support throughout the employment-seeking process. The CES Team can help you discover your true potential and assist you in the transformation from job candidate to "You're hired!" [Click here](#) for more information about the program.

Steps to Success with JFS Career & Employment Services

Dec. 3 - 7
10 a.m. - 12 p.m.
Ruth & Norman Rales
Jewish Family Services
6413 Congress Ave., Suite
225, Boca Raton

During a one week, boot camp style workshop series, candidates find focus, develop a personal brand, create a resume and learn interviewing skills. Once completed, candidates work with a career strategist to overcome barriers and become job ready. [Click here](#) to learn more.

Trainings with FAU's Office of Professional Development

Florida Atlantic University's Office of Professional Development provides students' scholarships and assistantships, and supports faculty and students with research projects, attendance and presentations at national and international conferences, and other projects related to advancing FAU's academic excellence and community engagement. CEU training courses are available in topics like addiction, trauma, contemplative practices and advanced clinical skills in

Rainbow Retreat

Saturday, Dec. 15
9 a.m. - 6 p.m.
Tomorrow's Rainbow
4341 NW 39th Ave., Coconut Creek

Tomorrow's Rainbow presents the Rainbow Retreat, A Grief Retreat, December 15th. Tomorrow's Rainbow is proud to offer the Rainbow Retreat, a grief retreat for children, teens and adults who have experience a stigmatic or traumatic death. Scholarships are available for everyone. By incorporating horse interactions with therapeutic art and play, as well as

child, adult, and elderly care. [Click here](#) to see full course descriptions and to register.

education on grief and facilitated peer support; children, teens and adults are given the tools necessary to take their own personal grief journey in a way that is meaningful to them. [Click here](#) 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](#) to review the MMU Submission Guidelines.

[Sign up for the MMU!](#)

Stay connected!



www.cscpbc.org