

# Stay #HealthySafeStrong



## Monday Morning Update October 19, 2020

### COVID-19 Resources

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#### A salute to our child care community

On a typical workday, knowing your little one is safe, happy and thriving in quality child care is essential to a parent or caregiver's peace of mind. During a crisis – like the one we're experiencing with COVID-19 – safe, reliable, quality child care is essential to our whole community's well-being. This is why, today, we salute those quiet, every day heroes: child care workers. [Click here](#) to read our Point of View, published in The Palm Beach Post Oct. 16, 2020.

#### Parent Chat: Healthy Eating Facebook Live with The Early Learning Coalition of Palm Beach County Thursday, Oct. 22 6 p.m.

As a part of this year's Train the Brain events, the Early Learning Coalition of Palm Beach County has come up with some innovative ideas for both families and providers to incorporate into their day-to-day routines. Train the Brain is more than just mental health, strength and nourishment! Join the Early Learning Coalition with Healthy Mothers, Healthy Babies to create this fun, kid-approved and healthy twist on a classic favorite – Keto Grilled Cheese & Low-Carb Creamy Tomato Soup. [Click here](#) to learn more.

#### Palm Beach County Afterschool Professionals are honored in celebration of Lights On Afterschool

On October 22, 2020, Prime Time Palm Beach County, a 20-year local nonprofit that supported more than 200 afterschool programs and 30,000 children and youth in 2018-2019, joins more than 8,000 Americans who will call attention to Lights On Afterschool, a nationwide event, organized by the Afterschool Alliance. Through a dedicated webpage and social media awareness, Prime Time honors local afterschool professionals who are on the front line every afternoon inspiring our children to be their best and supporting them to thrive socially and academically. [Click here](#) to learn more.

### **New qualifications for out-of-school time practitioners to receive training stipends**

Prime Time Palm Beach County recognizes and appreciates the tremendous sacrifice out-of-school time (OST) practitioners are making to be with youth in-person during the pandemic. To keep OST practitioners learning so they can continue to improve their practice, and now, more than ever, provide the high quality experiences for young people, all OST practitioners who are currently working with children and youth in Palm Beach County and complete trainings offered on Prime Time's training calendar will qualify for a \$45 stipend per three hour training. Practitioners are qualified for training stipends if they are employed and receiving compensation from your employer. Stipends will be distributed via PayPal and processed after training completion is confirmed. [Click here](#) to learn more.

### **Virtual Prenatal and Infant Loss Grief and Support groups**

Tuesdays  
7 - 8:30 p.m.  
Virtual

Join Children's Bereavement Center for a special online support group for mothers, fathers and couples facilitated by two mental health professionals experienced in pregnancy, infertility and grief. Registration is required. To register, call 888.988.5438. Available in English and Spanish. Must be 18 years and older to participate. [Click here](#) to learn more.

### **Video: CSC Update from CEO Lisa Williams-Taylor**

Hear from CSC CEO Lisa Williams-Taylor about what

### **Reopen for applications: CARES Act Rental and Utility Assistance**

The Palm Beach County Board of County Commissioners, through its Community Services Department (CSD), resumed the acceptance of the rental and utility applications under the Coronavirus Aid, Relief and Economic Security (CARES) Act. Eligible residents who experienced a loss of income as a direct result of COVID-19 and who are at or below 140 percent Area Median Income may apply for rental and utility assistance. [Click here](#) for eligibility requirements and to apply. [Click here](#) for information and how to apply to the CARES Act Food Assistance program.

### **Benefits Outreach Program with Palm Beach County Food Bank**

The Benefits Outreach Program assists individuals and families with applying for federal food assistance benefits (SNAP). Palm Beach County Food Bank is one of only seven organizations in Florida that provide the DCF required federal food relief interview. This interview will be conducted during your meeting with one of our Benefits Specialists, who speak English, Spanish and Creole. [Click here](#) to learn more and to view the Benefits Outreach Calendar for October.

### **Train the Brain 2020: Participate in free virtual workshops, support groups and learning opportunities through October!**

### **Coronavirus Relief Funds with the City of Delray Beach**

The City of Delray Beach Neighborhood and Community Services Department staff is assisting residents impacted by Covid-19 apply for Coronavirus Relief Funds (CRF). Funds can be used for rental and mortgage assistance payments or emergency repairs for income eligible persons who have experienced hardships related to the Covid-19 emergency as allocated by the Florida Housing Finance Corporation (FHFC) to assist qualified families. Properties must be located within municipal boundaries. [Click here](#) to learn more.

### **Breastfeeding Support Program with Healthy Mothers, Healthy Babies**

Healthy Mothers, Healthy Babies now offers breastfeeding support and guidance to families by providing complimentary and convenient consultation services. Breastfeeding Educators will answer your questions or concerns regarding breastfeeding. This program is not a medical service. Breastfeeding Educators are available to meet virtually or by phone during business hours. [Click here](#) to learn more.

### **Have an idea for a healthier neighborhood? Apply for Healthier Jupiter's Mini-Grant Program**

Children's Services Council of Palm Beach County and its funded programs have been doing the last six months. We have been working hard to ensure our local families are healthy, safe and strong. To watch the video, [click here](#).

So far, 2020 has been a year filled with uncertainty and unexpected hardship. Many of us are experiencing stress and anxiety like never before. Palm Health Foundation's grantees and partners are providing free information and opportunities to help you maintain good brain health during this time with Train the Brain 2020: Resilience and Self-Care in the Face of Adversity. Participate in FREE virtual workshops, support groups and learning opportunities. [Learn more here](#).

Healthier Jupiter is seeking innovative health ideas to fund through its Mini-Grant Program. The mini-grants will fund innovative ideas that aim to improve the health of the community in the greater Jupiter area. Individuals or businesses interested in applying must partner with a registered not-for-profit, civic organization or government agencies. Application due **Oct. 30**. [Click here](#) to learn more.

#### **Participate in the PBC Food for Kids Survey**

Participate in this short, online survey for parents to help identify the best ways to improve food resources delivery in PBC based upon parent input. We want to ensure that children and families have access to food as the pandemic continues and schools are not open and beyond. [Click here](#) to take the survey.

#### **Need child care during distant learning? Apply for the Palm Beach County School-Age Child Care Scholarship**

The Early Learning Coalition is excited to partner with Palm Beach County and the Youth Services Department to supply child care scholarships for school-age children now through December 30, 2020. For more specific information on eligibility requirements and "how to apply." [Click here](#) to learn more.

#### **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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#### **Read Together Palm Beach County**

The Literacy Coalition of Palm Beach County is excited to announce the 12th Read Together Palm Beach County campaign, in which adults throughout the County read the same book at the same time. The community comes together at various events at libraries, coffee houses, theaters and offices to discuss key themes in the book. *The Nickel Boys* by Colson Whitehead, is the 2020 selected title. The book is just out in paperback and it's on many book lists that "every Floridian should read." [Click here](#) to learn more.

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

The South Florida Fair & Palm Beach County Expositions, Inc. is proud to annually award \$50,000 in scholarships to students who have exhibited a desire to further their education. Our purpose is to encourage young people, who might not otherwise have an opportunity, to pursue a college education. Deadline for scholarship applications is **Oct. 18, 2020**. [Click here](#) to learn more and to apply.

#### **Fall 2020 Courses with Palm Beach State College's Institute of Early Childhood Excellence**

#### **Virtual Workshop: Parents Against Gangs**

Register today for Fall 2020 Courses with Palm Beach State College's Institute of Early Childhood Excellence. [Click here](#) to view the fall 2020 courses available. For registration information, call Debra Strange at 561.868.3670.

PBSO is providing this virtual workshop to raise parents' awareness on gang recruitment, how to recognize gang signs, juvenile crime, and how a criminal record can bring a lifetime of consequences to a child. To register, please contact Marcia Bahia at [bahiam@pbsso.org](mailto:bahiam@pbsso.org).



## Is your child developing on the right track?

Do you have questions or wonder about your child's development? All children grow and change at different rates. With the FREE **EveryParent** website and app, you can find local information, expert advice and trusted resources to help your child grow up healthy, safe and strong. Stay one step ahead of your child's development - [click here](#) for **EveryParent** articles about developmental screenings, child milestones and local resources.

[Sign up for our emails!](#)

## Events

### Celebrate Lights On Afterschool with Prime Time Palm Beach County

Thursday, Oct. 22

Virtual

Join Prime Time Palm Beach County for a celebration of afterschool programs like no other! This year, shine a light on all the ways afterschool has supported our community during the pandemic. Prime Time wants to highlight how you will be celebrating Lights On Afterschool in their e-newsletter and on social media. Share your plans by emailing Prime Time Palm Beach County the details or tag [Prime Time Palm Beach County](#) when you upload your photos on social media. [Click here](#) to learn more.

### Anti-bullying Virtual Workshop

Virtual

The Palm Beach County Sheriff's Office is offering a virtual workshop on anti-bullying. Your children will enjoy this educational and fun zoom sessions! To schedule group sessions (up to 10 children per session), contact Marcia Bahia at [bahiam@pbsso.org](mailto:bahiam@pbsso.org).

## Trainings

### The Future of Behavioral Health: Webinar Panel

Monday, Oct. 19

### College Connections Conference

Oct. 1 - 31

### CSC's New Trainings and Online Support Groups

1 - 3 p.m.

The Citizens Advisory Committee on Health and Human Services presents this webinar on the Future of Behavioral Health. The webinar will focus on advancing a patient-centered, outcome-based system of care now and post pandemic. [Click here](#) to learn more and to register.

Virtual

The FAU Center for Autism and Related Disabilities is preparing students with disabilities for college success. This presentation will review research studies investigating college students with disabilities experiences. Findings from these studies will be discussed including next steps for improving postsecondary experiences and outcomes for students with disabilities. [Click here](#) to learn more.

Join us for our Monthly Online Peer Support Groups to share ideas, express thoughts, gain support, process COVID-19 events, community trauma, racial injustice, workplace stress and managing work online. [Click here](#) to see a schedule of new trainings and online support groups.

**Virtual Domestic Abuse Survivor Support Group**

Thursdays through Nov. 5 6 p.m.

Virtual

Whether you are coping with something from the past or present, this group is for you. Coalition for Independent Living welcomes women from all backgrounds and sexual orientations. This six-week group offers support and education on intimate partner violence, as well as a safe place to heal. [Click here](#) to learn more.

**Connect Through Entertainment**

Wednesdays throughout October 3:30 - 4 p.m.

Virtual

As a way to create connections while social distancing, CILO is offering a "Connection Through Entertainment" peer support group where a movie/video/music album is voted on and viewed outside the meeting and will be discussed in group that week! [Click here](#) to learn more.

**Creative Coping offered by CILO Inc.**

Saturdays throughout October 11 a.m.

When life gets messy, get creative! Art therapy can improve communication and concentration and can help reduce feelings of isolation. [Click here](#) to learn more and to register.

**Healthy Mothers, Healthy Babies October Educational Calendar**

Throughout October  
Online trainings

Join Healthy Mothers, Healthy Babies for their Virtual October Educational programs like Small Steps-Great Parents, Circle of Moms, Share and childbirth classes. [Click here](#) to register and learn more.

**Factoring in Fathers: Nuts 'n Bolts of Paternal Perinatal Mental Health with Healthy Mothers, Healthy Babies**

Thursday, October 22, 2020  
1 - 3 p.m.

Dr. Singley will provide an overview of how men's socialization relates to common perinatal mental health issues with an emphasis on how clinicians can be more father-inclusive and sensitive to common men's issues as they navigate the transition to fatherhood. [Click here](#) to learn more and to register.

**Supporting Children During COVID-19 Crisis**  
Online training

This online workshop is designed for parents/caregivers to help them manage their children during the current pandemic. Cost is FREE. [Click here](#) to register and learn more about the workshop.

## 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@cscpsc.org](mailto:mmu@cscpsc.org). [Click here](#) to review the MMU Submission Guidelines.

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**Stay Connected!**

