

# Today's MMU: United Way of Palm Beach County Seeks Volunteers to Support VITA Program

Children's Services Council of Palm Beach County <mmu+cscpb.org@ccsend.com>

Mon 10/23/2023 5:08 PM

To:Updates <updates@gladesinitiative.org>

## 35 years #HealthySafeStrong

Helping Palm Beach County children grow up healthy, safe and strong



## Monday Morning Update October 23, 2023

### United Way of Palm Beach County Seeks Volunteers to Support 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 staffed by local volunteers to provide free preparation and electronic filing of tax returns. It is an important service to thousands of individuals and families in Palm Beach County with low-to-moderate incomes who are eligible for tax credits. [Click here](#) to view a flyer with more information and a QR code to sign up.

### Volunteer Mentors Needed for High School Students

Scholar Career Coaching's Group Mentoring Program was created to give high-potential students attending a Title I school the chance to connect with caring adults who share similar academic and/or career interests. With a minimum time commitment of just one hour a week, hybrid or virtual, you can help a student plan and pursue their dreams. There is a high need for bilingual skills in Haitian Creole or Spanish. [Click here](#) for more information and to apply.

### Youth Summit Committee Recruiting Youth and Adults for Planning Efforts

The Youth Summit committee is recruiting creative and self-motivated youth and adults to assist in the planning of their 2024 event. The Youth Summit provides youth with the unique opportunity to access information and resources aimed at assisting them in making better decisions and positive life choices. Palm Beach County youth are deserving to be safe, healthy, educated and prepared to succeed in their lives and careers - this has been the mission of the Youth Summit since 2011. The Youth Summit committee meets via Zoom every first Wednesday of the month at 3:00 p.m. For more information, please contact [Bahiam@pbso.org](mailto:Bahiam@pbso.org).

### Impact 100 Palm Beach County Grant Cycle Open

Impact 100 Palm Beach County is currently accepting letters of intent

### Application for Leadership Central Palm Beach Class of 2024 Now Available

Leadership Central Palm Beach is

### Community Foundation Grant Seeker Sessions

Interested in learning more about the Community Foundation for

from eligible nonprofits for their 2023-2024 grant cycle. They will award high-impact \$100,000 grants in five focus areas: Arts, Culture and Historic Preservation, Education, Environment and Animal Welfare, Family, and Health and Wellness. [Click here](#) for more information or email [grants@impact100pbc.org](mailto:grants@impact100pbc.org) with questions. Please note letters of intent will not be accepted after November 1 at 5:00 p.m.

a program that focuses on key industries and governmental agencies within Palm Beach County. Whether you are new to the area, or have been in the area for years, these interactive educational field trips give participants a broader awareness of all the resources and opportunities offered within the county. [Click here](#) to read more and apply.

Palm Beach and Martin Counties next competitive grantmaking cycle? Join an Information Session near you! Designed to help grant seekers better understand the process, requirements and new grantmaking categories for the next year, these sessions are open to all nonprofit organizations supporting Palm Beach and Martin Counties. Nonprofits of all sizes, including small and emerging nonprofits, are encouraged to apply. [Click here](#) to register for one of the following sessions: Tuesday, December 5: Delray Beach, Wednesday, December 6: Stuart, Monday, December 11: West Palm Beach, Tuesday, December 12: Virtual, Wednesday, December 13: Belle Glade.

### **Pint Size Science Program Development Opportunity for Educators**

The Cox Science Center and Aquarium is pleased to announce a wonderful development opportunity for early learning educators in Palm Beach County! Through the generous support of the Max M. and Marjorie S. Fisher Foundation, they are excited to offer the Pint Size Science STEAM Education Program for Early Learning. To learn about the benefits, conditions and requirements for participation in the program and to apply, [click here](#). Applications are due Friday, December 1. If your school is chosen to participate, the designated administrator will be notified.

### **Students Speak Up for Kids Empowers Students to Stand Up for Kids in Foster Care**

With holiday season fast-approaching and students looking for ways to give back, consider Students Speak Up for Kids, a division of Speak Up for Kids of Palm Beach County, whose mission is to empower local students with opportunities to serve and speak up for the children involved in the county's dependency court system. One of the ways to do this is through flexible community service projects, working with students to

### **Food Pantry Grab Bags for Those in Need**

Loving Hands for the Needy Food Pantry is open every Friday from 1:00 p.m. - 4:00 p.m. to serve those in need of groceries. Distribution is at the side door of the building, located at 3100 S. Congress in Boynton Beach. For those without a car, Louis is available to assist. For more information about the food pantry and how you can help, [click here](#).

Additionally, holiday toys will be available for families for pick-up December 22. Sign up to help [here](#).

### **American Heart Association's Culture of Health Mini-Grant Opportunity**

Is your organization building a culture of health in Palm Beach County? Apply by Oct. 27 for a Culture of Health Mini-Grant to implement changes benefitting tobacco-free and vape-free environments, nutrition security, blood pressure control and cardiac emergency response plans. Additional details, including the priority areas, award amount, eligibility criteria/requirements and application instructions can be found [here](#).

### **Domestic Violence Resources Are a Step Away**

October is Domestic Violence Awareness Month. Domestic violence is a serious issue that affects people across our community regardless of their age, gender, race or religion. Clerk of the Circuit Court & Comptroller of Palm Beach County serves every day as a resource to those in the county who want and need help. Their office has tools available to help victims get the services they need, including free and simplified forms, online how-to resources and filing assistance. [Click here](#) to access resources.

### **Join the Train the Brain Social Media Challenge in October for Train the Brain Month**

Palm Health Foundation invites you to join the Train the Brain social media challenge, designed to showcase how community uses the arts for brain health and wellness. To participate, post a photo representing how you use or experience art to support your personal health and wellness, for example, a selfie of you listening to music, dancing, visiting a museum, etc. Tag [@PalmHealthFoundation](#) and [#TraintheBrainPBC](#), and

create service projects that reflect their own interests and help those in the foster care system, from creating self-care kits for teen girls to hosting a public speaking workshop for youth in foster care. All projects are flexible, student-led and can be completed from home on your own timeline. To learn more about how to get involved with more incredible projects like this one, [click here](#).

encourage others to join you by tagging them in your post. See the 'Events' section, below, for three free events to celebrate the month. [Click here](#) to learn more.

### CSC Proposal Opportunities Now Available

Children's Services Council of Palm Beach County (CSC) is seeking both a professional painter for the purpose of exterior waterproofing and painting and interior lobby drywall and stucco repair and repainting AND a vendor to maintain the landscaping and preserve areas of property at 2300 High Ridge Road in Boynton Beach.

#### Painting details:

The scope of services required include exterior and interior work to be performed, with interior work performed between December 15, 2023 and January 1, 2024. Attending the mandatory tour of the Building on October 17 at 9:00 a.m. is a requirement for bidding. Deadline for application submission is October 30 by 2:00 p.m.

#### Landscaping details:

The goal is to select a vendor for comprehensive landscaping services for an initial contract of one, two-year term starting on January 1, 2024, with the option to renew for three, one-year terms. Attending the mandatory tour of the building and grounds scheduled on October 10 at 10:00 a.m. is a requirement for bidding. In preparation, CSC has released Deadline for application submission is October 19 by 2:00 p.m.

[Click here](#) for more information and to apply through Foundant, a Funding Management System. Please direct questions regarding either opportunity to [bidsadmin@cscpb.org](mailto:bidsadmin@cscpb.org).



### Are you pregnant or a soon-to-be father? Check out these videos!

Do you know CSC offers a playlist of over 30 videos on pregnancy, from counting kicks to reducing your partner's stress? [Click here](#) to view the entire pregnancy playlist!

Click this Button to  
Learn More

## Events

**Volunteer with Feeding South Florida**  
Fall and Winter 2023  
[Multiple locations & times](#)

**Palm Beach County Food Bank: October Outreach Calendar**

Palm Beach County Food Bank is focused on fighting hunger in Palm

**Read for the Record**  
Thursday, October 26, 2023  
[Multiple locations & times](#)

Literacy Coalition of Palm Beach

Feeding South Florida is planning a series of initiatives and events over the next several months to support hunger relief efforts. The initiatives are being curated throughout the four-county service area (Broward, Miami-Dade, Palm Beach and Monroe), in hopes of engaging with local partners and friends. [Click here](#) to learn more.

Beach County through five programs – Partner Marketplace, Pop-Up Farmer's Market, Benefits Outreach, Childhood Hunger Initiatives (Lois' Food4Kids, Weekend Food for Kids, and School Pantries) and Groceries for Seniors. They support close to 200 partner agencies in Palm Beach County with food, programs and [Click here](#) to view a listing of opportunities with locations, times and language services offered. [Click here](#) learn more about the Food Bank.

County's Read for the Record brings together millions of adults and children around the world each year to read the same book on the same day in order to raise awareness about the critical importance of early literacy and access to high-quality books. This year's book is [With Lots of Love](#), by Jenny Torres Sanchez. [Click here](#) to learn more and complete a registration form.

### **Urban League of Palm Beach County ACA Open Enrollment Event**

Thursday, October 26  
10:00 a.m. - 1:00 p.m.  
Gaines Park  
1501 N. Australian Ave.  
West Palm Beach

Urban League of Palm Beach County invites you to this free healthcare fair to learn how to enroll in 2024 Marketplace coverage through the Affordable Care Act. [Click here](#) to view a flyer with more information.

### **Hoot & Howl**

Friday, October 27  
6:00 p.m. - 8:00 p.m.  
Daggerwing Nature Center in  
Burt Aaronson S. County Regional  
Park  
West of Boca Raton

Kids are encouraged to dress in costume and enjoy not-so-scary Halloween games and crafts, (while supplies last), while learning about nocturnal creatures such as owls, toads, snakes and spiders. Remember to bring a flashlight and bug spray to continue the adventure outside along the boardwalk at night! All ages are welcome to this free event and reservations are not required. [Click here](#) to learn about the Daggerwing Nature Center.

### **Sunset Celebration Fall Festival**

Friday, October 27  
6:00 p.m. - 9:00 p.m.  
Lake Park Harbor Marina  
105 Lake Shore Drive  
Lake Park

The Town of Lake Park invites you to this family-friendly event with live entertainment, food vendors, arts and crafts, trick-or-treating and a costume contest. Admission and parking are free. For more information contact [specialevents@lakeparkflorida.gov](mailto:specialevents@lakeparkflorida.gov).

### **Confronting the Complexities of Diabetes: Annual Professional Development Symposium**

Friday, November 3  
8:00 a.m. - 4:30 p.m.  
Manatee Lagoon  
6000 N. Flagler Dr.  
West Palm Beach

The Diabetes Coalition of Palm Beach County is hosting its fifth annual symposium, a continuing medical education event, for health care providers and professionals. Breakfast and lunch are included. [Click here](#) to view fees and for registration information.

### **Mentor Recruitment Event**

Wednesday, November 8  
6:00 p.m. - 7:30 p.m.  
Rafiki Tiki Bar & Grill - Riviera Beach Marina  
190 E. 13 St.  
Riviera Beach

Join United Way of Palm Beach County to learn more about local youth programs and mentoring opportunities, all while enjoying refreshments. [Click here](#) to view a flyer for the event and [here](#) to register.

### **Meet the Orchestra Events**

Saturday, November 18  
11:00 a.m.  
Roberts Theater at Saint Andrew's School  
3900 Jog Road  
Boca Raton

AND

Saturday, December 2

### **Mentor Mile with United Way of Palm Beach County**

Sunday, December 10  
6:30 a.m.  
John Prince Park  
2700 6 Ave. S.  
Lake Worth Beach

Join United Way of Palm Beach County for their Mentor's Center's First Annual 1-mile Walk / 5K

11:00 a.m.  
Countess de Hoernle Theatre at  
Spanish River High School  
5100 Jog Road  
Boca Raton

Run! This is a family-oriented event filled with fun activities including a bouncy house, petting zoo, firetruck, vendors, music, food, and much more. [Click here](#) to sign up for the run and for volunteer opportunities and [here](#) to view a flyer for the event.

Meet The Orchestra is a fun, interactive program for children through The Symphonia that provides opportunities for kids to share a classical music experience with their parents or grandparents, listen to a live orchestra, talk to conductors and musicians, learn about the instrument families that make up an orchestra and test out a few instruments at the 'Musical Instrument Petting Zoo.' This program is free for children, and adults pay a \$5.00 fee. Nonprofit groups are free of charge. To learn more and register, [click here](#).

### **Palm Health Foundation Neuroarts Events in October for Train the Brain Month:**

This October, join Palm Health Foundation for the following three events, where you will experience first-hand how the arts can improve your brain health and the well-being of our community.

#### **The Power of Public Art: A Lunch & Learn**

Tuesday, October 24  
11:00 a.m. - 1:00 p.m.  
Boynton Beach Arts & Cultural Center  
125 E. Ocean Ave.  
Boynton Beach

Join this event to find out why art installations are important in urban environments and how public art impacts health and mental wellness. Brain health experts and artists will answer these questions and provide a tour of public art. Registration includes free lunch.

#### **The Science of Singing**

Thursday, October 26  
5:30 p.m. - 7:30 p.m.  
Cox Science Center and Aquarium  
4801 Dreher Trail N.  
West Palm Beach

Join in on a fun sing-along and learn what happens in our brains when we sing together. Registration includes light snack and beverages.

Register for these events by clicking [here](#).

### **Recurring Events:**

#### **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.

### **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](mailto: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](#).

### **Art Therapy Classes for Middle-School Students**

Tuesdays: 7-week sessions

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

Lighthouse Art Center

Tequesta

Group art therapy classes support mental health, peer relationships and overall well-being. The purpose of this program is to increase feelings of community and connectedness, build resilience and coping skills and decrease feelings associated with anxiety, depression, loneliness and/or stress. For each group cohort, a Center for Child Counseling therapist will partner with a Lighthouse ArtCenter art instructor to provide weekly therapeutic art activities from painting to pottery! [Click here](#) for the ArtClub schedule with a list of topics and registration form.

### **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

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

October events include educational classes for pregnant women, new parents and their support partners, maternal wellness support group meetings, childbirth classes, pregnancy and infant loss and Couples Becoming Parents support groups and prenatal yoga. Many classes are offered in both English and Spanish with a virtual option. A calendar with details can be found [here](#).

#### Featured this month:

#### Circle of Moms Support Group

Thursdays

10:00 a.m. - 11:00 a.m. Spanish

(Español)

11:30 a.m. - 12:30 a.m. English

HMHB

4601 Lake Worth Rd.

Greenacres

Pregnant or postpartum and not feeling like yourself? Talking with other moms who are also struggling can help you feel less alone. Motherhood can be challenging, but it doesn't have to be lonely. Join a group today and connect with other moms in a safe and confidential space. Pre-registration is required. Learn more [here](#).

#### Fearless Caregiver Conference

Wednesday, November 1

10:00 a.m. - 2:00 p.m.

Jupiter Community Center

200 Military Trail

Jupiter

Participants will learn how to balance family, work and

### Mental Health First Aid Training Various opportunities - see links below

Mental Health First Aid (MHFA) is an eight-hour course that gives people the skills to help someone who is developing a mental health problem or experiencing a mental health crisis. The evidence behind the program shows that MHFA builds mental health literacy, helps the public identify and understand the signs of mental illness and respond to the signs. Jewish Family Service of Palm Beach County invites those who want to learn how to provide initial help to someone who may be experiencing symptoms of mental illness or in crisis and give people the tools to help friends, family members, colleagues or others in their community. Classes are currently being scheduled for January and February of 2024. [Click here](#) to read more, [here](#) to view a flyer for youth first aid services and [here](#) for adult services. Contact Timothy Bouck, MHFA Instructor, at **561-713-1877** or [tbouck@alpertjfs.org](mailto:tbouck@alpertjfs.org).

#### Built to Thrive Summit

Thursday, November 2

10:00 a.m. - 12:00 p.m.

Virtual

The Children's Movement of Florida invites you to this event, where parents, educators, business leaders and

### Financial Benefits, Including SSI, SSDI and More

Wednesday, October 25

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

Virtual

Jewish Family Service of Palm Beach County welcomes you to attend this program for individuals with disabilities of all types, their friends, families and caregivers. Richard Friedkin will be presenting and fielding questions, and resource tables with helpful information and light refreshments will be available. [Click here](#) to view a flyer for the event.

#### Filial Play Therapy

Friday, December 1

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

Opportunity Early Childhood Education and Family Center

Center for Child Counseling offers this workshop on Filial Therapy, a highly effective intervention that

caregiving, motivate family members to help, convince parents to stop driving and to listen to you, legally protect your aging parents and secure the future of your adult child. Lunch is included, and limited free tickets are available now! [Click here](#) to view a flyer for the event and [here](#) to register.

policymakers come together to build a better future for Florida's youngest children. The keynote speaker, Marica Cox Mitchell, will focus on what is really needed to make meaningful change in the world of early learning. This fast-paced, two-hour program also includes updates from legislative leaders, a panel on the science of reading, a feature on maternal health, a conversation on fatherhood, and the latest on the role of business in supporting our field. To learn more and register, [click here](#).

integrates family therapy with play therapy to address child and family problems. Participants will learn the history and theoretical foundations of Filial Play Therapy, identify the structure and stages of filial play therapy sessions with child and parent/caregiver, list the principles of filial play therapy, use basic client-centered play therapy skills, list the stages used in Filial Play Therapy sessions, demonstrate strategies to engage with, empower and strengthen the skills of parents/caregivers in the playroom and practice Filial Play Therapy interventions in dyads and triads. A fee applies, with an early bird special until November 1. For more details and to register, [click here](#).

## **Florida Atlantic University Center for Autism and Related Disabilities October Trainings:**

### **Use of Visual Supports**

Wednesday, October 25

12:00 p.m. - 1:00 p.m. OR 6:00 p.m. - 7:00 p.m.

Virtual

This training will cover understanding of what visual supports are, how they can be used and their benefits in meeting communication needs. [Click here](#) to register.

### **Transition Talk for Parents with Middle Schoolers with ASD**

Thursday, October 26

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

Virtual

It's never too early to start planning! This training will discuss the transition process into adulthood, including guardianship, post-secondary pathways, transition programs for 18-22-year-olds, employment options, career/technical training, higher education, certificate programs, independent living skills, recreation and leisure/volunteering and safety. [Click here](#) to register.

### **Pathway to Higher Education: Navigating Social Interaction and Building Independence for High School Students with Disabilities**

Available October 1 - October 31

Virtual

In this training participants will review data surrounding current status of student preparedness for higher education, areas of growth for students with disabilities specifically, and typical supports available for students in higher education. In this session, evidence-based strategies to support initiation, motivation, prioritization, time management, and other executive function skills will be explored, including the use of case study examples. A variety of evidence-based methods for promoting dynamic learning, self-awareness, self-regulation, and self-advocacy strategies to build a student's personal autonomy and social interaction abilities is discussed. Attendees will be provided with strategies ready for immediate use. [Click here](#) to reserve a spot.

### **November PEPISA Training: Practical Ways to Support Advocacy in Students with Disabilities: A Guide for Parents & Educators**

Available November 1 - 30

Virtual

In this Partnership for Effective Programs for Students with Autism training, participants will learn how to purposefully integrate opportunities for decision-making, reasoning and problem-solving into everyday tasks in order to promote student independence and empowerment. Registration is limited. [Click here](#) to reserve a spot.

## 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 for next three months.

## **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@cscpb.org](mailto:mmu@cscpb.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

[Unsubscribe updates@gladesinitiative.org](mailto:unsubscribe_updates@gladesinitiative.org)

[Update Profile](#) | [Constant Contact Data Notice](#)

Sent by [mmu@cscpb.org](mailto:mmu@cscpb.org) powered by



Try email marketing for free today!