

# Stay #HealthySafeStrong



## Monday Morning Update October 4, 2021

### COVID-19 Resources

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#### 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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#### **Train the Brain 2021: Connecting Brain Science, Community & Care**

Palm Health Foundation's fifth annual Train the Brain community health campaign kicks off on October 1, 2021 with this year's theme, "Connecting Brain Science, Community & Care." Throughout October 2021, the foundation will promote

#### **100 Students, 100 Mentors**

Tuesday Oct. 12, 12 p.m.  
Wednesday, Oct. 20, 5:30 p.m.  
Zoom

Take Stock in Children is seeking volunteer mentors. We need mentors to begin mentoring new students in January 2022 or earlier. We have a school-based mentoring program that allows mentors to meet their mentees

#### **Free College Prep workshops for students**

Mondays Oct 4, 12, 18, 25  
4 - 5:30 p.m.  
Online

Path to College offers an 8 hour, 4 session interactive tutoring and college counseling opportunity that is free to any high school student, anywhere. The disturbing trend is that students from low-

information that relates scientific research to practical brain health tips that can help build a better brain, and offer two free virtual educational events featuring nationally acclaimed brain health experts. [Learn more](#) about the campaign and join them for two dynamic events on Zoom or Facebook Live!:

- The New Frontier: The Science Behind Better Brain Health Tuesday, Oct. 5, 1 - 2 p.m.
- The Power of Attention: Finding Presence & Purpose Tuesday, Oct. 19, 1 - 2 p.m.

#### **Children's Services Council's board approves a reduced tax rate for 2021-2022**

The governing board of Children's Services Council of Palm Beach County on Thursday voted to reduce the 2021-2022 millage rate to .6233 – a four-percent decrease from last year. The Council's property tax revenue will remain the same despite the reduction, allowing the Council to meet the needs of the community in innovative ways. This is especially important as the global pandemic continues to take a toll on Palm Beach County's families. Learn more [here](#).

#### **Free mental health and substance use services via telehealth**

No-cost mental health and substance use counseling, medication, and services for low-income families and individuals needing help as a result of the pandemic are available through IMPOWER, a Florida non-profit organization. To qualify for services, individuals must be uninsured, underinsured, be at 150% of the Federal Poverty Level, and have been impacted by COVID-19. Services available for Florida residents of any age. For more information, [click here](#) or call 321.639.1224.

during their student's lunch period at their school or meet virtually. Time commitment is minimal, but the impact is significant. [Click here](#) to learn more and apply.

#### **Job opportunities in afterschool programs across Palm Beach County**

Apply to work with youth in afterschool programs across Palm Beach County today and earn scholarships and financial incentives through Prime Time Palm Beach County. You may be eligible for scholarships and financial incentives up to \$3,000, if you apply and are hired as an afterschool professional while working on one of the following credit pathways at Palm Beach State College. [Click here](#) to learn more and for available job opportunities.

income backgrounds are not keeping up in the competitive arena of college admissions-- not because they are not qualified, but because they do not receive expert advice. In fact, current data shows the amount of low-income students enrolling at higher-education institutions since the Covid-19 pandemic has decreased by 22%. Disrupting this unfortunate trend is part of our mission at Path to College to reach all motivated students and help them launch. [Click here](#) to learn more.

#### **Integrating school and out-of-school time toward equity**

The School District of Palm Beach County and local out-of-school time (OST) provider, Prime Time Palm Beach County, engaged in a long-term collaboration to advance equitable social-emotional learning. Many educators have called for an increased focus on non-academic, social-emotional learning (SEL) and equity advancement in schools. In turn, these calls have raised questions about the extent to which SEL promotes equity in schools and society, particularly in terms of equalizing positive outcomes across racial subgroups. [Click here](#) to learn more.

#### **Infant to 3rd grade educators: Journey Together with Cox Campus**

Cox Campus, partnering with the Campaign for Grade Level Reading and Rollins Center for Language and Literacy, offers self-paced professional development courses, companion guides and monthly live facilitated discussions for infant through 3rd grade educators. A new session starts September 15. [Click here](#) for more details.

## At the Heart of CSC

At Children's Services Council of Palm Beach County, our staff is our heart. Go to [www.cscpb.org](http://www.cscpb.org) to learn about the important work they do every day on behalf of our community's children and families –and why they feel such a deep connection to CSC's mission: that all Palm Beach County children grow up healthy, safe and strong:

[Learn more](#)

### Events

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#### Investing in a Violence-Free Future Virtual Conversation

Wednesday, October 20  
8:30AM  
Virtual via Zoom

In awareness of Domestic Violence Awareness Month, please save the date and join Aid to Victims of Domestic Abuse, Inc. (AVDA) for the 3rd Annual Investing in a Violence-Free Future community conversation. This free, virtual event invites the community to engage in the conversation of creating a community of men committed to a violence-free future and features keynote speaker, Jason Page, Senior Director of National Programs for Men Can Stop Rape. [Click here](#) to learn more.

#### Community Assistance Available at the Mandel Public Library

Mondays, 3 – 5 p.m.  
Tuesdays, 10 a.m. - noon  
Wednesdays, 10 - noon  
Thursdays, 3 – 5 p.m.

Mandel Public Library of West Palm Beach  
401 Clematis St.,  
West Palm Beach

The City of West Palm Beach is offering office hours for assistance with community resources including housing/shelter, food, and mental health services. Those in need of assistance can visit Kevin Jones, Coordinator of Community Initiatives, on the 4th floor of the Mandel Public Library of West Palm Beach. [Click here](#) to learn more.

#### Professionals United for Parkland Superhero 5K

Saturday, Oct. 23  
Virtual

Professionals United for Parkland is excited to host the 2nd Annual Superhero 5K virtually on Saturday October 23, 2021. PU4P was founded to support our community through education and support following the tragedy at MSD. The Superhero 5K promises to be a fun and energetic day for everyone. This is a great virtual event to form a team with your family, friends, or co-workers, to support a great cause and have a lot of fun. Download the app, suit up and save the day on October 23rd. For race and sponsorship information, [click here](#).

### Trainings

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**October classes for pregnant and new parents with Healthy Mothers, Healthy Babies**

Throughout October 2021  
Virtual

Healthy Mothers, Healthy Babies of Palm Beach County is here to support you through pregnancy with educational classes and groups. Register today for upcoming support groups and educational classes for pregnant and new parents like Small Steps, Great Parents classes and Circle of Moms. All are at no cost, but registration is required. [Click here](#) to learn more and to register.

**Trauma-Informed Care for Child Care Directors: Fall Term 2021**

Wednesdays Oct. 13, 27, Nov. 11  
6:30 - 9:30 p.m.  
Or Saturdays Oct. 9, 23, Nov. 6,  
20  
9 a.m. – noon  
Online

This is a five-session course, which will require the completion of outside assignments and readings. Upon completion of this course, child care program directors will form a community of practice and be able to recognize the signs of trauma impacting children, examine the importance of self-care, apply tools to help children regulate emotions and behaviors and more. [Click here](#) to apply.

**2021 National Prenatal-to-3 Research to Policy Summit**

Thursday, Oct. 7  
2 - 5 p.m.  
Virtual

Join thousands of policymakers, scholars, and practitioners across the country to learn how to strengthen state policies that impact the foundational prenatal-to-3 development period, starting with rigorous evidence. We look forward to an exciting agenda and can't wait to share the new 2021 Prenatal-to-3 State Policy Roadmap. The National Prenatal-to-3 Research to Policy Summit will be held virtually only on Thursday, October 7, 2021. There is no registration fee to attend. [Click here](#) to learn more and register.

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

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**Stay Connected!**



