

## Today's MMU: Help the Community and Donate Food This Holiday Season

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 November 14, 2022

### News

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#### Help the Community and Donate Food This Holiday Season

CROS Ministries operates eight food pantries serving 15 different locations across the county. Food donations are accepted at pantry locations during program hours. Contact the administrative office at 561-233-9009 x103 to schedule a delivery. For a listing of pantry locations and times of operation, click [here](#).

#### Nonprofits First is Accepting Applications for Rising Leaders Program

The Rising Leaders program is geared towards those who are relatively new to leading teams or managing groups of individuals. Over the course of seven, full-day sessions and a two-day retreat, participants learn effective strategies to handle significant leadership challenges, including self-knowledge, leadership, and motivational elements, along with discussions with community leaders, small and large group exercises, and stimulating activities. More information can be found [here](#). To apply, complete [this application](#) and email it [here](#)

#### Palm Beach County Food Bank has Many Ways to Reach Those in Need

The Palm Beach County Food Bank operates three programs to provide critical access to food for thousands of hungry Palm Beach County residents. To see how you can help, [click here](#). The November outreach program calendar can be found [here](#).

#### Comprehensive Strategy Guide for Families and Parents of Children with Learning Disabilities

The Study.com guide, titled Homework Strategies for Students with Learning Disabilities, was designed to help students with learning disabilities develop strategies for ensuring that homework will be an effective learning tool. This guide outlines critical information and resources, for parents and families of students with learning disabilities and neurodevelopmental disorders, to support students with their homework assignments, and to set them up for success later in life. The guide can

by 5:00 p.m. Friday, November 18.

be found [here](#).

### Community Foundation's Competitive Grants Cycle Opens in December

Community Foundation is encouraging nonprofits that are interested in seeking grants to register for one of their Community Impact Grant Seeker information sessions. Sessions are designed to help grant-seekers better understand the process, requirements, and new grant-making categories for the next year, and are open to all nonprofit organizations supporting Palm Beach County. [Click here](#) for more information and to register for a session.

### Council RFQ Released for Independent Consultant to Assist ERG

Children's Services Council of Palm Beach County has released a Request for Qualifications seeking an independent consultant who will assist a Truth, Healing, and Reconciliation Employee Resource Group (ERG) in the strategic development, exploration, and implementation phases while utilizing the [Truth, Racial Healing, and Transformation Framework](#) (TRHT) by W.K. Kellogg Foundation framework. Deadline for proposal submission is 2:00 p.m., December 14. Certified small, minority, women-owned business enterprises (SBE, MBE, WBE) are encouraged to apply. [Click here](#) to submit a proposal.



### Grandparents' Words of Wisdom: At the Heart of CSC

At Children's Services Council of Palm Beach County, our staff is our heart. Some of CSC's staff aren't only parents, but grandparents as well.

Hear about the important life lessons they've learned while raising their children and loving their grandchildren.

[Learn more](#)

## Events

### Tween Book Jam

Wednesday, Nov. 16  
6:00 p.m. - 7:00 p.m.  
Spanish River Library  
1501 NW Spanish River Blvd.  
Boca Raton

Tween readers will discuss November's award-winning book, "I Can Make This Promise," by Christine Day. This book tells the story of a girl who uncovers her family's secrets and discovers her own Native American identity. A free copy of the book can be picked up at the Spanish River Library Youth Services Desk.

### Celebrate the Brain: An Event for Families

Friday, Nov. 18  
4:00 p.m. - 8:00 p.m.  
Cox Science Center and Aquarium  
4801 Dreher Trail North West  
Palm Beach  
West Palm Beach

The Early Learning Coalition of Palm Beach County and Palm Health Foundation are partnering at this event for families and children, ages zero to five, to provide a fun-filled experience exploring the brain and mental health. Activities include mindful

### Hub Heroes and Coalition Champions Celebration

Friday, Nov. 18  
11:30 a.m. - 1:30 p.m.  
The Hub  
2120 W Atlantic Blvd.  
Delray Beach

Palm Beach County HUB Recovery Community Center and the Behavioral Health Coalition invite you to celebrate community behavioral health heroes and champions, and their gifts of time, talents and passion to move behavioral health forward in 2022. [Click here](#) for ticket information.

Register [here](#).

movement, music therapy, Brain Blitz activities with Florida Atlantic University, and food trucks! [Click here](#) to learn more and reserve a spot at this free event.

### **Healthy Mothers, Healthy Babies Coalition of Palm Beach County: November Events**

November events include educational classes for pregnant women, new parents and their support partners, maternal wellness support groups, childbirth classes, pregnancy and infant loss support groups and workshops for couples. Many events are offered in both English and Spanish. A calendar for all November classes and support groups can be found [here](#).

### **CELL-EBRATION 3K/5K Awareness Walk**

Saturday, Dec. 10  
8:00 a.m.  
Ocean Mall  
2401 N Ocean Ave.  
Riviera Beach

Join the Sickle Cell Foundation of Palm Beach County & Treasure Coast and walk across the Blue Heron Bridge to raise awareness for sickle cell disease, and cell-ebate the courageous warriors who face this disease on a daily basis. [Click here](#) for more information.

### **Girl Chat Conference**

Saturday, Dec. 2  
10:00 a.m. - 1:00 p.m.  
Aloft Delray Beach  
202 SE 5th Avenue,  
Delray Beach

The Girls Chat Conference is for girls in middle and high school who reside and/or attend school in the South Palm Beach County. The Girls Chat Conference is designed to help girls identify, understand, and flex their leadership muscle within their respective spaces and beyond. The conference creates a culture that is focused on proactively counteracting race inequities by providing workshops on racial equity and awareness. Attendees will receive four (4) Community Service Hours for attending. [Click here](#) to learn more.

### **Free Family Fun Night**

Every last Wednesday of the month  
5:30 p.m. - 7:30 p.m.  
99 SE Mizner Blvd., Ste. 120  
Boca Raton

Join Unicorn Children's Foundation for their free Family Fun Night every last Wednesday of the month. Activities include karaoke, dancing, light bites and refreshments, crafts, board games, cups of kindness served by special Percs Café baristas, and tours available upon request. This event is FREE and open to people of all ages and abilities. [Click here](#) to learn more.

## **Trainings**

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### **Toilet Training Tips for Parents**

Wednesday, Nov. 16  
12:00 p.m. - 1:15 p.m.  
Webinar

This training, for constituents, family members and community professionals, hosted by FAU Center for Autism and Related Disabilities, will provide basic principles and strategies related to effective toilet training. [Click here](#) to register.

### **Modifying Your Child Support and/or Timesharing**

Thursday, Nov. 17  
12:00 p.m. - 1:00 p.m.  
Webinar

This free, monthly webinar provided by the Clerk of the Circuit Court & Comptroller's Office, provides the opportunity to hear expert staff discuss a range of topics. [Click here](#) to register.

### **Healthy Mothers, Healthy Babies Infant-Directed Singing for At-Risk Mothers and Infants**

Thursday, Nov. 17  
10:30 a.m. - 11:30 a.m.  
Virtual Zoom Seminar

### **Winter Break Preparation for Children with ASD: Tips for Parents**

Wednesday, Nov. 30  
12:00 p.m. - 1:15 p.m.  
Zoom Webinar

### **Self-Care for Practitioners-Center for Child Counseling**

Friday, Dec. 2  
9:00 a.m. - 10:30 a.m.  
Virtual Workshop

In the wake of a pandemic,

Learn about the origins of infant-directed singing, results of previous research, and how to offer practical suggestions to mothers. [Click here](#) to register.

This training will assist parents of children with Autism Spectrum Disorder by providing evidence-based strategies and community resources to support their child's behavior and routines during holiday breaks from school. [Click here](#) to register.

practitioners have all been confronted with significant changes and obstacles in their personal and professional lives. This live, virtual workshop is designed to help practitioners working with children, ages six to eighteen, manage stress and increase well-being through several activities, self-assessments and discussions. Cost: \$30 (including 1.5 CEUs). [Click here](#) for more information and to register.

### **Parent-Implemented Strategies for Teaching Crucial Play Skills, an FAU PEPSA (Partnership for Effective Programs for Students with Autism) Training**

Online Webinar - Available during November

Many parents of autistic children find it difficult to establish back-and-forth play with their child. This presentation will help parents intentionally teach their child play skills in order to increase the connection to the child, as well as the child's language, social skills, motor and executive functioning skills necessary for success in school and life. [Click here](#) for more information and to register.

### **The Psychology of COVID-19 - Trauma, Grief & Wellness: Reboot, Recharge & Regain Control of Your Life, an FAU PEPSA (Partnership for Effective Programs for Students with Autism) Training**

Online Webinar - Available during November

This training will provide educators, and others in helping professions, methods to address emotional exhaustion and burnout, and to create balance and develop and implement daily wellness strategies. [Click here](#) for more information and to register.

### **Coming in 2023:**

#### **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

Recently, children, tweens and teens have had to grow up away from the social supports and systems that help sustain and nurture. The long-term effects from the Covid-19 pandemic are being seen even now with a rise in 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.

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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@cscpbpc.org](mailto:mmu@cscpbpc.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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