

## Today's MMU: Community Foundation Impact Grant Seeker Sessions Open in December

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 27, 2023

### Community Foundation Impact Grant Seeker Sessions Open in December

Interested in learning more about the next competitive grant cycle at Community Foundation for Palm Beach and Martin Counties? Learn more at an information session near you! Sessions are designed to help grant seekers better understand the process, requirements, and grantmaking priorities for the next year and are open to all nonprofit organizations supporting Palm Beach and Martin Counties. [Click here](#) to view a flyer with dates, times and locations around the county and [click here](#) to read more about grant and scholarship opportunities.

### Gift Drive Seeks to Impact Youth this Holiday Season

Birth to 22 Future Leaders and Girls Coordinating Council are hosting a holiday gift drive this December and seek to provide gifts to youth in underserved communities while teaching the valuable lesson of finding joy in giving. Deadline to drop off new and unwrapped gifts for school-aged youth is December 8 and deadline to drop off gift cards for teens is December 15. To view a flyer with additional details, including drop-off location and contact information, please [click here](#).

### Holiday Volunteer Opportunities with Students Speak Up for Kids

Looking for holiday volunteer opportunities? Students Speak Up for Kids is 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 children involved in the county's dependency court system. As the holidays approach, there are many ways you can help make this holiday season magical for the foster care community. From volunteering at Winterfest, a free carnival for kids in foster care to donating to their toy drive to completing an individual holiday project, there's something for everyone. To learn more about how to get involved with more incredible projects like these, [click here](#).

### December Holiday Meal and Toy Distribution Events

211 Palm Beach collects seasonal lists, and families looking for

### PBC Food Finder Map Helps Families in Need this Holiday Season

United Way of Palm Beach County

### New Pediatric Practices Toolkit Provides Resources to Care Teams

Healthcare professional training,

holiday food events that include toy distribution may [click here](#) to access the listing. Please note the list is updated frequently, so families are encouraged to check back often. If you know of an event that is not listed, please email

**patrice.schroeder@211pbtc.org** with event details and contact information.

encourages anyone looking for food or helping others find food to utilize their Food Finder map, which is updated weekly. [Click here](#) to access the map. You can also get help finding food locations by calling 2-1-1.

A robust food pantry system is the best way to ensure people can access emergency food. Pantries rely mainly on food from local food banks and other donations. [Click here](#) to learn how you can support Palm Beach County Food Bank and help fight hunger in the county by donating food.

Trauma-informed care trainings, ACEs resources and more for care providers through Center for Child Counseling are now live on [bekidsafe.org](https://bekidsafe.org). CE credits are available for many of these on-demand, virtual trainings.

### **Help Local Families Succeed and Volunteer to Support the 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, in partnership with The Internal Revenue Service (IRS), staffed by local volunteers to provide free preparation and electronic filing of tax returns. It helps households with an annual income of \$75,000 or less with taxes and serves thousands of individuals and families in Palm Beach County each year. [Click here](#) to view a flyer with more information and a QR code to sign up.

### **Healthy Mothers, Healthy Babies Coalition of Palm Beach County Announces Move to New Location**

Healthy Mothers, Healthy Babies (HMHB) will be vacating their space in Greenacres and entering into a new lease in West Palm Beach located near Belvedere Road and North Military Trail this December. During this transition they will remain committed to providing uninterrupted services to families. The last day for client visits in the Greenacres office will be Friday, December 15. After that, care coordination services will take place virtually or with home visits until the new office is open. Additionally, their Basics4Babies Emergency Pantry for Infants will continue to operate out of their mobile pantry unit. Locations and times will vary. Please [click here](#) for the most current information.

### **Children's Services Council (CSC) CEO Serves as United Way Board Member**

United Way of Palm Beach County is a nonprofit organization that invests in more than 110 programs and initiatives in the county to ensure everyone can access basic necessities like food, education and healthcare. CSC has been working with United Way for nearly 30 years, and Dr. Lisa Williams-Taylor, Chief Executive Officer of CSC, has served United Way in various roles for nine years and has seen firsthand the impact United Way has on the community. Read more about Dr. Lisa Williams-Taylor and the impact of United Way in a recent article in **The Boca Raton Observer**, [here](#). A digital link to the magazine can be found [here](#).

### **Palm Health Foundation Scholarship Applications Now Open**

Palm Health Foundation's scholarships are available for students pursuing careers in Nursing or Behavioral/Mental Health. Graduate and undergraduate scholarships are available. Applications are open until February 1, 2024. To learn more about the criteria for the scholarships, selection process timeline and to apply, [click here](#).

### **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.

### **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.



## Mirian's Story - At the Heart of Children's Services Council of Palm Beach County

Meet Mirian, a staff member at BRIDGES of Lake Worth West. She was a lawyer in the Dominican Republic when she made the decision to come to the United States. BRIDGES provided a bridge to her new life in South Florida, giving her a sense of community. She is now helping others cross that bridge.

**Click this Button to  
Learn More**

## Events

### Palm Beach County Food Bank: November Outreach Calendar

Palm Beach County Food Bank is focused on fighting hunger in Palm 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 services. [Click here](#) to view a listing of opportunities with locations, times and language services offered. [Click here](#) learn more about the Food Bank.

### Volunteer with Feeding South Florida

Fall and Winter 2023  
Multiple locations & times

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.

### Meet & Greet BeWellPBC Community Connectors

Monday, November 27  
6:00 p.m. - 7:00 p.m.  
Virtual

BeWellPBC is thrilled to announce this event where the goal is to gather individuals who are enthusiastic about making a positive impact on the well-being of their community, as they continue their mission to envision a community in which every person in Palm Beach County feels hopeful, supported, connected, and empowered. This event will be an excellent opportunity to gain insight and ask questions. In the role of a BeWellPBC Community Connector, you will have the chance to be a part of a resolute team of residents who share your passion for behavioral health and wellness, and who, like you, are willing to serve their community in navigating a path towards healing. [Click here](#) to reserve a spot. Contact [bewell@bewellpbc.org](mailto:bewell@bewellpbc.org) with questions.

### **Annual Coalition Champions and Hub Heroes Awards Luncheon**

Friday, December 1  
11:30 a.m. - 1:30 p.m.  
The HUB 2120 W. Atlantic Ave.  
Delray Beach

Palm Beach County Behavioral Health Coalition and the Palm Beach County HUB Recovery Community Centers invite you to celebrate individuals and agencies who are furthering behavioral health in Palm Beach County with substance use prevention and recovery support, as well as mental health advocacy. [Click here](#) to secure tickets. Early pricing is available until November 17. A delicious full buffet will be served by Choice to Change.

### **Girls Chat Conference**

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

Rhoda's Promise, Inc. invites middle and high school girls to the Girls Chat Conference 2023, designed to help them identify, understand and flex their leadership muscles within their respective spaces and beyond. The conference is focused on building the attendees' self-awareness, social skills and academic success. The following topics, with a STEM (Science, Technology, Engineering and Math) focus, will be covered during the Girls Chat Conference: effective public speaking, effective networking and self-advocacy, career exploration and goal setting. Attendees will have the opportunity to hear from and/or meet inspiring female community leaders and speakers in a wide range of career fields and will receive four community service hours for attending. To register, [click here](#).

### **Youth Sewing Basics**

Saturday, December 2  
10:00 a.m. - 12:00 p.m.  
The Resource Depot  
2508 Florida Ave.  
West Palm Beach

Participants ages 10-18 can join this beginner sewing workshop with Resource Depot to learn the basics of machine sewing and learn to make a basic tote bag. Those interested in joining the Catwalk Program who have never sewn before are encouraged to attend this workshop! The workshop has a small fee of \$15, but the fee is waived if you also join the Catwalk program. This is a great introductory workshop for all things sewing. [Click here](#) to learn more and register.

### **Wonder Festival**

Saturday, December 9  
10:00 a.m. - 2:00 p.m.  
The Judge Edward Rodgers Center for Community Development  
251 W 11 St.  
Riviera Beach

The Wonder Festival, presented by ser kallai, is an emotional intelligence festival for children and families that offers an exciting array of interactive stations designed to engage children and adults in activities that promote understanding, empathy and emotional skills. From arts and crafts to engaging wellness activities like Zumba, there's something for everyone!

This family-friendly event is not only a great opportunity for fun but also an invaluable experience for children to learn about and explore their emotions in a supportive and interactive environment. [Click here](#) to register.

### **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 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.

### **Recurring Events:**

#### **Holistic Wellness Circle**

Tuesdays  
6:00 p.m. - 7:30 p.m.  
Cocoplum Nature School  
342 N. Swinton Ave.

## Delray Beach

Holistic Wellness Circle is a collaboration between Soil and Soul and Cocoplum Nature School and seeks justice and healing for families experiencing economic oppression, especially families of color with very young children. No experience is necessary, and all ages are welcome. Skills and relationships developed through Holistic Wellness Circle can be transformative for individual and family wellness. Children socialize and play outdoors, and parents and grandparents get a break from childcare and focus on holistic wellness in partnership with other families. [Click here](#) to learn more and [here](#) to view a flyer.

### **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. RSVP by calling **561-212-4930** or email [cmckinney@fau.edu](mailto:cmckinney@fau.edu).

### **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).

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### **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; next session November 7 - December 5

6:00 p.m. - 7:30 p.m. (times may vary up to two hours depending on project)

Lighthouse Art Center

373 Tequesta Drive

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](#) to register.



### 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: November Educational Calendar

November 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](#).

#### 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.

#### Winter Break Preparedness for Children with ASD

Thursday, November 30

12:00 p.m. - 1:00 p.m.

Virtual

During the training through Florida Atlantic University Center for Autism and Related Disabilities, participants will learn strategies to help children with ASD to prepare for holiday celebrations and family traditions, understand how to support a child's vacation routines and behaviors using visuals, social stories and video modeling, obtain ideas for engineering creative holiday experiences and celebrations and gain tips to select winter break activities & Palm Beach County area resources for children with ASD. [Click here](#) to register.

[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).

### **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 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](#).

### **Cannabis Use & Child Welfare Webinar**

Monday, December 4  
10:00 a.m. - 12:00 p.m.  
Virtual

Florida State University is hosting this free webinar with Assistant Scientist Dr. Adie Rae, who will discuss the intricate dynamics of cannabis within the child welfare system. The webinar aims to equip professionals with the knowledge to understand the nuances between categorical and problematic use, and analyzes the role of the family welfare system in the broader context of drug policy. [Click here](#) to register.

### **The Importance of Recreation, Socialization and Life Skills**

Tuesday, December 5  
2:00 p.m.  
Virtual

Jewish Family Service of Palm Beach County offers this free workshop to learn about how to improve important life skills, the benefits of engaging in recreational and social activities, promoting inclusion for everyone with different abilities, and accommodations to enable participation for all. [Click here](#) to view a flyer for the event. Register by December 1 by [clicking here](#).

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### **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.

### **On-Demand Trainings:**

#### **ACEs, Trauma, and Toxic Stress - Center for Child Counseling**

Workshop available on [bekidsafe.org](http://bekidsafe.org)  
Virtual

This workshop provides an overview of the ACE study, Trauma, Toxic Stress and the impact on health. Resilience and building a trauma-informed approach is also explored. This workshop is appropriate for teachers, caregivers, professionals and anyone who is interested in learning more about how adverse childhood experiences impact children, and what we can all do to foster resilience throughout the lifespan. Small fees apply. Click the link above to learn more.

**November PEPsA Training: Practical Ways to Support Advocacy in Students with Disabilities: A Guide for Parents & Educators** - Florida Atlantic University Center for Autism and Related Disabilities

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.

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### **Save the Date(s) - 2024:**

#### **Leadership Palm Beach County FOCUS**

Wednesday, January 17, Thursday, January 18 and Monday, January 22

Locations vary - see link below for details

Leadership FOCUS is a program for those interested in deepening their knowledge about Palm Beach County (PBC). Participants will connect with people of influence, explore PBC's strengths, challenges and initiatives and increase knowledge of issues and systems that affect PBC quality of life. Through panel discussions and behind-the-scenes tours of hospitals, research centers and other institutions, FOCUS gives participants an accelerated understanding of the issues and systems that affect the quality of life for all. The cost of the Focus program is \$800. Seats are limited for this exclusive experience, and the class always fills up quickly. [Click here](#) to register.

#### **Student Mental Health and Wellness Conference: Inspiring Resiliency and Well-being**

Monday, February 19

8:00 a.m. - 3:30 p.m.

Park Vista High School

7900 Jog Road

Lake Worth Beach

This full-day conference will offer keynote speaker Randy D. Blakely, Ph.D., Executive Director, FAU Stiles-Nicholson Brain Institute and special guest Michael J. Burke, Palm Beach County School District Superintendent, as well as break-out sessions and a community resource fair providing information and strategies that support the well-being and mental health of students and staff. [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](#) review the MMU Submission Guidelines.

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**Stay Connected!**





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