

NEWSLETTER

Center for Family & Child Enrichment, Inc.
Pediatric & Family Health & Wellness Center

HELP FAMILIES IN CRISIS SUCCEED THIS GIVE MIAMI DAY



**Help
CFCE
Ensure
No Child
Is Left
Behind**

GIVE 11.16.23
Early Giving: 11.13-15.23



Your giving always makes an impact at the Center for Family & Child Enrichment, Inc...giving on Give Miami Day elevates it even more through matching gifts and special giving incentive periods. As one of the nation's biggest 24-hour annual giving events,

GiveMiamiDay, is an online giving campaign that since 2012 has raised \$100 million for 1,000+ Miami area nonprofit organizations. As the need for CFCE services continues to increase, **your support is needed more than ever**. Having provided services to Miami Gardens and surrounding communities for over 46 years, CFCE builds stronger families by providing foster and adoption services, mental health counseling, youth Intervention programs, pregnant and new mom programs, and full medical and dental services for the whole family. [READ MORE](#)



**JOIN US IN GIVING
THIS #GIVEMIAMIDAY**

A PARENT'S JOURNEY THROUGH THE DEPENDENCY COURT - PART 1

When a family becomes the subject of a juvenile dependency investigation, it can be an overwhelming experience.
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A Parent's Journey Through the Dependency Court

Part One: The Child Protective Investigator

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The dependency court process has many stages and numerous parties and participants who are involved at each stage. For parents who are unfamiliar with the process, it can be a very confusing and scary ordeal. The fear becomes even more intense when a child has been removed from the home.

This article is the first of a series entitled **"A Parent's Journey Through the Dependency Court"**. By providing some basic information about the Juvenile Dependency Court and the responsibilities of those who are tasked to perform this work, we hope to help parents better manage the process and reduce the amount of time that they and their children spend in the system.

Part One: The Child Protective Investigator

The dependency process begins with a report to the child abuse hotline alleging child abuse, abandonment, or neglect.

After receiving the report, a child protective investigator (CPI) (or in some jurisdictions, a county sheriff) visits the child's home to determine whether or not the child's living environment is unsafe.

The subject matter experts who contributed content to this article are Program Administrator Bruce Baskin and Quality Assurance Specialist David Welch, both of whom work in Child Welfare. Each of them are former Child Protective Investigators and have more than 40 years of experience between them. [READ MORE](#)



Shirley Gibson

Remembering A Great Friend and Supporter of the Center for Family and Child Enrichment, Inc.



"We will continue to celebrate her rich legacy!"

Though we are saddened by this great loss to our community, we find comfort in our collective memory of the times that we shared with Ms. Gibson. In fact, nearly one year ago today, on November 5, 2022, CFCE was honored to present Ms. Gibson with the Legacy Leadership Award at the City of Miami Gardens Inaugural Mayor's Ball. It was a fitting tribute for her trailblazing leadership as the very first elected mayor of the City of Miami Gardens and for her work at CFCE in



L to R: Michelle Prescott, Chief Administrative & Compliance Officer, CFCE, Shirley Gibson, and State Representative Felicia Robinson, Board Member CFCE

The Board of Directors, Chief Executive Officer Delores Dunn, and staff of the Center for Family and Child Enrichment, Inc. ("CFCE") extend sincere condolences to the family of our beloved, Shirley Gibson. "May the life she lived speak for her" are the words that come to mind when we consider the tremendous impact that Ms. Gibson had on CFCE, and on the residents of the City of Miami Gardens, which is the seat of CFCE's headquarters.

support of children and families in the foster care system. We celebrated her on that night and we will continue to celebrate her rich legacy!

[READ MORE](#)

Resources and Support Available for *Expecting and New Moms*

BY **KEMNER REYNAGA**
COMMUNITY HEALTH WORKER

At the Pediatric & Family Health & Wellness Center, **we are dedicated to empowering new moms on their journey to optimal health and ensuring the well-being of their precious babies.** We understand that the early stages of motherhood can be both rewarding and challenging, which is why we provide comprehensive support and resources to guide mothers through this transformative period. From educational programs to postpartum support and prenatal guidance, our mission is to help new moms make informed decisions about their health and their baby's health. We believe every mother deserves the opportunity to thrive, and by offering a nurturing environment and a wealth of knowledge, we strive to make that a reality for all the moms we serve.

Empowering New and First-Time Moms

We are excited to introduce you to an invaluable program that provides essential support and guidance for new and first-time mothers. The **Nurse-Family Partnership** offers...

[READ MORE](#)



Benefits of Adding Pilates To Your Health Regimen

Pilates is a low-impact exercise that can provide numerous benefits for your health and well-being. It is a form of exercise that focuses on strengthening and toning the body, improving flexibility, and enhancing overall physical and mental health. Here are some of the key benefits of incorporating Pilates into your health regimen:

- 1. Improves flexibility and balance:** Pilates involves a series of controlled movements that help to improve flexibility and balance. This can be particularly beneficial for older adults who may be at risk of falls and injuries.
- 2. Strengthens and tones muscles:** Pilates focuses on strengthening and toning the core muscles of the body, including the abdominals, back, and pelvic floor. This can improve posture, reduce back pain, and increase overall strength.
- 3. Reduces stress and anxiety:** Pilates incorporates breathing techniques and mindful movements that can help to reduce stress and anxiety. This can be particularly helpful for individuals who suffer from anxiety or depression.
- 4. Increases energy and stamina:** Pilates can also help to increase energy and stamina by improving cardiovascular health and increasing blood flow throughout the body.
- 5. Can be adapted for different fitness levels:** Pilates can be adapted to suit different fitness levels, making it an excellent option for individuals new to exercise or with physical limitations.

Overall, Pilates is a highly effective form of exercise that can provide numerous benefits for your physical and mental health. Adding it to your health and wellness plan will improve your flexibility, strength, balance, and overall well-being.

Be good to yourself and commit to prioritizing your health and fitness. A healthier tomorrow begins with making better choices today!

[Schedule your next class.](#) Space is limited!

Email your questions to info@cfceinc.org



TRAINING TO HELP DEVELOP STRONGER FAMILIES

NURTURING PARENTING PROGRAM

BY LATHOSHA ALEXANDER
LCSW, PARENTING PROGRAM SUPERVISOR

The Nurturing Parenting Program is an evidence-based program recognized by the National Registry of Evidence-based Parenting Programs and Practices. The Nurturing Parenting Program serves the community and court-ordered families utilizing the Nurturing Parenting Curriculum in a group setting.

In the twelve-week course, families learn strategies to develop and change parenting personality traits and how they relate to parenting. Also, families learn how to navigate through stress management, healthy parent



land child communication tools, conflict resolution, developmental stages, and discipline and behavior modification. [READ MORE](#)

CFCE STAFF Works and Plays Together!



A STARTLING CONNECTION BETWEEN DENTAL HYGIENE AND YOUR OVERALL HEALTH

BY ZEIDA SACERIO BRUNET
DENTIST

“Multiple associations have been found between Periodontal Disease and systemic conditions.”

Oral Health is considered an essential part of our well-being. The mouth is a harbor to many bacteria. From there, bacteria can travel through the bloodstream to various organs and cause disease.

More than 700 species have been found to live in the mouth. Beneficial and non-beneficial species live in a commensal relationship in which they benefit from each other. Bacteria are supposed to live in a balanced environment in the absence of disease. Your mouth health is critical to keep this balance.

In the presence of oral health, bacteria are not able to cause any disease. Beneficial and non-beneficial bacteria live in harmony with the surrounding environment, but in the absence of it, when the balance between them is broken, then the non-beneficial bacteria overpower the beneficial ones and they cause disease in the teeth and the supporting bone.



Having non-ideal oral hygiene will lead to the build-up of plaque, calcium, and inflammation, which are able to trigger an immune response and eventually cause cavities and periodontal disease. Both are chronic and irreversible conditions.

This is why practicing good Oral Hygiene is so important for adults and children as well.

It is important to educate our families on the importance of keeping healthy teeth and gums eventually will turn into a healthy body and mind and will help to prevent chronic and irreversible conditions.

Multiple associations have been found between Periodontal Disease and systemic conditions. Despite the causal effect has not been proven yet, strong evidence suggests that Periodontal Disease is a crucial risk factor for conditions such as diabetes and cardiovascular immune-mediated diseases. [READ MORE](#)

Congratulations to The SNAP Program's 16th Graduating Class!



The SNAP Team recently hosted a successful graduation for Cycle 16 Snappers who completed the 13-week program. The speaker focused on growing up as a troubled youth and how the intervention program helped her develop into the successful young lady she is today.

"Special thanks to Officer Jacquelyn Harris of the City of Miami Gardens Police Department for her presentation and support of the SNAP Program and to the very supportive parents. Also, I want to thank the SNAP Team for doing an exceptional job planning the event. All the presentations were AWESOME!" said Mary Williams, Program Administrator of Community Based Youth Intervention.

SNAP stands for STOP NOW AND PLAN. It is an evidence-based cognitive-behavioral model built on three decades of research, innovative program

development, and stringent evaluation by clinicians and researchers at the Child Development Institute (CDI). SNAP helps troubled children and their parents learn how to manage their emotions and minimize problems effectively. The gender-sensitive SNAP Boys and SNAP Girls program is designed for children ages 6-11 who engage in aggressive, anti-social behavior and/or have come into contact with authority figures at school or in the community. SNAP's goal is to prevent future anti-social behavior and reduce conflict among family, peers, and authority figures to keep youth from becoming mired in the juvenile delinquency system.

Want to get involved or enroll your teen in an intervention program with a successful track record? Contact Mary Williams at mwilliams@cfceinc.org.

FREE HIV SCREENING



SILENCE HIV



GET TESTED AND KNOW YOUR STATUS

BY AARON SINCLAIR
COMMUNITY HEALTH WORKER

We are thrilled to unveil a comprehensive initiative dedicated to the well-being of our community. At the Center for Family and Child Enrichment, Inc. (CFCE), we believe that informed choices are the foundation of good health. Our new campaign focuses on offering free HIV and STI testing at CFCE. Trained professionals will provide confidential testing services, ensuring your comfort and privacy at our clinic. The testing is a very quick and efficient process with results read to you in as little as 20 minutes. As well as recognizing the importance of convenience, CFCE offers two simple ways to access HIV & STI testing:

1. Express in-person visit at [Pediatric & Family Health & Wellness Center](#)
2. Provide you with a free at-home HIV testing kit (upon request). These discreet kits will be delivered directly to your doorstep, enabling you to take the test in the comfort and privacy of your home. Taking charge of your health has never been easier.

By getting tested, you're taking a proactive step towards your health and the health of those around you.

Knowledge is essential in promoting healthy decisions. We are excited to bring you informative workshops, seminars, and other resources designed to increase awareness... [READ MORE](#)



Smart Nutrition Hacks FOUND IN YOUR KITCHEN



The Power of the Cauliflower

Most of you have heard about eating the rainbow. In fact, Time Magazine recommended for a long, healthy life that you make your plate look like a bowl of Crayola crayons. Think red, blue, orange, and green. Recently, however, there has been a superstar vegetable in the white category and that is cauliflower.

Cauliflower is what we call a cruciferous vegetable. Cruciferous vegetables are a diverse group of vegetables with many health benefits, that include brussel sprouts, kale, broccoli, bok choy, and arugula. The word cruciferous is an informal classification for members of the mustard family and comes from the Latin *Cruciferae*, meaning cross-bearing because of the 4 petals resembling a cross. [READ MORE](#)





ROASTED CAULIFLOWER WITH ROSEMARY AND PARMESAN

INGREDIENTS

- 1 medium cauliflower cut into 1" steaks
- 2 tablespoons olive oil 1/2 cup shredded Parmesan shredded
- 1 tablespoon fresh or dried rosemary-chopped
- salt to taste

DIRECTIONS

1. Preheat oven to 400 degrees F.
2. Cut the cauliflower into 1" steaks. Place them on parchment paper on a baking sheet. Brush both sides with olive oil. Sprinkle with salt. Transfer the cauliflower to a baking sheet and spread in an even layer.
3. Bake the cauliflower for 10 minutes. Remove from the oven and turn the steaks over, being careful not to break them apart. Sprinkle on the rosemary and parmesan cheese and return to the oven.
4. Bake for an additional 10 minutes, or until the tops are golden brown and the cheese is melted and browning.



Your journey to a healthier you starts with small changes.

www.cfcewellness.org





ENTER TO WIN \$1000



HOLIDAY CASH PRIZE



Center for Family & Child Enrichment, Inc.



Holiday Raffle

\$25 per ticket (buy more and save)

Purchase at <https://go.rallyup.com/cfce-raffle>

SCAN ME TO PURCHASE TICKETS

Drawing Friday, 12/8/23

Support Center for Family and Child Enrichment, Inc. community health and wellness resources, foster and adoption services, and other initiatives by entering the CFCE Holiday \$1000.00 Raffle now through December 8 at noon.

The winner will be drawn on Friday, December 8, at 12:15 pm.

Help us impact children and families in crisis while possibly winning \$1000.00 cash just in time for the holidays!

Enter at **CFCE RAFFLE** for your chance to win the jackpot! Save-the more tickets you purchase!

Enter to Win





CALLING ALL CHRISTMAS ELVES

*Help A Child In Need
Have A Great Christmas!*

HOW TO GET INVOLVED:

- **Make a Monetary Donation.** Your gift will be used towards purchasing gift cards for teens and to be sure each child receives gifts.
- **Sponsor A Child's Wishlist.** Select a child or children from our Giving Tree. There will be an Amazon Link to purchase their list or you can make a monetary donation and we'll purchase items. You may attach a personalized note if you like.
- **Host a Holiday Gift Drive.** CFCE will provide you with a list of suggested gifts for various age ranges. Join the many companies and community groups that participate in Christmas at CFCE for children in need.
- **Spread the Word.** Let your coworkers, friends, neighbors, and community know the valuable services we provide to children and families in crisis.
- **Volunteer.** As a Santa's Elf, there's never a quiet time this close to the holidays. Join in and spread joy and love as we prepare to make each child and family feel cared about and loved this holiday!
- **Sponsor CFCE Santa Helper Elves T-shirts.** Are you a business or philanthropist? Sponsor our Elves t-shirts for our hardworking holiday volunteers.

Your giving makes a difference by expanding the impact CFCE has on children and families going through difficult times.

For more information on how to get involved, email Sheila at sforeman@cfcecares.org

www.cfcecares.org

