



CENTER FOR FAMILY SERVICES OF PALM BEACH COUNTY, INC.

From Our Family To Yours

We are happy to welcome-in the month of May; and with it the end of another school season, and the start of summer time! We are grateful this is Mental Health Awareness month and that we have the opportunity to promote its significance over the next few weeks. We are honoring this month with a social media campaign offering therapist tips to build and maintain optimal mental health, positive well-being, and mindfulness. The slogan for the campaign is "**May** you grow your inner peace!" Each day will offer a social media posting, picture, interview, tip, and/or you may even catch some of our staff in a Tik Tok! We hope this helps educate our community and improve mood for all who follow on social media.

This month also marks the celebration of Mother's Day (May 8th) and Memorial Day (May 30th). Both days are great times for reflection, pause, gratitude, remembrance, and celebration. Our Children's Services Council (CSC)-funded Prenatal Plus Mental Health Services (PPMHS) program will be doing something special to celebrate all our clients as new mother's and mother's-to-be; and the staff will take time-off on Memorial Day to remember and honor all of our veterans who selflessly served and lost their lives in defense of our country and our freedom.

We are also turning our attention towards next year's Old Bags Luncheon® and have some great new ideas we are sure will keep things festive and fun—all while contributing to a great cause! As always, if you are interested in volunteering and/or helping with organizing this event, please call our office to reach our Development Team. We would love to welcome you to the CFS family!

Finally, (sticking with our grow theme for May) we continue to grow our CFS family in more ways than one. We wish congratulations to two of our current staff who recently added to their own families this past month with a healthy baby boy and a healthy baby girl: Congratulations Kristen and Janiel! We also are growing two of our eight programs as we seek to expand both our CSC-funded Counseling for Parents and Young Children program, which offers outpatient mental health services via telehealth and/or in-the-home for parents with children 5 years of age and younger; and our Southeast Florida Behavioral Health Network funded Embarcc (Expanding and Maximizing Better Access to Recovery and Resiliency through Care Coordination) program, which offers assessment and placement for individuals who are struggling with substance misuse, and who may be seeking higher levels of care.

Most importantly we want to thank everyone who has helped us grow along the way—dedicated staff, community partners, and you, our donors. Because of you we continue to offer exceptional outpatient mental health services to residents in Palm Beach County who so desperately need, want, and deserve this opportunity to better their mental health. You are essential to our thriving nonprofit organization.

We wish you a happy and healthy May, and we look forward to seeing you on-line this month!



Dawn M. Silver, Ph.D.

Licensed Clinical Psychologist, PY7917

Chief Operating Officer

Interim Chief Executive Officer

dsilver@ctrfam.org

Make A Donation

National Mental Health Awareness Month

Follow us on social media to help support our campaign!





Center for Family Services has been providing mental health services and education to children, adults and families since 1961. Our clients are some of the most vulnerable in the community due to their age, gender, and socioeconomic status. Donations are a crucial means to their mental well-being. On their behalf, thank you for your support.

To learn more about our programs, visit our website at ctrfam.org.

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