

Newsletter

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



GUESS WHAT'S COMING TO MIAMI GARDENS?

Meet Our New Mobile Healthcare Center!

CFCE is thrilled to announce the arrival of our new Mobile Healthcare Center! This represents a significant milestone for our Pediatric and Family Health and Wellness Center (PFHWC) as we expand our reach and enhance our services to better serve our patients. Our Mobile Healthcare Center is a cutting-edge facility outfitted with the necessary technology and resources to bring our services directly to the communities we serve. Initially, the Mobile Healthcare Center will offer school-based health services and ultimately expand into health fairs, back-to-school and sports physicals, vaccines, COVID care (vaccines/testing) and more.

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Connect with us @cfceinc and #cfcecares

Guess What's Coming To Miami Gardens?



State of the Art Mobile Healthcare Center

TAKE CONTROL OF YOUR HEALTH, VISIT WWW.CFCEWELLNESS.ORG
ACCEPTING NEW PATIENTS

Join us for...

THE MOBILE HEALTHCARE CENTER'S ARRIVAL

Tours and Refreshments Will Be Provided

Date and Time: Friday, July 07, 2023, at 9:00 - 10:00 AM

Location: CENTER FOR FAMILY AND CHILD ENRICHMENT, INC
1825 NW 167 Street, Suite 102
Miami Garden, FL, 33056



Meet our new Mobile Healthcare Center! cont.

We invite you to join us for our soft opening on July 7, 2023 from 9:00 am - 10:00 am where you will have an opportunity to walk-through the Mobile Healthcare Center, take photos, schedule appointments, receive consultations, and ask questions about services. **Refreshments will be served.** We look forward to your presence and participation as we celebrate this exciting event! **Together**, let us continue to make a positive difference in the lives of our patients and the community. For more information, [contact Joyce Noy](#).

1ST ANNUAL HUMAN TRAFFICKING SYMPOSIUM



of Miami-Dade County's human trafficking experts and received community resources from over 18 different agencies including the Center for Family and Child Enrichment, Inc. The highlight of the event was hearing about real life experiences from keynote speaker Dr. Shanika Ampah-Haynes.

BY RONBARDO GAY, LMHC/CBHCMS
CFCE CHIEF BEHAVIORAL HEALTH OFFICER

Ron Gay (Chief Behavioral Health Officer) and Valerie Dukes (MSW Clinical Therapist), attended the 1st Annual Human Trafficking Symposium and Resource Fair held at Florida Memorial University on January 28, 2023. The event was hosted by the Dade County Alumnae Chapter of Delta Sigma Theta Sorority, Inc. There were over 250 community members that attended and participated in a prevention training, received intervention updates, listened to personal testimonies, interacted with a panel



CFCE Hosts A Community Health Fair To Celebrate JUNETEENTH

Organizations and community members gathered for a Juneteenth Community Health Fair on Saturday, June 17th, focusing on Men's Health Week and Father's Day. As a disproportionate number of men don't participate in health screenings, the Pediatric & Family Health & Wellness Center provided men with free health screenings with a \$25 gift card incentive. Additionally, attendees received Sickle Cell Awareness Information, Covid Vaccines, HIV screenings, and healthy cooking demonstrations.

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Florida Department of Health providing free HIV screenings through in Home HIV kits available for distribution

The fair showcased diverse vendors, including Shakevia Sickle Cell Foundation Inc, Feeding South Florida, Excess Wireless, Sonolife Care, Lavish Touches Hair & Spa, R.O.P.E Foundation, and The Florida Department Of Health. Their diversity provided numerous informational resources that enhance the community's well-being. Additionally, the Pediatric & Family Health & Wellness Center distributed freebies, which included health-related items such as hand sanitizers, reusable water bottles, and informational brochures.

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R.O.P.E Foundations providing education on services revolving parenting eduation, life skills, mentoring, youth transitional services, and entrepreneurship training

Beyond health and wellness activities, smiles and laughter filled the event as children and families enjoyed a bounce house, delicious treats, popcorn, snow cones, music, free relaxing massages, and exciting activities.



Shakevia's Sickle Cell Anemia Foundation providing education on sickle cell awareness

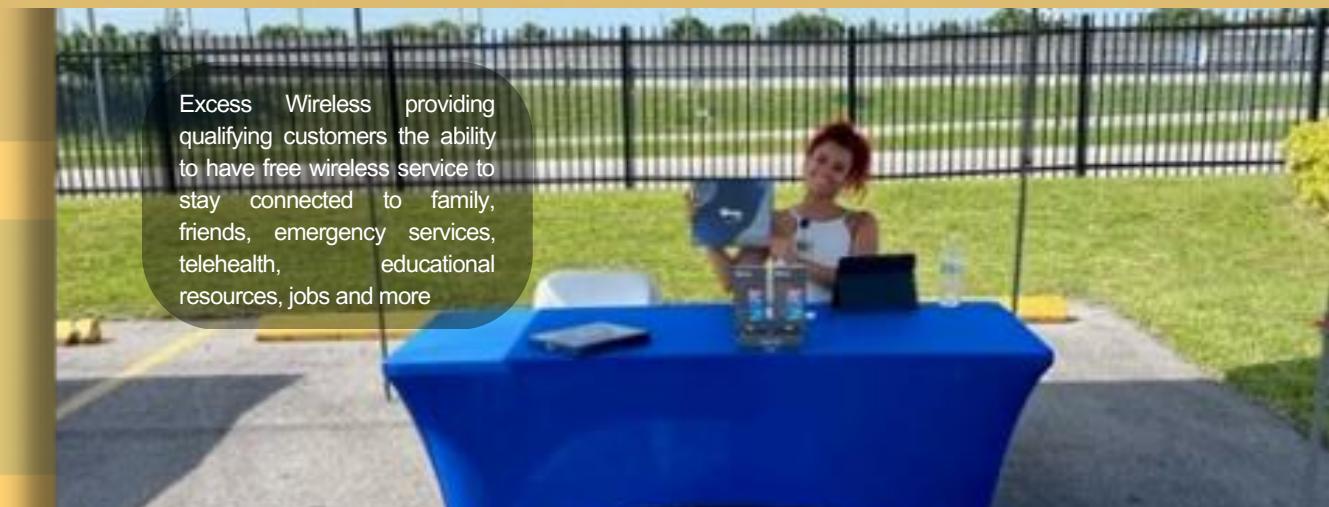
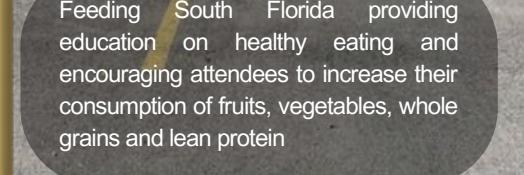
The Community Health Fair culminated CFCE's Men's Health Week activities, including a Men's Symposium-Revitalize Man with Lance Jackson, CFCE's Clinical Mental Health Specialist; a day of free mental health and nutrition consultations and health screenings; and ending the week with our Juneteenth Community Health Fair.

The Juneteenth Community Health Fair was a resounding success, blending the oldest nationally celebrated commemoration of the ending of slavery in the

United States with a commitment to promote healthy lifestyles that empower individuals to take charge of their health, prioritize their overall well-being, and embrace a brighter future.



The Pediatric & Family Health & Wellness Center is a Federal Qualified Health Center providing quality care to children and families. To learn more, go to cfcewellness.org. The Center is accepting new patients.





Cherishing Our Children Since 1977

2023 back to School



BACKPACK DRIVE

Help Empower Foster Children To Succeed!

WAYS TO GET INVOLVED:

DONATE

\$75 covers the cost of a sturdy backpack filled with school supplies

PROVIDE SUPPLIES

Provide filled backpacks or supplies and we will combine them with others

HOST A DRIVE

Host a Back To School Drive at your workplace, church, or organization

VOLUNTEER

Volunteers needed to help pack bags, make pick up's, and organize supplies



DRIVE: Now - August 12, 2023

FOR MORE INFORMATION
[HTTP://BIT.LY/2023CFCEBP](http://bit.ly/2023CFCEBP)



DROPOFF LOCATION: CENTER FOR FAMILY AND CHILD ENRICHMENT, INC.
1825 N.W. 167th Street, Suite #102; Miami Gardens, FL
Monday-Friday, 9:00 AM - 5:00 PM

Teen Girls Speak Through *Art*

BY SUSAN FRAZIER
CFCE CLINICAL PROGRAM MANAGER



On March 21, 2023, our teen girls were excited to participate in a therapeutic fun day. Through the use of vision boards and Painting with a Twist activities, CFCE's clinical staff created a space where the girls were encouraged to express themselves without uttering a word. Presented with a blank canvas, they could envision life differently. Some noted that the experience was calming and a welcome distraction from the daily stressors that can trigger negative and self-destructive behaviors. These types of activities foster a safe, therapeutic environment which allows our girls to dream big and to see beyond their current circumstances. To donate art supplies or services to support this effort, email sfrazier@cfceinc.org.

A Parents Guide to Making Shots Less Scary for Children

Is your child afraid of needles? Helping them to overcome their fear of shots will make doctor visits more comfortable for both of you. More importantly, you may increase the odds that your child will seek appropriate medical care for years to come. Injections may sting for a minute, but they play an important role in preventing and managing a wide variety of serious health conditions.

As a parent, there are many things you can do to ease your child's anxiety and to help your child feel more comfortable at the doctor's office. First, it helps to let your doctor know, so that they can be prepared.

Try the following tips to make injections and other procedures less scary:

- 1. Be honest.** You'll lose credibility if you tell your child they won't feel anything. Let them know what to expect. Use comparisons they can understand, like being pinched or stubbing their toe.
- 2. Stay calm.** Your child will be influenced by your attitude. Think positive and sound encouraging.
- 3. Use distractions.** Shifting your child's attention can be very effective...

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Hill Day 2023

Each year, in the month of March, organizations and constituent groups around the state mark the beginning of Florida's Legislative session with a trek to our state capitol in Tallahassee. It's an exciting opportunity to meet, greet, and educate newly-elected and returning legislators on issues of great interest to, and significant impact on, their constituents. On March 14-15, 2023, CFCE Program Director Mary Williams joined her colleagues for the Florida Network of Youth and Family Services "Hill Day".

As Program Director, Ms. Williams manages CFCE's community-based youth intervention programs including Children in Need of Services/Families in Need of Services (better known as CINS/FINS); Stop Now and Plan (aka SNAP); and Domestic Violence Respite. Collectively, these programs help parents to keep their children in school, engaged, and equipped with behavior management skills that reduce truancy and lead to positive outcomes. Ms. Williams met with several representatives to let them know how important these services are to our community and to thank them for their support.



Florida Network of Youth and Family Services Hill Day 2023



(l-r) – Mary Williams, Rep. Christopher Benjamin of District 34, with two other Florida Network members



(l-r) Mary Williams, Rep. Felicia S. Robinson of District 104



(l-r) - Fla. Network member, Mary Williams, Rep. James Vernon Mooney, Jr., two more Fla. Network members

The Florida Department Of Health Issues Mosquito-Borne Illnesses Advisory

Four Malaria Cases In Sarasota County Have Been Treated And Recovered

Tallahassee, Fla. - The Florida Department of Health (Department) is issuing a statewide mosquito-borne illness advisory following four confirmed and recovered local cases of malaria in Sarasota County. All individuals have been treated and have recovered. Malaria is transmitted through infected mosquitoes. Residents throughout the state should take precautions by applying bug spray, avoiding areas with high mosquito populations, and wearing long pants and shirts when possible - especially during sunrise and sunset when mosquitos are most active.

The Department continues to work closely with local partners and county mosquito control. Aerial and ground mosquito spraying continues to be conducted in these areas to mitigate the risk of further transmission.

In Florida, Malaria is transmitted through infected Anopheles mosquitoes. The cause of malaria in these cases has been identified as the *Plasmodium vivax* species. Effective treatment is readily available through hospitals and other health care providers. Individuals in this area with symptoms of fever, chills, sweats, nausea/vomiting, and headache should seek immediate medical attention.

The Department advises the public to remain diligent in their personal mosquito protection efforts by remembering to "Drain and Cover."

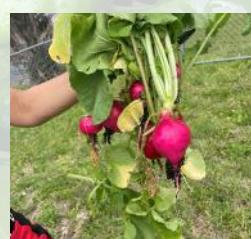
[READ MORE](#)

CFCE Fosters Youth Vegetable Garden in the Million Gardens Initiative

The City of Miami Gardens (CMG) is collaborating with Project Grow on the Million Gardens program, an effort to reduce poor health outcomes by engaging community residents in gardening. As a participant in the Million Gardens initiative, CFCE is teaching youth in foster care how to plant and maintain their own vegetable gardens.

In 2014, CMG residents rated unhealthy eating as the second greatest health problem in Miami Gardens. They actually ranked poor nutrition as the greatest problem facing children and obesity as the greatest problem facing older adults. Residents also identified a lower number of access points of affordable healthy foods, and the high cost of health foods in the top five access/affordability issues.

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17th Annual Regional CHILD WELFARE CONFERENCE

BY DIANNE EDWARDS



(l-r) M. Julien, Esq., Judge O. Prescott, GM K. Kallman, and D. Berger, Esq.

"A child welfare professional's perspective"

On January 19, 2023, the Miami-Dade Community Based Care (CBC) Alliance hosted the 17th Annual Regional Child Welfare Conference. This annual event is a forum where private child welfare agencies and community advocates can learn and collaborate on important issues. As an advocate for children and families, I look forward to mingling with colleagues and stakeholders during this yearly event to obtain updates about the current challenges, successes, and goals within the child welfare system. What stood out most for me during this year's event was learning that the "constructs of systemic racism [are] unconsciously perpetuated through policies and practices that disproportionately affect black children and their families".

This workshop, entitled "Racial Equity and Inclusion From Prevention and Beyond" highlighted some of the approaches that are needed to affect a paradigm change if diversity and inclusion is to occur within our community.

Another highlight of this event was when participating agencies took the time to recognize and honor their child welfare advocates who continue to go above and beyond for the cause. Looking forward to next year's conference!



(l-r) K. Lewis, Esq. and GM K. Kallman



CFCE Team: (l-r) M. Prescott, D. Edwards, and R. Navarro

Smart Nutrition Hacks FOUND IN YOUR KITCHEN



The Power of the Sweet Potato

Starting and maintaining healthier eating habits is easier than you probably think without spending a great deal of money or enrolling in the "next" quick fix program. In today's Smart Nutrition Hacks, Elise M. Karnegis RDN, LDN CDCES, Center for Family and Child Enrichment Dietitian and Diabetes Educator shares an excellent source for a healthy gut and immune support nutrients that are right in your kitchen.

Sweet potatoes are typically recognized by their vibrant orange flesh but are also white, yellow, and reddish-blue. Sweet potatoes with orange flesh are richest in beta carotene, which your body can convert to Vitamin A. Vitamin A is a vital nutrient for vision and maintaining healthy organs, like the heart, kidneys, and liver...

[READ MORE](#)



A promotional graphic for a video. It features a blue header with the text "SMART Nutrition Hacks" and "with Elise M. Karnegis RDN, LDN CDCES". Below the header is a photo of Elise M. Karnegis, a woman with short brown hair, smiling. The background is white with green and blue abstract shapes. At the bottom is a red button with a white play icon and the text "WATCH NOW". The logo for "center for family and child enrichment" is in the bottom right corner.



CFCE Case Management Team Makes Prom Memorable



What teen doesn't dream of going to the prom? Whether going with a date or going solo, prom night can be one of the most exciting events in a student's high school career. It's often the last opportunity for teens to get together with friends and classmates to celebrate the end of high school. For some, it has become a rite of passage from adolescence to adulthood.

Unfortunately, going to the prom has also become a very expensive night out. In addition to purchasing prom tickets,

there's the cost of buying or renting an outfit, in addition to shoes and accessories. Add to that the cost of getting one's hair styled, makeup done, renting a car, purchasing a boutonnière or corsage, and professional photos, and a prom-goer could easily spend \$500-\$700 or more for just one night. It's easy to understand why some simply forgo the expense and the experience altogether. That's exactly what Lamonica was planning to do before her CFCE case manager, Laletrice Hodges, did something that she would never forget.

Lamonica had accepted the fact that she was not going to be able to go to the prom. "This is my last year in school. I know I'm not going to be able to go to the prom, but it's okay," she commented to Laletrice. "It was heartbreaking to see how disappointed she was," said Laletrice, "I really wanted to make it happen for her." Convinced there must be something they could do, Laletrice and CFCE Visitation Specialist Lakisa Smith put their heads (and resources) together and devised a plan.



Laletrice would take Lamonica shopping for her prom dress, and arrange for someone to do her manicure and makeup. Lakisa would arrange for a stylist to come to CFCE's office to

CFCE Case Management Team Makes Prom Memorable cont.

do Lamonica's hair. On prom day, an excited Lamonica arrived at the office and got dressed with the help of several members of CFCE's visitation team. Once transformed, it was time for her big reveal. And of course, there was one more thing - the obligatory photos that every prom-goer is forced to take just before leaving for the prom. But something was missing . . . knowing that Lamonica would want to share this experience with her beautiful baby girl, Laletrice had also arranged for her daughter to be present.

To Lamonica's delight, and many thanks to her caregiver, Lamonica's precious baby arrived all dressed up and ready for the photo shoot. The prom team snapped photos of Lamonica and her baby against a backdrop of decorative



CFCE Dependency Case Manager Laletrice Hodges

"Prom 2023" paper that Laletrice had used to cover the wall. With that, it was time to leave. But how would she get there? Well . . . Laletrice had reserved a luxury Uber to transport Lamonica to the prom and Lamonica's father would take her home!

When asked what brought her the greatest joy about the evening, Lamonica replied "It was the fact that people went out of their way for me to enjoy the last of my high school experience." And what she wants people to know about Laletrice is that "She is kind and considerate. She does things she doesn't have to do and I respect her for it." Lamonica will undoubtedly have other big nights in her life, but she will always remember how her case management team came together to make this one most memorable.

To support teens in foster care, donate to CFCE at www.cfcecares.org/give.

James E. Hazel Pastors Luncheon

On June 13th, Miami Gardens area Pastors gathered at The Center for Family and Child Enrichment (CFCE) for the James E. Hazel Pastors Luncheon. The event which coincided with Juneteenth, was a testament to our commitment to fostering unity, learning, and collaboration with the pastoral community.

The luncheon began with a warm welcome extended to pastors from various denominations, reflecting the diversity and strength of our community. Attendees were treated to a thought-provoking presentation, "Building Stronger Communities" by our esteemed guest speaker, Elder Felice Dames, Bereavement Facilitator/Counselor who expounded on the importance of fostering unity amongst churches and the community incorporating health and wellness connecting church members to resources such as the CFCE to ensure members are informed.

A special tribute was presented to honor the visionary founder of the Pastors Luncheon, James E. Hazel. His unwavering dedication to serving children and families, and his commitment to



empowering pastors and community leaders, continue to inspire us all. It is through his vision that events like the Pastors Luncheon have become a vital platform for learning, growth, and collaboration.

"We express our heartfelt appreciation to everyone who contributed to the success of the Quarterly Pastors Luncheon. We look forward to future gatherings that will continue to inspire, empower, and strengthen our pastoral community," said Elidreanna Williams, Luncheon Coordinator.

To learn more and to get involved, email Eli at ewilliams@cfceinc.org.

Spreading Awareness to Seniors at Annual Elderly Abuse Awareness Day

CFCE Medical and Behavioral Health Professionals participated in the City of Miami Gardens Seniors Annual Elderly Abuse Awareness Fair on June 16.

Events like this Fair are crucial in keeping seniors informed as Elder Abuse is rising. [The National Library of Medicine](#) posted an article reporting that elder abuse comes in many forms, including physical, psychological, and sexual abuse, as well as less obvious forms such as financial exploitation and neglect.

With over 100 seniors present, several presenters shared valuable insight on many topics to empower seniors with the knowledge to avoid being taken advantage of or scammed.



For tips and more information on Elder Abuse Awareness, [download this fact sheet.](#)

If you are interested in learning more about CFCE/Pediatric and Family Wellness Center services visit cfcewellness.org