

2018

SUMMER RESILIENCY SCHEDULE & RESOURCE GUIDE

for Parkland/Coral Springs and Beyond



ABOUT THE GUIDE:

Broward County Public Schools has partnered with local community and national wellness organizations to provide summer activities, therapeutic services, and family-oriented activities as part of district-wide Resiliency efforts. This publication is intended to be a resource for our community; providing resources and information that promote healing, wellness and camaraderie. Events and activities are free; unless otherwise noted.

These events and activities will also be available on the district's social media accounts:

Facebook: www.facebook.com/browardschools

Twitter: [@browardschools](https://twitter.com/browardschools)

**We encourage you to frequently visit
<http://browardschools.com/crisissupport>
as it will be updated when new events are scheduled.**

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ABOUT THE BROWARD COUNTY RESILIENCY CENTER (BCRC)

BCRC: YOUR Safe Space

A Safe Space for Healing and Recovery

Located at the Amphitheatre at Pine Trails Park, Parkland Florida

**Hours are Monday – Friday, 12 pm to 7pm and
Saturday/Sunday 12pm to 5pm; Closed on July 4, 2018**

Groups are scheduled on the following days:

- **Student Support Group: Mondays 6-7pm**
- **Employee Support Group: 4pm-5pm**
- **Closed Parent Group: Tuesdays 5-6 pm**
- **Facilitated by EAP Counselors Adult Support Group:
Tuesdays 6-7 pm**

BCRC is open to service all who seek individual, family and group counseling. The center is staffed with three full time licensed clinicians who provide trauma informed therapeutic services.

The Center offers drop ins, individual appointments, family therapy appointments, and group therapy.

***To schedule an appointment and for more information call:
754.321.1590***

JUNE CALENDAR OF EVENTS

Monday, June 18: Family Bingo Night

6:00-8:00PM | *P-REC (BCPS sponsored event & Support Staff attending)*

Tuesday, June 19: BCPS & Jason Taylor Foundation Present Suicide Prevention Education Training

9:00-11:00AM | *Open to BCPS Employees. Registration and Event Details via MyLearningPlan.*

Tuesday, June 19: Beat the Odds (Open Group for MSD Staff)

10:30-12:00PM | *MSD HS, Rm 173*

Tuesday, June 19: Processing Group (Open Group for MSD Staff)

10:30am -12:00 pm | *MSD HS, Rm 161*

Tuesday, June 19: Summer Spot at the P-REC Center, Pine Trails Park:

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 3:00PM - Yoga
- 4:00PM - Lyrical Expression (Song writing/Music Production)
- 5:00PM - Beat the Odds

Tuesday, June 19: Healing with Art.

3:00 – 5:30PM | *Coral Springs Museum of Art. Coral Springs*

Wednesday, June 20: BCPS & Jason Taylor Foundation Present Suicide Prevention Education Training

9:00-11:00AM | *Registration and Event Details via MyLearningPlan (Open to BCPS Employees)*

Wednesday, June 20: Summer Spot at the P-REC Center, Pine Trails Park:

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 3:00PM Tension & Trauma Release Exercises
- 4:00PM Yoga

Thursday, June 21: Summer Spot at the P-REC Center, Pine Trails Park:

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 3:00PM Rock Painting with Kelli
- 4:00PM Transcendental Meditation
- 5:00PM Beat the Odds- Percussion

Thursday, June 21: School Counseling & BRACE (Broward Advisors For Continuing Education)

4:00 - 7:00PM | *Coral Springs Tennis Center, 2nd Floor Meeting Room, 2575 Sportsplex Drive, Coral Springs, FL 33065* (Open Advising sessions provided by School Counselors)

Thursday, June 21: Art for Educators

5:00-6:00PM | *Coral Springs Museum of Art - Coral Springs*

Saturday, June 23: Glow in the Park

6:00-10:00PM | *Equestrian Center- Parkland*

Monday, June 25: Therapeutic Knitting Group for BCPS Employees

2:45-3:45PM | *Pines Trails Park, Resiliency Center*

Monday, June 25: Family Feel Good Night- Zumba & Yoga Fitness

6:00-8:00PM | *Betti Stradling Park - Coral Springs*

Tuesday, June 26: Beat the Odds (Open Group for MSD Staff)

10:30AM-12:00PM | *MSD HS, Rm 173*

Tuesday, June 26: Processing Group (Open Group for MSD Staff)

10:30AM -12:00PM | *MSD HS, Rm 161*

Tuesday, June 26: BCPS & Jason Taylor Foundation Present *Suicide Prevention Education Training*

9:00-11:00AM | *Open to BCPS Employees. Registration and Event Details via MyLearningPlan*

Tuesday, June 26: Healing with Art

3:00-5:30PM | *Coral Springs Museum of Art - Coral Springs*

Wednesday, June 27: BCPS & Jason Taylor Foundation Present *Suicide Prevention Education Training*

9:00-11:00AM | *Open to BCPS Employees. Registration via MyLearningPlan*

Wednesday, June 27: Summer Spot at the P-REC Center, Pine Trails Park:

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 3:00PM - Tension & Trauma Release Exercises
- 4:00PM - Yoga

Thursday, June 28: Summer Spot at the P-REC Center, Pine Trails Park:

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 4:00PM - Transcendental Meditation
- 5:00PM - Beat the Odds- Percussion

Thursday, June 28: Art for Educators

5:00-6:00PM | *Coral Springs Museum of Art - Coral Springs*

Friday, June 29: Family Fun Day Event for BCPS Employees and Family

11:00AM-2:00PM | *Pine Trails Park- Parkland (Sponsored by BCPS EAP)*

Saturday, June 30: Movies in the Gym

5:00PM (Space Jam) & 7:00PM (Guardians of the Galaxy) | *P-REC Center, Pine Trails Park -Parkland*

JULY CALENDAR OF EVENTS

Tuesday, July 3: Beat the Odds (Open Group for MSD Staff)

10:30AM-12:00PM | MSD HS, Rm 173

Tuesday, July 3: Processing Group (Open Group for MSD Staff)

10:30AM-12:00PM | MSD HS, Rm 161

Tuesday, July 3: Therapeutic Knitting Group for BCPS Employees

2:45-3:45PM | Pines Trails Park - Resiliency Center

Tuesday, July 3: Music Under the Stars: Food Trucks & Concert

6:00-8:00PM | Coral Springs High School

Tuesday, July 3: Healing with Art

3:00-5:30PM | Coral Springs Museum of Art - Coral Springs

Thursday, July 5: Art for Educators

5:00- 6:00PM | Coral Springs Museum of Art - Coral Springs

Saturday, July 7: Parkchella

5:30-9:30PM | Pine Trails Amphitheatre - Parkland

Monday July 9-Thursday July 12: Initial Training Program in Mind-Body Medicine presented by BCPS and the Center for Mind Body Medicine (CMBM-Sponsored by Chan Zuckerberg Initiative; Train the Trainer Model Two weeks course); for certification in Mind Body Medicine. Inservice/CEUs will be provided for completion of the initial and Advanced courses.

8:00AM-6:00PM Location: TBD; Registration via EventBrite

Tuesday, July 9: Therapeutic Knitting Group for BCPS Employees

2:45-3:45PM | Pines Trails Park, Resiliency Center

Monday, July 9: Painting with a Twist

6:00-8:00PM | P-REC Center, Pine Trails Park- Parkland

Tuesday, July 10: Beat the Odds (Open Group for MSD Staff)

10:30AM-12:00PM | MSD HS, Rm 173

Tuesday, July 10: Processing Group (Open Group for MSD Staff)

10:30AM-12:00PM | MSD HS, Rm 161

Tuesday, July 10: Healing with Art

3:00-5:30PM | *Coral Springs Museum of Art - Coral Springs*

Tuesday, July 10: Summer Spot at the P-REC Center, Pine Trails Park

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 5:00PM – 6:00PM Lyrical Expression (Song writing/Music Production)
- 4:00PM – 6:00PM Beat the Odds

Wednesday, July 11: Summer Spot at the P-REC Center, Pine Trails Park

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 3:00PM – 4:00PM Tension & Trauma Release Exercises
- 4:00PM – 5:00PM Yoga

Thursday, July 12: Art for Educators

5:00- 6:00PM | *Coral Springs Museum of Art - Coral Springs*

Thursday, July 12: Summer Spot at the P-REC Center, Pine Trails Park

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 4:00PM – 5:00PM Transcendental Meditation
- 5:00PM – 6:00PM Beat the Odds- Percussion

Friday, July 13: Laugh Out Loud- Comedy & Magic Show

6:00-8:00PM | *Coral Springs High School*

Saturday, July 14: Fishing Derby

8:00-10:00AM | *Pine Trails Park - Parkland*

Tuesday, July 17: Beat the Odds (Open Group for MSD Staff)

10:30AM-12:00PM | *MSD HS, Rm 173*

Tuesday, July 17: Processing Group (Open Group for MSD Staff)

10:30AM -12:00PM | *MSD HS, Rm 161*

Tuesday, July 17: BCPS & Jason Taylor Foundation Present Suicide Prevention Education Training

9:00-11:00AM | *Open to BCPS Employees. Registration via MyLearningPlan*

Tuesday, July 17: A Day at the Farm. Tomorrow's Rainbow.

10:00AM-3:00PM | *Coconut Creek (Registration TBD)*

Tuesday, July 17: Summer Spot at the P-REC Center, Pine Trails Park

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 5:00PM–6:00PM Lyrical Expression (Song writing/Music Production)
- 4:00PM–6:00PM Beat the Odds

Tuesday, July 17: Healing with Art

3:00-5:30PM | *Coral Springs Museum of Art - Coral Springs*

Wednesday, July 18: BCPS & Jason Taylor Foundation Present Suicide Prevention Education Training

9:00-11:00AM | *Open to BCPS Employees. Registration via MyLearningPlan.*

Wednesday, July 18: Summer Spot at the P-REC Center, Pine Trails Park

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 3:00PM–6:00PM Safetalk- Suicide Prevention and Awareness
- 3:00PM–4:00PM Tension & Trauma
- 4:00PM–5:00PM Yoga

Thursday, July 19: Art for Educators

5:00-6:00PM | *Coral Springs Museum of Art - Coral Springs*

Thursday, July 19: Summer Spot at the P-REC Center, Pine Trails Park

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 4pm – 5pm Transcendental Meditation
- 5pm – 6pm Beat the Odds- Percussion

Friday, July 20: Movies in the Gym

5:00PM | *Pine Trails Park - Parkland*

Monday, July 23: Trauma Self Care Presentation 1: Education on the strategies to combat the effect of Trauma

10:30AM-12:00PM | *West Regional Library*

Tuesday, July 24: Beat the Odds (Open Group for MSD Staff)

10:30AM -12:00PM | *MSD HS, Rm 173*

Tuesday, July 24: Processing Group (Open Group for MSD Staff)

10:30AM -12:00PM | *MSD HS, Rm 161*

Tuesday, July 24: Summer Spot at the P-REC Center, Pine Trails Park

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 5:00 – 6:00PM Lyrical Expression (Song writing/Music Production)
- 4:00 – 6:00PM Beat the Odds

Wednesday, July 25: Summer Spot at the P-REC Center, Pine Trails Park

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 3:00-4:00PM Tension & Trauma Release Exercises
- 4:00-5:00PM Yoga

Thursday, July 26: Art for Educators: Painting with a Twist

5:00-7:00PM | *Coral Springs Museum of the Arts. Coral Springs*

Thursday, July 26: Summer Spot at the P-REC Center, Pine Trails Park

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 4:00PM-5:00PM | Transcendental Meditation
- 5:00PM-6:00PM | Beat the Odds- Percussion

Friday, July 27: Family Fun Day

11:00AM-2:00PM | *Riverside Park- Coral Springs*

Saturday, July 28: Scavenger Hunt & Concert

5:00-9:30PM | *Pine Trails Park*

Monday July 30-Thursday August 2: Advanced Training Program in Mind-Body Medicine presented by BCPS and the Center for Mind Body Medicine (CMBM-Sponsored by Chan Zuckerberg Initiative; Train the Trainer Model Two weeks course for certification in Mind Body Medicine. Inservice/CEUs will be provided for completion of the Initial and Advanced courses.)

8:00AM - 6:00PM | *Location: TBD; Registration via EventBrite*

Monday, July 30: Karaoke/Open Mic Night

6:00PM-8:00PM | *Coral Springs HighSchool - Coral Springs*

Tuesday, July 31: Beat the Odds (Open Group for MSD Staff)

10:30AM-12:00PM | *MSD HS, Rm 173*

Tuesday, July 31: Processing Group (Open Group for MSD Staff)

10:30AM-12:00PM | *MSD HS, Rm 161*

Tuesday, July 31: Healing with Art- Painting with a Twist

3:00PM-5:30PM | *Coral Springs Museum of the Arts*

Tuesday, July 31: Summer Spot at the P-REC Center, Pine Trails Park

Registration Link: <http://msdstrongalum.com/summerspot-registration/>

Calendar link: <http://msdstrongalum.com/summerspot-calendar/>

- 5:00PM – 6:00PM Lyrical Expression (Song writing/Music Production)
- 4:00PM – 6:00PM Beat the Odds

AUGUST CALENDAR OF EVENTS

Wednesday, August 1: Trauma Self Care Presentation 2: Education on the strategies to combat the effect of Trauma

10:30AM- 12:00PM | *West Side Regional Library*

Friday, August 3: Evening in Polynesia

6:30PM – 9:30PM | *Pine Trails- Parkland*

Saturday, August 11: Fishing Derby

8:00AM-10:00AM | *Pine Trails Park - Parkland*

Saturday, August 11: MSD Showcase

Pine Trails Park - Parkland

Saturday, August 18: Splash Bash- Parkland

SUMMER CAMPS

District Wide Summer Camps Information

<http://www.browardschools.com/Web/Summer-Programs/Summer-Camp>

Camps at Schools in the MSD Zone

MSD High School: 754-322-2150

Camp Shine Registration: www.shinemsd.org/campshine

- **Creative Arts Camp;** June 18-22; Monday – Thursday; 8:30AM to 11:30AM; Open to MSD High School Students and June 25-28.

Academic Camp: Call MSD 754-322-2150 with questions:

- **Session A;** June 18-21 and Session B June 25-28; Times are 8:00AM-11:30AM; activities offered: Language Arts – Essay Writing; SAT/ACT English Preparation; Liberal Arts Math; Algebra 1, 2; Spanish 1, 2; French 1, 2; Reading

Baseball Camp

- 6/4-6/8; 6/12-6/16; 6/19-6/23; 7/23-7/27; 7/30-8/3; 8:00AM-3:00PM

Football Camp

- 6/18-6/22; 6/25-6/29; 7/2-7/3; 7/9-7/13; 7/16-7/20 Times: 8:00AM-12:00PM; 7/30-8/3; 3:00PM-6:00PM 8/4 9:00AM; 8/6-8/10 Time TBD; 8/11 9:00AM

Band Camp Dates and Times:

- 6/11/18 - 6/14/18; 8:00AM-5:00PM
- 7/31-8/4/18; 8:00AM-5:00PM
- 8/6/18-8/9/18; 5:00PM- 9:00PM
- 8/11/18; 8:00AM - 5:00PM

Westglades Middle School Contact: 754-322-4805

Study Zone (Tutoring) Dates and Times

- 6/11/18 - 8/3/18; M-F 8:00AM-6:00PM

City of Parkland Travel Camp

- 6/18/18 - 8/3/18; M-F 8:00AM-6:00PM / 8:00PM

Coral Springs Middle School: Contact 754-322-3019

City of Coral Springs and Recreation Camp Dates and Times

- 6/8/2018 - 8/3/2018; M-F; 8:30AM-3:30PM

Made for Music Camp Dates

- 6/11/2018-6/21/2018; M-F; 9:00AM-3:00PM

Riverside Elementary School: Contact: 754-322-8250

3rd Grade Reading Camp & Extended School Year (ESY) Dates and Times

- 6/25/18-7/26/18; M-Th; 7:30AM-2:30PM

Riverglades Elementary School: Contact 754-322-8200

Riverglades ES Camp Dates and Times

- 6/11/18 - 7/27/18; M-F; 7:30AM-6:00PM
- Weekly Themed Camp with STEM, Art Media, Computer Lab, Cafeteria

Park Trails Elementary School: Contact: 754-322-7800

ASP Camp Dates and Times

- 6/11/18-8/3/18; M-Th; 7:00 am -5:00 pm

Heron Heights Elementary School: Contact: 754-322-9150

City of Parkland Kids Camp Dates and Times:

- 6/18/18 - 8/13/18; M-F; 7:30AM-5:30PM

Eagle Ridge Elementary School: Contact: 754-322- 6300

Eagle Ridge Summer Camp Dates and Times:

- 6/11/18 - 7/27/18; M-F; 7:00am-6:00pm
- Academic with weekly themed activities

Country Hills Elementary School: Contact: 754-322-5950

GTA Camp (Private Summer Recreation Camp)

- 6/11/18 to 8/6/18; M-F; 8:00am - 5:00 PM

City of Coral Springs Summer Camps

<https://www.coral springs.org/government/other-departments-and-services/parks-and-recreation/classes-camps-and-programs>

Kamp Kool is a city sponsored fee-based Summer Camp with 7 locations. Scholarships, sibling discounts and rate reductions for youth receiving Free Lunch at current school or receiving Medicare/Medicaid. Proof of Coral Springs residency in the form of a utility bill or mortgage statement and documentation from the school regarding free program, must be provided. Transportation is not provided.

Private Fee-Based Camps at the City of Coral Springs include: MusicMakers; Code Explorers; Fun Artastic: Dance Camp; Triple Threat Athletic Camp; Basketball Camp.

City of Parkland Summer Camps Information

<https://www.cityofparkland.org//Summer-Camp>

AREA ACTIVITIES

City of Parkland Summer Calendar

www.cityofparkland.org/summer

City of Coral Springs Online PDF Summer Fun Guide

<https://www.coral springs.org/government/other-departments-and-services/parks-and-recreation/fun-guides>

City of Coral Springs Art Museum Summer

<https://coralspringsmuseum.org/wp-content/uploads/2018/05/SummerCampBrochure2018.pdf>

Registration and details link: <https://coralspringsmuseum.org/learn/summer-in-the-studio/>

City of Parkland P-REC

<http://www.cityofparkland.org/prec>

ACTIVITIES AT LIBRARIES

Broward County Public Library System (BCPLS) is offering activities throughout the summer at all branches: Visit their website for specific events, dates, times, fees.

Useful Information:

Summer Page: <http://www.broward.org/library/summer> has all things summer at BCL

- Summer Magazine is listed by branch with all the wonderful summer events. <https://issuu.com/browardcountylibrary/docs/bcl-summer-magazine-2018?e=16950135/61145555>
- Online registration for our summer program
- List of 16 branches providing summer meals
- List all the 11 branches hosting Florida Panther Summer Reading Tour Stops

The other handy tool is the Broward County Library calendar where you can create a customized list in a calendar form.

- Go to <http://ems.browardlibrary.org/mastercalendar>
- Choose list layout (top left hand corner)
- Select Adult and Youth Summer Learning Programs
- Choose the locations you would like (can choose multiple)
- Families can also sign up for our enewsletter
- Link to our RSS Feeds <http://ems.browardlibrary.org/mastercalendar/RSSFeeds.aspx>

City of Parkland Library

www.cityofparkland.org/library

RESOURCES & SUPPORTS

Broward County Public Schools (BCPS) Family Therapists will provide free, summer therapeutic services at the MSD Zoned schools during the following days and times:

MSD HS | Monday through Thursday from 10:00AM-4:00PM

Westglades MS | Monday through Thursday from 10AM-4:00PM

Coral Springs MS | Monday through Thursday from 10:00AM-3:30PM

Eagle Ridge ES | Thursdays only from 12:00PM-6:00PM

Heron Heights ES | Mondays and Tuesdays from 12:00PM-6:00PM

Park Trails ES | Mondays and Tuesdays from 12:00PM-5:00PM

Coral Park ES | Mondays and Tuesdays

Country Hills ES | Monday, Tuesday, and Thursday from 9:30AM-2:30PM

Riverglades ES | Wednesdays from 12:00PM-6:00PM

In addition, students and families may also receive free summer therapeutic services at the following two locations:

South Plantation High School and Miramar High School will provide services by appointment.

Call 754-321-1590 for an appointment.

Broward County Public Schools Employee Assistance Program (BCPS EAP)

The BCPS EAP continues to provide individual therapeutic services for ALL district employees, Monday through Thursday, by appointment at either the office of Employee Assistance and/or the BCRC at Parkland Amphitheatre. Please Call 754-322-9900 for appointments.

MSD Alumni Association

Offering a variety of specially scheduled events over the summer such as:

Beat the Odds; Trauma Yoga and Summer Spot at the P-REC Center on Tuesdays, Wednesdays, Thursdays from 3:00PM-6:00PM

<http://msdstrongalum.com/>



STAY CONNECTED:

