

Member Newsletter



For More Information
Go To CCPcares.org

Call Us At
1-866-899-4828

Community Care Plan values your care. If you have any concerns with your children's Physical, Occupational or Speech Therapy Services, please call Yvie Noel at 954-622-3272 or email ynoel@CCPcares.org.

For more information, visit CCPcares.org/Members/Medicaid

Click Here to
Visit OurHeart.org



Click Here to View
Our Past Newsletters

Introducing Heart Community Resource Center

Did you know that things like where you live, money, stress, and food affect your health and happiness? They do, and Community Care Plan brings you [Heart Community Resource Center](#) to help you in all of these areas.

Health

We all know that eating healthy foods is key in preventing obesity and illness. We also know that sometimes the foods that are good for us are not always easy on our wallets. [Heart Community Resource Center](#) has classes that will help you get more for your money. All while eating better.

“Cooking Matters @ Home” is an event that we offer on the last Thursday of every month at 7:30 PM. It gives tips and family-friendly recipes.



Education

Education is central to almost everything we do. The resources page of [Heart Community Resource Center](#) has videos, guides, and links on many different topics. In the June newsletter, we talked about water safety. The center has videos to help you to prevent drownings.

Do you have child that is under the age of 12 that can't swim and is a CCP member? CCP offers swim lessons to our members as a benefit. Call our Member Services to sign up your child today!



Access

Our [Heart Community Resource Center](#) gives you access to events and resources on lots of different topics, including job training. We have joined with CareerSource Broward and OIC of South Florida to offer two programs in August to give you access to job training and job coaches.

We know that having a job and money is key to having a place to live, food on the table, and less stress. We hope you will join us for these events. Check out [Free Meals for Kids and Teens - HEART Community Resource Center \(ourheart.org\)](#) to learn where you can get free meals for kids this summer at Summer BreakSpot.





Introducing Heart Community Resource Center

Resources

Community Care Plan has many community partners who offer events and services to help you. Just a few of the classes our partners give are on managing your money, saving for a home, and support groups for parents. Links to the partners can be found on both the [Heart Community Resource Center](#) and [CCP's website](#).



COVID-19 forced kids to do school at home. While children are heading back to school, we know there is still a lot of stress. The only way to end the silence about mental health and suicide is to talk about it openly.

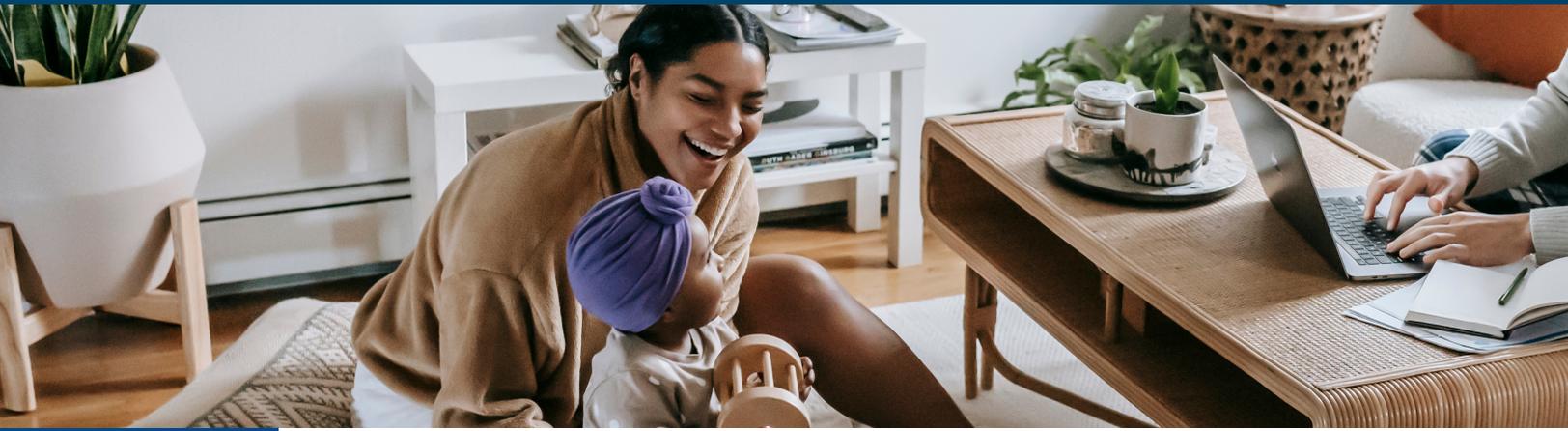
Parents are invited to join us for our online event, Saturday, August 28, at 10 AM for "[Ending the Silence](#)", where they can learn the warning signs and changing attitudes about mental health, and how to talk to your child.

This online event will be also given [for middle and high school students](#) at 6 PM on Tuesday, August 31. Students will also learn about mental health and how to help their friends.

Tools

The events and resources on [Heart Community Resource Center](#) about job training, managing your money better, eating healthy, and the support groups are all designed to give you the tools that you need to improve your health and happiness. All events and resources are free and open to anyone. This is not just for CCP members. Share them with your friends and family too!





Classes and Resources for New Families

New moms, moms-to-be, and babies have a special place in our heart. That is why Community Care Plan and [Heart Community Resource Center](#) have classes and resources for pregnant women, new moms, new dads, and grandparents, too.

The classes we talked about on page one will be great for you and your growing family. But there are also a few programs that we hope you will sign up for just for you.



Education:

- We care about the safety of your baby, that is why each month we offer a class on safe sleep. We want you to learn the best way to keep your baby safe in his/her crib. Join us on [Tuesday, August 10, at 4:30 PM for the class](#). Can't make that one? This class is offered on the second Tuesday of every month at 4:30 PM.
- Did you know that drowning is the number one cause of death in children under age 4? Learn how to keep your baby safe. The Broward County Department of Health Drowning Prevention program offers a monthly drowning prevention class on the first Tuesday of every month. Check it out at www.OurHeart.org.
- Babies don't come with instructions, so Broward Health has classes on newborn care and breastfeeding. These are great for new and veteran moms alike. Visit OurHeart.org to sign up.



Support Groups:

- Parent Connection, brought to you by the Broward Healthy Start Coalition, is a group for pregnant women and parents of children from infants to 3 years old. This is an online group that meets weekly where you can talk with other moms like you and share your experiences. You will also learn about local resources.
- Breastfeeding is good for you and your baby. After you take the breastfeeding basics class and your new baby is here, Broward Health also has support groups for you. These can be a great help for you to learn and share breastfeeding tips and experiences with other moms.





Classes and Resources for New Families

Parenting:

- If you have older kids at home, Community Care Plan and Heart Community Resource Center is also here for you. We have programs to strengthen your family, such as Present at the Plate, Parent Café, and so much more. Learn more at [Events at OurHeart.org](https://www.ourheart.org/events).



Resources:

- Finally, [Heart's Resources page](#) has tips on family-friendly meals. Get ideas and watch videos on how to get kids to eat their vegetables. You can also find a local farmer's market.
- Do you need a crib for your baby? Visit Resources at [OurHeart.org](https://www.ourheart.org) and learn about the Cribs for Kids program.



Remember, [Heart Community Resource Center](#) is free to anyone in South Florida. It's not just for CCP members, so tell your friends and family about it. When you do better, we all do better.

Upcoming Events at Heart

**Wednesday,
August 18**

Get Educated, Get
Employed, Get Ahead

**Thursday,
August 19**

Vaccinate with
Confidence

**Thursday,
August 26**

Cooking Matters at Home:
Healthy Snacks

**Thursday,
August 26**

Get Trained for Your
Next Career Opportunity

**Saturday,
August 28**

Ending the Silence
(for Parents)

**Tuesday,
August 31**

Ending the Silence
(for Students)

Sign Up at [OurHeart.org](https://www.ourheart.org)