







Dear Child Advocates,

As we close out the summer, we want to acknowledge August as National Back to School month. The past few years have been very challenging, so this year especially we wish all our children and families a safe and exciting new school year. A successful school year takes everyone working together: from all the Back to School Bashes and supply events, to having mental health organizations/resources available to help with the transition, to providers working together to create workforce pipelines. We are so thankful that our community collaborates so that all our children and youth have every opportunity to thrive.

We are also excited to share that in September the Birth to 22 Alliance Steering Committee will work with our action teams to begin the strategic planning process to refine our Youth Master Plan 2.0. The original plan was developed seven years ago with participation from over 1,000 community members and organizations. We held community conversations and worked with more than 300 organizations, parents, youth, businesses and many others helping us develop a comprehensive blueprint for collective action. We are now beginning to think through the process of celebrating our accomplishments – and determining where we are today and what we want to prioritize for our next five years. Stay tuned, there will be more to come and we look forward to having you join us in this exciting endeavor.

As the school year begins, all the Birth to 22 agencies are doing what we do best – partnering to ensure every child succeeds in school. We thank you for your continued commitment as we navigate these complicated times.

Sincerely,

Dr. Lisa Williams-Taylor CEO, Children's Services Council Tammy K. Fields
Director, Palm Beach County Youth Services Department





Birth to 22 United for

Brighter Futures

NEWSLETTER

Volume 3 | Issue 4 | September 2022

Youth Summit 2022

A momentous event that gathers more than 600 local middle and high school students, community groups, volunteers, and law enforcement for a day of empowerment.

Alliance Spotlights

Since its inception, Birth to 22 and its community alliances, have been working towards providing youth and young adults resources to reach their fullest potential.

Upcoming Events

Check out the Birth to 22 community alliance upcoming events.

Share Feedback & Stories!

Do you have feedback or have an inspiring story to share? We'd love to hear from you!

Contact us at, pbc-birthto22@pbcgov.org

Virtual Youth Summit Hosted By Palm Beach County Organizations Promotes 'Building a Better You, Future and Community'

This spring, community partners in Palm Beach County came together to plan the Palm Beach County Youth Summit, a momentous event that gathers more than 600 local middle and high school students, community groups, volunteers, and law enforcement for a day of empowerment, education, and great entertainment.

In Palm Beach County, thousands of youth face opportunity gaps that prevent them from reaching their potential. These gaps not only affect the individual young people and their families, but also prevent them from fully contributing to the community and the economy, thus impacting us all.

Collaboration and partnership were the keys to this year's first virtual presentation of the Youth Summit. Since its founding in 2011, Marcia Bahia from Palm Beach Sherriff's office, and collaboration with the Urban League, recognized the need to offer young people conference-styled workshops and conversations to promote leadership skills and handson learning. In 2011, the event hosted more than 100 teens, and through assistance and continued collaboration, the event grew in attendance to more than 600 teens coming together at Palm Beach Lakes High School. COVID-19 changed the dynamics of how the event could operate, so this year planners Myhosi Ashton, Marcia Bahia, Rex Barnes, Jaime-Lee Bradshaw, Shirlon St Amour, Susan Foley, Andrea Hurtado, Lilian Kanna, Alexa Lee, Breanna Lewis, Ana Martinez, Corey Murphy, Will Romelus, came together to think big: "how could we provide an interactive virtual platform to model the need in the current time and era of a pandemic?"

On June 27, 2022, the Youth Summit went live with its three-day event to provide open access to interested local middle and high school-aged youth with a unique opportunity to explore and address areas of concern impacting them through interactive virtual workshops and activities. These included insightful presentations and lifechanging information on the topics of career and education planning, healthy relationships and preventative care, crime and bullying prevention, mental health, substance

abuse prevention, health issues, leadership, social justice, financial literacy and any current topics of concern. In total, the Summit received more than 1,700 views on YouTube.

Hands-on activities, exciting topics for discussion, prizes, and community service hours were offered to attendees. Parents had the opportunity to join 'Time for Your Teen', a workshop to influence parent-child communication and promote healthy development.

"All the speakers brought their best game to educate and inform youth of next best steps. The moderators kept the momentum going with help from Digital Vibez. The highlight of the event was the youth involved! That is the key – peer to peer connection." – Susan Foley, Project Specialist, Palm Beach County Behavioral Health Coalition.

Day one, themed Building a Better You, was hosted by Prime Time Palm Beach County Middle School Specialist Anton Spalding. Anton facilitated Q&A sessions that included questions from attendees to Palm Beach County Health Coalition, Digital Vibez, and Palm Beach County Victim Services.

Day two was themed Building a Better Future, moderated by Susan Foley, Project Specialist, Palm Beach County Behavioral Health Coalition. The day opened with a Prime Time's Teen Advisory Council video called Youth Panel Discussion that was moderated by Josiah Manners, a member of Palm Beach County Youth Services Department Future Leaders United for Change Countywide Youth Council.

Day three, themed Building a Better Community, was hosted by Prime Time Palm Beach County Quality Advisor Andrea Hurtado. Andrea facilitated Q&A sessions that included questions from attendees, Palm Beach County Behavior Health Coalition Teen Coalition in Action, Palm Beach County Sheriff's Office, Community Partners of South Florida, and Compass Community Center. (Credit: Prime Time of Palm Beach County).





Palm Beach County 'Gets Its Green On' For Mental Health



Birth to 22: United for Brighter Futures and the Becoming a Trauma Sensitive Community Action Team celebrated the seventh annual "Get Your Green On (GYGO)" campaign and invited Palm Beach County to wear green on May 19, 2022 in solidarity. The GYGO Team, Palm Beach County Channel 20 TV, and the Birth to

22 Becoming a Trauma-Sensitive Community Action Team recorded a feature on Channel 20's <u>"County Connection"</u> to highlight the Get Your Green On Campaign.

On April 29, 2022, the Palm Beach County Board of County Commissioners Vice Mayor, Gregg Weiss, proclaimed May as Mental Health and Trauma Informed Care Month in Palm Beach County. Several local municipalities followed throughout the month, including Belle Glade, Boca Raton, Boynton Beach, Delray Beach, Lake Park, Lake Worth Beach, Pahokee, Palm Beach Gardens, South Bay, and Wellington.

Local community partners hosted an array of events, including: "We Will Rise Above" concert by the Young Singers of the Palm Beaches; Family Mental Health and Wellness

Festival presented by the West Palm Beach Mental Health Committee; Boynton Beach Mental Health Month Book Club; "Remembering and Healing Together" hosted by the Boynton Beach Mental Health Committee & City of Boynton Beach; Butterfly Release and City of Boca Raton Mental Health Month Proclamation, Youth Services Department Mental Health Lunch & Learns, Faulk Center for Counseling; MHA Mind & Body Connection 5K; Question, Persuade, Refer suicide prevention training, and much more!

On May 19, Get Your Green On day, thousands of residents wearing green posted pictures across social media. This year, the Get Your Green On website was revamped to include events and information, mental health resources, an engagement toolkit, and campaign materials to share across social media. Committee members participated in several outreach events including radio and television interviews to spread the importance of mental health awareness and trauma-informed care. Well done to the Birth to 22 and GYGO subcommittee for the exceptional planning and to everyone in Palm Beach County for honoring your behavioral health and wellness. For more information about the Get Your Green On campaign, click here.









Back to School PBC Bash 2022

On July 30, 2022, the Annual Back to School PBC Event was held at Palm Beach County Convention Center, Village Academy, and Palm Beach State College Glades Campus. The event is presented by the Palm Beach County Board of County Commissioners through the Office of Community Revitalization, and in partnership with the Spirit of Giving Network, the Children's Services Council of Palm Beach County, the Palm Beach County Sheriff's Office (PBSO), and

many other County Agencies and local organizations.

The event ensures Palm Beach County students are ready for the upcoming school year by providing families with essential school supplies. This year thousands of kids received backpacks, school supplies, shoes, socks, books, dental kits, soaps, health checks, haircuts, spa treatment, and much more.







Girls Coordinating Council Receives NACo Award



The National Association of Counties (NACo) has announced its annual awards for 2022. Palm Beach County Youth Services and the Public Safety Department were recognized for the Girls Coordinating Council program.

Since 2017, Girls Coordinating Councils have been formed in various counties throughout Florida and Georgia. The Girls Coordinating Council is a community collaborative focusing on reforming and strengthening the system of care for girls and increasing the availability of gender-responsive, trauma-informed, and strength-based services for girls. To learn more about Palm Beach County's Girls Coordinating Council please click here.

Alyssa Sangeeta Jacobson Scholarship Awards 2022

Friends of Youth Services and Palm Beach County, Inc. have announced the 2022 Alyssa Sangeeta Jacobson Scholarship recipients. This year five recipients were named.

Join us in congratulating:

- McKenzie Cooper, Glades Central High School
- Ben-Gina Fantaisie, Atlantic High School
- Paxton Brutus, Florida Atlantic University
- Humberto Sigler Finales, Florida Atlantic University
- Caleiyah Laws, Palm Beach Lakes High School

At a scholarship recipient ceremony held on May 25, 2022, recipients received formal scholarship recognition in the presence of family and the scholarship committee. Those who attended the ceremony also had the opportunity to

hear from prior scholarship winners and how the scholarship supported them in achieving their educational goals. This year for the 2022 recipients, the scholarship was increased from \$1,000/year to \$2,000/year for up to four years.

Congratulations to all the recipients of the Alyssa Sangeeta Jacobson Scholarship!

The Alyssa Sangeeta Jacobson Scholarship is named in memory of Alyssa Sangeeta Jacobson, who passed tragically in November 2019. Alyssa was committed to living a self-sufficient life and discovering her passions. Alyssa was kind spirited and grateful for the support she received in her life. Likewise, she would hope others could have support to achieve their goals.





Culture of Wellness Exercises

In May/June, the PBC Culture of Wellness Team (PBC Youth Services, Palm Health Foundation, PBC Community Services, Children's Services Council, and BeWellPBC) hosted more than 60 community and systems leaders through an immersive experience and a series of activities to consider how these partners, individually and collectively, could design pathways to a vibrant community and thriving families. The 2-part series invited leaders to recognize the impact of systems on families and ignite thinking and action around transforming services and support for residents in Palm Beach County.

The immersive experience grew from the original Phase I project with ReThink Health, an initiative of Rippel Foundation, where Palm Beach County was chosen as one of two sites to pilot their Portfolio Design for Healthier Regions project, a Robert Wood Johnson Foundation-funded effort. Specifically, ReThink Health was drawn to the origin story of the BeWellPBC initiative, including the shared interests among the county's funders to support such an approach to

transform Behavioral health. They were interested in local experiences using the tools developed to design and manage portfolios as stewards of shared resources. A core team — the PBC Culture of Wellness Team - was formed to work with ReThink Health to think intentionally about growing civic muscle and belonging in Palm Beach County. Two years later, the team has come to believe that the approach and the tools are especially useful when considering resource allocations. The stewardship mindset is particularly useful in Palm Beach County's pursuit of better health for all.

With the recent 2-part series, the PBC Culture of Wellness Team has moved into the facilitator role as they launch Phase II of the ReThink Health project and utilize the approach and tools to invite additional local stakeholders to reimagine the behavioral health system and investments. Continuing into the fall, leaders from across the county will participate in learning labs and insight to action meetings to work together in the spirit of shared stewardship. ReThink Health will continue as consultant support to the project.

Super Summer Spelling Bee 2022



Palm Beach County Youth Services Department hosted its eighth annual Super Summer Spelling Bee on July 14. The competition was held virtually with 172 campers from 33 Summer Camp Scholarship Program sites participating.

The spelling bee is for students

enrolled in the Summer Camp Scholarship Program's participating camps and provides academic activities to encourage the spirit of learning while preventing summer slide. Using Kahoot!, a virtual learning-based platform, campers' spelling skills were tested in a fun and interactive way allowing spellers to compete with campers throughout the county.

"The Super Summer Spelling Bee provides an exciting opportunity for our camps to participate in a county-wide activity together and win prizes. The competitive spirit is

high and it encourages campers to prepare and practice their spelling words in the weeks leading up to the big event" said Valerie Messineo, Palm Beach County Youth Services Department senior program specialist. "We love this event because it allows camps to integrate education in a fun way helps while supporting our campers academically."

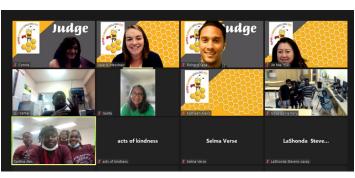
Among the winners were campers from Bethel Evangelical Church, City of Greenacres, Digital Vibez, Boys & Girls Clubs, Village of Palm Springs, Acts of Kindness, Destiny Fulfilled, The Quest, and Preparing Tomorrow's Leaders Today summer camps.

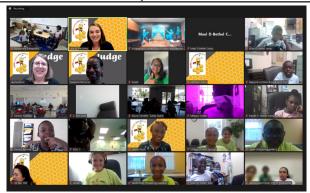
Participating agencies include the County Attorney's Office, City of West Palm Beach, Palm Beach County Library System, Palm Beach County Public Affairs, Palm Beach County Literacy Coalition, Prime Time Palm Beach County, Friends of Youth Services and Palm Beach County, Inc., and Florida Power & Light.

Spelling Bee Winners

K-2nd	3rd-5th	6th-8th	9th-12th
Patrick (1st) Preparing Tomorrow's Leaders Today	Leonardo (1st)	Jemuel "JJ" (1st)	Rickey (1st)
	Boys & Girls Clubs	Bethel Evangelical Church	Bethel Evangelical Church
David (2nd)	Jade McCoy (2nd)	Lauro (2nd)	Delena (2nd)
City of Greenacres	Destiny Fulfilled	Boys & Girls Clubs	The Quest
Jaylene (3rd)	Julia (3rd)	Bryniah (3rd)	Emmariah (3rd)
Boys & Girls Clubs	Village of Palm Springs	Acts of Kindness	Boys & Girls Clubs









'Juneteenth Think Tank' Hosted by Delray Residents

On June 18, 2022, the Delray Beach Community hosted the Juneteenth Think Tank event held at Pompey Park in Delray Beach. Part of this event was The Soil Collection Ceremony for Sam Nelson. Sam Nelson is one of at least 319 African American victims of racial terror lynching killed by white mobs in Florida between 1877 and 1950, and one of at least two African American victims of racial terror lynching killed in Palm Beach County during this period.

This ceremony was an acknowledgement of the lynching of Sam Nelson in 1926 in Delray Beach. This ceremony was also a part of the process of acquiring a larger memorial, a part of a reconciliation process, and part of the Juneteenth celebration. You can follow the work of the Palm Beach County Community Remembrance Project at PBCRemembrance.org.





Digital Vibez Dances Their Way Into 11th Annual KidsFit Jamathon for Palm Beach County Campers

Digital Vibez, a Black-led Palm Beach County nonprofit that empowers youth in diverse and underserved communities through dance, fitness, technology, and the arts, hosted thousands of Palm Beach County summer camp children in partnership with Prime Time Palm Beach County and Palm Beach County Youth Services, at their 11th Annual KidsFit Jamathon at the South Florida Fairgrounds on July 28, 2022, from 9:30.a.m. – 3:30 p.m.

The nonprofit hosted two sessions that day, offering a professional concert atmosphere with music, dance performances, amazing sound, stage lighting, inflatables, and local celebrity dance judges, including Reggie Dee from X102.3 and Montana Globerman from The Montana Method. Kids had an opportunity to participate in the acclaimed dance contest, with the winning program receiving \$750. In addition to the exceptional concert, there was also a Kidz Zone full of games, obstacle courses, bounce houses, music, fitness activities, and healthy snacks — encouraging youth to continue adopting healthy behaviors to help combat childhood obesity. The event was streamed online for kids unable to travel that day.

This innovative, interactive, concert-like experience has quickly become one of the largest summer camp events that motivates and inspires kids to stay fit, dance, and live healthy lives. Last year, the nonprofit attracted the attention of renowned singer, Natasha Bedingfield, after a dance to the popular "Unwritten" remix that was created by Digital Vibez's dance instructor and Tik-Toker Rony Boyy went viral

with more than 42 million views.

"KidsFit Jamathon, along with each program and event we create, is designed to promote dynamic physical activity for children and their families through a diverse genre of dance, music, technology, and healthy tips," said Wil Romelus, founder and executive director of Digital Vibez. "We help those who are unable to enroll their children in activities that promote physical health while doing everything possible to encourage kids to keep moving all while having fun."

The nonprofit continues to forge ahead with the expansion of its new Digital Vibez Studio, where youth and teens can come and get creative using state-of-the-art equipment.



Alliance Spotlights

Sign Up for the Talented Teen Club Program



The Talented Teen Club (TTC) summer was exciting and an excellent experience for the members of the TTC family. Members experienced various events and workshops, such as the 1st Annual Crown Act Event in Palm Beach County with the City of West Palm Beach. Students were

able to meet government officials such as Congresswoman Sheila Cherfilus-McCormick and learn how to do business with government agencies OEPO and BBIC, among other

partners and sponsors. The Youth Summit was educational; meeting and speaking with Mayor Keith James at the National Black business community mixer was the highlight for the students and many other business leaders. TTC thanks all the mentors, sponsors, and Partners, such as the Truist Bank, Henry Nias Foundation, and so many more, for making this summer educational, fun, and birthing new young business leaders in Palm Beach County.

To sign up for the Talented Teen Club Program click <u>here.</u>

Revised SEL Framework



This summer, The School District of Palm Beach County revised their SEL Framework to align with the new expectations for required Health Instruction as outlined in Florida Statute 1003.42(n).

The SEL Framework consists of the Social and Emotional Health Competencies: Self-Awareness, Self-Management, Responsible Decision-Making, Resiliency, Relationship Skills, and Conflict Resolution, and Understanding and Respecting Others' Viewpoints and Backgrounds (Social Awareness). These competencies represent skills that build confidence,

support mental and emotional health, and enable youth and adults to overcome challenges. In addition, the SEL Themes that fall under each competency help young people work towards achieving the outcomes of the Florida Character Education Standards.

Students develop these competencies in many ways as they move through their classroom(s), school, out-of-school time (after school), home, and community. When opportunities for SEL across all of these contexts are consistent, students are more likely to internalize these core Social and Emotional Health Competencies. The SEL Guide seeks to coordinate SEL across all these settings by providing possible weekly SEL Themes that can be taught, discussed, and applied throughout the school year.

SEL Summer Institute



On August 1, 2022, Prime Time Palm Beach County and the School District of Palm Beach County (SDPBC) hosted its 3rd annual SEL Summer Institute.

This year's theme was Refresh, Reconnect and Reengage. National presenters included Dr. Douglas Fisher and Monica Marie Jones. Breakout sessions were facilitated by staff from CASEL, Prime Time, and the SDPBC. There were more than 400 participants in attendance.



Secretary Harris Meets with Foster Families Throughout the State



This week, Department of Children and Families (DCF) Secretary Shevaun Harris toured the state to meet with foster families, caregivers, and adoptive parents to learn about their experiences and how recent initiatives support their families. The Secretary hosted roundtable conversations with a small group of foster families throughout the state. The Secretary met with families who

have directly benefited from the additional supports being offered to foster parents including the expansion of Hope Florida – A Pathway to Prosperity, a cost of living increase included in the Freedom First Budget, and the \$450 one-time payments for foster parents.

"We are so appreciative of the foster families who have made the decision to welcome children into their home and offer them a safe and loving place to live," said Secretary Harris. "With Governor and First Lady DeSantis' leadership, we have been able to invest so much in our system and have increased the resources available to the families we serve. Through these roundtable discussions, we have been able to have honest and productive conversations about how we can continue to support and improve our system. We've heard from so many parents about how helpful the \$450 checks from Governor DeSantis have been, and we will continue working to make sure these families know how much we appreciate them."

"I think the checks just serve as an added help and support in these crazy times of rising prices," Harris said.

American Heart Association's Health Equity Council Survey



Did you know that Metabolic syndrome can raise a person's risk of coronary heart disease, diabetes, stroke, and other serious health problems?

As part of the American Heart Association's Health Equity Council, they are developing a Metabolic Syndrome awareness campaign. They need your help collecting baseline information about awareness of Metabolic syndrome in Palm Beach County using a brief survey. As part of this survey, there is also an opportunity for anyone living with metabolic syndrome to share their story and be entered into a raffle to earn a gift card.

To take the one-minute survey, please click <u>here</u>.

Child Bereavement Center Lunch & Learn

Families can experience grief and loss when a loved one is incarcerated. Although there has not been a death, the removal of a family member from day-to-day life and the uncertainty and stigma surrounding incarceration pose major challenges. Join the Child Bereavement Center for a Lunch & Learn titled "Grief, Loss & Healing As A Family From Incarceration" on Thursday, September 15, 2022, from 12:00pm-1:30pm on Zoom. To register for this free lunch and learn, please click <a href="https://example.com/here/beath-ac-child-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-file-state-learn-fi





Thurs., Sept. 15, 2022 12:00 - 1:30pm on Zoom

IncarcerationGrief.eventbrite.com

Securing Our Future Initiative Economic Mobility Summit



The Securing Our Future **SECURING** Initiative (Economic Access Workgroup) is hosting its first Economic Mobility Summit on September 28,

2022, from 9am-4pm at the Palm Beach County Convention Center.

The summit's goal is to bring systems leaders together in support of unemployed or underemployed families. The summit will consist of a plenary session, eight workshops, and a lunchtime panel discussion. The workshops will provide information about ways organizations involved in the systems pictured below can work collaboratively to help families earn more and move out of poverty. The systems are housing and homelessness, employment, childcare, education, safety and justice, food and hunger, health, and transportation.

To enhance the networking opportunities during the summit, they are matching local workshop presenters with national speakers with similar expertise.

Nonprofits and community members: You are crucial in finding sustainable solutions for families experiencing poverty, keeping our families in the center of our work, and strengthening our relationship with them. Participating in this event demonstrates your commitment to eliminating inequities that keep our families in poverty.

The Securing Our Future Initiative also invites families experiencing poverty to participate in this event. The community's experiences drive this work, and it is crucial to share the responsibility of designing sustainable solutions to economic mobility.

The summit has an incredible line-up of speakers, including



Dr. Raj Chetty, the Director of Opportunity Insights from Harvard University, Josh Kirschenbaum from Policy Link, and Dr. Camille Bussette from Brookings Institute.

To participate in the first annual Economic Mobility Summit, register here.

Please reach out to Jodie Boisvert at JBoisver@PBCGov.Org with questions.

Follow the 'Securing Our Future' website for updates!

Child Bereavement Center Upcoming Steps for Healing 5K

Registration is now open for the Steps for Healing 5K Run/Walk benefitting the Children's Bereavement Center. Families who have suffered a loss of a loved one look forward to this event every year as an opportunity to memorialize their loved ones.

This year, attendees may choose whether to attend in person at Zoo Miami Saturday, November 19th, 2022 or "Run Where You Are" as a virtual participant using the RaceJoy app anytime between November 11th and November 20th. Run or walk in memory of a loved one and support grieving families by raising funds for the Children's Bereavement Center (CBC), which provides FREE virtual grief support groups for children, teens, and adults in South Florida.

Learn more at <u>www.StepsForHealing.org</u> or e-mail events@childbereavement.org or call 888-988-5438.



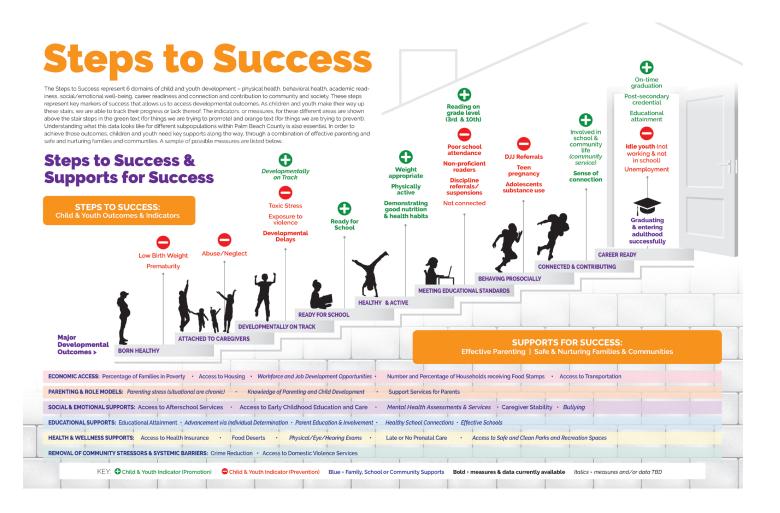
Collective Impact Pledge



Birth to 22 is committed to a common agenda, we are an alliance of community partners that engages and aligns existing coalitions, networks, systems and youth-serving organizations as well as connecting families, community members, and most importantly, young people.

Take the *Pledge*, be listed as a Collective Impact Partner of the Birth to 22 Alliance to improve outcomes from cradle to career for all Palm Beach County children, youth and families.

Click <u>here</u> to join us in envisioning and creating a culture that values our youth from cradle to career.





www.pbcbirthto22.com