

## INTER-AGENCY NETWORK OF PALM BEACH COUNTY

"Together...making a world of difference!"



***All Are Welcome!***

Thank you for your participation in one of Palm Beach County's oldest  
"community-wide" networking groups!

**April 1, 2025 9:00 am  
Meeting**

Meetings run the First  
Tuesday of each month August-June  
(we are off July) Guest Speakers Listed Below Picture

***Physical Location:***

Nonprofits First Inc.  
1818 S Australian Ave #450, West Palm Beach, FL 33409

Virtual Option: Join Zoom Meeting

<https://us02web.zoom.us/j/86514148621?pwd=LfGozeDsa2IFVrhItaYS9Pcsnm8Roc.1>

Meeting ID: 865 1414 8621 Passcode: 824429



## April- Guest Speaker

### Project Overdose

Alex Price will discuss updates on the organization's activities. Project Overdose has been fighting Florida's

overdose crisis for the past 7 years, and has recently selected Palm Beach County as the newest expansion market. Alex will share top priorities for making an impact locally (High Schools, Employer Community, Faith Community, Public Awareness campaigns, Naloxone distribution, systems optimization, etc.)

**Alex Price CEO, Project Overdose Florida**  
**[alex@projectopioid.org](mailto:alex@projectopioid.org) 561-617-3242**

## February Meeting Chat Notes

**[CHAT from the March IAN Meeting](#)**

**[Click here to get monthly meeting invites](#)**

## Community Activities

**Note: please reach out to the agencies themselves for any additional information- as I am merely the messenger!**

---

**Agencies Impacted by Funding Cuts- Alert Staff Seeking Employment**



## Make a difference...

- **Resource Center Specialist- Full Time.** Provides information, assessment, referral, counseling, and crisis intervention services via the phone and other communications mediums. Comprehensive training provided.
- **Administrative Assistant - Full Time.** Provides administrative support functions within the agency-including advanced word processing, preparation of spreadsheets, travel arrangements, meeting scheduling, incoming/outgoing mail processing and other

## JOIN OUR TEAM!



211 Palm Beach and Treasure Coast is a 501(c)(3) nonprofit that offers a rewarding and supportive environment in which to work, volunteer, or complete an internship. We are proud to offer a benefits program for full-time employees. 211 Palm Beach and Treasure Coast is an equal opportunity agency/provider/employer. Visit [www.211PalmBeach.org](http://www.211PalmBeach.org)

**[Print PDF To Share](#)**

**or visit: [www.211PalmBeach.org/Careers](http://www.211PalmBeach.org/Careers)**

---

# Is Your Staff Looking For Meaningful CEU's That Can Make A Difference

**+** ASIST

Applied Suicide Intervention Skills Training

**Help save a life!**

**Training Dates in March & April**

*Spaces Limited! Scan QR Code to Register or to Learn More*

*"Skills that anyone can learn to use!"*

*\*CEUs available*

**2.1.1**

Palm Beach and  
Treasure Coast



**[WWW.211PalmBeach.org/ASISTworkshop](http://WWW.211PalmBeach.org/ASISTworkshop)**

---

**TAXES  
FILED  
FREE**  
TaxesFiledFree.org

# Free Tax Filing Assistance

Free, confidential, secure

Families may qualify for up to \$7,830  
in Earned Income Tax Credits

**2-1-1**  
Palm Beach and  
Treasure Coast

**United  
Way**

**[Click Here to see VITA sites in PBC](#)**

---

## **Health Council of Southeast Florida**

*Do you know **anyone in need of Health Insurance**? If so, call the Covering Florida Navigator Program at the Health Council of Southeast Florida at 561-844-8442 ext 1800. Their licensed Navigators will provide you with **FREE, impartial assistance**. **Special Enrollment Period is now**. You may be able to enroll if you have had certain life events such as losing health coverage, getting married, having a baby, moving, etc. If your income is between 100 % - 150% FPL (1person - \$15,560 - \$23,475) you can also enroll during this time.*

---

# THE KRAVIS CENTER'S **NEUROARTS CONFERENCE**



Join us for a day of workshops and discussions with nationally recognized leaders and artists.

**March 29 · 9am – 4:30pm**

Picower Foundation Arts Education Center

WORKSHOPS:

**DRAMA · MOVEMENT · MUSIC · PERCUSSION · VISUAL ART**



**FRED JOHNSON**  
CONFERENCE CURATOR

Community engagement specialist and renowned artist and educator. Fred Johnson's expertise spans from ancient West African healing traditions to contemporary artistic expression.



**DR. INDRE VISKONTAS, MM, PhD**  
KEYNOTE SPEAKER

Neuroscientist, musician, opera stage director and Associate Professor of Psychology at the University of San Francisco, The Creative Brain Lab.



## Disaster Planning for People with Disabilities

This presentation equips individuals and caregivers with information and strategies to ensure the safety and well-being of those with disabilities during times of pending disasters. It covers pre-planning, evacuation information, specific information about securing shelters for those with special healthcare needs, and resources.

Wednesday, April 2, 2025 | 2:00 p.m. | Virtual | FREE  
Led by Lisa Math, B.S, CRPS-F | Director of the Family S.T.A.R. program

To register, scan the QR code or visit:

<https://bit.ly/3Wnroem>

For more information, call 954-270-0055  
or email [JoshuasPath@jfsbroward.org](mailto:JoshuasPath@jfsbroward.org)



Co-hosted by



Joshua's Path  
Disability Services



*Lisa Math is the Director of the Family S.T.A.R. program (STAR stands for Support, Training, Assistance, and Resources) for Family Network on Disabilities. She is also a Certified Recovery Peer Specialist (CRPS-F) with an endorsement in working with Families.*

*In her role at FND, she supports families who have children with special healthcare needs, complex medical conditions, developmental disabilities and mental health challenges, and the professionals who serve them. She has created webinars, resource materials, curricula, and presentations that are given at conferences and meetings throughout the state, and at national conferences. Her most important role is that as a parent of a 26-year-old young adult who has multiple medical conditions and mental health challenges.*



**[Click here to register](#)**



# SUMMER CAMP

## SCHOLARSHIP PROGRAM

KEEPING KIDS SAFE ALL SUMMER LONG

Application assistance is available at the local PBC Libraries below. . . .

<b>West Boynton Branch</b> 9451 Jog Road Boynton Beach	<b>Belle Glade Branch</b> 725 NW 4th Street Belle Glade	<b>Glades Road Branch</b> 20701 95th Avenue S Boca Raton	<b>Lantana Road Branch</b> 4020 Lantana Road Lake Worth
<b>Saturday, February 1, 2025</b> 10am - 12pm	<b>Monday, February 10, 2025</b> 3pm - 7pm	<b>Tuesday, February 11, 2025</b> 4pm - 7pm	<b>Thursday, February 13, 2025</b> 2pm - 5pm
<b>Gardens Branch</b> 11303 Campus Drive Palm Beach Gardens	<b>West Boynton Branch</b> 9451 Jog Road Boynton Beach	<b>Lantana Road Branch</b> 4020 Lantana Road Lake Worth	<b>Okeechobee Blvd. Branch</b> 5689 Okeechobee Blvd. West Palm Beach
<b>Saturday, February 22, 2025</b> 10am - 2pm	<b>Monday, February 24, 2025</b> 10am - 12pm	<b>Thursday, March 6, 2025</b> 10am - 12pm	<b>Saturday, March 15, 2025</b> 10am - 2pm

Offers eligible children, ages 5 - 17, a full scholarship to day camp between June 2 to August 8, 2025.

### AGE REQUIREMENT

# 5 - 17

Requires 5-year-old children to be currently attending or have completed VPK to be eligible.

Families must meet scholarship guidelines.

To determine eligibility using an online calculator, please visit:  
[www.pbc.gov/youthservices/Pages/Summer\\_Camp.aspx](http://www.pbc.gov/youthservices/Pages/Summer_Camp.aspx)

### ACCEPTING APPLICATIONS FROM

# January 27 - April 4, 2025

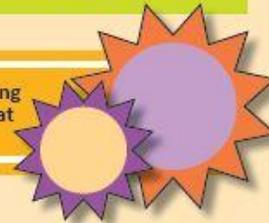
To submit an application, please visit:  
[www.pbc.gov/youthservices/Pages/Summer\\_Camp.aspx](http://www.pbc.gov/youthservices/Pages/Summer_Camp.aspx)

If you need access to a computer or assistance completing an application, contact your camp of choice or call the Youth Services Department at (561) 242-5713.

SCAN ME



Allows parents to choose from participating camps located throughout the county that meet their child's needs and interests.



pbcsyd



pbcsyd



**PDF with English/Spanish/Creole**

# CALL FOR ARTISTS

**DEADLINE: APRIL 1ST, 2025**

HEALING THROUGH THE ARTS: A COMMUNITY ART  
EVENT BY PALM BEACH COUNTY VICTIM SERVICES  
FOR SEXUAL ASSAULT AWARENESS MONTH

**EVENT DATE: APRIL 26TH, 2025**

**COMPASS COMMUNITY CENTER  
201 N. DIXIE HWY. LAKE WORTH BEACH, FL 33460**

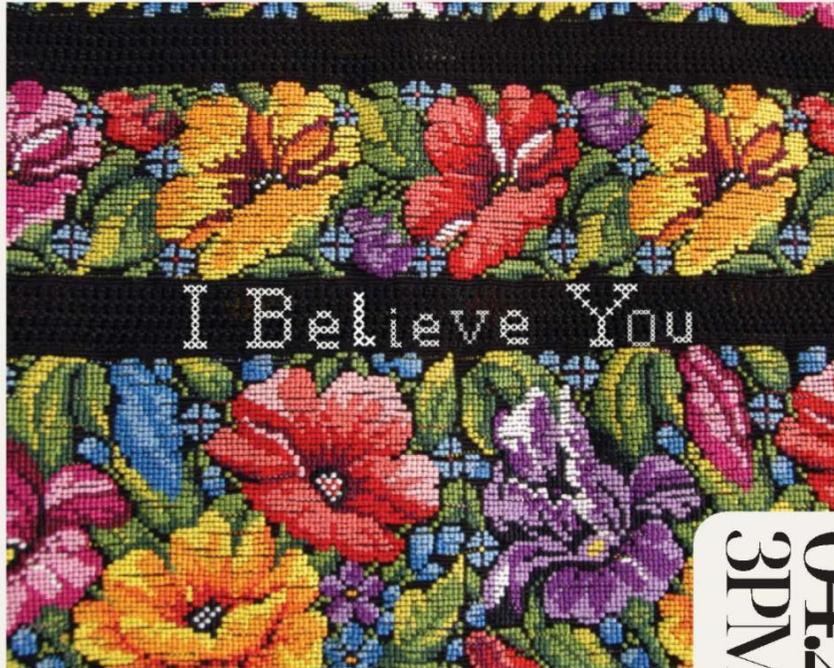
**[WWW.TINYURL.COM/ARTS2025](http://WWW.TINYURL.COM/ARTS2025)**



PUBLIC SAFETY DEPARTMENT  
VICTIM SERVICES DIVISION

# through the Healing Arts

A COMMUNITY ART EVENT



In honor of Sexual Assault Awareness Month, please join us for a free art showcase and reception featuring local art, interactive installations, guest speakers, and light bites.

04.26.25  
3PM-5PM



PUBLIC SAFETY DEPARTMENT  
VICTIM SERVICES DIVISION



LOCATION:  
**COMPASS**  
COMMUNITY CENTER  
201 N. Dixie Hwy.  
Lake Worth Beach, FL 33460

CONTACT:  
Emily Blaylock  
Project Coordinator  
PBC Victim Services  
EBlaylock@pbc.gov



SCAN TO PARTICIPATE

Palm Beach County's  
**Domestic Violence  
CCR Website**

has officially

**Launched!**



[EndDVinPBC.org](https://EndDVinPBC.org) 🔍

---

Please Encourage Any Faith Based Leaders To  
Attend This Very Important Event



**FAITH IN ACTION PALM BEACH COUNTY PRESENTS**

# **BUILDING HOPE**

**Inviting Faith-Based Organizations to Transform Property Into Hope**

**Learn more about ways that Faith based organizations can help break the cycle of homelessness by providing support services and building affordable housing.**

---

**04** April | Boynton Beach  
10A-2P | Police Department

---

**2100 HIGH RIDGE ROAD  
BOYNTON BEACH, FL 33426**



*Register  
Now*



Palm Beach County  
Board of County Commissioners



Helping People Build Better Communities



**FAITH  
IN ACTION**  
PALM BEACH COUNTY

COALITION FOR INDEPENDENT LIVING OPTIONS, INC.  
"Promoting Independence for People with Disabilities"

# SPEAK

The Idea of Support and  
Shared Healing through  
Community

*A Survivor discusses the essential role  
that community plays in both short-  
term recovery and long-term healing  
following a crime.*

✦ **Date: April 8, 2025**

✦ **Time: 12:00-1:30PM ET**

✦ **Location: Virtual**

<https://forms.gle/k999tUnNKJZ1dFGc8>



To request accommodations, please contact Laura Cusack at  
[lcusack@cilo.org](mailto:lcusack@cilo.org) or 561-966-4288 ext. 106.





**Please join us!**

**Sexual Assault Awareness Training**

**Presented by:**

**Emily Blaylock, Outreach Coordinator, Division of Victim  
Services**

**Palm Beach County Public Safety Department**

***Wednesday, April 9, 2025***

***2:00 pm – 3:30 p.m.***

***Mayme Fredrick Building***

***1440 Dr. Martin Luther King Jr. Blvd.***

***Riviera Beach, FL***

**Please RSVP to [grodrigu@pbc.gov](mailto:grodrigu@pbc.gov)**

---



# GLOW IT UP

ILLUMINATE YOUR BEST SELF

MUSIC • GAMES • PRIZES

10 COMMUNITY SERVICE HOURS

FREE TO MIDDLE AND HIGH SCHOOL STUDENTS LUNCH INCLUDED

**APRIL 12TH**  
**9:00AM - 4:00 PM**  
**PALM BEACH LAKES HIGH SCHOOL**

**REGISTER**  
**TEXT: YOUTHSUMMIT2025**  
**TO 888-687-0035**  
ENGLISH, SPANISH, CREOLE



[PBCYOUTHSUMMIT.ORG](http://PBCYOUTHSUMMIT.ORG)

## WORKSHOP TRACKS

**GLOW FORWARD!**  
**ILLUMINATE YOUR MIND:**

Health & Awareness

## GLOW UP YOUR SKILLS!

**ILLUMINATE YOUR FUTURE:**  
Life Skills for Success

## PARENT WORKSHOP

\$50 Gift card for parents who attend  
Register [pbcYouthSummit.org](http://pbcYouthSummit.org)

### THANK YOU TO OUR SPONSORS



Palm Beach County PAL Inc.'s Event, is not affiliated with or endorsed by the School Board of Palm Beach County or Palm Beach Lakes Community High School and the events/activities hosted by Palm Beach County PAL Inc. is on Palm Beach Lakes Community High School's premises pursuant to a lease agreement shall not be construed as being conducted, funded, hosted, or sponsored by the School Board or Palm Beach Lakes Community High School on behalf of Palm Beach County PAL Inc.'s Event. The School Board and Palm Beach Lakes Community High School undertake no responsibility for organizing or maintaining the Palm Beach County PAL Inc.'s events/activities and will not be liable for any and all actions of Palm Beach County PAL Inc.'s Event on Palm Beach Lakes Community High School's premises.

Mandel Public Library

**EXTRA! EXTRA! April is Financial Literacy Month!**

Catch me promoting on social media: [LinkedIn Mandel Library Financial Literacy Month](#)

*Library Calendar of Events April Financial Literacy*

All month long, the library will be hosting programs and workshops on topics ranging from retirement and estate planning, job preparation for teens, business finance, identify theft and fraud, and money games for kids. Our Grab & Go free giveaways include financial literacy toolkits\* in English or Spanish for adults, books for children ages 8 and up, and cardboard piggy banks for children under 8, while supplies last.

**Read all about it!** The Boca Raton Tribune:

<https://www.bocaratontribune.com/bocaratonnews/2025/03/financial-literacy-month-filled-with-resources-and-workshops-throughout-april-at-mandel-public-library-of-west-palm-beach/>

\*Materials are from the Consumer Financial Protection Bureau, ALA and FINRA Investor Education Foundation

## **BAM! Book and Music Festival**

**Saturday, April 5, 10 a.m. – 3 p.m.**

Join us for the annual free festival celebrating books, authors, and illustrators!

<https://www.booksartmusic.org/>

## **April 6-12, 2025, is National Library Week!**

Stop by and share the love:

<https://wpbcitylibrary.libcal.com/calendars?t=g&q=Library Week&cid=-1&cal=-1&inc=0>

And don't forget to join the Collection Connection and pick up your Art Passport at the library!

**VITA Tax Preparation Services begin again:**

Wednesday, January 22 – Monday, April 15, 2025

**Tuesday 2:30pm – 5:30pm**

**Wednesday 2:30pm – 7:00pm**

**Thursday 2:30pm – 5:30pm**

**Saturday 10:00am – 1:00pm (canceled April 5)**

No appointment necessary. Visit [www.TaxesFiledFree.org](http://www.TaxesFiledFree.org) or call 211 for more information on what to bring.

To book an appointment for resume and job assistance, please visit our job help page: <https://www.wpb.org/Departments/Mandel-Public-Library-of-West-Palm-Beach/Services/Job-Help-Resources>

Thank you again to all our community partners for all that you do!

Alyssa Rudinsky  
Associate Librarian  
Mandel Public Library of West Palm Beach  
411 Clematis Street  
West Palm Beach, FL 33401  
561-868-7755  
TTY: 1-800-955-8771  
[ARudinsky@wpbcitylibrary.org](mailto:ARudinsky@wpbcitylibrary.org)  
[wpbcitylibrary.org](http://wpbcitylibrary.org)

---

Undecided about your future?



Want to learn more about nature?



Work for PBC ERM and learn about "green" jobs!



Palm Beach County Environmental Resources Management (ERM) is offering paid summer mentoring internship for those interested in getting first-hand experience working to preserve, protect, and enhance Palm Beach County's land and water resources.

## Green Futures Internship

**TIME FRAME:** June 9 - July 18, 2025  
Monday – Friday 9am – 4pm

**REQUIREMENTS:** 17 – 22 years old; able to work outdoors in extreme heat; able to maintain footing on boats, in water, and in heavy vegetation and mud; able to lift 40 pounds; able to sit for long periods of time and walk for long distances; able to give final presentation on internship experience.

**JOB DETAILS:** Work will be inside and outdoors assisting ERM staff performing compliance inspections, plan review, environmental sampling, laboratory work, environmental monitoring, and producing educational, marketing, and social media content. Tasks may include carrying equipment, collecting biological samples, taking pictures and video, documenting data, removing invasive and installing native plants, operating graphic design and photo/video software, and general office work such as data entry, filing, copying, and scanning.

Prospective candidates should submit a resume to [scorr@pbc.gov](mailto:scorr@pbc.gov) by **April 4, 2025**.

Please contact Samantha Corr with Palm Beach County ERM at (561) 233-2455 [scorr@pbc.gov](mailto:scorr@pbc.gov) to submit your resume or if you have any questions.



Palm Beach County  
Board of County Commissioners  
Environmental Resources Management  
2300 N. Jog Rd, West Palm Beach pbcerm.com 561-233-2400

Palm Beach County Youth Services Department  
YOUTH & FAMILY COUNSELING PRESENTS

SAVE  
THE  
DATE

# MENTAL HEALTH FAMILY DAY CAMP



May 10, 2025  
9 am - 3 pm

Application Process  
Opens February 2025

**FREE**

Event for PBC  
Residents

Join us for a day full of therapeutic  
workshops and outdoor activities for  
families with children ages 5 - 17.

Family fun  
Emotional  
Management

Communication  
Social Skills  
Self-care



Event Location  
Okeehetee Nature Center  
7715 Forest Hill Blvd.  
West Palm Beach, FL 33413

Meals will be provided

Only Limited Seats  
Available!

## Palm Beach County Youth Services Department Accepting Applications for Annual Mental Health Family Day Camp

The Palm Beach County Youth Services Department is now accepting parent applications for its 2nd Annual Mental Health Family Day Camp, taking place on Saturday, May 10, 2025, from 9:00 AM to 3:00 PM at the

Okeeheelee Nature Center, 7715 Forest Hill Blvd, West Palm Beach, FL 33413.

Held in recognition of Mental Health Awareness and Trauma-Informed Care Month, the Mental Health Family Day Camp provides families with children ages 5–17 a unique opportunity to engage in a full day of therapeutic workshops, outdoor activities as well as therapeutic group workshops.

The event is designed to foster collaboration, socialization, and stronger family bonds through engaging and interactive experiences.

To apply, visit <https://survey.pbcgov.com/s3/Mental-Health-Family-Day-Camp-Information-Request>.

For more information, please contact YSD Youth & Family Counseling at [YSD-Yfc-4pts@pbcgov.org](mailto:YSD-Yfc-4pts@pbcgov.org) or call 561-242-5714.

---

### **Community Resource Marketplace event at the Mandel Public Library**

It's time to mark your calendars and reserve your spot for this year's Community Resource Marketplace event at the Mandel Public Library. Last year, we doubled the number of community partners to accommodate 22 tables. With so much interest from our partners to participate, I am happy to increase further; however, I do not have anymore tables to spare. So, the first twenty-two partners to confirm their spot will be guaranteed a table, anyone additional will need to bring a table – but we can still provide the chairs.

Please let me know as soon as possible if you plan to participate again this year.

Event: 3<sup>rd</sup> Annual Community Resource Marketplace

Date: Wednesday, August 13, 2025

Time: 10 a.m. – 1 p.m.

Place: Mandel Public Library of West Palm Beach (3<sup>rd</sup> floor – Auditorium & pre-function areas)

Purpose: To showcase nonprofit and community resources for youth, families, jobseekers, veterans, disabled, and more

(No sales or solicitations permitted; giveaways of purpose and useful information requested/ not candy)

Thank you all again for all you do to support the community! I'm thrilled to have you join us! As I am receiving responses, it might work best for me to organize and track through a Google sheet.

If everyone could please take a moment to complete the form, that would be great! Thank you all so much! 😊

**<https://forms.gle/1kQ2d3op5zCJmsWUA>**

Alyssa Rudinsky  
Associate Librarian  
Mandel Public Library of West Palm Beach  
411 Clematis Street  
West Palm Beach, FL 33401  
561-868-7755  
TTY: 1-800-955-8771  
[ARudinsky@wpbcitylibrary.org](mailto:ARudinsky@wpbcitylibrary.org)  
[wpbcitylibrary.org](http://wpbcitylibrary.org)

---



**Early Learning Coalition  
of Palm Beach County**  
*Ready to Learn. Ready for Life.*

# EARLY HEAD START CHILD CARE PARTNERSHIP

Give your child an Early Head Start!

Accepting children ages six weeks to three years old, at no cost to qualifying families.



## CHILDREN'S SERVICES

- Full day, year-round services.
- Engaging activities.
- Nutritious food provided.
- Inclusive settings for children with disabilities.
- School readiness.
- Mental health services.
- Dental screenings.

## FAMILY SERVICES

- Parent activities.
- Connection to community resources.
- Parent feedback through committees.
- Policy Council opportunities.
- Health & Education Services Advisory Committee opportunities.
- Classroom volunteer opportunities.
- Male figure inclusive classroom and activities.

### APPLY FOR SERVICES ONLINE AT:



### AUTOMATICALLY ELIGIBLE FAMILIES:

- Recipients of public assistance (SSI/TANF/SNAP).
- Experiencing homelessness.
- With children in foster care.

### TO LEARN MORE:



561-412-2203



[ehsccp@elcpalmbeach.org](mailto:ehsccp@elcpalmbeach.org)

Applications are accepted year-round for families in the West Palm Beach, Lake Worth, Delray Beach, Riviera Beach, Belle Glade, Pahokee and South Bay areas. Families with the greatest needs will receive services first, based on funding availability.



## SNAP BENEFITS ASSISTANCE

[SNAP stands for Supplemental Nutrition Assistance Program, formerly known as Food Stamps]

### **Palm Beach County Food Bank Benefits Outreach Program**

701 Boutwell Rd, Suite A1  
Lake Worth Beach, FL 33461  
561-670-2518

Palm Beach County Food Bank is the sole provider of the federal waiver to provide comprehensive SNAP outreach in Palm Beach County. Palm Beach County Food Bank is one of only four organizations in Florida that holds the waiver for the full interview process required to qualify for SNAP benefits. Palm Beach County Food Bank has access to the state software program to directly add client information as if the state employed them and conducted all face-to-face interviews.

### **Palm Beach County Food Bank Benefits Outreach Specialists can assist clients with:**

- SNAP (Food Stamps) Application
- Medicaid Application
- Cash Assistance

Languages Available: English, Spanish, and Haitian Creole

For information about the program, and to see their calendar and find a location near you, please visit their website: [pbcfoodbank.org/apply-for-snap](http://pbcfoodbank.org/apply-for-snap)

### **Connect with the Benefits Specialists:**

- Chris Guegue (English/Creole/Spanish) - [Chris@pbcfoodbank.org](mailto:Chris@pbcfoodbank.org)
- Marie Pierre (English/Creole) - [Mpierre@pbcfoodbank.org](mailto:Mpierre@pbcfoodbank.org)
- Riquet Lucien (English/Creole) - [Riquet@pbcfoodbank.org](mailto:Riquet@pbcfoodbank.org)
- Sacha Narcisse (English/Creole) - [Sacha@pbcfoodbank.org](mailto:Sacha@pbcfoodbank.org) (assisting Seniors, 62 and older only)
- Stephany Escobar (English/Spanish) - [Stephany@pbcfoodbank.org](mailto:Stephany@pbcfoodbank.org)

## OTHER AGENCIES IN PALM BEACH COUNTY PROVIDING SNAP APPLICATION ASSISTANCE

NOTE: These agencies do not provide assistance with the full SNAP interview process. Please call ahead.

### American Pace - Riviera Beach

Monday – Thursday from 8:00 a.m. – 4:30 p.m.  
(561) 249-7885

### Boynton Beach Faith Based CDC

By appointment for Boynton Beach residents  
(561) 386-4261

### Catholic Charities – Hunger Homeless and Outreach

Tuesday – Thursday by appointment ONLY  
(561) 345-2000

### Faith Deliverance Feeding Hope Village

Monday – Friday by appointment  
(561) 290-6621

### Farmworker Coordinating Council

Must be a client; by appointment  
(561) 992-0603

### Feeding South Florida

Monday – Friday from 8:00 a.m. - 5:00 p.m.  
(561) 659-5070

### The Glades Initiative

Call to schedule an appointment;  
Monday – Friday from 8:00 a.m. - 5:00 p.m.  
(561) 996-3310

### Heart, Health & Healing (Triple H) Ministries

Monday – Friday  
(561) 766-1769

### Palm Beach County Medical Society Services

Monday – Friday from 9:00 a.m. - 5:00 p.m.  
(561) 433-3940

### True Fast Outreach Ministry

Monday – Friday from 10:00 a.m. - 5:00 p.m.  
(561) 594-5689

### Women's Health and Education Network PBC

Monday – Friday from 10:00 a.m. – 7:00 p.m.  
(561) 510-0971



VISIT [MYACCESS.MYFLFAMILIES.COM](https://myaccess.myflfamilies.com) TO FIND  
MORE COMMUNITY PARTNER NETWORK SITES.



**UNITED WAY**  
Palm Beach County

# Simple Ideas & Mindfulness

## Make Time For Self-Care

- Learn something new
- Laugh often- watch comedies
- Find a way to "connect" each day
- Turn off the news!
- Make sure information you find is from a reliable source
- Learn how to boost your immune system.
- Get enough quality sleep and rest
- Take the time to exercise
- Don't deprive yourself of a little comfort food- but lean towards fresh fruits & vegetables
- Simply breath! Breath work can reduce anxiety while enhancing the health of your lungs.



**Get "grounded" in nature. Whether in meditation or for exercise- this may lift your mood and help you to sleep better.**



*A nice cup of hot tea & a good read...can be enhanced by nature. Patio, porch or park- nature can uplift your spirits while providing a sense of grounding.*

## Other Resources

**[Building Resiliency- click here](#)**

*Also let someone you trust know how they can best support you...*

**[Vibrant Emotional Health-Safe Space](#)**-for available coping tools & strategies

*"We are in this together!"*



**See you at the next meeting!**