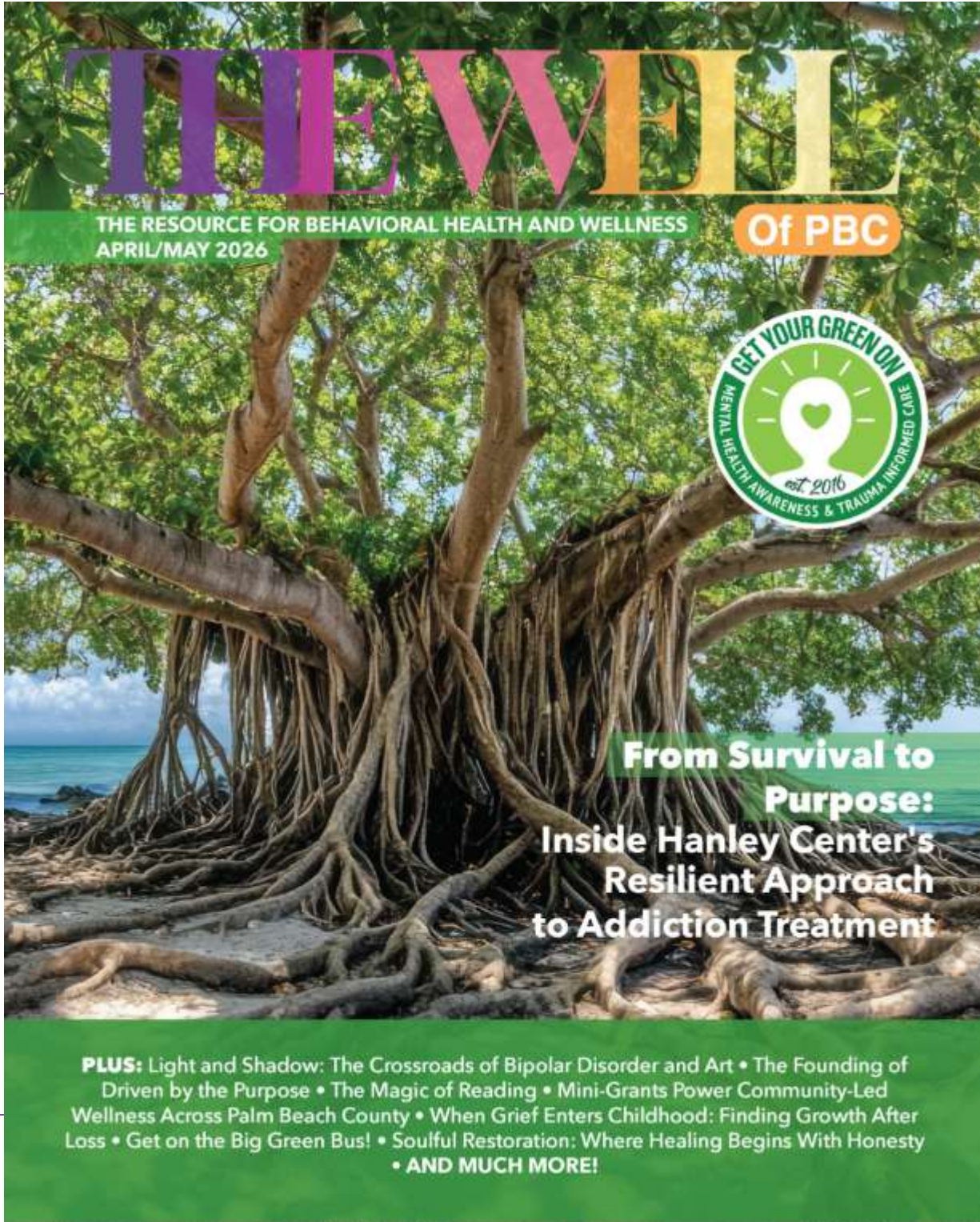




THE WELL
Of PBC



PLUS: Light and Shadow: The Crossroads of Bipolar Disorder and Art • The Founding of Driven by the Purpose • The Magic of Reading • Mini-Grants Power Community-Led Wellness Across Palm Beach County • When Grief Enters Childhood: Finding Growth After Loss • Get on the Big Green Bus! • Soulful Restoration: Where Healing Begins With Honesty • **AND MUCH MORE!**

The new April/May 2026 issue of *The Well of PBC* has arrived, and we are proud to share another community-centered edition dedicated to behavioral health, wellness, and the stories that keep Palm Beach County informed, encouraged, and connected.

This issue explores resilience in many forms through powerful stories, lived experiences, community leadership, and local resources. Inside, you'll find our feature story, "***From Survival to Purpose: Inside Hanley Center's Resilient Approach to Addiction Treatment***," along with thoughtful articles on childhood grief, bipolar disorder and art, reading as a wellness tool, faith and recovery, youth leadership, and community-driven healing across Palm Beach County.

You'll also learn more about the 2025 **Be Well Do Well Mini-Grant** recipients, who are turning compassion into action through projects that uplift wellness, belonging, and resilience in neighborhoods throughout our county. As May approaches, this issue also highlights **Get Your Green On**, helping shine a light on Mental Health Awareness and Trauma-Informed Care Month.

At The Well of PBC, our mission remains rooted in being a trusted resource, a safe exchange space for community, and an outlet for neighbors and stakeholders to help transform the behavioral health landscape in Palm Beach County. We are grateful to be on this journey with you.

After you read, we invite you to share it with your family, friends, colleagues, and networks. Every share helps expand access to stories, resources, and voices that matter.

Thank you for continuing to support The Well of PBC.

[Read the new issue here](#)

Join Us in Lake Park

COMMUNITY CONNECTORS MENTAL HEALTH POP UP



LIGHT
REFRESHMENTS

TUESDAY
APRIL 19TH
10:00AM-12:00PM
LAKE PARK
LIBRARY



- * Open discussions on mental wellness
- * Stress management & coping tools
- * Safe, judgment-free environment
- * Come learn about ways to support your mental health



Lake Park Libray is located on
529 Park Avenue
Lake Park, FL 33403

www.bewellpbc.org

Community Connectors Mental Health Pop-Up – Lake Park

Join **BeWellPBC Community Connectors** for an evening of open conversation, connection, and support at the Community Connectors Mental Health Pop-Up.

This welcoming space is designed to encourage honest discussions about mental wellness, offer stress management and coping tools, and help residents learn new ways to support their mental health in a safe, judgment-free environment.

Come as you are, enjoy light refreshments, and connect with others in community. **We hope you'll join us on Tuesday, April 14 from 5:30 PM to 7:00 PM at Lake Park Library.**

[Meet our Community Connectors](#)

The Well of PBC is an online publication focused on Palm Beach County. The mission of *The Well of PBC* is to become the primary resource for behavioral health and wellness for Palm Beach County, a safe exchange space for community, and an outlet for our neighbors and stakeholders to transform the behavioral health landscape.

Thank you for being a part of our shared vision: a welcoming space where everyone's voice is heard and where we all work together to shape a brighter, healthier future.

Please visit our social media channels and share your stories of how you are connecting and empowering wellness within Palm Beach County!

Support this local publication by subscribing to receive future issues and updates. And don't forget to share this publication with your family, friends, co-workers, and neighborhood, and ask them to subscribe and share as well.

We believe in creating spaces where everyone's voice matters. If you're moved by these stories or want to contribute your own, email us at thewell@bewellpbc.org.

Let's keep building a supportive network across Palm Beach County!

Click here to subscribe and visit [The Well of PBC](#).




JOIN THE MOVEMENT

The Well of PBC would like to offer individuals, business owners, organizations, community funders, and city and county entities the opportunity to sponsor an issue, feature, or purchase an advertisement. Become a resource and pour into The Well.

For more information contact Katrina Blackmon

Email: thewellads@bewellpbc.org