

**Inter-Agency Network Meeting: Tuesday April 4th @ 9 am**

IAN of PBC <patrice.schroeder@211pbtc.org>  
via auth.ccsend.com

Fri 3/31/2023 2:20 PM

To: Updates <updates@gladesinitiative.org>

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!

***Meeting Invite For***

**April 4th, 2023**

*Start time 9:00 am*

Meetings run the First  
Tuesday of each month Sept-June

Mounts Auditorium, 531 N Military Trail,  
West Palm Beach, FL 33415  
(building located right on Military) Until further notice

**Will attempt to have a hybrid meeting**

Zoom Link

<https://us02web.zoom.us/j/82588187677?>

# March - Guest Speaker

## Nonprofits First

Tracy Amara  
Membership Director

### Nonprofits First Programs:

**Accreditation** – what it is, why it matters, levels of accreditation, the Accreditation cycle and what Reviews consist of

**Membership - Benefits**, Resources, Member Only Opportunities, Nonprofit Management and Consulting services, and Management Support Services

**Education, Professional and Leadership Programs** – Rising Leaders, Advancing Leaders, 101 for the 501, CEO Circles and Roundtables, Board Smart, Upcoming Classes and Workshops

### **Hats Off Nonprofit Awards**

Tracy Amara  
Membership Director

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West Palm Beach FL 33409  
561.910.5069 (direct)  
561.214.7435 (main)  
tamara@nonprofitsfirst.org  
www.nonprofitsfirst.org

## ***CHAT from the March 7th IAN Meeting***

# Add Your Email

Click here to get monthly invites

## Community Activities

### **Palm Beach County to Offer Free Disaster Preparedness and Response Training for Teens**

The Palm Beach County Public Safety Department's Division of Emergency Management announces that registration is open for Teen Community Emergency Response Team (CERT) training for youth aged 13 to 17.

**The class will be hosted at the Palm Beach State College Lake Worth campus on Saturdays from 10 a.m. to 2 p.m., from March 18 through April 29, 2023.**

Teen CERT is funded through federal grants, so there is no cost to participants.

Participants will learn skills such as basic first aid, light search and rescue, light firefighting, disaster preparedness and disaster psychology to protect themselves, their family and friends if an emergency strikes their community or school. Participants will receive community service hours for their time spent in the classroom and through subsequent involvement in CERT activities.

CERT, a nationally supported, locally implemented initiative, has trained the public in basic disaster response skills since 1993. When CERT volunteers organize and perform disaster medical operations, fire safety and light search and rescue, it frees up professional responders to focus on more complex, essential and critical tasks.

**To register for Teen CERT, visit <https://bit.ly/3l4qKvL>**

Please copy and paste links as their format may not open directly on this platform.

For additional information or questions, contact  
D. Michael Jankowski, FPEM, ENP  
Division of Emergency Management  
561-712-6337  
DJankows@pbcgov.org

For other locations, dates & times Dial 211 or [click here](#)

**SAVE THE DATE- Vendor ops to come**  
**[www.westpalmbeachmentalhealth.com](http://www.westpalmbeachmentalhealth.com)**

# 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.

*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!"***

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

## See you at the next meeting!

211 Palm Beach/Treasure Coast | PO Box 3588, Lantana, FL 33465

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