

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!

Please NOTE: NO JUNE MEETING

**July 1st, 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



July- Guest Speaker TBD

April Meeting Chat Notes

CHAT from the May IAN Meeting

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

Community Activities

Note: some items are time sensitive & may not be in chronological order- so scan all for timeliness

Please reach out to the agencies themselves for any additional information- as I am merely the messenger!



SUMMER BREAKSPOT

SUMMER BREAKSPOT PROVIDES NUTRITIOUS MEALS AT NO COST TO CHILDREN 18 AND UNDER WHILE SCHOOL IS OUT FOR THE SUMMER.

Friends, Free meals and Fun.

Available All Summer Long

Click here to learn more....

People can also call 2-1-1, staff will help families find local Summer BreakSpots sites and also other important resources.



211 is collecting information on the 2025 Back to School Events. If you know of any organizations that are planning to host an event email: patrice@211pbtcc.org

[*Click here to view the currently listed events*](#)

**View 211's First Quarter Snapshot Reports
- compiled from caller data**

[CLICK HERE](#)

**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

[Print PDF To Share](#)

or visit: www.211PalmBeach.org/Careers

Foundations of Faith Community Nursing

Basic Preparation Curriculum

Faith Community Nurses are an asset for a broadly integrated parish plan for stewardship and is a specialty that promotes the integration of health and prevention with intentional care of the spirit developed within an interfaith model.



Content of Course Includes:

Integrate Faith & Health	Caring Presence & Active Listening	Best Practices
Assessments, Self-Care Ability	Transforming Life Issues	Support Groups
Family Violence Interventions	Ethics & Professionalism	Health Educator

Welcome Experience: Saturday, May 31st 12 p.m. – 4 p.m. (4 hours) at Sacred Heart

“Introductions and History and Philosophy will be covered”

Online Experience: Sundays, June 1st, June 8th, & June 22nd 6 p.m. – 9 p.m. (9 hours)

Homework Experience: Every 2 hours = 1 CEU (3 hours)

Retreat Experience: Friday, June 27th 5 p.m. – 9 p.m., Saturday, June 28th & Sunday, June 29th from 8 a.m. – 5 p.m. Sunday there will be a Commissioning Ceremony (20 hours)

Location: Keiser University – Flagship Campus
2600 N Military Trail
West Palm Beach, FL 33409

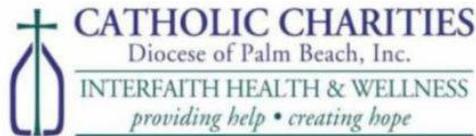
Price: \$540 per person (\$15 per CEU)
Includes: 36 CEUs, educational materials, 3 meals included, and Certificate of Attendance.
Partial credit is provided, if needed. **Scholarships are available.**

Registration fee: \$75 must accompany the registration form by **May 23rd**/will be applied towards total

Checks are payable to: *Catholic Charities - IHW*

Please mail the registration form & fee to: **Interfaith Health & Wellness A Program of Catholic Charities**
100 W. 20th Street Riviera Beach, FL 33404 Phone: (561) 531-8056 **OR email:** preynolds@ccdpb.org

The Foundations of Faith Community Nursing course is based on the curriculum developed through the Westberg Institute for Faith Community Nursing which curriculum is owned by the Spiritual Care Association of New York, NY, 500 7th Ave., 8th floor, New York, NY 10018



Faith-Based Nursing Practice

is one of the fastest growing specialties recognized by the American Nurses Association. A congregational based program cares for the whole person — body, mind, and spirit —and promotes balanced living and good stewardship.

The "Foundations of Faith Community Nursing" course is developed within an interfaith model and recognized by the Church Health Center/International Parish Nurse Resource Center. It is offered in South Florida by Catholic Charities.

Come and join the retreat experience! Concentrate on your personal self—mind, body, and spirit—as you learn, reflect, meet and share with other participants and contemplate our life's journey.



Discover whether you are being "called" to pursue this specialty practice of nursing.

Class Schedule

Welcome Experience: May 31, 12pm-4pm

Online Experience: June 1st, 8th & 22nd
6pm - 9pm

Retreat Experience (classroom):

June 27th: 5pm - 9pm

June 28th & 29th 8am - 5pm

Keiser University - Flagship Campus 2600 N Military Trl
West Palm Beach, Florida 33409

Course Objectives

1. Explore the knowledge necessary to develop and implement an outcome oriented, faith-based nursing practice based on the specific needs of a congregation or faith community.
2. Differentiate between the physical, mental, and spiritual dimensions with a focus on the intentional care of the spirit, as part of the process of promoting whole-person health.
3. Understand spiritual care and nursing interventions that sustain whole person care.
4. Assessments and referrals to resources.
5. Learn to integrate the standards of health within the context of a faith community.

Upon completion of this program, the participant will:

- Embrace the integration of faith and health as central to the Faith Community Nurse role in whole person care including Best Practices that will increase self-care abilities and healthy behaviors, prevent injury and illness, and increase access and connections to care and support.
- Demonstrate the knowledge and skills to begin as a Faith Community Nurse, utilize Best Practices & Guidelines, and document outcomes.
- Value a Mentoring and peer network of Faith Community Nurses.



Registration Form

Please print your name and organization and send the registration via e-mail.

Name: _____
Address: _____
City: _____ State: _____ Zip: _____
Phone: _____
Email: _____
Faith Affiliation: _____
Church/Temple: _____
RN License # (for contact hours) _____

Cost: \$540, educational materials, lunch & snacks, and Certificate of Attendance. Partial credit is also provided. **Scholarships are available.**

I would like to apply for a scholarship.

Registration fee of \$75 must accompany the registration form **by May 23, 2025** and will be applied towards the cost.

Checks are payable to: Catholic Charities-IHW. Please mail the registration form & fee to:

Interfaith Health & Wellness A Program of Catholic Charities

100 W. 20th Street Riviera Beach, FL 33404 Phone: (561) 531-8056

OR

email them to:
E-mail: preynolds@ccdpb.org

Course Information

The Foundation of Faith Community Nursing course is based on the curriculum developed through the Westberg Institute for Faith Community Nursing which curriculum is owned by the Spiritual Care Association of New York, NY 500 7th Ave., 8th Floor, New York, NY 10018

- Integrate Faith & Health
- Caring Presence & Active Listening
- Assessments, Self-Care Ability
- Transforming Life Issues—Grief
- Family Violence Interventions
- Ethics & Professionalism
- Health Educator
- Support Groups
- Best Practices
- Mentoring

...And much more!



St. Mary's Medical Center is accredited by the Florida Board of Health Professions # 00-1871



CATHOLIC CHARITIES

Diocese of Palm Beach, Inc.
INTERFAITH HEALTH & WELLNESS
providing help • creating hope

100 W. 20th Street

Riviera Beach, Florida 33404

Catholic Charities of the Diocese of Palm Beach
Supporting Faith Based Nursing In South Florida

Class size is limited.
Apply today!



RETREAT EXPERIENCE

Foundations of Faith Community Nursing

Basic Preparation Curriculum

June 2025

"Faith Community Nurses are a valuable asset for a broadly integrated parish plan for stewardship."



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Palm Beach County Library System Summer Reading Challenge 2025 'Color Our World'

Residents are invited to join the Palm Beach County Library System 2025 Summer Reading Challenge, *Color Our World*. Summer is a season that beckons everyone to embark on new adventures, explore faraway lands and lose themselves in the magic of stories. Where better to start a journey than at the library!

Readers of all ages can join the fun and share their progress for a chance to win a prize. Challengers must sign up at any Palm Beach County Library System location from Monday, June 2, through Thursday, Jul 31.

Visit a local branch and receive an activity log, and read and/or participate in activities to complete the log. Then, return the completed activity log to any Palm Beach County Library System location. Receive a prize (while supplies last) and enter a drawing to win a fabulous grand prize.

All prizes are available while supplies last — so get started early. Grand prize winners will be selected in early August.

Spread the joy of reading and interact with all of the services the Palm Beach County Library System has to offer. Register for the Summer Reading Challenge today!

Visit <https://ow.ly/AOuy50Vw38r> for a listing of Summer Reading Challenge events and activities.

SECOND ANNUAL HURRICANE PREPAREDNESS EVENT

First Come, First Serve



STRONGER TOGETHER

As hurricane season approaches, Farm Share invites you to help us support families in need. We'll be distributing free food, emergency supplies, and disaster preparedness resources to over 500 households.



JUNE 07 2025
09:00 AM - Until Supplies Last
4620 Summit Blvd,
West Palm Beach, FL 33415

Join the Mission

Whether you're a resident seeking support, a volunteer ready to help, or a business wanting to give back—we welcome you to be part of this day. Partner with us and your logo will be featured in our promotional materials as a proud supporter of the community.



SCAN HERE TO REGISTER



Volunteer & Sponsor Opportunities

A chance to give back—individuals, businesses, and groups can all make a difference.

Event Highlights

500+ Families Served

We will provide food and emergency supplies to over 500 local households facing hardship.

Free Food Distribution

Fresh fruits, vegetables, pantry staples, and more—completely free for the community.

Emergency Supply Kits

Receive essential items to help you stay prepared during hurricane season.

Community Resource Info

Access helpful information from local agencies and support organizations.

FARM SHARE, INC. THIS INSTITUTION IS AN EQUAL OPPORTUNITY PROVIDER



Contact us

Monte Banonis

786-236-1738

Monte@farmshare.org

The Soup Kitchen in Boynton Beach will be opening registration for the next session of the LiftUP program.

We are seeking motivated individuals to join this FREE CULINARY JOB SKILLS initiative. This will be the LAST opportunity before summer break.

The session starts THURSDAY MAY 1 and will meet 1x/week for 6 weeks. Each day will consist of working in a variety of roles in our kitchen (internship experience), work/wellness classroom time with trusted professionals, and hands-on kitchen training with our Chef. We will provide FREE transportation, FREE food, and FREE personal & hygiene products with each visit.

**SPACE IS LIMITED! Register
at: <https://thesoupkitchen.org/registration/>**

JOIN US ON A HISTORIC COMMUNITY ART PROJECT & LIVE MUSIC ON FLAG DAY

DATE: SATURDAY JUNE 14, 4 PM - 8 PM

Location: Northwood Art & Music Warehouse
933 28th St, West Palm Beach, FL 33407



Enjoy a day of incredible Live music while being part of history! Artist Ariel Basso invites veterans and their families to contribute to a legendary American flag art piece—printing the hands of children and grandchildren of veterans to honor their legacy on a 14' x 12' American Flag. This traveling art piece will journey across America in celebration of our nation's 250th anniversary in 2026 and will be featured in a documentary film WE ARE AMERICA.

For more info:
arielbassoart@gmail.com
or Visit: ArielBasso.com
(under "Projects") to learn more.
Sign up under contact tab



Hello Community Partners,

Attached, please find the UPDATED library events brochure for June Mandel Library Events_June 2025, as well as handouts for special programs.

“Color Our World” with Summer Reading!

This year’s library summer theme is “Color Our World”. We encourage you to explore being creative and to ask yourself, “What brings color to my world?”. We have so many activities happening this summer!

[LibCal - Mandel Public Library of West Palm Beach](#)

VITA is available once a month during the off-tax season. Please call United Way or 211 to schedule an appointment.

“Get That Job” is back!

Whether you're a recent graduate, a career changer, or someone looking to level up in your professional journey, this workshop is for you!

“Get That Job,” Wednesday, June 25, 10 a.m. – 3 p.m.

<https://wpbcitylibrary.libcal.com/event/14578442>

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
wpbcitylibrary.org



MORSELIFE

Women's Health

Your Health at Every Age



We provide Free or low-cost Screening or Diagnostic Mammograms, Cervical Ultrasounds related to Cervical Cancer, assistance in obtaining MRIs and Biopsy for women who qualify by the 200% income guidelines.

All reports will be returned to the referring Physician!!!

Additional assistance is offered for transportation, translation, and financial resources based on meeting the required qualifications.

We also conduct regular, ongoing community outreach and education at health fairs, nonprofit organizations, community events, and at faith-based groups to raise awareness of the importance of early detection screenings, and to facilitate access to quality healthcare for those requiring diagnostics and treatment.

For more information or to schedule an appointment call:

Liliana Herrera

Telephone: **561-344-4139**

4550 Jog Road, Greenacres, FL 33467



Sponsored by the Promise Fund of Florida



Florida Mobile
Mammography

WEDNESDAY, JUNE 11 | 9AM TO 2pm



!!!Si necesita una mamografía y tiene la orden médica,
podemos ayudarla a obtenerla gratis con
quilificación!!!

Si es su primera mamografía no requiere orden
medica...

Para más información o para programar una cita, llame al:

Liliana Herrera

T. 561-344- 4139

LHerrera@MorseLife.org

PromiseFund.



Join us for a free virtual workshop!

hosted by:



Empower and Protect: Elder Abuse and Fraud Prevention



Wednesday, June 11, 2025

10:30 a.m. - 12:00 p.m (EST)

9:30 a.m. - 11:00 a.m. (CST)

Live on Zoom

Register online at
bit.ly/FLWEAAD2025

It is time to take ACTION!

As the Florida Legislature heads into budget conference, the House has proposed sweeping \$150 million in recurring funding from the Affordable Housing Trust Fund—undoing critical reforms made just

two years ago. This move would make affordable housing programs subject to uncertain, nonrecurring funding year after year.

The Senate has stood firm in preserving the Trust Fund. Now we need your voice to ensure they continue to do so.

Contact your Senators today and urge them to hold the Senate position and protect the Affordable Housing Trust Fund during budget conference. Florida's families and future depend on it.

Find your legislator here: [2024-2025-Delegation-Roster.pdf](#)

Thank you for your advocacy!

**Gloria Rodriguez
Contract Management Specialist/HHA Liasion
Palm Beach County Human Services Division
810 Datura Street 2nd floor
West Palm Beach, FL 33401
(561) 355-4642**


COMMUNITY PARTNERS
 OF SOUTH FLORIDA
HEALTH | HOUSING | COMMUNITY

ADVANCING HOUSING SOLUTIONS EXPO 2025

12
JUNE

3:30 PM - 5:00 PM

PROPERTY INHERITANCE PANEL DISCUSSION

Join us for panel discussion on the key to building and maintaining generational wealth through property ownership.

12
JUNE

5:30 PM - 7:30 PM

Advancing Housing Solutions Reception

Celebrate NeighborWorks Week with us as we honor our membership and contributions to creating quality, affordable, housing options in Palm Beach County.

13
JUNE

10:00 AM - 11:00 AM

St. Mark's Pahoee Community Center Ribbon Cutting

CPSFL is excited to cut the celebratory ribbon on the Pahoee Community Center. A co-development project with St. Mark's Episcopal Church, the center will house a sanctuary and community programs, like BRIDGES.

NeighborWorks[®]

AMERICA

For more information and sponsorship opportunities, contact communications@cpsfl.org.

Palm Beach County Secures Heirs' Property Protection Fund Grant

Palm Beach County's Department of Housing and Economic Development has been awarded a \$500,000 grant from the Federal Home Loan Bank of Atlanta (FHL Bank) to support the Heirs' Property Family Wealth Protection Fund. To maximize the impact of this initiative, the Palm Beach County Board of County

Commissioners has approved a local funding match bringing the total available assistance to \$1 Million. This funding is essential in helping assist low- to moderate-income households address heirs' property challenges, which often create legal and financial obstacles that prevent families from preserving and passing down home equity as intended.

The PBC Housing Finance Authority, a member of FHL Bank, played a key role in supporting and submitting the grant application on behalf of the County. In collaboration with the Legal Aid Society of Palm Beach County, the County will provide essential services such as estate planning and clearing title issues for affected properties. Further details and stakeholder announcements will be made once the program becomes available to the public.

Media Contact:

Jonathan B. Brown

Dept. of Housing & Economic Development

(561) 233-3600 JBrown2@pbc.gov

Mandel Public Library of West Palm Beach

COMMUNITY RESOURCE MARKETPLACE

Wednesday, August 13, 2025

10 a.m. – 1 p.m.

Auditorium, 3rd Floor

Find services & resources
in our community for
seniors, veterans,
job seekers,
children and families

This event is free and open to the public.



Participating Organizations



411 Clematis Street
West Palm Beach, FL 33401
(561) 868-7701

wpbcitylibrary.org

City of West Palm Beach TTY: 800-955-8771





T. LEROY JEFFERSON
MEDICAL SOCIETY

COMMUNITY
**HEALTH
FAIR**

SAVE THE
DATE

Saturday | August 9th | 9am -2pm
Riviera Beach, FL



REGISTER TODAY

BACK-TO-SCHOOL

- Back-to-School Physicals for Uninsured
- Medical / Dental Screenings
- Health Education and Resources
- Free CPR Training
- Free HIV Testing
- Plus: Free School Supplies!



SCAN TO DONATE!



518.318.0814 www.tljmedicalsociety.org	T. Leroy Jefferson Medical Society	4371 Northlake Blvd, Ste 309 Palm Beach Gardens, FL, 33410
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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.

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 by **April 4, 2025**.

Please contact Samantha Corr with Palm Beach County ERM at (561) 233-2455 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



**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

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

Connect with the Benefits Specialists:

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

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

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Try email marketing for free today!

