

IAN Zoom Meeting Invitation For Tuesday January 5th, 2021 9:00 am (1st meeting of the new year!)

INTER-AGENCY NETWORK OF PALM BEACH COUNTY

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



?Thank you...

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

Please Join Us

All Are Welcome...

First meeting of the New Year:

Tuesday January 5th, 2021

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(back to first Tuesday of each month only)

Start time 9:00 am

ZOOM meeting

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(Meeting time: 1.5 hour- participants can leave as needed)

Guest Speaker:

Center for Trauma Counseling

Priscilla Souto, LMHC, Executive Director

will share program updates and insights into trauma informed care as we head into new year.

Center for Trauma Counseling, Inc.
6801 Lake Worth Road, Suite 307

Greenacres, FL 33467
Office: 561-444-3914
www.palmbeachmentalhealth.org

Happy New Year!



ZOOM Instructions:

Bilsy Thomas is inviting you to a meeting on behalf of :

Patrice Schroeder

**Note: you will see Bilsy's name as the host- but Patrice will run the meeting*

211 Palm Beach/Treasure Coast is inviting you to a scheduled Zoom meeting.

Topic: **Interagency Network of PBC**

Time: **Jan 5, 2021 09:00** AM Eastern Time
(US and Canada)

Join Zoom Meeting

<https://us02web.zoom.us/j/82201946455pwd=WVFjYUtmVFF1QU8wMFpYWd5OGd1QT09>

Meeting ID: **822 0194 6455**

Passcode: **871895**

One tap mobile

+19292056099,,82201946455#,,, *871895# US (New York)

+13017158592,,82201946455#,,, *871895# US
(Washington D.C)

Dial by your location

+1 929 205 6099 US (New York)

+1 301 715 8592 US (Washington D.C)

+1 312 626 6799 US (Chicago)

+1 669 900 6833 US (San Jose)

+1 253 215 8782 US (Tacoma)

+1 346 248 7799 US (Houston)

Meeting ID: **822 0194 6455**

Passcode: **871895**

Find your local number: <https://us02web.zoom.us/j/84461212693>

Also Available

If you would like 211 to provide a presentation to your group on our programs & services or for materials requests:

Please email patrice@211pbtc.org

?ZOOM Meeting Technical Info & Tips ?

Don't sit in the dark!

Tip: If you are able- simply place a lamp (table or other) in front of you & your computer- this will allow others to see your wonderful face! Use your cellphone's selfie mode to see if lighting is working.

What happens if my computer or laptop does not have a microphone or camera?

Tip: You can join via your computer & phone at the same time

This allows you to see more of the group participants on your computer, while using your phone to speak and record your image to join the group if you would like.

Tip: If you use this option- you will need to mute your computer to prevent loud feedback

Tip: You can simply join using your Zoom app by phone- or by clicking on the link in the section above from your phone email- you do not have to do video feed if you are more comfortable without.

Note: simple dial-in option is also available- see Zoom instructions above

Also be aware we are all trying to get used to virtual meetings- so forgive any errors- as new to me too!

Very Important- before you even begin to join the meeting...

Do not assume that your camera or sound are off!!!

(You all know what we're talking about- right!)

Adjust your computer height & location prior to meeting

(Otherwise we get the full frontal effect!)

Check your background- for anything you do not want others to see behind you as you conference.

Fun tips on lighting and positioning for video meetings & particularly for those of you doing media interviews

Tips from Matthew Rolston

Critical Services COVID-19

211 HelpLine has compiled information regarding the critical resources & services available during the coronavirus crisis at

www.211palmbeach.org/coronavirus

Please email 211Disaster@211pbtc.org

Note: if your agency is up and running and basically providing the same services by phone (as prior to crisis) we should have you already listed in our Resource Center's database...you do not need to reach out to us unless you have stopped your services & will not be taking phone calls.

Coping with Stress

A new level of tragedy. After traumatic events, whether personal or simply witnessed, people may have strong and long lasting reactions. These events may range from environmental & community disasters, to personal threats with an assault. Symptoms may be physical or emotional.

Common reactions to a stressful event can include:

- disbelief, shock, and numbness
- feeling sad, frustrated, and helpless
- difficulty concentrating and making decisions

- headaches, back pains, and stomach problems
- smoking or use of alcohol or drugs

Feeling emotional and nervous or having trouble sleeping and eating can all be normal reactions to this stress.

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.

Palm Beach County Medical Society Offering

Medical professionals, first responders and other service providers (actually anyone) may find some relief with coping strategies for intense stress during these times of crisis.

[*Listen here*](#)

Special Thanks

***?Thank you in advance
for your patience!***

***Hopefully this meeting
will go smoothly...***

***With all of the technical
challenges we are
facing- we are in this
together too!***

***Please note second
meeting in May listed
below...***



[Click here to get monthly invites](#)

See you at the next meeting!