

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!

Next meeting October 5th, 2021

***We are going back to our
September- June meeting schedule***

First Tuesday of each month

Start time 9:00 am

held via ZOOM until further notice.

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

Chat Notes & Power Point from September 7th

For those of you who were unable to attend:

September 7th Meeting Chat Notes

Steve Roggenbaum's presentation

Steve is Chair of the Florida Suicide Prevention Coalition

roggenba@usf.edu

Note citation for stat graphics on slides:

Center for Disease Control and Prevention, Injury Prevention & Control,
Injury Center, WISQARS - Web-based Injury Statistics Query and Reporting
System <https://webappa.cdc.gov/cgi-bin/broker.exe>

Also visit:

[*Suicide Prevention Resource Center*](#)

Help For Your Agency

THE IN-CROWD

SERVING THOSE WHO SERVE THE UNDERSERVED

HOW WE SERVE YOU:

NETWORKING

VOLUNTEERS

FUNDRAISING

MENTORING & MORE

Empowering Your Organization

How can we Help?

- *Need More Volunteers?*
- *Need More Ideas?*
- *Need More Resources?*
- *Need More Connection?*

Join us & share your needs

ZOOM MEETING

Tuesday, September 21st

6:30 pm

Click on link below

THE IN-CROWD MISSION

TO HELP UNITE LEADERS IN PALM BEACH COUNTY FOR THE COMMON PURPOSE OF PROMOTING AND ACHIEVING EQUAL OPPORTUNITY, EQUITY AND JUSTICE FOR ALL. OUR WORK IS PRO BONO. ALL ARE WELCOME



VISIT WWW.THEIN-CROWD.ORG • MAKE THE PLEDGE! ALSO JOIN OUR TUESDAY LEADERSHIP ZOOM MEETINGS- 6:30 TO 7:30 PM: (561) 499-0974 OR EMAIL STEVE@THERATIONALMAJORITY.ORG

The IN-CROWD Partners are here to serve all NGOs and agencies whose mission is to provide a hands-up to the underserved in Palm Beach County.

You are invited to attend a zoom meeting that will support your mission:

Tuesday Sept 21st at 6:30 pm

Simply click the link to join in

Also join The In-Crowd, Zoom meeting link:

<https://us02web.zoom.us/j/84675233390?pwd=WGk5SkY2eDFoVks3WVdhdElmMnRyUTo9>

- * Can you use more VOLUNTEERS?
- * Can you use more IDEAS?
- * Can you use more RESOURCES?
- * Can you use more CONTACT with allies?
- * There is never any cost for our services.
- * Join Tuesday's zoom and tell us what your needs are.

Contact Steve West: steve@therationalmajority.org or 561-499-0974.

**Info Share: Domestic
Violence Council**

*2021 Domestic Violence Awareness Month
Opening Ceremony*

**LOOKING BACK TO
MOVE FORWARD**

Together, we can end domestic violence!

October 1, 2021
9:00-10:30am
Virtual – Link TBA

PLEASE CALL OR EMAIL JENNIFER REY, CO-CHAIR OF DVC, AT 561-251-7330 OR JREY@AVDA-FL.COM, FIVE BUSINESS DAYS IN ADVANCE OF EVENT IF SPECIAL ACCOMMODATIONS FOR A DISABILITY ARE NEEDED.

Domestic Violence Awareness Month Opening Ceremony

Hosted by *The Domestic Violence Council of
Palm Beach County*

Please join us to commemorate Domestic Violence Awareness Month on October 1st at 9am. We are meeting virtually for the health and safety of our community!

Simple Ideas & Mindfulness

Building Resilience & Wellbeing



Reflect on your values
Everybody has setbacks
Stay connected
Invest in yourself
Learn healthy habits
I identify your strengths
Engage with kindness
Nurture friendships
Compassion heals
Express gratitude



-  facebook.com/214HelpLine
-  twitter.com/@211_HelpLine
-  youtube.com/user/211pbtcc
-  instagram.com/211_HelpLine

211 HelpLine is available 24/7. Dial or Text your zip code to 898211
Visit www.211PalmBeach.org or www.211TreasureCoast.org



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!"

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!*



[Click here to get monthly invites](#)

See you at the next meeting!

