

## 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!

**January 7, 2025 9:00 am**  
**Meeting**

Meetings run the First  
Tuesday of each month August-June  
(we are off July)

**NEW Location For In-Person:**

**Nonprofits First Inc.**

1818 S Australian Ave #450, West Palm Beach, FL 33409

**Virtual Option: Join Zoom Meeting**

***New Link:***

**<https://us02web.zoom.us/j/86514148621?pwd=LfGozeDsa2IFVrhItaYS9Pcsnm8Roc.1>**

Meeting ID

865 1414 8621

Passcode824429



## January Guest Speaker

### Healthy Mothers Healthy Babies

Elais Perez, LMHC | Maternal Wellness Coordinator

Phone: 561-517-1551

Email: [eperez@hmhbpbpc.org](mailto:eperez@hmhbpbpc.org)

Wildjena Ferjuste, MPH | Maternal Wellness Specialist

**Phone:** 561-323-0983

**Email:** [wferjuste@hnhbpbpc.org](mailto:wferjuste@hnhbpbpc.org)

### **PowerPoint Presentation Summary: Circle of Moms Program**

As the first program of its kind in Palm Beach County, our emotional support groups are designed to support the one in five women who will experience depression and other mood and anxiety disorders before, during and after pregnancy.

Through screening, peer-to-peer support groups, individualized care coordination and training for health professionals, this program reaches both pregnant and postpartum families and promotes healthy moods, bonding strategies with babies, and how to cope with stress.

### **In-person and Virtual Emotional Support Groups**

**Circle of Moms Postpartum** (*English and Spanish*)

**Circle of Moms Pregnancy** (*English and Spanish*)

**Mothers & Babies Course** (*Creole and English*)

**Getting Ready for Baby Sessions** (*English and Spanish*)

**Postpartum Wellness Group Sessions** (*English and Spanish*)

**Circle of Dads** (*English & Spanish*)

**Couples Becoming Parents** (*English & Spanish*)

**Share (Pregnancy and Infant Loss)** – Group for grieving parents  
(*English, Spanish, Creole*)

# December Meeting Chat Notes

## ***CHAT from the December IAN Meeting***

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

## Community Activities

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



**Palm Beach and  
Treasure Coast**

Hello- if you did not receive or get a chance to read 211's December Newsletter:

[\*211-Palm Beach County Newsletter\*](#)

[\*211-Treasure Coast Newsletter\*](#)



**TAXES  
FILED  
FREE**  
TaxesFiledFree.org

# Free Tax Filing Assistance

Free, confidential, secure

Families may qualify for up to \$7,830  
in Earned Income Tax Credits



[\*\*Click Here to see VITA sites in PBC\*\*](#)



# Palm Beach County

**Anxiety:**

**Navigating Society's Most Common  
Mental Health Condition**

Tuesday, January 14, 2025

11:00 AM – 12:00 PM

## Zoom

### **Description:**

This lecture will cover the basics of anxiety including diagnostic information, symptoms, and the potential impact on functioning. It will also provide information on anxiety as a function of our nervous system's survival response in order to help attendees understand the science of anxiety. Multiple treatment options will be discussed, with an emphasis on psychotherapy interventions. These will include interventions that teach specific coping skills as well as directly target the nervous system's survival response.

### **Learning Objectives:**

- 1) Be able to identify symptoms of anxiety in yourself or a loved one
- 2) Understand how anxiety is linked to our survival response
- 3) List 3 coping skills for managing anxiety symptoms
- 4) Identify resources for those struggling with anxiety

### **Bio:** Paulina Allen, LMHC, QS, Certified EMDR Therapist

Paulina is a psychotherapist providing in-person services in Palm Beach Gardens, Florida in addition to virtual therapy throughout Florida, North Carolina, and Tennessee. She specializes in working with teenagers and adults struggling with anxiety, unresolved trauma, relationship issues, and low self-esteem. Paulina believes that every individual has the innate ability to heal and utilizes trauma-focused interventions to help each patient tap into this inner resiliency. In addition to advanced EMDR, she is trained in ego state interventions, somatic therapy, EFT tapping, and Smart Recovery.

1 CEU available for psychologists, nurses, mental health counselors, social workers and marriage and family counselors courtesy

of Sandy Pines Residential Treatment Center. Must attend entire presentation to be eligible.

**[Click here to register](#)**

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## Mandel Public Library

Attached, please find January's library events brochure, as well as handouts for special programs. This winter's reading challenge continues - ***Be a Reading Machine*** December 1, 2024 – January 31, 2025. LIBRARY\_EVENTS\_January\_2025

Kick-start the year with focus and determination as we identify healthy habits and the power of positivity through **Mindset Shift: Creating the Future You Want, Wednesday, January 22, 10 a.m. – 12 p.m.** **<https://wpbcitylibrary.libcal.com/event/13528852>**

**Web Development Boot Camp** (registration is for all three sessions) – **Monday, January 6, 13, & 27, 6 – 8 p.m.**  
**<https://wpbcitylibrary.libcal.com/event/13528304>**

**VITA Tax Preparation Services begin again: (click VITA link above for all sites)**

Wednesday, January 22 – Monday, April 15, 2025

**Tuesday 2:30pm – 5:30pm**

**Wednesday 2:30pm – 7:00pm**

**Thursday 2:30pm – 5:30pm**

**Saturday 10:00am – 1:00pm**

No appointment necessary. Visit [www.TaxesFiledFree.org](http://www.TaxesFiledFree.org) or call 211 for more information on what to bring.

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>

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## Community ID events

We are pleased to announce the following Community ID events for **January 2025**:

**Jan 9** - Hours: 10am - 4pm, Mandel Public Library, 411 Clematis Street, 3<sup>rd</sup> Floor, Clematis Room, WPB

**Jan 16** - Hours: 5pm - 7pm, Greenacres Branch Library, 3750 Jog Road, GREENACRES

**Jan 23** - Hours: 10am - 4pm, Mandel Public Library, 411 Clematis Street, 3<sup>rd</sup> Floor, Clematis Room, WPB

**Jan 29** - Hours: 5pm - 7pm, Belle Glade Branch Library, 725 NW Fourth Street, BELLE GLADE

Attached are copies of flyers. Please feel free to disseminate.

Regards,

Sol Couto

Program Coordinator

Community ID of the Palm Beaches

Legal Aid Society of Palm Beach County

423 Fern Street, Suite 200

West Palm Beach, FL 33401

Tel.: 561-655-8944 Ext. 146

Direct Number: 561-822-9740

Email: [scouto@legalaidpbc.org](mailto:scouto@legalaidpbc.org)

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The Melvin J. & Claire Levine  
**LifePlanning® Program**  
 At Ferd & Gladys Alpert Jewish Family Service



The Melvin J. and Claire Levine LifePlanning® program offers education, advocacy, consultation, and emotional support to people with disabilities, their parents, adult children, siblings, and caregivers. This program encourages and assists in planning for the future.



Attend a **FREE VIRTUAL WORKSHOP**  
 to better understand:  
**Social Security Disability Insurance (SSDI)**  
 and  
**Supplemental Security Income (SSI)**

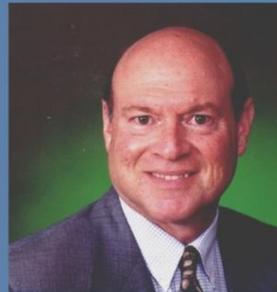
**Additional topics covered:**

- What Are the Benefits?
- Who Qualifies?
- How Employment Affects Benefits
- Medicare Savings Program

**Wednesday, January 22, 2025**  
**2:00 p.m. via Zoom**

Register online by  
**Monday, January 20, 2025**  
[www.AlpertJFS.org/LifePlanning](http://www.AlpertJFS.org/LifePlanning)

For more information,  
 contact Tami Lustig, MSW  
 at [Tami.Lustig@AlpertJFS.org](mailto:Tami.Lustig@AlpertJFS.org)  
 or (561) 713-1917



**Featuring:**  
**Richard L. Friedkin**  
 of Friedkin Associates, LLC



If reasonable accommodation(s) for disability is required, please contact Tami Lustig a minimum of five (5) working days prior to the program.

LifePlanning® is a non-sectarian program welcoming all faiths.

This program is in alliance with Ruth & Norman Rales JFS, Goodman JFS Joshua's Path, and Miami Jewish Abilities Alliance.



**SCAN ME**



**January 29, 2025  
2:00pm**

**The Salvation Army  
Medical Respite Program**  
*Celebrating Partnerships*

**THE SALVATION ARMY  
CENTER OF HOPE  
1577 N. MILITARY TRAIL  
WEST PALM BEACH, FL 33409**

SAVE THE DATE

GLOW IT UP



**YOUTH SUMMIT**  
— OF PALM BEACH COUNTY —

ILLUMINATE YOUR  
BEST SELF

DATE  
APRIL  
**12TH**  
SATURDAY

TIME  
STARTS AT  
**9AM**  
UNTIL 4PM

LOCATION  
PALM BEACH  
LAKES  
HIGH SCHOOL  
STAY TUNED

DISCLAIMER  
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## YOUTH SUMMIT FLYER

**15<sup>th</sup>** [www.AllPeoplesDay.org](http://www.AllPeoplesDay.org)

**ALL PEOPLE'S DAY**  
All People's Day - All People's Day - All People's Day  
**DIVERSITY FESTIVAL**

Indoors at  
**POMPEY PARK**  
1101 NW 2<sup>nd</sup> St at NW 10<sup>th</sup> Ave  
Delray Beach, FL 33444  
[www.AllPeoplesDay.org](http://www.AllPeoplesDay.org)

11am-3pm  
14 Performances  
50 Booths

9:30am-11am  
Kids' Workshop  
Sign Up at  
561-495-9818

**FREE**  
food  
admission  
entertainment

**Food Partners:**

- Agliolio Italian
- Bud's Chicken & Seafood
- Fron Thai
- Goldstein's Haitian Café
- Maoz Vegetarian
- Paella De España
- Ziree Thai & Sushi

**Sponsors:**

- Lake Worth Interfaith Network
- Ocean Breeze Prosthodontics
- TAO Temple Adath Or
- Humana.com
- A & H Automotive Delray
- Cold Air 4U Air Conditioning
- Conde Center Chiropractic
- Kiwanis Club Delray
- PB Eye Specialists/Anup Kubal MD
- Brent Schillinger MD/Dermatologist

Food & Admission  
**FREE**

**Presented by**  
ALL PEOPLE'S DAY, INC  
DELRAY - PARKS & REC  
LAKE WORTH INTERFAITH NETWORK

**SAT. MARCH 30, 2024**  
POMPEY PARK, 1101 NW 2<sup>nd</sup> St at NW 10<sup>th</sup> Ave, Delray Beach

If you haven't already done so please save the date for the FREE

**All People's Day Diversity Festival at Pompey Park in Delray for Sat. March 30, 2024, from 11am to 3pm.**

If your agency would like to have a resource table (bring your own table/chairs) to share your info please email

Susan Berkowitz-Schwartz: [apd22@bellsouth.net](mailto:apd22@bellsouth.net)

Kids free Craft Dough People workshop from 9:30 to 11:00.

For the first time we won't be having the festival during the school break! Hope to see you there!

Susan Berkowitz-Schwartz

Founder / President of All People's Day, Inc.

(561) 495-9818

<http://www.allpeoplesday.org>

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## IMPORTANT INFORMATION ABOUT SNAP BENEFITS:



Did you know your EBT benefits could be stolen through a method called "card skimming"?

Theft of SNAP benefits through skimming is not only happening, but it is also on the rise. With so many SNAP transactions taking place daily with the outdated technology of a swipe card, households with the lowest incomes have become one of the biggest targets for criminals. To date, at least 195,000 U.S. households have had over \$94.7 million in SNAP benefits stolen from them by criminals who have installed devices on point-of-sale (POS) systems at SNAP participating locations that steal the EBT card data and PIN. This allows the criminal to clone the card and drain the benefits balance.

Card skimming directly copies card and PIN information from EBT cardholders using a device (skimmers) placed on top of a store's card reading machine. The stolen data is used to access your EBT account and spend your SNAP and TCA cash benefits. Skimming can happen anywhere you swipe your EBT card, including ATMs.

If your benefits are electronically stolen from your EBT card, through skimming, you may be able to get your benefits reimbursed.

To protect yourself, check your balance often, change your PIN, and report any theft to the Department of Children and Families within 90 days.

For easy tracking of your benefits, download the free ebtEDGE mobile app.

**FOR MORE INFORMATION AND TO FIND A COMMUNITY PARTNER SITE,  
VISIT [WWW.MYFLFAMILIES.COM](http://WWW.MYFLFAMILIES.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.



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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