

THE WELL

THE RESOURCE FOR BEHAVIORAL HEALTH AND WELLNESS
FEBRUARY/MARCH 2025

Of PBC

Building Connection,
Preventing Isolation

Aging Safely
in Place

Yes, in My Backyard:
Arts in My Backyard

Don't Go It Alone:
Community Unity in
the Face of a Children's
Behavioral Health Crisis

Come as You Are:
Connection, Collaboration,
and Community

Plus: Surgeon General's Advisory on Our Nation's Loneliness Epidemic •
How the American Association of Caregiving Youth Is Showing Brave Students They
Are Not Alone • Mentoring: A Two-Way Path to Connection •
5 Flawless Tips for Loneliness



Connecting Communities, Empowering Wellness

The latest edition of The Well of PBC is now available! This issue is filled with powerful stories, valuable resources, and community-driven insights to inspire wellness and connection across Palm Beach County.

Inside, you'll discover:

- Impactful community voices & lived experiences
- Local initiatives shaping behavioral health & well-being
- Resources to support your mental wellness journey

Visit our social media channels and share your stories of how you are connecting and empowering wellness within Palm Beach County!

The Well of PBC is an online publication focused on Palm Beach County. The mission of The Well of PBC is to become the primary resource for behavioral health and wellness for Palm Beach County, a safe exchange space for community, and an outlet for our neighbors and stakeholders to transform the behavioral health landscape.

Support this local publication by subscribing to receive future issues and updates. And don't forget to share this publication with your family, friends, co-workers, and neighborhood, and ask them to subscribe and share as well.

We invite you to showcase your talent by contributing to The Well. Contact our editor Julie Khanna for guidelines or to learn more at thewell@bewellpbc.org.

Click here to subscribe and visit [The Well of PBC](#).

JOIN THE MOVEMENT

The Well of PBC would like to offer individuals, business owners, organizations, community funders, and city and county entities the opportunity to sponsor an issue, feature, or purchase an advertisement. Become a resource and pour into The Well.

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