

IAN- Next Meeting: Tuesday December 7th, 2021

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!

Next Meeting:
Tuesday, December 7, 2021

(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)

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

Guest Speakers

Nonprofits First will discuss how their programing can support local agencies:

Todd L'Herrou – Director of Accreditation
Marilyn Bieber – Director of Programs & Events



- Accreditation
- Leadership Programs
- Membership
- Professional Development"

Strength in Unity, Strength in Diversity



Zoom Log-in

Topic: IAN- Interagency Network of PBC
Time: Sep 7, 2021 09:00 AM Eastern Time (US and Canada)

Every month on the First Tue, 10 occurrence(s)

Sep 7, 2021 09:00 AM
Oct 5, 2021 09:00 AM
Nov 2, 2021 09:00 AM
Dec 7, 2021 09:00 AM
Jan 4, 2022 09:00 AM
Feb 1, 2022 09:00 AM
Mar 1, 2022 09:00 AM
Apr 5, 2022 09:00 AM
May 3, 2022 09:00 AM
Jun 7, 2022 09:00 AM

Option to place on your calendar:

Please download and import the following iCalendar (.ics) files to your calendar system-

Monthly: https://us02web.zoom.us/meeting/tZEuceqpqzoiH9ZBzupPp377UxTT-J3o8WjE/ics?icsToken=98tyKuGtrTopG9GTuByFRpwMA4_obvwmCFHgvpnvGxwExBDMVShA_p2Bv9VQ9eI

Join Zoom Meeting

<https://us02web.zoom.us/j/85363156852?pwd=SHIHMVpXTzZobEVZdlFjRTFYNnluZzo9>

Meeting ID: **853 6315 6852**
Passcode: **951670**

One tap mobile

+19292056099,,85363156852#,,,,*951670# US (New York)
+13017158592,,85363156852#,,,,*951670# US (Washington DC)

Dial by your location

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+1 301 715 8592 US (Washington DC)
+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: **853 6315 6852**

Passcode: **951670**

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

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.

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!