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, June 7th, 2022

(First Tuesday of each month Sept-June)

Start time 9:00 am

held via ZOOM until further notice.

scroll down for Zoom login info & to place on calendar (Meeting time: 1.5 hour- participants can leave as needed)

ALERT! Hurricane Preparation

If your agency will provide preparation assistance or post/recovery services please send a detailed message re service to include best number for community to use to:

211Disaster@211pbtc.org



Guest Speakers

Palm Beach County Behavioral Health Coalition and The Hub

Overdoses and substance use disorders are on the rise in Palm Beach County. Do you know what percentage of teens use alcohol? What about other drugs? What resources are available to the individual and community to support those in need, including families and those in recovery? Bring your questions and let us tell you about the hidden gems of resources available.

Alexa Lee, M. S.
Interim Executive Director
Palm Beach County Behavioral Health Coalition
2300 High Ridge Road, Ste. 365
Boynton Beach, FL 33426
Office: 561-374-7627
Cell: 561-301-9975

alexalee@pbcbhc.org

Lisa Neu, CRPS
The Hub
Lisa @pbchub.org

Other Events & Resources

BACK-TO-SCHOOL EVENTS

Please email Judi.Hechtman@211pbtc.org if your organization will be hosting a back to school event that will be open to the public.

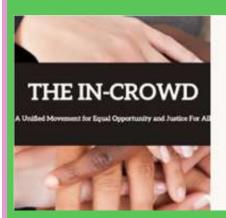
If there is a registration required please let Judi know.

We are creating a list of these events for the public.



To find a location, text "FoodFL" to 877-877 or dial 2-1-1 when schools begin releasing for the summer break or click here

Click Here- Meal Site Locater



THE IN-CROWD ZOOM .

Join THE IN-CROWD for our Zoom Meetings! Watch and participate with all-star panels ...

Next Zoom meeting: Tuesday June 7th 6:00 pm to 7:00 pm click here

If you missed the May 24th zoom, you'll find the link to last week's discussion right below. It's a discussion between a high-powered trio of change-makers who are committed to working in unity to dramatically increase our ability to serve the underserved.

You'll see us join hands to bring the "Love Your Neighbors" program to a new level. In reviewing the video you might see a role for yourself, your agency, your organization in Building Bridges across the void between the well served and the underserved communities in our county. We are already

facilitating the movement of tons of needed items from communities of sufficiency to underserved people throughout our County - and we've hardly left the starting block. Don't miss this historic unifying document.

LINK TO the May 24th Zoom Video

This video features BUILDING BRIDGES - Witness the creation of a unique partnership to move an abundance of needed supplies to underserved PBC communities.

visit www.thein-crowd.org to learn more



Mandel Public Library of West Palm Beach

COMMUNITY ID OF THE PALM BEACHES

Get your Community ID card!



10:00 AM - 4:00 PM :

- May 5 and 19
- June 2 and 23

Useful for:

- · law enforcement
- · health centers
- schools
- · and more!

What to bring:

- proof of ID (passport, etc.)
- · proof of residency (bill, etc.)
- \$20 fee

Call to make an appointment: 561-655-8944, ext. 146





411 Clematis Street West Palm Beach, FL 33401 561-868-7701

wpbcitylibrary.org City of West Palm Beach TTY: 800-955-8771



Below are the dates, times, and locations for May and June Community ID events:

June 23: - Hours: 10am - 4pm, Mandel Public Library, Clematis Room-3rd Floor, 411 Clematis Street, WPB. Participant Pre-Registration is required.

June 25: - (SAT) Not Confirmed. TBA, Jupiter

Please feel to distribute/post the attached flyers.

Regards,

Sol Couto Program Coordinator Community ID of the Palm Beaches Legal Aid Society of Palm Beach County, Inc. 423 Fern Street, Ste 200 West Palm Beach, FL. 33401 Tel.: 561-655-8944 Ext. 146



At Cayuga Centers, we know that fostering can be a big commitment. That's why we provide 24/7 support, ongoing foster parent training, and monthly tax-free compensation so that you have the tools you need to transform a young person's life. Our extensive foster care training and support services mean that our foster parents can feel confident in their skills and abilities to be excellent caregivers.

Feel confident in your ability to foster.



Support Groups

Share your experiences, hear advice from other foster parents and learn from guest speakers.



Foster Parent Training

Feel confident in handling any situation with our extensive foster parent trauma-informed training.



24/7 Support

Cayuga Centers Foster Parents will have help available 24/7 and an individualized treatment team.



Monthly Compensation

To assist financially, foster parents are given monthly compensation to help provide for the youth.



Skills Training

Skills Trainers meet weekly with youth on individualized goals ranging from building basic social skills to developing independent living skills.



Therapeutic Services

Licensed clinicians help you build and maintain a positive relationship with the youth. They meet with youth weekly for individual therapy.

cayugacenters.org/foster-florida

Zoom Log-in

Topic: IAN- Interagency Network of PBC

Join Zoom Meeting

 $\frac{https://uso2web.zoom.us/j/85363156852?pwd=SHlHMVpXTzZobEVZdlFjRTFYNnluZ}{zo9}$

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

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

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://uso2web.zoom.us/meeting/tZEuceqpqzoiH9ZBz upPp377UxTT-

<u>J3o8WjE/ics?icsToken=98tyKuGtrTopG9GTuByFRpwMA4_ob-</u>vwmCFHgvpnvgXwExBDMVShA_p2Bv9VQ9eI

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

Dial by your location +1 929 205 6099 US (New York) +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://uso2web.zoom.us/u/keDRYwJJzY

Add Your Email

Click here to get monthly invites

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!