

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!

**Tuesday December 2th, 2025
9:00 am Meeting**

Meetings run the First
Tuesday of each month August-June
(we are off July) Guest Speakers Listed Below Picture

Physical Location:

Nonprofits First Inc.

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

Virtual Option: Join Zoom Meeting

ALERT NEW LINK:

<https://us02web.zoom.us/j/88245756794?pwd=YzVHKwZVnmgRzygmftwJk8lmlK1G6a.1>

Meeting ID: 882 4575 6794

Passcode: 104447

Add to calendar or for mobile instructions etc.





December Guest Speaker

Will Post for Actual Invite prior to meeting.

Oct Meeting Chat Notes

CHAT from the November IAN Meeting

PDF of United Way's Hunger Relief Overview

- [*Palm Beach County Food Finder Map \(powered by United Way Palm Beach County\)*](#)
- [*Treasure Coast Food Bank Agency Locator \(serving Indian River, Martin, Okeechobee & St. Lucie Counties\)*](#)

Those who are unable to access the internet or would prefer to speak with someone about getting food assistance and other services or resources can Dial 2-1-1... 24/7.

Gulfstream Goodwill- Senior Homeless Prevention

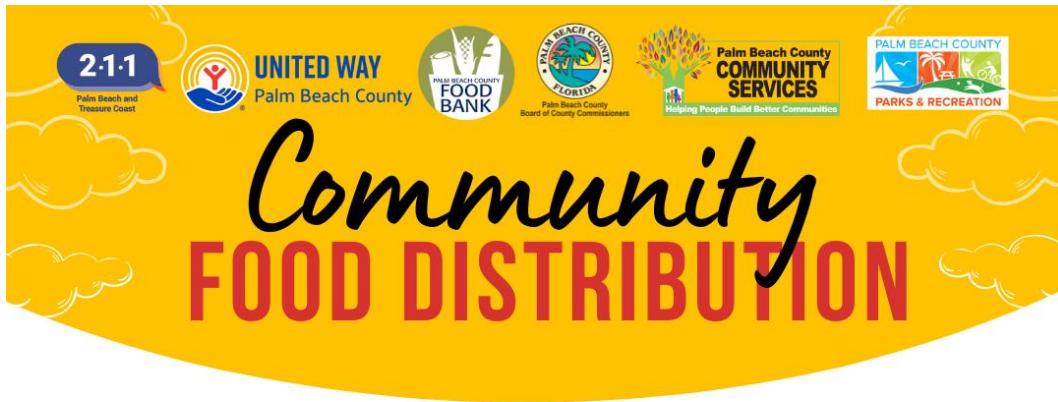
[Click here to get monthly meeting invites](#)

Community Activities

Note: some items are time sensitive & may not be in chronological order- so scan all for timeliness

Continue to scroll to bottom to catch all of the updates.

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



Nov 7 | 10:00 AM - 12:00 PM

John Prince Park

4759 S. Congress Avenue, Lake Worth Beach, FL 33461

Available on a First Come, First Served Basis



The Homeless Coalition of Palm Beach County Presents

ADAPTING *For Impact*

Reimagining Solutions for Homelessness While Building a More Resilient and Agile System of Care

Join the Conversation on Homelessness in Palm Beach County!

This community workshop brings together local leaders, service providers, policymakers, and residents to explore the current state of homelessness in our area. Together, we'll discuss local progress, policy changes, and new challenges—while working toward collaborative strategies that promote housing stability and equitable solutions for all.

L Wednesday, Nov 12
09.00 AM–12.00 PM

**900 Brandywine Road, WPB
UNITED METHODIST CHURCH
OF THE PALM BEACHES**

Workshop Topics:

- Updated data and trends on homelessness in Palm Beach County
- Progress through local partnerships and coordinated efforts
- Update on the Public Camping Law, local ordinances, and arrest data trends
- Overview of the President's Executive Order on homelessness and its impact on the Continuum of Care (CoC)
- Affordable housing development updates and faith-based housing collaborations
- Strengthening coordination and advocacy among local officials, nonprofits, and community leaders

FOR MORE INFORMATION, PLEASE CONTACT ALEXANDRIA AYALA
VIA EMAIL AT CEO@HCPBC.ORG.



SCAN ME





Please email details on any additional November meal sites or December events to:

Patrice@211pbtc.org

Palm Beach County Department of Housing and Economic Development ARPA-RF Owner-Occupied Housing Rehabilitation Program **AMENDED** NOTICE OF FUNDING AVAILABILITY (NOFA)

Palm Beach County Department of Housing and Economic Development announces availability of **\$2,300,000** in ARPA-RF funds for the Owner-Occupied Housing Rehabilitation Program. Funding will provide up to **\$100,000** to income-eligible homeowners for substantial rehabilitation to correct code violations or items that will become a code violation. Eligible homeowners must reside in an **unincorporated area of Palm Beach County** (Parcel Control Numbers that begin with "00"). If there is "unpermitted work" on the property, the property may be ineligible to receive assistance. The property's appraised value cannot exceed \$434,000.

Eligible residents may visit the website at <https://pbcgov.com/HED> to complete the pre-application to enter the **random lottery selection process for 30 applications**. The online pre-application portal opens on Monday, December 1, 2025, at 12:00 p.m. and closes on Friday, December 19, 2025, at 11:59 p.m. **NOTE:** Additional program information and required documents needed are also located on the website.

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Mandel Public Library- West Palm Beach

Library events brochure Mandel Library Events November 2025

Join us for Native American Heritage Month lectures, musical performances, art classes, self-defense workshops, and more!

Financial Literacy

Rebuild Your Financial Freedom, Wednesday, November 5, 6:30 – 7:30 p.m.

<https://wpbcitylibrary.libcal.com/event/15408986>

The Health-Wealth Connection, Wednesday, November 19, 10 a.m. – 12 p.m.

<https://wpbcitylibrary.libcal.com/event/15409065>

ARTIFICIAL INTELLIGENCE

Computer Basics & AI, Monday, November 3, 6 – 8 p.m. <https://wpbcitylibrary.libcal.com/event/15407867>

AI in Action: Tools that Work for You, Monday, November 17, 6 – 8 p.m.

<https://wpbcitylibrary.libcal.com/event/15407911>

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>

Alyssa Rudinsky

Associate Librarian

Mandel Public Library of West Palm Beach

411 Clematis Street

West Palm Beach, FL 33401

561-868-7755

TTY: 1-800-955-8771

ARudinsky@wpbcitylibrary.org

wpbcitylibrary.org



The Ultimate Guide to Facilitating a Cohesive Group: Part One

Presented by: Amber Snedden, Psy.D.

Wednesday, November 12, 2025

9:30 am - 11:30 am

Location: Zoom Remote Video Conference

Once registration is confirmed, link to access the training will be provided

Registration Fee:

There is no cost associated with this presentation

Continuing Education:

2 CE credits will be offered

Registration Link:

<https://www.surveymonkey.com/r/3SHQCXN>

If you have trouble accessing the survey, please copy the link and paste it directly into your browser.

Registration closes at 3:00 pm on November 11, 2025

In order to receive a certificate you must be present for the entire training. Zoom monitors attendance from the time each participant logs in and out of the training. Exceptions will not be granted.

[Click here to register](#)



**CAREGIVING YOUTH INSTITUTE
CONFERENCE**

RESEARCH | POLICY | PRACTICE

Putting Caregiving Youth on the Map:
November 13, 2025 | 8:00 am – 3:00 pm

American Association of Caregiving Youth, Inc.*

Join Us For AACY's Caregiving Youth Institute (CYI) Conference

Putting Caregiving Youth on the Map: Research, Policy, and Practice

WHAT: Join us in person for this pivotal event as we bring together educators, healthcare professionals, social workers, policymakers, researchers, advocates, and community leaders to showcase research, shape policy, and share practical strategies to better support Caregiving Youth in Florida and across the U.S.



WHERE: Safe Schools Institute | 1790 Spanish River Blvd,
Boca Raton, FL 33431

WHEN: Thursday, November 13, 2025 | 8:00 am – 3:00 pm

GENERAL ADMISSION: \$50 | (includes coffee, breakfast & lunch)
School District Employees: \$35 | (with valid district ID at registration)

Sponsorships Available

VENDORS: A limited number of vendor tables are available. Each table includes two chairs and registration for two conference attendees.
For details, please contact Milka Santos at Milka@aacym.org.

American Association of Caregiving Youth | 6401 Congress Ave, Suite #200, Boca Raton, FL 33487 | Call us at (561) 391-7401 | www.aacy.org | A COPY OF THE OFFICIAL REGISTRATION (#CH12431) AND FINANCIAL INFORMATION MAY BE OBTAINED FROM THE DIVISION OF CONSUMER SERVICES BY CALLING TOLL-FREE (800-435-7352) WITHIN THE STATE OR AT WWW.FRESHFROMFLORIDA.COM. REGISTRATION DOES NOT IMPLY ENDORSEMENT, APPROVAL, OR RECOMMENDATION BY THE STATE.

Please note:

- A special rate of **\$35.00** is available for **District employees** and **Palm Beach County college students**.

- **School Principals attend for FREE!**
- Treat yourself to a **staycation** — a special **hotel rate of \$124 per night** is available.

PUTTING CAREGIVING YOUTH ON THE MAP:

RESEARCH | POLICY | PRACTICE



AGENDA

CAREGIVING YOUTH INSTITUTE CONFERENCE



**Safe Schools
Institute**
November 13, 2025 |
8:00 am - 3:00 pm

8:00 AM	Doors Open	Registration
8:15 AM	Welcome Ceremony	Introductory Welcome: Milka Santos, BSW Video: Maria Shriver (California) ROTC Color Guard: Olympic Heights High School Opening Remarks: Connie Siskowski, RN, PhD Video: "TEARS" – Albania On the Map Overview: Ann Faraone, EdD
8:45 AM - 9:45 AM	RESEARCH	Caregiving Youth Research Updates: Julie Belkowitz, MD (Florida) Betsy Olson, PhD (North Carolina) Melinda Kavanaugh, PhD - video (Wisconsin)
9:45 AM - 10:15 AM	Special Presentation	Managing the Tough Times of Caregiving: Omarion Calloway (New York)
10:15 AM - 10:30 AM	Break	<i>Vendor Tables</i>
10:30 AM - 10:45 AM	Media Spotlight	<i>Clips from WETA Documentary (Washington DC)</i>
10:45 AM - 12:00 PM	PRACTICE	Progress of Implementing Practice: Jennifer Prescott, RN, MSN, CDP (Texas) Nadine Cornish, CSA (Colorado) Mary Claire Muscenic, PhD (Florida) Steve Osborn - video (Rhode Island)
12:00 PM - 12:30 PM	Lunch	<i>Olympic Heights High School Culinary Networking & Vendor Tables</i>
12:30 PM - 1:00 PM	Special Presentation	"Who Are the Hidden Helpers Among Us?" Jessica Luckhardt, PhD (Virginia)
1:00 PM - 1:15 PM	Special Presentation	Recognition of AACY Hidden Helpers: Leah Helliwege (Washington, DC)
1:15 PM - 1:45 PM	Special Presentation	Managing the Tough Times of Caregiving: Pranay Gadikota (Florida)
1:45 PM - 2:15 PM	Panel	"Voices of Caregiving Youth" Amoy Gordon, LCSW & Team
2:15 PM - 2:45 PM	POLICY	"The Snail's Pace of Policy" Miriam Weisman, PhD (Florida) Felicia Goldstein (Florida)
2:45 PM - 3:00 PM	Closing Remarks	Next Action Steps: Brian Duke (Pennsylvania) Closing Remarks: Connie Siskowski, RN, PhD

AACY is a Florida 501 (c) (3) corporation | 6401 Congress Ave., Suite 200, Boca Raton, FL 33487 | 561-391-7401 | 800-508-9618 | www.aacy.org



**Homeless
Coalition**
PALM BEACH COUNTY

PROJECT HOMELESS CONNECT

Connecting individuals experiencing homelessness with essential services and community support

When?

November 13th
10am-1pm

Where?

Salvation Army
600 N Rosemary Ave.
West Palm Beach, FL
33401

FREE Resources, Medical Testing and More

Vendors

- Adopt A Family
- Ambetter by Sunshine Health
- Carebag, Inc.
- Eva Mack Community Center/WPB Outreach Team
- Faith, Hope, Love, Charity, Inc.
- Families First of PBC
- Fl. Dept. of Health PBC - Community Immunization Services
- Healthy Mothers, Healthy Babies
- Love is the Answer
- NAMI
- Palm Beach County Clerk of the Circuit Court & Comptroller
- PBC Homeless Services . (HOT Team & RRH)
- Rebel Recovery
- Ryan White
- The Lords Place
- VA Medical Center
- Wellcare Health
- WIC

Partners





Norton Dental Arts in Delray Beach.

We are partnering with Visiting Angels Palm Beach Gardens to offer a **Free Oral Cancer Screening Event!**

We wanted to help local residents take charge of their health with a free, in-person oral cancer screening. Our dental professionals will perform quick, painless exams to check for early signs of oral cancer and answer questions about prevention and risk factors.

We were hoping you wouldn't mind sharing the details of the event with your community.

Screenings are free but spots are limited.

To reserve an appointment, those interested can register on our website: <https://nortondentalarts.com/oral-cancer-screening-near-you/>

Event Details:

· **Date:** Friday, November 14, 2025

· **Time:** 10:00 AM – 2:00 PM

· **Location:**

Visiting Angels University at Palm Beach Gardens

8645 N Military Trail

Palm Beach Gardens, FL 33410





MENTAL HEALTH FIRST AID TRAINING

Alpert Jewish Family Services and Healthier Glades are hosting a **Virtual Mental Health First Aid (MHFA) Training** for providers on **Tuesday, November 18, 2025, from 9:00 AM to 3:30 PM.**

This is a great chance for **new staff** in your agency to build confidence and learn practical skills for supporting people facing mental health challenges.

Please note, the **registration deadline is November 10**, so don't wait—click the link below to save your spot:

 [Register Here](#)

Do you know anyone in need of Health Insurance? If so, call the Covering Florida Navigator Program at the Health Council of Southeast Florida at 561-440-0164 or 561-844-4220 ext.1800.

Their licensed Navigators will provide you with **FREE**, unbiased, accurate information and assistance. Open Enrollment starts on **November 1st**. This is the time to enroll or renew for 2026 health insurance health plans.

GET COVERED FOR HEALTH INSURANCE FOR 2026!

HEALTHCARE.GOV OPEN ENROLLMENT
ENROLL BY DECEMBER 15TH
FOR HEALTH PLANS TO START JANUARY 1ST

**DON'T
WAIT
ACT
NOW**

Meet with a Licensed Navigator with the Covering Florida Navigator Program at the Health Council of Southeast Florida for **FREE**, unbiased, accurate information and help.



CALL/TEXT (561) 440-0164 OR
CALL (561) 844-4220 EXT: 1800
WALK-INS WELCOME



SE HABLA ESPAÑOL | NOU PALE KREYOL

Disclaimer: This program is supported by the Centers for Medicare & Medicaid Services (CMS) of the U.S. Department of Health and Human Services (HHS) as part of a financial assistance award totaling \$1,379,250, with 100 percent funded by CMS/HHS. The contents are those of the author(s) and do not necessarily represent the official views of, nor an endorsement by, CMS/HHS, or the U.S. Government.



MEET WITH OUR TEAM TO ENROLL IN HEALTH INSURANCE

COMMUNITY EVENT LOCATIONS

WALK-INS WELCOME!

 SAT NOV 1	10:00 AM - 1:00 PM PALM BEACH COUNTY LIBRARY- LANTANA BRANCH 4020 LANTANA ROAD, LAKE WORTH CORRIDOR, FL 33462	 WED NOV 5 WEEKLY	9:00 AM - 5:00 PM PALM BEACH GARDENS MEDICAL CENTER 3360 BURNS RD, PALM BEACH GARDENS, FL 33410
 SUN NOV 2	10:00 AM - 1:00 PM COMPASS COMMUNITY CENTER 201 N DIXIE HIGHWAY, LAKE WORTH, FL 33460	 TUE DEC 2	11:30 AM - 1:30 PM MARTIN COUNTY LIBRARY- BLAKE TRUSTEES CONFERENCE ROOM 2351 SE MONTEREY ROAD, STUART, FL 34996
 TUE NOV 4 WEEKLY	2:00 PM - 4:00 PM HEALTHYME 411 WEST INDIANTOWN ROAD, JUPITER, FL 33458	 SAT DEC 6	10:30 AM - 2:30 PM MARTIN COUNTY LIBRARY- BLAKE TRUSTEES CONFERENCE ROOM 2351 SE MONTEREY ROAD, STUART, FL 34996
 WED NOV 5 WEEKLY	10:00 AM - 2:00 PM RIVIERA BEACH LIBRARY 2129 NORTH CONGRESS AVENUE, RIVIERA BEACH, FL 33404	 SAT DEC 6	10:00 AM - 1:00 PM PALM BEACH COUNTY LIBRARY - BELLE GLADE CONFERENCE ROOM 725 NW 4TH STREET, BELLE GLADE, FL 33430



COVERING FLORIDA
COMMITTED TO COVERAGE



CALL/TEXT 561-440-0164 OR
CALL (561) 844-4220 EXT: 1800

HCSEF.ORG

SE HABLA ESPAÑOL | NOU PALE KREYOL

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**Florida Community
Health Centers, Inc.**
Primary & Specialty Care Since 1976
"We're Here & Ready. Let Our Family Take Care of Yours"

Apply for Health Insurance Through Marketplace

OPEN ENROLLMENT DATES:
NOVEMBER 1- JANUARY 15

Call us for more information:
(561) 844-9027

Solicita Seguro de Salud A través del Mercado

FECHAS DE INSCRIPCIÓN ABIERTA:
1 DE NOVIEMBRE- 15 DE ENERO

Llámenos para más información:
(561) 844-9027

Aplike pou Asirans Sante Atravè Marketplace la

DAT ENSKRIPSYON OUVÈ:
1YE NOVANM - 15 JANVYE

Rele nou pou plis enfòmasyon:
(561) 844-9027

WWW.HEALTHCARE.GOV

Note: reach out to organizers if you would like to donate toys etc- so they can serve more children. They would be grateful!



Jesus Loves the Little Children

FREE TOY GIVE AWAY & FIELD DAY EVENT

Sponsored by: Taking the Nations for Jesus Ministry a not-for-profit organization

Who: All are invited

When: Saturday December 6, 2025

Time: 10:00am-2:00pm

**Where: John Prince Park 4749 South Congress
Avenue, Lake Worth, FL 33461 on the field at (Eric
Call pavilion)**

Fun for the whole family!

Come out and join us for a fun day of activities, bounce houses, cotton candy, free food, goody bags, toys, and more.

Register at: www.takingthenations.org

For more information

www.takingthenations.org

(561) 237-5610

admin@takingthenations.org



Family Self-Sufficiency & Vocational Training Opportunity

Take the first step toward a brighter future with free vocational training designed to prepare you for in-demand careers. Palm Beach County residents can receive hands-on training, career readiness support, and help with job placement—all at no cost.

Training Courses Available

- ✓ Commercial Driver's License (CDL)
- ✓ Entrepreneurship
- ✓ Phlebotomy
- ✓ Home Health Aide (HHA)
- ✓ Patient Care Assistant (PCA)
- ✓ Patient Care Technician (PCT)
- ✓ Electrocardiograph Technician (EKG)
- ✓ Barbering
- ✓ Certified Nursing Assistant
- ✓ Forklift
- ✓ Cosmetology
- ✓ Diesel Systems Technician
- ✓ Networking Support Technician
- ✓ Network Security
- ✓ Welding
- ✓ Technology
- ✓ Financial Management
- ✓ Work Readiness
- ✓ GED Prep & ESOL Classes (CNA)

Self-Sufficiency Services

- ✓ Case Management
- ✓ Financial Management
- ✓ Job Readiness Skills
- ✓ Employment Services
- ✓ VITA Tax Services
- ✓ Referrals

FOR MORE INFORMATION, CALL (561) 355-4792



Vocational Training Orientation

REGISTER NOW



JUNE 17 | 10 AM



AUGUST 19 | 10 AM



OCTOBER 21 | 10 AM



DECEMBER 16 | 10 AM



For more information call: (561) 355-4792



PIT Count 2026



T-Shirt Design Contest

**Help us design a T-shirt for the
2026 PIT Count**

1. Create a fun & exciting T-Shirt using up to 3 colors
2. Pick a T-Shirt color
3. Submit your design to GRodrigu@pbc.gov

**A panel will select the winning design
Deadline will be C.O.B. – Friday, November 14, 2025**



Calling all Agencies!

We need your help to be the best we can be!

Please check to see if you have completed an update with 211.

Any additional changes throughout the year, let us know.

You can also contact Jennifer Harris to verify.

Tel: 561-231-7220 ext. 1510

Email: jennifer.harris@211pbtc.org

or visit <https://211palmbeach.org/partners>



CHURCH WORLD SERVICE LEGAL IMMIGRATION SERVICES

CWS attorneys and U.S. Department of Justice accredited representatives can help you with the following services:

- ATTORNEY REPRESENTATION IN IMMIGRATION COURT & USCIS
- RESIDENCY APPLICATIONS
- ASYLUM APPLICATIONS
- WORK AUTHORIZATIONS
- CITIZENSHIP APPLICATIONS
- DEPORTATION DEFENSE
- U VISAS (Victims of Crime)
- FEE WAIVERS
- FAMILY PETITION
- WAIVERS
- CUBAN ADJUSTMENT
- LEGAL CONSULTATION
- K VISAS (Fiance Petition)
- VAWA APPLICATIONS (Domestic Violence)
- TPS (Temporary Protected Status)
- DACA (Deferred Action for Childhood Arrivals)

CWS is accredited and recognized by the Department of Justice to provide Legal and Immigration services.

**YOU MAY QUALIFY FOR FREE LEGAL SERVICES OR SERVICES FOR A
NOMINAL FEE**

CWS

www.CWSSouthEast.org





Palm Beach County Youth Services Department

FREE Therapy Services

Trauma-Informed Care

In-person and Virtual



Youth and Family Counseling

Outpatient Services

West Palm Beach - (561) 242-5714

Delray Beach - (561) 276-1340

Belle Glade - (561) 992-1233

Palm Beach Gardens - (561) 242-5714

Highridge Family Center

Residential Program

(561) 625-2540

Education & Training Center

Outpatient Services

Parent-Child Interaction Therapy

(561) 233-4460



Issues Addressed

- Bullying
- Self Esteem
- Communication
- School Concerns
- Behavioral Problems
- Separation and Divorce
- Social Skills
- Family Violence
- Grief Counseling
- Emotion Regulation
- Traumatic Experiences
- Parent/Child Relationships



COALITION FOR INDEPENDENT LIVING OPTIONS

\$ENIOR FIND

*Now Accepting
Applications!*

Unlock financial relief and reclaim peace of mind!

Eligibility

- ✓ Aged 60 Years Or Older With A Disability
- ✓ Resident Of Palm Beach County
- ✓ Experienced An Unexpected Financial Expense Keeping You From Paying Rent Or Utility Bills?
- ✓ Do You Have A 3-Day Notice, Eviction, Lease, Moving Quote, Utility Shut-Off Notice, Or Need Help With Move-In Expenses?

We Help With:

- Past-Due Mortgage Payments ♦.(NEW) ♦.
- HOA Fees ♦.(NEW) ♦.
- Medically Necessary Expenses Not Covered By Insurance, Or With Copay/Deductible Causing Financial Hardship ♦.(NEW) ♦.
- Move-In Costs
- Past-Due Rent & Utilities

For more information or to see if you qualify, please email

Financialassistance@cilo.org



Additional Resources for Our Seniors

Services being offered to senior (60+) adults, individuals with disabilities, and their caregivers in our community, as well as to explain how to make a referral.

Area Agency on Aging - Services

Your local Area Agency on Aging, they are committed to supporting independence, dignity, and quality of life. They provide a range of services and supports, including:

- Information and Assistance: Guidance on available programs, services, and community resources.
- Care Coordination: Assessments and care plans tailored to meet individual needs.
- In-Home Services: Personal care, homemaker assistance, and respite care.
- Nutrition Programs: Home-delivered meals and congregate dining.
- Transportation Services: For medical appointments, errands, and other essential trips.
- Caregiver Support: Resources, counseling, and training for family caregivers.
- Health and Wellness Programs: Fall prevention, chronic disease self-management, and other evidence-based workshops.
- Advocacy Services: Including long-term care ombudsman and assistance with benefits and legal support.

Making a Referral

If you know someone who may benefit from their services, referrals are easy to make. Here's how:

1. Call Us: Reach out to their main line at 866-684-5885 and ask to speak with an Intake Specialist.
2. Online Referral: Complete the secure referral form at <https://www.aaapbtc.org/form/contact-us>
3. Fax: Referrals can also be submitted via fax to 561-214-8678.

Once they receive a referral, their team will reach out directly to the individual (or their caregiver) to assess their needs and connect them with appropriate services.

They welcome referrals from healthcare providers, community partners, family members, and individuals themselves. If you have questions about their programs or the referral process, please don't hesitate to contact them directly.

Thank you for helping us support the aging population in our community.

Health Council of Southeast Florida

*Do you know **anyone in need of Health Insurance**? If so, call the Covering Florida Navigator Program at the Health Council of Southeast Florida at 561-844-4220. Their licensed Navigators will provide you with FREE, impartial assistance. Special Enrollment Period is now. You may be able to enroll if you have had certain life events such as losing health coverage, getting married, having a baby, moving, etc. If your*

income is between 100 % - 150% FPL (1person -\$15,560 - \$23,475) you can also enroll during this time.

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

Get "grounded" in nature. Whether in meditation or for exercise- this may lift your mood and help you to sleep better.

"We are in this together!"



See you at the next meeting!