Inter-Agency Network Meeting: May 7, 2024 9:00 am

IAN of PBC <patrice.schroeder-211pbtc.org@shared1.ccsend.com>

Fri 5/3/2024 12:26 PM

To:Updates <updates@gladesinitiative.org>

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!

May 7th, 2024 9:00 am Meeting

Meetings run the First

Tuesday of each month August-June (we are off July)

In-Person:

Mounts Auditorium, 531 N Military Trail,
West Palm Beach, FL 33415
(building located right on Military) Until further notice

Virtual Option:

https://us02web.zoom.us/j/88659280348? pwd=QU9KQ05KSDFHOE5nbDJhQklyRENsUT09

Click here
To add to calendar and or to attend via phone

Mental Health Awareness



Meeting Chat Notes

CHAT from the April IAN Meeting

Click here to get monthly meeting invites

Guest Speaker May's Meeting

DebtHelper.com

Credit & Housing Counseling

As a HUD Approved Multi-state Housing Counseling Agency, DebtHelper provides housing counseling for over 9,000 families per year.

DebtHelper.com counselors can assist with advice on buying a home, default and foreclosure avoidance, credit issues, or reverse mortgages also known as home equity conversion mortgages.

Services are available over the phone, over the internet, or in person. Face-to-face counseling is available in Debthelper's Massachusetts and Florida Offices. DebtHelper is approved to provide Reverse Mortgage Counseling in 49 states.

Alexander Borge

CDMP Certified, HUD Certified, HECM Counselor

aborge@debthelper.com

800-920-2262 Ext: 8017

PO Box 220597; WPB, FL 33422

Debthelper.com

Community Activities

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



Boys Town

Common Sense Parenting®

Common Sense Parenting (CSP)* for Parents of School-agers is a six-week class that offers training for parents who want to build on their existing skills or learn new ways of dealing with their children's behaviors. Professional parent trainers teach the course.

Dates: May 7, 2024 thru June 11, 2024

(Every Tuesday evening for 6 weeks)

Times: Class 5:30 pm to 7:30 pm

Cost: Classes are all FREE

Where: Boys Town S. Florida Main Office

1655 Palm Beach Lakes Blvd. (First Floor Conference

Room)

West Palm Beach, Florida 33405

FOR MORE INFORMATION

about Boys Town Common Sense Parenting* program and how it can help you build and reinforce healthy family relationships,

call us at

561-202-0218

Topics Covered: Parents as Teachers

Effective Praise Preventive Teaching Corrective Teaching Teaching Self-Control Putting It All Together

You may contact Joe Malaterra, at <u>joseph.malaterra@boystown.org</u> or (561) 516-1781 with questions.





Palm Beach County Youth Services Department Residential Treatment and Family Counseling Division Education and Training Center



Understanding and Supporting a Grieving Child

Presented by Kerry DeBay, ATR-BC, LMHC

Wednesday, May 8, 2024

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/CXHQKB5

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 May 7, 2024

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.

Description:

Understanding basic grief concepts provides the foundation for supporting grieving children. Equally important is an understanding of how to relate to a child who has experienced a loss. This workshop will explore children's grief (including influencing factors & developmental stages) and teach methods of interaction for relating to children/familles around grief and loss. Participants will acquire intervention ideas, planning strategies, and approaches for supporting creative expression when working with grieving children/families. Sharing of questions and participant experiences will be encouraged to facilitate the transition of the material covered to practical application in the workplace. Though focused on loss through death, the concepts and interventions presented can be applied to any loss or change a child and family face.

Learning Objectives:

After completion of this presentation, participants will be able to name the following:

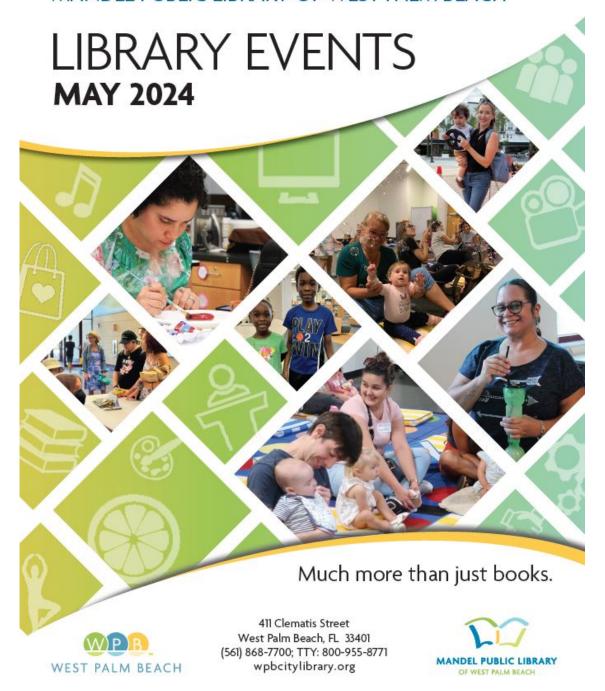
- 1) List a minimum of five (5) factors that influence grief.
- Identify a minimum of three (3) common grief responses across various developmental stages.
- Describe a minimum of two (2) intervention techniques for encouraging and supporting creative expression.

Presenter:



Kerry Debay, ATR-BC, LMHC, serves currently as the Chief Program Officer at the Children's Healing Institute. She is a Board-Certified Art Therapist and Licensed Mental Health Counselor. Kerry has been working with children and families in Palm Beach County for over 25 years with a significant focus on grief & loss education and support. Kerry is the author of *The Grief Bubble*, a workbook for children designed to assist in the understanding and expression of grief in response to a loss through death (available in English and Spanish). She is a contributing author of Assessment and Treatment Activities for Children, Adolescents, and Families Volume II: Practitioners Share Their Most Effective Techniques, and illustrated the children's book Honey Bear Died.

MANDEL PUBLIC LIBRARY OF WEST PALM BEACH



Click here to view Events

Community ID events for May 2024:

May 9 - Hours: 10am - 4pm, Mandel Public Library, 3rd Floor, Clematis Room, 411 Clematis Street, WPB

May 23 - Hours: 10am - 4pm, Mandel Public Library, 3rd Floor, Clematis Room, 411 Clematis Street, WPB

May 29 - Hours: 5pm - 7pm, Belle Glade Branch library, 725 NW 4th Street, Belle Glade

Lastly, attached are copies of flyers. Please feel free to disseminated.

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



www.GetYourGreenOn.org

Events & Activities taking place in the month of May

Learn More



Mandel Public Library of West Palm Beach

Women in the Workforce presents:

PRIORITIZING YOUR HEALTH AND WELLNESS



Wednesday, May 22 6:30 – 8 p.m. Live on Zoom

> Visit the library's online calendar for the Zoom link.







Nicole Rothman, Doctor of Chiropractic Medicine and founder of Rothman Health Solutions, shares her extensive knowledge on being your best self through diet, exercise, and lifestyle changes to reduce stress, lose weight, and achieve your health goals.



411 Clematis Street
West Palm Beach, FL 33401
(561) 868-7701
wpbcitylibrary.org

City of West Palm Beach TTY: 800-955-8771



NON PROFIT DISASTER PREPAREDNESS WORKSHOP



IT IS HURRICANE PREPAREDNESS TIME!!!

PREPARING FOR DISASTERS & RECOVERY

What Non-Profit Organizations Need to Know

Join Palm Beach County's Long Term Recovery Coalition for a webinar to help nonprofit agencies better prepare to help the community recover from a disaster. Information and resources will be provided from Palm Beach County Emergency Management, National Weather Service, United Way of Palm Beach County, Disaster Funders Coalition and Legal Aid Society of Palm Beach County.







GET READY

DISASTERS HAPPEN

PREPARE STAY SAFE RECOVER





Thursday, May 30 10 a.m. – 3 p.m. Clematis Room, Third Floor



Learn how to find the right job for you!

Get great tips on:

- Resumes
- Job searching
- Interviewing
- and more!

You'll receive a FREE lunch and flash drive! Registration is required; seats are limited.



To register for this free workshop, call (561) 868-7760 or visit wpbcitylibrary.org.



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



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



Registration Info



S.M.A.C.K.

Click Here: Vendor Registration Form



- Most people can find a plan for \$10 or less per month with financial help.
- Health plans cover doctor visits, prescription drugs, emergency care, and more.
- Enroll today for coverage starting the 1st of next month.



Scan the QR code to learn more

or visit:

HealthCare.gov/ medicaid-chip/transfer-tomarketplace/

Visit **HealthCare**.gov to learn about your health coverage options, or call the Marketplace Call Center at 1-800-318-2596. TTY users can call 1-855-889-4325.

CMS Product No. 12178 February 2023

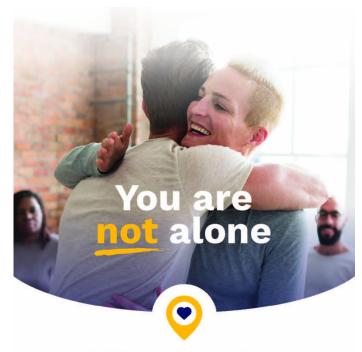
This product was produced at U.S. taxpayer expense. Health Insurance Marketplace® is a registered service mark of the U.S. Department of Health & Human Services For free local help, call: 561.440.0164 (English) 561.545.4740 (Español) 561.545.4989 (Haitian Creole) OF SOUTHEAST FLORID.





Lost #Medicaid or #CHIP coverage? Act NOW to see if you qualify for a special enrollment period at HealthCare.gov to enroll in a health plan. You may receive financial help to lower your monthly costs! Most find a plan for less than \$10/month. Health Council of Southeast Florida has a team of Certified Application Counselors that can help you. Give them a call at 561.469.8202.





Suicide Loss Support Group

Support is often hard to find, which is the purpose of Project Hope which will provide a safe space for you to decompress, share and have someone that understands exactly what you are going through.

Participation is designed around your comfort level. You can go at your pace and engage as much or as little as you like. There will be open-ended conversations with no set agenda. Through shared reflection, the goal is to help you feel whole again, heal and overcome your isolation.

Join Our Next Meeting

1st and 3rd Tuesdays of every month 6–7:30PM





Tiffany Gordon, MS, MHCProgram Specialist
Zero Suicide Initiative





Help@HanleyFoundation.orgCall us today at 561-268-2355

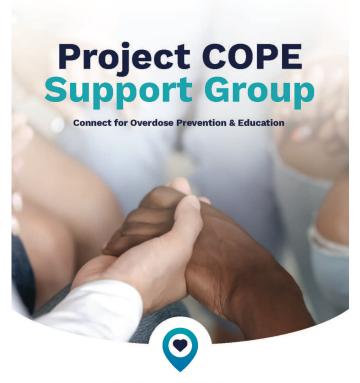


A SAFE SPACE TO SHAPE YOUR STORY

"COPE is a meeting where I have learned to do just that – COPE. It is through this program that I was able to network and reach out to get help for my son. I was able to pass on what I have learned to help others. COPE is a place where we can go and not be ashamed, embarrassed or judged."

Linda

Join Our Next Meeting hanley.info/projectcope



A Place of Healing

Project COPE is a dedicated support group designed to offer solace, connection and understanding for families who share the experience of a loved one who has died of an opioid overdose, survived an overdose, or are at high risk for overdose. As we unite in our shared grief, we're building a powerful community that fosters hope, understanding, and healing.

Join Our Next Meeting

1st and 3rd Thursdays of every month 6-7:30PM



RSVP Here

hanley.info/projectcope





Programs@HanleyFoundation.orgCall us today at 561-268-2355



Adult Education Calendar- Click here

Forum for Non Profits Radio Show Sponsored by the Spirit of Giving Network Radio Host: Cara Zimmerman 561-212-5528 carabeadz29@gmail.com



The Forum for Nonprofits is a radio show designed to provide nonprofit organizations a valuable public platform to explain the mission. An added benefit is to educate the community on your needs such as donors, volunteers and or sponsors. The show is taped every Tuesday at 11:00 am from the convenience of your phone to ours.

We would *love* the opportunity, free of charge, to highlight your organization. Looking forward to hearing from you and get you on the calendar!



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

<u>Building Resiliency - click</u> here

Also let someone you trust know how they can best support you...

<u>Vibrant Emotional Health-</u> <u>Safe Space</u>-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

<u>Unsubscribe updates@gladesinitiative.org</u>

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