Inter-Agency Network Meeting: August 6, 2024 9:00 am

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

Fri 8/2/2024 9:05 AM

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!

August 6th, 2024 9:00 am Meeting

Meetings run the First

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

NEW Location For In-Person:

Nonprofits First Inc.
1818 S Australian Ave #450, West Palm Beach, FL 33409

Virtual Option: Join Zoom Meeting
New Link:

https://us02web.zoom.us/j/88451414739? pwd=rTdPKr9SUS5UafXLayBi8mK5630zEx.1

Please be aware that due to new Zoom safety regulations- you may need to provide a passcode:

Meeting ID: 884 5141 4739

Passcode: 011356

Click hereTo add to calendar and or to attend via phone

August



May Meeting Chat Notes

CHAT from the May IAN Meeting

Your copy should address 3 key questions: Who am I writing for (audience)? Why should they care (benefit)? What do I want them to do (call-to-action)?

Create a great offer by adding words like "free," "personalized," "complimentary," or "customized." A sense of urgency often helps readers take action, so consider inserting phrases like "for a limited time only" or "only 7 remaining!"

Click here to get monthly meeting invites

Guest Speaker May's Meeting

Guardians Credit Union

will do an overview of some of their credit building products and other services.

Healthy Mothers, Healthy Babies

Coalition of Palm Beach County

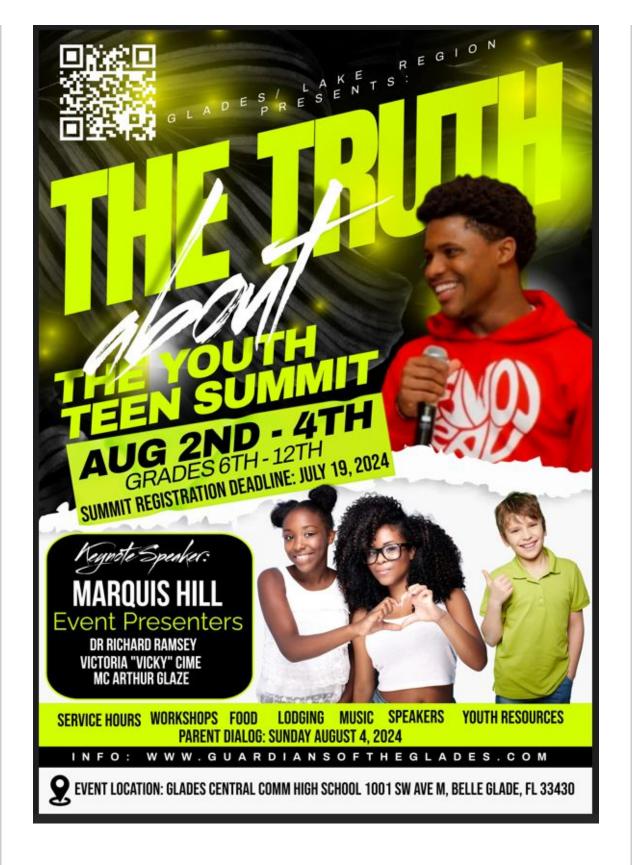
Services to support pregnant women and families: nonprofit organization improving birth outcomes through the compassionate and equitable delivery of early prenatal care, education, and support for all pregnant

Community Activities

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



There are many events featured for August 3. please visit <u>www.211palmbeach.org</u> to learn more.



We are pleased to announce the following **Community ID events** for August 2024:

Aug 8- Hours: 10am - 4pm, Mandel Public Library, 3rd Floor, Clematis Room, 411 Clematis Street, WPB

Aug 15 - Hours: 5pm - 7pm, Greenacres Branch Library, 3750 S Jog Road, Greenacres

Aug 22 - Hours: 5pm - 7pm, Palm Beach County Main Library, 3650 Summit Blvd, WPB

Aug 28 - Hours: 5pm - 7pm, Belle Glade Branch Public Library, 725 NW 4th Street, Belle Glade

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



Genograms: Uncovering Family Trends

Presented by Kelly Everson, Psy.D.

Wednesday, August 7, 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/VZHDF59

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 August 6, 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:

The family therapy didactics are a three part series, beginning with Genogram Assessment, followed by Structural Family Therapy and Strategic Family Therapy. The Genogram presentation will allow for participants to learn the structure of making a Genogram and explore how different family systems are depicted. This intermediate level presentation will explore the clinical implications of Genograms and when they are useful in practice as well as historically how they have been employed.

Learning Objectives:

At the conclusion of the training, participants will be able to:

- 1) Describe the history and background of using genograms in practice through evidence-based sources.
- Identity which situations genograms are useful and important for clinical care.
 Demonstrate the utility of genograms and evaluate how genograms impact clients

in session

Registration Link:

https://www.surveymonkey.com/r/VZHDF59

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



- 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.



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or visi

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.

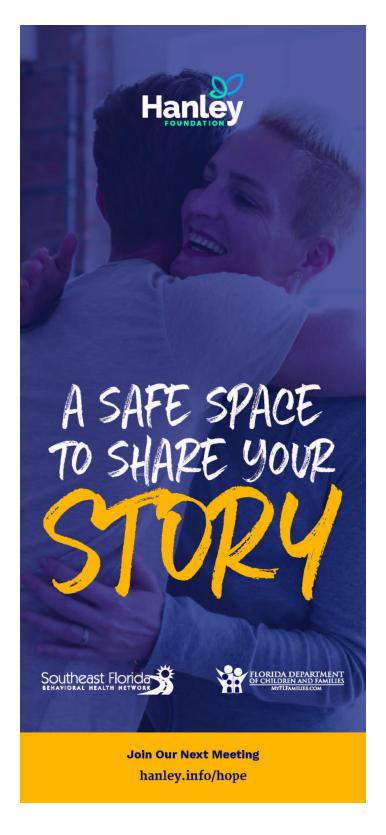
CMS Product No. 12178 February 2023

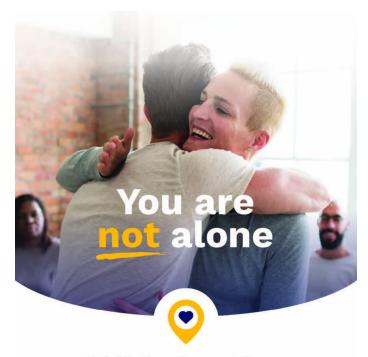
This product was produced at U.S. taxpayer expense. Health Insurance Marketplace® is a registered service mark of the U.S. Department of Health & Human Services For free local help, call: 561.440.0164 (English) 561.545.4740 (Español) 561.545.4989 (Haitian Creole)





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

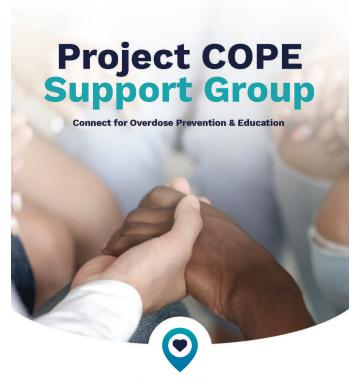


A SAFE SPACE TO SHAPE YOUR STORY

"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.org
Call 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 US

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