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November 2017

HDB Newsletter



Healthier Delray Beach has a new email address!

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SMILE!



Taking time to share things that make us laugh.

Florida Seasons:



The holidays can be a joyful time, but they can also be a stressful time. With parties, shopping, baking, cleaning and entertaining, many people feel overwhelmed and pressured. According to NBC News, 1 in 4 Americans reported feeling "extreme stress" around the holidays.

Here are some tips to help you blaze through this holiday season:

- **Reach out** - If you feel lonely or isolated, seek out community, religious or other social events.
- **Be realistic** - The holidays don't have to be perfect!
- **Stick to a budget**

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- **Allow yourself to say no** - Saying yes when you should say no can leave you feeling upset and overwhelmed.
- **Take a breather**
- **Seek professional help if you need it**

Looking for more tips? Check out [this article](#) for parents!



Wondering what we've been up to for the past 6 months?
[Click here](#) to check out our latest impact report and see all the facts, figures, and stories that we've collected!

And, as always, thank you for joining with us!

Build Our Blocks Update

The HDB Ambassadors are hard at work spreading the word about Build Our Blocks to neighborhoods in The Set. Keep an eye out for HDB in your neighborhood!

To learn more about Build Our Blocks and how to get your neighborhood involved, visit our new webpage at: www.HealthierDelray.org/BOB



Project Homeless Connect

This month, the Delray Beach Homeless Taskforce and Homeless Coalition of Palm Beach County hosted Project Homeless Connect at Pompey Park. This important event provides clothing, haircuts and grooming, showers, HIV



special thank you to Michele Howell and her team and the Homeless Taskforce for helping make this such a successful event!

30 Days of Love

HDB was proud to be a part of Bethel Evangelical Baptist Church's annual 30 Days of Love celebration! We appreciate our partnership with the church and look forward to offering more trainings and behavioral health resources in the future.



Wishing everyone a happy, healthy Thanksgiving holiday!



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