

# The Unicorn



December 1, 2024  
Vol.81, Issue 24



## Board Corner

This month, I'd like to introduce another newly formed team, the Program Planning Team, and its co-coordinators, Courtney Palmer and Jacquie Velasquez.

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## What else is inside?

[Upcoming Services & Share the Plate Recipient](#)

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[December Birthdays & Anniversaries](#)

[Calendar](#)

# December Worship Service Schedule

## **12/1 - “Sing We Now of Christmas: A Sermon of Songs of the Season” lead by Music Director Marina Machado and the UUFBR Chalice Choir**

It might surprise the Christian congregations across the country that their favorite Christmas carols have an Unitarian origin. Music Director Marina Machado leads a special service of songs of the season and their backstory, such as “It Came Upon a Midnight Clear,” written by Unitarian minister E. Sears, and “I Heard the Bells on Christmas Day” written by Unitarian Henry Wadsworth Longfellow.”

## **12/8 -“Between a Rock and a Hard Place” lead by Fritz Aufdencamp**

We explore the concept of heaven and hell. Is Hell needed for Religion/Christianity to work? Can religion work with love alone or is fear and guilt necessary? "

## **12/15 - “Presents or Presence” lead by Ron Roth Jr.**

Let's delve into the power of paying attention and embracing the gift of the present moment. Together, we'll consider how presence connects us to life's sacredness and encourages spiritual growth in ourselves and our community. Let's remember how we might be called to practice presence in this final month of the year, and always.

## **12/21 - “Winter Solstice” lead by the UUFBR Worship Team**

A service of songs, stories, stillness, and sharing hope to create a sacred space. Celebrate the seasons change! For centuries, people have celebrated the shift of the Sun at winter solstice, when our hemisphere is tilted farthest away. The nights are longest, days are shortest, and the sunlight is weak. Over the world, many groups from many different faith traditions observe this time when the power of the dark feels at its fullest. At the UU Fellowship of Boca Raton, we host a Winter Solstice Celebration: a special service of song, stories, stillness, and sharing hope to create a sacred space. Please join us for a night of music and meditation, on a rite into the darkness to bring forth the gifts of the Light. In the midst of winter, come discover within what Albert Camus described as “an invincible summer.”

## **12/22 - “Labyrinth Walk and Pancake Breakfast” lead by UUFBR Worship Team**

The journey of the Magi, like walking a labyrinth, was a path of patience and purpose, of peace and pausing to reflect. Each step brought them closer to their transformative goal, just as the winding labyrinth leads to the center. Walking the labyrinth, like the Magi's journey, is an act of seeking, with the understanding that the journey itself holds deep meaning and insight, ultimately leading to profound spiritual discovery. Afterward, enjoy a warm and hearty pancake breakfast to nourish your body and spirit.

## **12/29 -“Let There Be Light” lead by Robyn Stuart**

Hannukah isn't the most solemn holiday--it's a cultural holiday about identity, resistance and sovereignty. Fighting assimilation (hellenization) drove the rebellion that led to the Second Temple period. Since then, however, Hanukkah has become (at least in part) a holiday about publicizing the miracle of that victory. That's why menorahs are supposed to be displayed openly, as in that famous photograph of a menorah on a windowsill opposite a Nazi building in Germany. For many non-Jews, Hanukkah is thus the most visible Jewish holiday, possibly the only one they know.

## **Share the Plate Offering**



PEACE - People Engaged in Active Community Efforts -  
Founded in 1991, they use the power of large numbers of  
organized people to solve critical community problems



Donate using link

<https://donorbox.org/support-uufbr> or QR code

"Please write Share the Plate in the  
comment section when you make  
your online gift."

## Fellowship Events



### Game Night

**Friday Night December 6th 7:00 pm**

Welcome to our exciting Game Night! Gather with fellow gamers for an evening filled with fun, laughter, and friendly competition.

We'll be serving up mouthwatering pizza and refreshing bottled water to keep you fueled for the games ahead. Feel free to bring along your favorite drink to sip while you strategize!

Don't miss out on the fun! Secure your place and your pizza by shooting an email to [Deliver2trish@gmail.com](mailto:Deliver2trish@gmail.com).



**Classical Music Candlelight  
Concert  
Saturday  
December 7, 2024  
7:00 PM**

Join us for a magical evening of classical music featuring award-winning musicians **Miriam Smith** (violin), **Megan Hagel** (cello), and **Marina Machado** (piano). Surrounded by the warm glow of candles in our beautiful sanctuary, this concert promises to be an unforgettable experience that connects our community through the power of music.

**Tickets:** \$25 in advance, \$30 at the door **Reserve your seat today and be part of this enchanting evening!**

<https://givebutter.com/MUUSIC24>

<https://www.facebook.com/share/19TyD4fxEb/>

## UUFBR Christmas Cookie Exchange Sunday, December 15th



### Eat, Drink, and Share *Cookies!*

PLEASE JOIN US FOR A COOKIE EXCHANGE  
COOKIE HOUR TO WELCOME NEW MEMBERS

DATE:

- Sunday, December 15 -

LOCATION:

— Osias Hall —

TIME:

— 12 Noon - 1 PM —

RSVP TO:

[ronasolomon2@gmail.com](mailto:ronasolomon2@gmail.com)

We will provide cocoa, cider, and savory snacks.

To participate in the cookie exchange, please bring:

- two dozen (12) cookies (or other treats like brownies) to share
- a container that you can use to bring cookies home with you
- a recipe to share (to accommodate concerns about a food allergy or special diet requirement)

## Winter Solstice Saturday, December 21st

A large wooden pyramid structure filled with lit candles, used for a Winter Solstice celebration.

*Winter Solstice Celebration*  
a service of song, stories and stillness

Saturday, December 21st at 7 PM

The Unitarian Universalist Fellowship  
of Boca Raton, 2601 St. Andrew Blvd.  
Boca Raton, FL 33434 [uufbr.org](http://uufbr.org)

## External Events



**Would you like to spread some  
Holiday Cheer this season?**

Help wrap Holiday gifts with Temple Beth El

UUFBF members and friends have the opportunity to take part in Temple Beth El's **Giving Tree Holiday Wish List Drive**. The Giving Tree operates year round, working with over 30 local community service organizations and agencies to answer pressing needs for children, families and seniors.

During the holidays, individual wishes are fulfilled and then the items are wrapped by volunteers. Through the generosity and kindness of the Boca Raton community, Temple Beth El is able to spread Holiday cheer to **more than 2,000 children, families, and seniors** in our local community who are in need. The deadline for fulfilling wishes has passed, but there is lots of wrapping to do!

**Would you like to help wrap?** Here are the details:

Wrapping Volunteer Info

Monday the 18th: 10:00 am - 4:00 pm

Starting November 25, we will be open 10:00 am - 4:00 pm seven days a week for wrapping.

This year the site is **Office Depot headquarters** on Military between Clint Moore and Yamato: 6600 North Military Trail. We use the south entrance – the right side when facing the building. You will come in the front entrance and then call the cell phone number on the sign (either Judy or Robin).

Please call or email Jennifer Ligeti with questions.

## UUFBR Unicorn Newsletter Update: Vision, Mission, and Covenant Workshop

Dear UUFBR Members,

We are excited to share that UUFBR is embarking on an important journey to shape our future together by refining our Vision, Mission, and Covenant statements. These foundational elements guide us in our shared spiritual journey, our community engagement, and our commitment to each other.

To gather your insights and ensure everyone's voice is included, we invite all members to participate in a hybrid Vision and Mission Workshop. This workshop will take place on a **Saturday** in January or February from **10 AM to 2 PM** at UUFBR, featuring time for small group discussions, a shared lunch, and a collective drafting session. Together, we'll draw from collected statements and craft our own that reflect our diverse community and collective values.

We want everyone to be part of this journey, whether you are a year-round member or a beloved snowbird joining us for part of the year. If you can't attend in person, there will be an opportunity to review and provide feedback on the statements we create.

To help us finalize details, **please complete a brief survey** to indicate your availability and preferences for the workshop. Your input will help us make this as inclusive as possible.

Let us come together to envision the future of UUFBR and craft a mission that reflects our shared hopes, values, and commitment to one another.

With gratitude,  
Ron Roth Jr and the Vision and Mission Committee

### Next Steps:

- Watch for the survey link to be shared soon, and let us know your Saturday scheduling preferences.
- Mark your calendars for this meaningful day of connection and community.

We look forward to building our shared future together!

## Musical Roots: The Stories Behind Our Beloved Carols

December 1st: this morning, we gather to explore the rich Unitarian Universalist roots of some of our most beloved Christmas carols, a musical journey that reveals how tradition shaped the soundtrack of the holiday season.

Our exploration takes us through powerful narratives of hope, resilience, and social justice hidden within familiar melodies. Rev. Edmund Sears' "It Came Upon the Midnight Clear," composed just before the Civil War, emerged as more than a simple holiday tune. Written during a time of national division, the carol transcends the traditional nativity story, offering a profound vision of angels singing about peace. A call for unity that resonates deeply with UU values.



Henry Wadsworth Longfellow's "I Heard the Bells on Christmas Day" brings us a particularly poignant story. Composed during the Civil War, after losing his wife and seeing his son wounded in battle, the song captures an emotional journey from despair to hope. The ringing bells symbolize resilience; a powerful reminder that hope persists even in our darkest moments.

We discover the surprising depth behind seemingly simple songs. Lydia Maria Child's "Over the River and Through the Wood" reveals itself as more than a cheerful holiday tune. As a fierce advocate for abolition and women's rights, Child understood that joy can be an act of resistance, a celebration of community and family that strengthens us in challenging times.

Even "Jingle Bells" surprises us with its Unitarian connections. Composed by James Lord Pierpont, son of a Unitarian minister, the song embodies the pure joy of winter adventure. Its lighthearted lyrics remind us that celebration and playfulness are essential, especially during the darker, colder months.

The Chalice Choir brings these stories to life with performances that highlight the historical and emotional depth of each carol. As we sing together, we are reminded that these are not just songs, but musical narratives of hope, resilience, and human connection. These carols challenge us to look beyond surface-level celebrations and embrace the deeper values of peace, understanding, and communal support. They are a testament to the power of music to carry forward our most cherished beliefs; to speak of hope when the world feels divided, to find joy in the face of challenge, and to celebrate our shared humanity.

As we continue through the holiday season, I invite you to listen to these familiar tunes with new ears. Each melody carries a story of Unitarian Universalist spirit, a reminder of the ongoing commitment to peace, justice, and hope.

*Marina Machado*  
*Music Director*



Thanks to everyone for your generosity enabling UUFBR to donate \$1,056.00 to the UUA Disaster Relief Fund and to everyone who made additional personal donations. All told, the UUA Disaster Relief Fund has received more than \$350,000 in the last 90 days for distribution in the hurricane zone! The UUA reported this to us:

“Support for the Disaster Relief Fund makes it possible for impacted congregations to recover, reopen, continue their ministry and extend help into their communities. Seeking to meet as much of the immediate need as possible, the UUA Disaster Relief team proactively issued a number of mini-grants to hard-hit areas even before grant applications were received. They could respond in this nimble way because of the generosity of many UU congregations and members and also because of existing relationships between the UUA’s regional staff and congregational leaders. In Florida, congregations in Bradenton, St. Petersburg, Venice, and Lakeland were recipients of the mini-grants. Congregations in Georgia and North Carolina also received proactive grants.

In both the giving and the receiving, there is great love. May you feel the love of UU community wherever you are. With gratitude, Rev. Lauren Smith”

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## "IT Team Monthly Reminders

- Have UUFBR-related technology issues or questions? Email the IT Team [itteam@uufbr.org](mailto:itteam@uufbr.org).
- Need to make a change to the website? Email the web team at [website@uufbr.org](mailto:website@uufbr.org).
- Need to find the online member directory? Go to the Empower Directory at <https://uufbr.empowerchms.com/Members/>.
- Need to login to the Members only portion of the UUFBR website? Click on the Member Login option under the menu in the top right corner. If you do not remember your password, click Lost your password? at the bottom of the page. If you find out that you do not have an account, please email the IT Team and we can create one for you.
- Need to know more about scheduling Zoom meetings? Check out the Google Document, “[Scheduling Zoom Meetings](#)” The IT Team can email you a link to this document upon request."

Thank you,  
Louis





Click [here](#) to view Board Minutes. You must be a Member and sign in.

**Board of Trustees**  
**Rajeev Arora**  
**Claire Smith**  
**Co-Presidents**  
**Patrick Larson, VP, Facilities**  
**Judy Keiser, Secretary**  
**Bill Jensen - Treasurer**  
**Trustees at Large**  
**Rajeev Arora /**  
**Carole Stephens/ Claire Smith/**  
**Howard Prentice/ Rick Troiano/**  
**Lynn Smith**  
**trustees@uufbr.org**  
**<https://groups.google.com/uufbr-board>**

Together, they are dedicated to fostering a harmonious and vibrant congregational life through the . Their mission is to unite the diverse tapestry of UUFBR committees, teams, and affinity groups under a shared vision of inclusivity, collaboration, and spiritual growth. As set forth in the Charter and Mission Statement of the Program Planning Team, Jacquie, Courtney, and their team strive to:

- Cultivate unity, bringing together the leaders and chairs of committees and teams responsible for the diverse activities that shape our community. The objective is to develop a cohesive and inclusive congregational experience by integrating the activities and efforts of all committees, teams, and affinity groups.
- Facilitate coordination, acting as the central hub for scheduling and planning, ensuring that all widely attended activities, including those of our affinity groups such as the Movie and Book Clubs, Death Cafe, and Meditation groups, are coordinated to prevent overlaps and conflicts.
- Promote inclusivity, encouraging the participation of all groups within our community, recognizing and valuing the unique contributions of each. The goal is to nurture a space where everyone feels valued and included.
- Support growth and development, providing guidance and support to UUFBR committees and teams, helping them to thrive and evolve in alignment with our congregation's mission and values. They are committed to facilitating opportunities for spiritual, educational, and social engagement that foster personal and communal growth.
- Enhance communication, serving as a conduit for clear and effective communication among all stakeholders and ensuring that information is shared transparently and decisions are made collaboratively.

In all they do, they are guided by the principles of Unitarian Universalism, striving to create a welcoming and nurturing environment where all are invited to participate, contribute, and grow. They are helping to build a dynamic and interconnected community that celebrates diversity and enriches the lives of all our members. If this team sounds exciting to you, talk to Courtney or Jacquie about joining the newly formed Program Planning Team.

Claire Smith,

Co-president, UUFBR Board of Trustees



## Committees

### ZOOM links & descriptions

#### Board of Trustees

1st Thursday at 7:00 pm  
Rajeev Arora, Claire Smith  
copresidents@uufbr.org

Use this link to join on Zoom:

[https://zoom.us/j/93768534897?](https://zoom.us/j/93768534897?pwd=WEFNODZBV21Bc25sQWVjUGlmRzdmdz09)

[pwd=WEFNODZBV21Bc25sQWVjUGlmRzdmdz09](https://zoom.us/j/93768534897?pwd=WEFNODZBV21Bc25sQWVjUGlmRzdmdz09)

Meeting ID: 937 6853 4897 Passcode: 114338

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#### Endowment Committee

2nd Thursday at 7:00 pm  
Group Contact: Mitch Major: mitchmajor@earthlink.net  
The Endowment Fund: Sustaining the Legacy, the Continuity, and the Future of UUFBR and our UU Principles.

Use this link to join on Zoom:

[https://zoom.us/j/92039364170?](https://zoom.us/j/92039364170?pwd=RzRMdjVWOGITMEJjVDU2V0JFTFJGdz09)

[pwd=RzRMdjVWOGITMEJjVDU2V0JFTFJGdz09](https://zoom.us/j/92039364170?pwd=RzRMdjVWOGITMEJjVDU2V0JFTFJGdz09)

Meeting ID: 920 3936 4170[1] Passcode: 361129 One tap mobile:  
+19292056099,,92039364170# US (New York)

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#### Landscape Committee

First Tuesday at 7:00 pm  
Group contact: Celia Hirsch 561-870-3577

Use this link to join on Zoom:

[https://zoom.us/j/95](https://zoom.us/j/95432721616?pwd=dWNySFF5bTdoN3JSYi9JT1hBTEs0Zz09)

[432721616?pwd=dWNySFF5bTdoN3JSYi9JT1hBTEs0Zz09](https://zoom.us/j/95432721616?pwd=dWNySFF5bTdoN3JSYi9JT1hBTEs0Zz09)

Meeting ID: 954 3272 1616 Passcode: 575795

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#### The Legacy Group

Third Sunday at 1 pm  
Group contact: Judy Keiser Zoom Host: itteam@uufbr.org

Use this link to join on Zoom:

[https://zoom.us/j/98795244584?](https://zoom.us/j/98795244584?pwd=d1NuVzZnM05ycDkwVWtQnJyUm1PQT09)

[pwd=d1NuVzZnM05ycDkwVWtQnJyUm1PQT09](https://zoom.us/j/98795244584?pwd=d1NuVzZnM05ycDkwVWtQnJyUm1PQT09)

Meeting ID: 987 9524 4584 Passcode: 388278

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#### IT Team

Meets as needed  
Group contact:  
Louis Merlin, louismerlin@gmail.com

Use this link to join on Zoom:

[https://zoom.us/j/95229659211?](https://zoom.us/j/95229659211?pwd=SVJUdU93WXJLbEVhSWxuR0duNE9aQT09)

[pwd=SVJUdU93WXJLbEVhSWxuR0duNE9aQT09](https://zoom.us/j/95229659211?pwd=SVJUdU93WXJLbEVhSWxuR0duNE9aQT09)

Meeting ID: 952 2965 9211 Passcode: 023036

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#### Membership Committee

Fourth Wednesday at 3:00 pm  
Group contact: Sharon Drew

Use this link to join on Zoom:

[https://zoom.us/j/93534994263?](https://zoom.us/j/93534994263?pwd=WEwwVE0wMHQzZVg2bC9TeU5NMGdwdz09)

[pwd=WEwwVE0wMHQzZVg2bC9TeU5NMGdwdz09](https://zoom.us/j/93534994263?pwd=WEwwVE0wMHQzZVg2bC9TeU5NMGdwdz09)

Meeting ID: 935 3499 4263 Passcode: 232167

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#### Worship Team Meeting

Weekly on Wednesday at 5:00 pm  
Group contact: Bill Jensen wmjensen44@gmail.com  
Zoom Host: itteam@uufbr.org

Use this link to join on Zoom:

[https://zoom.us/j/94556595523?](https://zoom.us/j/94556595523?pwd=cDE3VkwvMUNSVXo2N3pra0drV25UZz09)

[pwd=cDE3VkwvMUNSVXo2N3pra0drV25UZz09](https://zoom.us/j/94556595523?pwd=cDE3VkwvMUNSVXo2N3pra0drV25UZz09)

Meeting ID: 945 5659 5523 Passcode: 540050 One tap  
mobile +13052241968,,94556595523# US

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#### Religious Education Council (RE Council)

RE Council is taking a hiatus until further notice  
RECouncil@uufbr.org  
This group organizes activities for families with children and promotes religious education for all ages.

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Celia Hirsch,  
December 18

Barb Jensen,  
December 19

**HAPPY**  
*Birthday*  
**TO YOU**

Best wishes to you on your birthday!

# WHAT'S HAPPENING

*Everyone is welcome!*



SUN	MON	TUE	WED	THU	FRI	SAT
<b>1</b> Admin in Office 9 -12pm Worship Service 10:30 am (Zoom also) Newcomer Welcome 11:45am, In person	<b>2</b> Office closed Cleaning service 8am Pagan Study Group 7pm, Zoom	<b>3</b> Admin in office 10-3pm Landscape Committee Meeting 7pm, Zoom	<b>4</b> Admin in office 10 -3pm Ground Maint. 9:30am Worship Team 5pm, Zoom Midweek Meditation 8pm, Zoom	<b>5</b> Stewardship Meeting 4pm, Zoom Board Meeting- Adaptive/strategic 5:30pm , Zoom	<b>6</b> Admin in Office 10 -3pm Friday Night Happy Hour 5pm, Zoom Game night 7pm,	<b>7</b> The Forum 10am, Zoom Classical Music Candlelight Concert 7pm
<b>8</b> Admin in Office 9 -12 pm Journey to Spiritual Renewal 9am, Hybrid Worship Service 10:30 am (Zoom also) Healing Conversations 12pm, Hybrid	<b>9</b> Office closed Men's group in person 10am Death Cafe 7:30pm, Zoom	<b>10</b> Admin in office 10-3pm	<b>11</b> Admin in office 10-3pm Ground Maint. 9:30am Ukulele Group 2pm, in person Worship Team 5pm, Zoom Choir rehearsal 6:30pm, In person Midweek Meditation 8pm, Zoom	<b>12</b> Non-violent Communication Practice 12:30 pm, Zoom Outreach Team Meeting 4pm, Zoom Board Meeting- Adaptive/strategic 5:30pm , Zoom Endowment Committee 7pm, Zoom	<b>13</b> Admin in Office 10 -3pm Friday Night Happy Hour 5pm, Zoom	<b>14</b> The Forum 10am, Zoom
<b>15</b> Admin in Office 9 -12 pm Journey to Spiritual Renewal 9am, Hybrid Worship Service 10:30am (Zoom also) Program planning 12pm, In person The Legacy Group 1pm, Zoom	<b>16</b> Office closed Cleaning service 8am Pagan Study Group 7pm, In person	<b>17</b> Admin in office 10-3pm	<b>18</b> Admin in office 10 -3pm Ground Maint. 9:30am Worship Team 5pm, Zoom Choir rehearsal 6:30pm, In person Book Group 7pm, Zoom Midweek Meditation 8pm, Zoom	<b>19</b> Stewardship Meeting 4pm, Zoom Board Meeting- Adaptive/strategic 5:30pm , Zoom	<b>20</b> Admin in Office 10 -3pm Friday Night Happy Hour 5pm, Zoom	<b>21</b> The Forum 10am, Zoom Winter Solstice 7pm
<b>22</b> Admin in Office 9 -12pm Pancake Breakfast & Labyrinth walk 10:30 am	<b>23</b> Office closed Cleaning service 8am	<b>24</b> Admin in office 10-3pm Healing Justice 7:30 pm, Zoom Christmas Eve Candlelight Service 6:30 pm	<b>25</b> Christmas Day 	<b>26</b> Outreach Team Meeting 4pm, Zoom 7pm, Zoom Board of Trustees Meeting 7pm, Zoom	<b>27</b> Admin in Office 10 -3pm Friday Night Happy Hour 5pm, Zoom	<b>28</b> The Forum 10am, Zoom
<b>29</b> Admin in Office 9 -12 pm Worship Service 10:30am (Zoom also)	<b>30</b> Office closed Cleaning service 8am	<b>31</b> Admin in office 10-3pm				

Check out our website for more information at

[UUFBR.org](http://UUFBR.org) or scan the QR code below

Please follow us on

[UUFBR Facebook](#) and [Instagram](#)



UUFBR.org

# Classifieds

HelpLine 211 is your local Community Helpline & Crisis Hotline Help. 211 HelpLine's caring staff provide crisis intervention, information, assessment and referral to available community resources and services. Calls to 211 are free, confidential and available 24/7 with multilingual capabilities. People of all ages can call for themselves or for others. 211 HelpLine serves Palm Beach, Martin, St. Lucie, Indian River and Okeechobee counties. Also visit [www.211palmbeach.org](http://www.211palmbeach.org).



## How To Use 211 HelpLine

**211 is your local Community Helpline & Crisis Hotline**  
**Help.Starts.Here.** 211 HelpLine's caring staff provide crisis intervention, information, assessment and referral to available community resources and services. Calls to 211 are free, confidential and available 24/7 with multilingual capabilities. People of all ages can call for themselves or for others. 211 HelpLine serves Palm Beach, Martin, St. Lucie, Indian River and Okeechobee counties. Also visit [www.211palmbeach.org](http://www.211palmbeach.org).



## How To Use 211 HelpLine

**211 is your local Community Helpline & Crisis Hotline - Free, Confidential, Available 24/7**



### Types Of Services Provided By 211:

- ☐ Suicide Prevention, Crisis Intervention
- ☐ Information & Referral
- ☐ Telephone Counseling, Assessment
- ☐ Advocacy Programs
- ☐ Community Resource Database
- ☐ Someone to Listen!

### Ways To Reach 211:

- ☐ Dial 2-1-1 or (561) 383-1112 (24/7)
- ☐ Text your questions/concerns & zip code to 898211 (24/7)
- ☐ Chat Online (10 am - 8 pm)
- ☐ Email your questions/concerns to [help@211pbtc.org](mailto:help@211pbtc.org) (which will be answered within one business day)
- ☐ Out of area can dial (561) 383-1112 or (866) 882-2991
- ☐ Se Habla Español & Nou Pale Kreyòle
- ☐ What To Expect When You Call:

### What If I Just Want To Talk?

SomeTimes life can be overwhelming!  
 Whether you prefer Text, Online Chat, or the telephone—we're here to listen!  
 SomeTimes having someone who is not going to judge you or set conditions—someone who simply wants to listen to what you have to say—can make all of the difference!  
**"We are here for you!"**

- ☐ Phone prompt for language/type of service/brief hold time
- ☐ Caring person at the other end of the line who will listen as you describe your concerns or situation
- ☐ You may be asked to provide your zip code & some demographic information... (for our funding requirements)
- ☐ Our Resource Specialist will direct you to the appropriate service providers—with referrals given

211 HelpLine is a service of 211 Palm Beach/Treasure Coast, a 501 (c)(3) within the State of Florida. Major funders include: Board of County Commissioners-Palm Beach County; Children's Services Council of Palm Beach County; Palm Beach County Sheriff's Office; National Suicide Prevention Lifeline; The Southeast Florida Behavioral Health Network and Help Me Grow Florida; Town of Palm Beach United Way; United Way of Palm Beach County. Other 211 systems are available throughout the state of Florida and nationally as well. #HelpStartsHere Twitter & Instagram 211\_HelpLine and Facebook /211HelpLine

- ☐ 211 also responds to the 24-hour National Suicide Prevention Lifeline 1- (800) 273-TALK (8255)
- ☐ Veterans are prompted to press #1 for the Veterans Crisis Line

[211PalmBeach.org](http://211PalmBeach.org)

Twitter & Instagram 211\_HelpLine and Facebook /211HelpLine



### Why do people reach out to 211?

- ☐ I'm worried about my aging mom
- ☐ Is my child at the right stage of development
- ☐ I just lost my job
- ☐ My boyfriend hits me
- ☐ The kids at school bully me
- ☐ I'm about to be evicted & don't know what to do
- ☐ I just don't want to live anymore...

### Ways To Reach 211:

- ☐ Dial 2-1-1 or (561) 383-1112 (24/7)
- ☐ Text your questions/concerns & zip code to 898211 (24/7)
- ☐ Chat Online (10 am - 8 pm)
- ☐ Email your questions/concerns to [help@211pbtc.org](mailto:help@211pbtc.org) (which will be answered within one business day)
- ☐ Out of area can dial (561) 383-1112 or (866) 882-2991
- ☐ Se Habla Español & Nou Pale Kreyòle



"When I called 211, the Specialist who answered took the time to really listen. The help I was able to receive made all the difference in the world -for me and my family!"

Serving those who have given so much! **MYFLVET- 211's newest program, provides Florida's veterans** with peer to peer emotional support, comprehensive information on VA funded programs & services and other available community resources for veterans and their family. Simply dial 2-1-1 & ask for MYFLVET!

### Other Free Services Provided By 211:

211's **Help Me Grow** staff provide growth, developmental and behavioral health screenings, with activities and follow up for children (0 - 8 years) online or over the phone. Parents can have peace of mind as **Help Me Grow** staff can also help determine school readiness and provide additional resources and referrals if needed. Dial 2-1-1 to learn more.



211's **Special Needs Helpline** is designed to help parents & caregivers of children with special needs (0 - 22 years) find information, resources and support. 211's Special Needs Advocate provides emotional support while helping parents & caregivers to effectively navigate the confusing maze of available services. Dial 2-1-1 to access the **Special Needs Helpline**.



211's **Sunshine Daily Telephone Reassurance** volunteers provide a quick daily "Hello" to check on the wellbeing of participating senior citizens who are 60 and over or those individuals who may be younger and are housebound/disabled. 211's **Elder Crisis Outreach** program is also available to vulnerable seniors 60 and over, who need assistance in finding crucial services...to learn more simply Dial 2-1-1. **Ask about 211's Caregiver Support Project!**



- ☐ 211 also responds to the 24-hour National Suicide Prevention Lifeline 1- (800) 273-TALK (8255)
- ☐ Veterans are prompted to press #1 for the Veterans Crisis Line

[211PalmBeach.org](http://211PalmBeach.org)

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