



The HUB

A Recovery Community Center

Wellness – Downloadable Resource List

- Local Gyms/partnerships for classes - Events.baptisthealth.net - virtual daily exercise, yoga, Zumba, boot camp, meditation, and mindfulness etc. classes.
- Food stamp assistance - (866) 762-2237 · <https://www.myflfamilies.com/>
- Budgeting. https://www.youtube.com/channel/UCL8w_A8p8PIHWI3k6PR5Z6w
- General nutritional information - <https://www.nutrition.gov/>
- Medical Assistance/Dental - <https://www.hcdpbc.org/>
- Grief Support. G RASP - Grief Recovery After Substance Passing · www.grasphelp.org
- Food Pantries/Soup Kitchens/ Food Stamps/ SNAP - 2-1-1

Disclaimer – The Palm Beach County HUB does not endorse or affiliate with any substance use treatment center or mental healthcare provider or facility. At the time of this publication all of the associated links were current and working.

For any questions or concerns relating to these resources please email thepalmbeachhub@gmail.com