



Blue: Capacity Bldg. Workshops
 Yellow: Parent/Child Activities
 Red: Safety Workshops
 Orange: Family Literacy
 Green: Community Events



OCTOBER 2024

| Mon | Tue | Wed | Thu | Fri | Sat |
|--|--|---|---|---|--|
| | 1 ESOL Lab 4:00pm-7:00pm | 2 SAC (School Advisory Council) 2:45pm (Cancelled) ESOL Lab 4:00pm-7:00pm | 3 Navigation Systems Introduction to BRIDGES members 10:00pm Circle of Moms HMHB (Registration Required) 11:00pm Safe Kids -Child passenger Safety -(Spanish) 1:00pm ESOL Lab | 4 | 5 Storytime at Lake Park Library 10:30am-11:00am |
| 7 ESOL Lab 4:00pm-7:00pm | 8 ESOL Lab 4:00pm-7:00pm | 9 ESOL Lab 4:00pm-7:00pm | 10 Circle of Moms HMHB (Registration Required) 11:00am Raise Me Up 0-2yrs old 11:30am-12:30pm Safe Kids -Child passenger Safety -(English) 1:00pm ESOL Lab 4:00pm-7:00pm | 11 | 12 Storytime at Lake Park Library 10:30am-11:00am |
| 14 Resume Building/ Job Search Workshop 12:00pm What is BRIDGES? (Invitation only) 11:30am-12:30pm Or 5:30pm-6:30pm ESOL Lab 4:00pm-7:00pm | 15 ADVA DV Workshop 4:00pm Monarch Service 5:00pm-6:00pm ESOL Lab 4:00pm-7:00pm | 16 ESOL Lab 4:00pm-7:00pm | 17 Foundcare Workshop 11:00am-12:00pm Lap sit at Lake Park Library 10:15am-11:00am Safe Kids-Child passenger Safety- (Creole) 1:00pm ESOL Lab 4:00pm-7:00pm Mother's Village 6:00pm-7:00pm | 18 | 19 Read for the Record (Lake Park Library @ Kelsey Park) 10am |
| 21 Community Connection with Guardians Credit Union 12:00pm-1:00pm ESOL Lab 4:00pm-7:00pm | 22 ESOL Lab 4:00pm-7:00pm | 23 Circle of Moms HMHB (Registration Required) 11:00am Money Talk (Bank on It) 6:00pm | 24 Raise Me Up 3-5yrs old 5:30pm-6:30pm ESOL Lab 4:00pm-7:00pm | 25 BRIDGES AT LAKE PARK TEAM RETREAT (INVITE ONLY) 9AM | 26 Storytime at Lake Park Library 10:30am-11:00am |
| 28 ESOL Lab 4:00pm-7:00pm | 29 Promise Fund Workshop 11:00am ESOL Lab 4:00pm-7:00pm | 30 Circle of Moms HMHB (Registration Required) 11:00am | 31 | | |

All activities occur at BRIDGES at Lake Park unless otherwise specified

HEAL, HOLD & CENTER

- PEDESTRAIN SAFETY**
- Teach your kids at an early age to look left, right and left again before crossing the street.
 - It always best to walk on sidewalks or paths and cross at street corners, using traffic signals and crosswalks
 - Children under 10 need to cross the street with an adult.

BRIDGES at Lake Park
 1411 10th Street
 Lake Park, FL 33403
 561-881-5060

Office Hours
 Monday-Thursday
 8:30am-7:00pm
 Friday 8:30am-5:00pm

Offering parental support and activities for families with children
 Ages 0 to 8

October 2024 HIGHLIGHTS

BRIDGES AT LAKE PARK
1411 10TH STREET
LAKE PARK, FL 33403
(561) 881-5060

PARENT/CHILD ACTIVITIES

Event: **Moving My Body (0-2yrs old)**
Date: October 10, 2024 Parents & Children (Birth-2yrs)
Time: 11:30am-12:30pm
Place: BRIDGES at Lake Park

Moving my Body: Families will engage with their young ones with a fun activity with moving our bodies using our muscles dancing and moving around.

Event: **Moving My Body (3-5yrs old)**
Date: October 24, 2024 Parents & Children (3-5yrs)
Time: 5:30Pm-6:30pm
Place: BRIDGES at Lake Park

Moving my Body: Families will engage with their young ones with a fun activity with moving our bodies using our muscles dancing and moving around.

Family Literacy

Event: **Lap sit at the Lake Park Library**
Date: October 17 2024
Time: 10:15am-11:00am
Place: BRIDGES at Lake Park
Families join BRIDGES at Lake Park for a Lap sit with your little ones ages birth-2yrs old for literacy activity.



WORKSHOPS

Event: **ESOL-Registration Required**
Date: Monday-Thursday
Time: 4:00pm-7:00pm
Place: BRIDGE at Lake Park

Event: **SAC Meeting (Cancelled)**
Date: October 2, 2024
Time: 2:45pm
Place: Lake Park Elementary School
Join us at Lake Park Elementary for School Advisory Counsel meeting with the school discussion on your child process and plans on a monthly basics.

Event: **Navigation Systems Introduction to BRIDGES Members**
Date: October 3, 2024
Time: 10:00am
Place: BRIDGES at Lake Park
Come and learn tools and resources to help guide your through with our navigation systems by Crissy. She will inform our members what resources they can use to help guide them such as resume building/job search.

Event: **CIRCLES OF MOMS**
Date: October 3, 10, 23, , 2024
Time: 11:00am-12:00pm
Place: BRIDGES at Lake Park
Healthy Mother's Healthy babies will host a Support group called Circles of Moms for 6 weeks. For those who are currently pregnant and who has children up to age 2 years old. Moms get to interact with each other as a support with one another. Goal is to promoting healthy bonding with baby, promoting healthy communication and social support, techniques and activities to help babies learn

Event: **Resume Building/Job Search Workshop**
Date: October 14, 2024
Time: 12:00pm-2:00pm
Place: BRIDGES AT LAKE PARK
This workshop will be a helpful tool to learn how to navigate the system with resume building and job search.

Event: **WHAT IS BRIDGES?- NEW MEMBER ORIENTATION (Invitation Only)**
Date: October 14, 2024
Time: 11:30am-12:30am or 5:30pm-6:30pm
Place: BRIDGES at Lake Park
During this orientation new BRIDGES members will be introduced to the BRIDGES program as well as site staff. They will also receive information on resources in the Lake Park community.

Event: **ADVA Domestic Violence Workshop with Monarch Service**
Date: October 15, 2024
Time: 4:00pm
Place: BRIDGES at Lake Park
Join BRIDGES at Lake Park with ADVA to discuss Domestic Violence Awareness month with Monarch services with any additional services you will be in need of.

Event: **FOUNDCARE SERVICES**
Date: October 17, 2024
Time: 11:00am-12:00pm
Place: BRIDGES at Lake Park
Join us at BRIDGES at Lake with Foundcare Inc for healthcare services for your families. Services are accessible throughout the centers in Palm Beach County. Families can come join a workshop for getting healthcare services provided and resources.

Event: **MOTHER'S VILLAGE (Invite only) WITH CENTER FOR FAMILY SERVICES**
Date: October 17th, 2024
Time: 6:00pm-7:00pm
Place: BRIDGE at Lake Park
This monthly group meeting is designed to assist pregnant women as well as mothers with children between the ages of 0-2yrs navigate the emotional demands of pregnancy and motherhood

Event: **COMMUNITY CONNECTION WITH Guardian Credit Union**
Date: October 21, 2024
Time: 12:00pm-1:00pm
Place: Zoom
Zoom Code: 539 108 9822 with link provided on WhatsApp
Community Connection with Guardians Credit Union with discussion with money saving conversation.

Event: **MONEY TALK-BANK ON IT (COMMUNITY PARTNERS)-Registration required before workshop**
Date: October 23, 2024
Time: 6:00pm-7:00pm
Place: ZOOM
Come join BRIDGES at Lake Park with a virtual meeting as we bring back Money Talk. Parent join us with a great information in regards to finances and how to take control over your finances.

Event: **BRIDGES TEAM RETREAT**
Date: October 25th
Time: 9am-4pm

Event: **Promise Fund Workshop**
Date: October 29, 2024
Time: 11:00-1:00pm
Place: BRIDGES at Lake Park
Come join BRIDGES at Lake Park for a Woman's Health workshop with Promise Fund. Learn what Promise Fund will provide to woman with health services.

SAFETY WORKSHOPS

Event: **SAFE KIDS PRESENTATION- Halloween and Pedestrian Safety**
Date: October 3, 2024 (Spanish) at 1:00pm
Date: October 10, 2024 (English) at 1:00pm
Date: October 17, 2024 (Creole) at 1:00pm
Place: Zoom Presentation
Zoom Link:
<https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2UUskTFRkQT09>
Join us as we discuss the importance of Halloween and Pedestrian Safety. As we discuss different ways and tips on how we can keep our children safe during holidays season. Also safety tips with pedestrian safety

COMMUNITY EVENTS

Event: **Read for the Record with Lake Park Library**
Date: October 19, 2024
Time: 10:00am
Place: Kelsey Park @ 601 Federal Hwy, Lake Park, FL 33403
Join Lake Park Library at Kelsey park for Read for the Record with fun activities and craft with reading with the children .