



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



October 2024

Mon	Tue	Wed	Thurs	Fri	Sat
	1 Raise Me Up 11:00am - 12:30pm	2)	3 It's Your Birthday 11:00am - 12:30pm 5:30pm - 7:00pm Safety Series (Spanish) 1:00pm - 2:00pm	4	5
7 Motivando a las mamás 11:00am - 12:30pm	8 A Write To Read 11:00am - 12:30pm	9	10 BRIDGES Baby Shower 5:30pm - 7:00pm Safety Series (English) 1:00pm - 2:00pm	11	12 The Shop 10:00am - 11:00am Motivating Mommies 11:00am - 1:00pm
14	15 Raise Me Up 11:00am - 12:30pm	16 ECLC Meeting 3:30pm - 4:30pm	17 Safety Series (Creole) 1:00pm - 2:00pm	18 Game Time 5:30pm - 7:00pm	19
21 Community Connections 11:00am - 12:00pm Tummy Time 5:30pm - 6:30pm SAC Meeting 5:30pm - 6:30pm	22	23 Domestic Violence Work- shop 11:00am - 12:00pm	24 "Family Day/Night" 11:00am-12:00pm 5:30pm - 7:00pm	25	26
28	29	30 Helmet Install/ Inspection 11:00am - 1:30pm Car Seat Inspection 3:00pm - 5:00pm	31 Trunk Or Treat 5:30pm - 7:00pm		

Halloween & Pedestrian Safety Month
 BOO! Who loves dressing up or getting their children ready for Halloween? Please join us in learning the different ways and tips on how we can keep our children safe during this holiday season. We will talk

Heal, Hold & Center !
 No one should live in fear. It is not acceptable, not inevitable, and together, we can make it stop.

BRIDGES at Northwood
 4111 N. Terrace Dr.,
 West Palm Beach, FL 33407
 561-840-3106
 Mon-Thurs 9am to 7pm
 Friday 9am to 5pm
 Sat 10am to 2pm
 Offering parental support and activities for families with children Ages 0 to 8

October 2024 HIGHLIGHTS

BRIDGES AT NORTHWOOD
4111 N. TERRACE DRIVE
WEST PALM BEACH, FL 33407
PHONE: 561 840 3106

“Halloween and Pedestrian Safety”

PARENT/CHILD ACTIVITIES

Event: [Raise Me Up](#)
Date: Every other Tuesday (on-going)
Time: 11:00am - 12:30pm
Place: BRIDGES at Northwood

Tuesday, October 1st:

Picture Book: Come and be an author. Each parent and child will participate in circle time and make a book. During this activity parents will learn how encouragement helps their child develop communication skills

Tuesday, October 15th:

Create A Tree The parents will learn about how to support the development of fine motor skills by providing their child(ren) with an art activity of items found around the house.

Event: [It's Your Birthday -](#)
Date: Thursday, October 3rd, 2024
Time: 11:00am - 12:30pm AND 5:30pm - 7:00pm
Place: BRIDGES at Northwood

Fall Frames: Kids will enjoy painting Fall themed frames with the help of their parents.

Each and every first Thursday of the month we will celebrate all members and their children's birthdays. If your birthday falls in the month of October come out and let your BRIDGES family sing Happy Birthday to you! If your birthday is not in the month of October you can still participate with your family.

Event: [Tummy Time](#)
Date: Monday, October 21st 2024
Time: 11:00am – 12:30pm
Place: BRIDGES at Northwood

Tummy Time is essential from day one to help your baby grow strong muscles! It can help improve head control, decrease reflux, improve motor skills and development, and encourage a bond between baby and family

Event: [Family Day/Night](#)
Date: Thursday, October 24th, 2024
Time: 11:00am - 12:30pm
Place: BRIDGES at Northwood

Infinity Affirmations: Families will color infinity signs and fill them in with powerful affirmations.

CAPACITY BUILDING

Event: [Safety Series– Halloween & Pedestrian Safety Month](#)
Date: Thursday, October 3rd 2024 (Spanish) 1pm-2pm
Date: Thursday, October 10th, 2024(English)1pm-2pm
Date: Thursday, October 17th, 2024 (Creole) 1pm-2pm
Place: Zoom / Facebook Live
[@SafeKidsPalmBeachCounty](#)

Via Zoom at:
<https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2U5kTFRkQT09>

BOO! Who loves dressing up or getting their children ready for Halloween? Please join us in learning the different ways and tips on how we can keep our children safe during this holiday season. We will talk about costume safety and ways to make sure little ones are seen while out Trick or Treating. We will also be talking about pedestrian safety tips to keep in mind. Whether your child walks to school, to a friend's house after school or around the neighborhood, little ones need to know the rules of the road for walkers to be safe.

Event: [Helmet & Car Seat Inspection](#)
Date: Wednesday, October 30th, 2024
Time: 11:00am - 1:30pm(Install/Inspection)
Time: 3:00pm - 5:00pm (Car Seat Installation)
Place: Call Brenda 561-840-3106 to schedule your appt.

If your child or you is, a BRIDGES member wants to make sure it is properly installed or you are in need of a new helmet feel free to call Ms. Brenda at 561-840-3106 to schedule your appointment today. Ms. Brenda is a certified helmet technician.

If you would like to purchase a car seat for \$50.00 or you would like Ms. Brenda to make sure it is properly installed. Feel free to call Ms. Brenda at 561-840-3106 to schedule your appointment today. Ms. Brenda is a certified car seat technician.

Event: [SAC Meeting](#)
Date: Monday, October 21st 2023
Time: 5:30pm - 6:30pm
Place: BRIDGES at Northwood

If you live in 33407 zip code and have a child that will be going to kindergarten or 1st grade in the fall then get ready for a family fun reading adventure!!! Join BRIDGES for our Summer Reading Program. A 7 week session that presents on: strengthening your child's early reading skills, promoting bonding between parent and child, and providing fun learning activities for you and your child to do at home.

Event: [Domestic Violence Workshop](#)
Date: Wednesday, October 23rd 2024
Time: 11:00am - 12:00pm
Place: BRIDGES at Northwood

JOIN US IN PERSON, for a workshop presented by ADVA. Where we will be discussing **DOMESTIC VIOLENCE AWARENESS**.

WORKSHOPS

Event: [Motivating Mommies](#)
Date: Saturday, October 12th 2024
Time: 11:00am - 1:00pm
Place: BRIDGES at Northwood

A collective group of women in our community will meet monthly to discuss hot topics and community resources. We will be discussing the importance of being a mommy. Don't forget to wear your Motivating Mommies T-Shirts and a smile

Event: [A Write To Read](#)
Date: Tuesday, October 8th, 2024
Time: 11:00am – 12:30pm
Place: BRIDGES at Northwood

Promote reading and writing with your pre-school aged children by attending this literacy class. We'll have fun while we create ways to make learning fun for our children.

Event: [ECLC Meeting](#)
Date: Wednesday, October 16th 2024
Time: 3:30pm - 4:30pm
Place: BRIDGES at Northwood

At this meeting, we will discuss what actions our ECLC team can take that will ultimately result in our children better prepared for Kindergarten.

Event: [Game Time](#)
Date: Friday, October 18th 2024
Time: 5:30pm - 7:00pm
Place: Northmore Elementary School

Families will enjoy a night of games reinforcing attendance so be on time to join in on the fun!

Event: [The Shop](#)
Date: Saturday, October 12th 2024
Time: 10:00am - 11:00am
Place: BRIDGES at Northwood

Grab your BRIDGES points & COME SHOP until you drop!

Event: [Motivando a las mamás](#)
Date: Cada primer lunes
Time: 11:00am - 12:30pm
Place: BRIDGES at Northwood

Un grupo colectivo de mujeres de nuestra comunidad se reunirá mensualmente para discutir temas candentes y recursos comunitarios. seremos discutiendo la importancia de ser mamá. No olvides usar tus camisetas Motivating Mommies y una sonrisa.