

November 2024



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



Mon	Tue	Wed	Thu	Fri	Sat
				1 <u>Spanish Literacy</u> 10:30am—12pm	2 <u>Día de los Muertos</u> 3pm—9pm
4	5 No School <u>Visit to Our Neighborhood Publix</u> 11am—12:30pm	6 <u>Story Time</u> 10:30am—11:30am	7 <u>Safety Series "Kitchen & Cooking Safety" Spanish</u> 1pm-2pm	8 <u>Spanish Literacy</u> 10:30am—12pm <u>Free Nerf Games</u> 6pm—7:30pm	9
11	12 <u>Premature Awareness Workshop</u> 10:30am—11:30am	13 <u>Women's Club "Let's talk legal"</u> 12pm—1pm <u>Raise Me Up: Matching Time</u> 4pm—5pm	14 <u>Safety Series "Kitchen & Cooking Safety" English</u> 1pm—2pm	15 <u>Spanish Literacy</u> 10:30am—12pm	16
18 <u>Padres Exitosos</u> 5:30pm—6:30pm	19 <u>Community ID</u> 11am—1pm	20 <u>Ribbon Cutting for BAH</u> 5:30pm—7:30pm	21 <u>Safety Series "Kitchen & Cooking Safety" Creole</u> 1pm—2pm <u>Community Immunization</u> 8am—12pm	22 <u>Spanish Literacy</u> 10:30am—12pm	23
25 No School <u>Raise Me Up: Gobble Gobble!</u> 4pm—5pm	26 No School	27 No School	28 No School Thanksgiving	29 No School	30

BRIDGES At Highland
MAIN OFFICE:
 305 Lake Ave
 LAKE WORTH, FL
 33460

PHONE:
 561-899-1652
FAX:
 561-537-5160

MONDAY - FRIDAY
 8:00am - 5:00pm

www.bridgesofpbc.org
Facebook at BRIDGES Highland

PREMATURITY AWARENESS BY THE NUMBERS

#1 Prematurity is the No. 1 cause of infant death

1 in 10 babies are born prematurely in Ohio

45% African American women experience the highest rate of prematurity 17.1% vs. 12%

80% of premature babies can be prevented

Ohio is now 45th in infant mortality in the U.S.

A baby born more than 3 weeks early is considered premature

PREVENTION

Progressive therapy lowers the risk of delivering a premature baby by as much as **45%**

At least 37% of pregnant women who receive the flu shot reduce the likelihood of delivering a premature baby

Women increase their chances of delivering a premature baby if they become pregnant within 18 months of their last pregnancy

2024 HIGHLIGHTS

MONTHLY THEME

“Small actions, BIG IMPACT: Immediate skin to skin care for every baby everywhere”

PARENT CHILD ACTIVITY

Event: Family Activity: “Visit to our Neighborhood Publix

Date: November 5, 2024 @ 11am—12:30pm
Place: 214 N Dixie Hwy, Lake Worth Beach Fl 33460

Join us as we visit our neighborhood Publix for a tour as we watch the bakers make cookie from start to end.

Sponsored by Maria Hopper Tovar

Event: RAISE ME UP “Matching Time ”

Date: November 13, 2024 @ 4pm—5pm
Place: BRIDGES 305 Lake Ave, Lake Worth Beach Fl 33460

Do these go together or do those go together? During this Activity, your child and you will be playing a fall memory game together. We are going to play this game to help our children develop their problem solving skills.

Sponsored by Child Development Specialist

Event: RAISE ME UP “Gobble, Gobble!”

Date: November 25, 2024 @ 4pm—5pm
Place: BRIDGES 305 Lake Ave, Lake Worth Fl 33460

During this activity we will create a Thanksgiving turkey. We will be using our fingers to make our holiday project. This is a chance for your child to learn the names of colors, and learn more about Thanksgiving.

Sponsored by Child Development Specialist

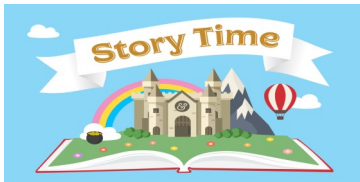
FAMILY LITERACY

Event: Story Time

Date: November 6, 2024 @ 10:30am—11:30am
Place: BRIDGES 305 Lake Ave, Lake Worth Beach Fl 33460

Join us as we walk from the library to BRIDGES at Highland where you would find Treasures as we walk over to BRIDGES.

Sponsored by Lake Worth Library



WORKSHOPS

Event: Spanish Literacy

Date: November 1, 8, 15, and 22, 2024 @ 10:30am—12pm
Place: BRIDGES 305 Lake Ave, Lake Worth Beach Fl 33460

Parent Leaders come together to teach members the basics of reading and writing Spanish.

Sponsored by BRIDGES Ambassador

Event: Premature Awareness

Date: November 12, 2024 @ 10:30am—11:30am
Place: BRIDGES 305 Lake Ave, Lake Worth Beach Fl 33460

Please join us we get together with HMHB as we discuss the importance of preventing premature babies.

Sponsored by HMHB

Event: Padres Exitosos “Comprendiendo la Mayor Necesidad de los Hijos!”

Date: November 18, 2024 @ 5:30pm—6:30pm
Place: BRIDGES 305 Lake Ave, Lake Worth Fl 33460

Calling all Padre! Join BRIDGES at Highland as we work together in understanding the major necessities of our children.

Sponsored by Angel Jimenez

Event: Community ID

Date: November 19, 2024 @ 11am—1pm
Place: BRIDGES 305 Lake Ave, Lake Worth Beach Fl 33460

Do you have a Community ID? Join BRIDGES and the Legal Aid as they educate and provide you with a Community ID card.

Sponsored by Legal Aid of Palm Beach County

Event: Women's Club “Let’s Talk Legal!”

Date: November 22, 2024 @ 11am—12:30pm
Place: BRIDGES 305 Lake Ave, Lake Worth Fl 33460

Join the Women’s Club as we break down your rights, woman to woman.

Sponsored by Legal Aid of Palm Beach County

SAFETY WORKSHOP

SAFETY WORKSHOP “Kitchen and Cooking Safety” Sponsored by Safe Kids of PBC (VIA ZOOM)

Date: November 7, 2024 @ 1pm—2pm Spanish

Date: November 14, 2024 @ 1pm—2pm English

Date: November 21, 2024 @ 1pm—2pm Creole

This is a great time for safety in the kitchen with the holiday approaching. We will be focusing on smart kitchen tips to keep little ones safe and ways to include children in cooking and meal prep. Great tips will be discussed to include your children safely in the kitchen. We will also talk about the importance of smoke alarms and how they are best used in the kitchen.

COMMUNITY EVENT

Event: Día de los Muertos

Date: November 2, 2024 @ 3pm—9pm
Place: 1124 Lucerne Ave, Lake Worth Beach Fl 33460

Come out and celebrate el Día de los Muertos, a free event for the whole family.

Sponsored by Lake Worth Beach CRA, and LULA Lake Worth Arts

Event: Free Nerf Games

Date: November 8, 2024 @ 6pm—7:30pm
Place: Sunset Ridge Park 1400 14th Ave N, Lake Worth Beach Fl 33460

Get ready for an action—packed evening of fun at Nerf Games, a FREE event. Bring your friends and family for an epic Nerf battle and a chance to win a Mega Nerf Blaster.

Sponsored by City Of Lake Worth Beach

Event: Ribbon Cutting

Date: November 20, 2024 @ 5:30pm—7:30pm
Place: 305 Lake Ave, Lake Worth Beach Fl 33460

Join us for our Ribbon Cutting event at our new site. Please come and help us celebrate the Open House of BRIDGES at Highland all are welcome.

Sponsored by BRIDGES at Highland

Event: Community Immunization

Date: November 21, 2024 @ 8am—12pm
Place: 709 North F St, Lake Worth Beach Fl 33460

Palm Beach Health Department comes out every third Thursday of the month to provide families with the necessary Immunizations their children need. Free immunizations for children.