



NOVEMBER 2024



Blue: Capacity Building Workshops  
 Yellow: Parent /Child Activities  
 Orange: Family Literacy Activities  
 Red: Safety Workshops  
 Green: Community Events  
 Purple: Community Outreach Activities



Mon	Tue	Wed	Thu	Fri	Sat
				<b>1</b> <u>First Friday at 5 Concert</u> 5:00pm – 8:00pm <i>Boynton Beach Amphitheater</i>	<b>2</b>
<b>4</b>	<b>5</b> <u>RMU(0-5 years old)</u> 6:00pm - 7:00pm <i>Carolyn Sims Center</i> <u>Storytime w/ Margaret</u> 6:00pm - 6:30pm <i>Carolyn Sims Center</i>	<b>6</b> <u>Colors and Crafts</u> 6:00pm -7:00pm <i>Facebook</i>	<b>7</b> <u>Health Awareness with Genesis</u> 6:00pm -7:00pm <i>Carolyn Sims Center</i> <u>Casual Conversation</u> 5:30pm-6:30pm <i>Sara Sims Park</i>	<b>8</b>	<b>9</b>
<b>11</b> BRIDGES CLOSED 	<b>12</b> <u>Sensational Story N' More</u> 10:00am-11:00am <i>Schoolhouse Museum</i> <u>Premature Awareness with Queens Justice</u> 6:00pm-7:00pm <i>Carolyn Sims Center</i>	<b>13</b> <u>Storytime Fun</u> 6:00pm-7:00pm <i>Carolyn Sims Center</i>	<b>14</b> <u>Safety Series</u> Kitchen & Cooking Safety (English) <i>Zoom/FB Live</i> 1:00pm-2:00pm <u>Casual Conversation</u> 5:30pm-6:30pm <i>Sara Sims Park</i>	<b>15</b>	<b>16</b>
<b>18</b>	<b>19</b> <u>RMU(0-5 years old)</u> 6:00pm - 7:00pm <i>Carolyn Sims Center</i> <u>BRIDGES Orientation</u> 7:00pm-7:30pm <i>Carolyn Sims Center</i>	<b>20</b>	<b>21</b> <u>Safety Series</u> Kitchen and Cooking Safety (Creole) <i>Zoom/FB</i> 1:00pm-2:00pm <u>Diabetes with Octavia Health Inc.</u> 6:00pm -7:00pm <i>Carolyn Sims Center</i>	<b>22</b>	<b>23</b> <u>Community Thanksgiving Meal Giveaway</u> 10:00am - Until Items Last <i>Ezell Hester Center</i> 
<b>25</b> <u>Book of the Month</u> 6:00pm -7:00pm <i>Facebook</i>	<b>26</b>	<b>27</b>	<b>28</b> BRIDGES CLOSED 	<b>29</b> BRIDGES CLOSED 	<b>30</b>

**Kitchen and Cooking Safety**

- Avoid carrying or holding a child while cooking on the stove.
- Use the back burners of your stove and turn pot handles away from the edge.
- Check to make sure appliance cords are coiled and away from counter edges.
- Take a minute to test your smoke alarms.
- Teach your kids how to cook safely.

Carolyn Sims Center- 225 NW 12th Ave, Boynton Beach 33435  
 Schoolhouse Museum-129 E Ocean Ave, Boynton Beach 33435  
 Ezell Hester -1901 N Seacrest Blvd, Boynton Beach, FL 33435

**BRIDGES at Boynton Beach**

639 East Ocean Avenue  
 Suite 101  
 Boynton Beach, FL. 33435

PHONE: 561-903-7743  
 FAX# 561-649-9693

MONDAY - FRIDAY  
 9:00am - 5:00pm

*We are dedicated to strengthen communities across Palm Beach County by improving outcomes for children and families through education and social services. Our goal is to ensure that our families have what they require to not only survive, but thrive.*

# NOVEMBER 2024 HIGHLIGHTS

"SMALL ACTIONS, BIG IMPACT: IMMEDIATE SKIN-TO-SKIN CARE FOR EVERY BABY EVERYWHERE"



## Parent Child Activities

### Event: RMU (0-5 years): "Building Bridges"

**Date:** November 5th, 2024

**Time:** 6:00pm-7:00pm

**Place:** Carolyn Sims Center

**Highlight:** Calling all Builders. It's time to get working. During this activity, the child will be working on developing their problem-solving skills through building a bridge out of art supplies. We look forward to seeing all of the hard work and strong bridges.

### Event: Colors and Crafts

**Date:** November 6th, 2024

**Time:** 6:00pm-7:00pm

**Place:** Facebook

**Highlight:** Colors, colors, colors. Know your colors! Each week we will focus on one color by using games, music or arts and crafts. This activity will help develop all those motor skills.

### Event: RMU (0-5 years): "Turkey Frame"

**Date:** November 19th, 2024

**Time:** 6:00pm-7:00pm

**Place:** Carolyn Sims Center

**Highlight:** During this activity, your child and you will create a photo frame for the thanksgiving holiday. Your child will be working on making those fingers stronger. We look forward to seeing all the beautiful turkeys.

## Family Literacy

### Event: Storytime with Margaret

**Date:** November 5th, 2024

**Time:** 6:00pm - 6:30pm

**Place:** Carolyn Sims Center

**Highlight:** Join us for reading fun with Ms. Margaret.

**In partnership with Boynton Beach Mental Health Committee**

### Event: Sensational Story N' More

**Date:** November 12th, 2024

**Time:** 10:00am-11:00am

**Place:** Schoolhouse Museum

**Highlight:** Children's books are brought to life through an interactive reading and an art activity. Children will have the opportunity to illustrate the story in their own unique way! **In partnership with Schoolhouse Museum**

### Event: Storytime Fun

**Date:** November 13th, 2024

**Time:** 6:00pm - 7:00pm

**Place:** Carolyn Sims Center

**Highlight:** Join us for reading fun as we read a book and bring it to life.

### Event: Book of the Month

**Date:** November 25th, 2024

**Time:** 6:00pm - 7:00pm

**Place:** Facebook

**Highlight:** Join us as we read our book of the month.

## Capacity Building

### Event: Health Awareness w/ Genesis

**Date:** November 7th, 2024

**Time:** 6:00pm-7:00pm

**Place:** Carolyn Sims Center

**Highlights:** Join us as we learn about the monthly health awareness campaign. **In partnership with Genesis Community Health.**

### Event: Premature Awareness w/ Queens Justice

**Date:** November 12th, 2024

**Time:** 6:00pm-7:00pm

**Place:** Carolyn Sims Center

**Highlights:** Join us as we address birth disparities within our communities and provide physical and emotional support for families. **In partnership with Queens Justice Holistic Services.**

### Event: BRIDGES Orientation

**Date:** November 19th, 2024

**Time:** 7:00pm-7:30pm

**Place:** Carolyn Sims Center

**Highlight:** Are you a new BRIDGES member or just need a refresher? If so, this meeting is for you! Join us and be introduced to the BRIDGES staff, their roles and what BRIDGES has to offer its members and families.

### Event: Diabetes w/ Octavia Health Inc.

**Date:** November 21st, 2024

**Time:** 6:00pm-7:00pm

**Place:** Carolyn Sims Center

**Highlights:** Healthy eating and more active lifestyles can ward off type 2 diabetes induced by being overweight. Learn to love food in a way that does not compromise your health, or your taste buds! **In partnership with Octavia Health Inc.**



## Capacity Building

*A preemie allows  
you to watch a miracle  
in the midst of creation*

*November is Preemie Awareness Month*

*Fight Like A Preemie*



## Safety Series

### Event: Safety Series: "Kitchen & Cooking Safety"

**Date:** November 14th (English) & 21st (Creole), 2024

**Time:** 1:00pm-2:00pm

**Place:** Zoom/FB Live

**Highlight:** This is a great time to plan for safety in the kitchen with the holidays 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. **In partnership with Safe Kids PBC.**

## Community Event

### Event: Casual Conversation

**Date:** Every Thursday Evening

**Time:** 5:30pm-6:30pm

**Place:** Sara Sims Park

**Highlight:** What's going on? Let's talk about what's happening in our community!

### Event: Community Thanksgiving Meal Giveaway

**Date:** November 23rd, 2024

**Time:** 10:00am - Until Items Last

**Place:** Ezell Hester Center 1901 N. Seacrest Blvd.

**Highlights:** Come out and join us as we give away turkeys and thanksgiving meals to celebrate with your family. This is a first come first serve event.

## Community Outreach Activity

### Event: First Friday at 5 Concert

**Date:** November 1st, 2024

**Time:** 5:00pm - 8:00pm

**Place:** Boynton Beach Amphitheater

**Highlight:** The City offers a free monthly concert series, First Friday at 5, at Centennial Park + Amphitheater in Downtown Boynton. Concerts will take place from 5 pm - 8 pm on the first Friday of each month.

