



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



November 2024

Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Storytime at Lake Park Library 10:30am-11:00am
4 Triple P Seminars 10:00am ESOL Lab 4:00pm-7:00pm	5 ESOL Lab 4:00pm-7:00pm	6 Circle of Moms HMHB (Registration Required) 11:00am SAC Meeting 2:45pm	7 Safe Kids –Kitchen & Cooking Safety -(Spanish) 1:00pm ESOL Lab 4:00pm-7:00pm	8	9 Storytime at Lake Park Library 10:30am-11:00am
11 What is BRIDGES? (New members invitation only) 11:30am-12:30pm Resume Building/Job Search Workshop 12:00pm Financial Literacy (Community Partners) (Registration Required) 6:00pm ESOL Lab 4:00pm-7:00pm	12 Triple P Seminars 10:00am ESOL Lab 4:00pm-7:00pm Group-up and Gather Focus Group 5:00pm-6:30pm	13 Circle of Moms HMHB (Registration Required) 11:00am Prematurity Awareness Workshop 12:45am What is BRIDGES? (New members invitation only) 5:30pm-6:30pm ESOL Lab 4:00pm-7:00pm	14 Raise Me Up 0-2yrs old 11:30am-12:30pm Safe Kids –Kitchen & Cooking Safety-(English) 1:00pm ESOL Lab 4:00pm-7:00pm Mother's Village 6:00pm-7:00pm	15	16 Storytime at Lake Park Library 10:30am-11:00am
18 Triple P Seminars 10:00am ESOL Lab 4:00pm-7:00pm	19 BRIDGES Adult Program (Lake Park Library) 5:30pm ESOL Lab 4:00pm-7:00pm	20 Group-up and Gather Focus Group 5:00pm-6:30pm ESOL Lab 4:00pm-7:00pm	21 Lap sit at Lake Park Library 10:15am-11:00am Safe Kids-Kitchen & Cooking Safety- (Creole) 1:00pm ESOL Lab 4:00pm-7:00pm	22 BRIDGES PARENT LEADERSHIP LUNCHEON (Invite Only) 1pm-3:30pm	23 Storytime at Lake Park Library 10:30am-11:00am
25 Group-up and Gather Focus Group 11:00pm-6:30pm Thanksgiving Family Fest (Invite only) 5:00pm-7pm	26	27 Raise Me Up 3-5yrs old 9am-12pm Office Closing @3pm	28 Office Closed <i>Happy Thanksgiving</i>	29 Office Closed	30

All activities occur at BRIDGES at Lake Park unless otherwise specified

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

- Kitchen and Cooking Safety**
- Create a Kid-Free zone- Teach younger children to stay at least 3 feet away from your cooking space.
 - Keep hot objects of of child's reach-Cook on the back burners of the stove and turn pot handles away from the edge.
 - Teach older children how to cook safety. Make sure they don't leave the kitchen while cooking and use oven mitts.

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

NOVEMBER 2024 HIGHLIGHTS

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

PARENT/CHILD ACTIVITIES

Event: **Thanksgiving Craft (0-2yrs old)**
Date: November 14, 2024 Parents & Children (Birth-2yrs)
Time: 11:30am-12:30pm
Place: BRIDGES at Lake Park

Thanksgiving Craft: Come and create a Thanksgiving Craft with your children.

Event: **Thanksgiving Craft (3-5yrs old)**
Date: November 27, 2024 Parents & Children (3-5yrs)
Time: 5:30Pm-6:30pm
Place: BRIDGES at Lake Park

Thanksgiving Craft: Come and create a Thanksgiving Craft with your children.

Family Literacy

Event: **Lapsit at the Lake Park Library**
Date: November 21 2024
Time: 10:15am-11:00am
Place: Lake Park Library
529 Park Ave Lake Park 33403
Families join BRIDGES at Lake Park for a Lap sit with your little ones ages birth-2yrs old for literacy activity.

Event: **STORYTIME AT LAKE PARK LIBRARY**
Date: Occurs on Saturdays
Time: 10:30am-11:00am
Place: Lake Park Library
Families join Lake Park Library for Storytime bring your kids for a fun literacy reading and activity.



NOVEMBER IS
PREMATURITY
AWARENESS MONTH

WORKSHOPS

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

Event: **TRIPLE P SEMINARS**
Date: November 4, 12, and 18th 2024
Time: 10:00pm
Place: BRIDGES at Lake Park
Join us at BRIDGES at Lake Park for our Triple P Seminars. Triple P is Positive Parenting Program a parenting and family support system designed to help children to realize their potential.

Event: **SAC Meeting**
Date: November 4th, 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: **CIRCLES OF MOMS**
Date: November 6, and 13, 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: **WHAT IS BRIDGES?- NEW MEMBER ORIENTATION (Invitation Only)**
Date: November 11 and 13, 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: **Resume Building/Job Search Workshop**
Date: November 11, 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: **Financial Literacy-Community partners**
Date: November 11, 2024
Time: 6:00pm
Place: BRIDGES at Lake Park
Community partners of South Florida will be having a Financial Workshop at BRIDGES at Lake Park. Registration is required this workshop provides to families the information for Financial literacy.

Event: **Group-up and Gather Focus Group**
Date: November 12, 20, and 25th, 2024
Time: Times varies see calendar
Place: BRIDGES at Lake Park
BRIDGES members please come and join BRIDGES at Lake Park with open feedback and discussion giving us your ideas on the program and what you will like to see.

Event: **Prematurity Awareness Workshop**
Date: November 13, 2024
Time: 12:45pm
Place: BRIDGES at Lake Park
Join us at BRIDGES at Lake Park with Healthy Mother's Healthy Babies to discuss the importance of Prematurity awareness month.

Event: **MOTHER'S VILLAGE (Invite only) WITH CENTER FOR FAMILY SERVICES**
Date: November 12, 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: **Thanksgiving Family Fest-(Invite Only)**
Date: November 25, 2024
Time: 5:00pm-7:00pm
Place: BRIDGE at Lake Park

SAFETY WORKSHOPS

Event: **SAFE KIDS PRESENTATION- Kitchen and Cooking Safety**
Date: November 7, 2024 (Spanish) at 1:00pm
Date: November 14, 2024 (English) at 1:00pm
Date: November 21, 2024 (Creole) at 1:00pm
Place: Zoom Presentation
Zoom Link:
<https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09>

Join us as we discuss the importance of Kitchen and Cooking Safety. This is a great time to plan for safety in the kitchen with the holidays approaching.

COMMUNITY EVENTS

Event: **BRIDGES ADULT PROGRAM**
Date: November 19, 2024
Time: 5:30PM
Place: Lake Park Library
529 Park Ave, Lake Park, FL 33403
Join the Lake Park Library with a program each 3rd Thursday. You will also have a craft activity for your children as well.

Event: **Thanksgiving Family Fest-(Invite Only)**
Date: November 25, 2024
Time: 5:00pm-7:00pm
Place: BRIDGE at Lake Park