



NOVEMBER 2024

Mon	Tue	Wed	Thu	Fri	Sat
 <p>NOVEMBER IS PREMATURITY AWARENESS MONTH</p>					
4	5 	6 3 "T's" (Tune in, Talk more, Take turns) 5:30pm-6:30pm FAMILY READ ALOUD Riviera Beach Library 2129 N. Congress Ave. 6:00pm-7:00pm	7 SAFETY SERIES (Kitchen & Cooking Safety) 1:00pm via Zoom	8 	9
11 "THE CAVE" Money & Mindset (Dinner provided) 6:30pm – 7:30pm	12 RAISE ME UP (Turkey Time) 5:30pm-7:00pm	13	14 SAFETY SERIES (Kitchen & Cooking Safety) Creole 1:00pm via Zoom	15	16 RAISE ME UP (Gardening Time) Riviera Beach Community Garden 1010 W. 10th St. 10am-11am
18 LINCOLN ELEM. SAC MEETING 5:30pm	19 PREMATURE AWARENESS (Dinner provided) 6:00pm-7:30pm DR. MARY MCLEOD BETHUNE ELEM. SAC MEETING 5:30pm	20 3 "T's" (Tune in, Talk more, Take turns) 5:30pm-6:30pm WEST RIVIERA ELEM. SAC MEETING 5:30pm	21 WOMEN of POWER (Dinner provided) 6:00pm-7:30pm	22	23
25 "THE CAVE" Earning VS Spending (Dinner provided) 6:30pm – 7:30pm	26	27	28 	29	30

OFFICE CLOSED

DID YOU KNOW
Approximately 15 million babies are born preterm each year, accounting for about one in 10 of all babies born worldwide. Premature birth is the leading cause of death in children under the age of five worldwide.

- Safety Tips**
- Teach your children to stay a safe distance from hot stoves and appliances.
 - Avoid carrying or holding a child while cooking on the stove.

BRIDGES AT RIVIERA BEACH
4152 W. Blue Heron Blvd. Suite 227-228
Riviera Beach, FL 33404
PHONE: 561-899-1644
FAX: 561-598-5672

MONDAY - FRIDAY
9:00am - 5:00pm
Offering parental support and activities for families and their children.
www.bridgesopbc.org/rivierabeach
Facebook@Bridges--Riviera

NOVEMBER 2024 HIGHLIGHTS



PARENT/CHILD ACTIVITIES

EVENT: RAISE ME UP: TURKEY TIME
DATE: Tuesday, Nov., 12th, 2024 5:30pm-7:00pm
PLACE: BRIDGES at Riviera Beach

During this activity we will create a Thanksgiving turkey as special as your child. This is a chance for your child to learn the names of colors, learn more about thanksgiving and understand how very special they are.

EVENT: RAISE ME UP: GARDENING TIME
DATE: Saturday, Nov., 16th, 2024 10am-12am
PLACE: RIVIERA BEACH COMMUNITY GARDEN
 1010 W. 10th St. Riviera Beach, FL. 33404

Calling all gardeners, are you ready to get dirty? This activity your child will learn the steps on how to plant a seed. Looking forward to seeing all the little gardeners and gardens in our neighborhoods.

EVENT: 3 "T's": TUNE IN, TALK MORE, TAKE TURNS
DATE: Sat., Nov., 6th & 20th 2024 5:30pm-6:30pm
PLACE: ZOOM: [https://us06web.zoom.us/j/89019737184?](https://us06web.zoom.us/j/89019737184?pwd=efKM4XJDgReN1MLMKdIZWIPMgEm0Ea.1)
[pwd=efKM4XJDgReN1MLMKdIZWIPMgEm0Ea.1](https://us06web.zoom.us/j/89019737184?pwd=efKM4XJDgReN1MLMKdIZWIPMgEm0Ea.1)
Meeting ID: 890 1973 7184
Passcode: 426429

Did you know, playtime, mealtime, bath time... any time you use the 3Ts... every word you say builds your child's brain and shapes their future! Make the most of the time you're spending with your child by using the 3Ts. Here we share easy-to-remember strategies and features videos of parents using the 3Ts in everyday situations.



EVENT: FAMILY READ ALOUD
DATE: Wed., Nov. 6th, 2024 6:00pm-7:00pm
PLACE: Riviera Beach Library
 2129 N. Congress Ave.
 Riviera Beach, FL 33404

Join us for a fun filled evening while reading stories, filled with laughter and joy. The adventures await you as you turn the page at **Family Read Aloud Night**, at Riviera Beach Public Library



EVENT: THE CAVE
DATE: Mon., Nov., 11th & 25th, 2024 6:30pm-8:00pm

PLACE: BRIDGES at Riviera Beach
 Fathers, you are **IMPORTANT** in the lives of your children and families. Come together with other fathers as we support each other to be the **BEST** we can be!



EVENT: National Prematurity Day
DATE: Thurs., Nov., 17th, 2024
PLACE: EVERYWHERE

World Prematurity Day (17 November) is a global movement to raise awareness of premature birth and the sometimes devastating impact it can have on families.



EVENT: "PREMATURE AWARENESS
DATE: Tues., Nov., 19th, 2024 6:00pm-7:30pm

PLACE: BRIDGES at Riviera Beach
 November is **Prematurity Awareness Month**, which aims to raise awareness about premature birth and its impact on infants and families in the United States. Join us for an informative presentation by **Toccoa Lenair** a **Lay Health Educator** from **Community Voice**. As a result, premature births can adversely impact the health outcomes and developmental trajectory of the infant. In addition to affecting the health of infants, preterm birth can have significant physical and emotional impacts on mothers



EVENT: "WOMEN of POWER"
DATE: Thurs., Nov., 21st, 2024 6:00pm-7:30pm

PLACE: BRIDGES at Riviera Beach
 Teaching women how to break the cycles of abuse so they can be free from their past will allow each woman a new lease on life.



WORKSHOPS

SAFETY WORKSHOP

EVENT: KITCHEN & COOKING SAFETY
DATE: Thurs., Nov., 7th, 2024 1pm
DATE: Thurs., Nov., 14th, 2024 (Creole) 1pm
PLACE: ZOOM: <https://zoom.us/j/6846584976>
[pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09](https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09)

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: SCHOOL ADVISORY COUNCIL (SAC meeting)
DATE: Tues., Nov., 19th, 2024 5:30pm
PLACE: Dr. Mary McLeod Bethune Elementary
 1501 Avenue U. Riviera Beach, FL 33404

Parents! You can learn a lot by attending a SAC meeting! Be proactive! Get involved! Meeting location Media Center.

EVENT: SCHOOL ADVISORY COUNCIL (SAC meeting)
DATE: Mon., Nov., 18th, 2024 5:30pm
PLACE: Lincoln Elementary
 1160 Ave. N., Riviera Beach, FL 33404

Parents! You can learn a lot by attending a SAC meeting! Be proactive! Get involved! Meeting location room 112

EVENT: SCHOOL ADVISORY COUNCIL (SAC meeting)
DATE: Wed., Nov., 20th, 2024 5:30pm
PLACE: West Riviera Beach Elementary
 1057 W. 6th St., Riviera Beach, FL 33404

Parents! You can learn a lot by attending a SAC meeting! Be proactive! Get involved!



healthy mothers, healthy babies
 Coalition of Palm Beach County, Inc.

EVENTS: HMHB COMMUNITY ACTIVITIES
DATES: Dates and location vary, all **HMHB** activities are free to the public. Registration is **REQUIRED** 48 hrs. in advance. TO REGISTER www.hmhbpbcc.org CONTACT INFO. 561-517-1551 or 561-517-2541