

# 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 &amp; 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 &amp; 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 &amp; 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**

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

**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**

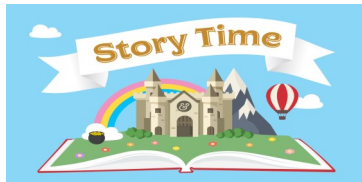
## FAMILY LITERACY

### **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

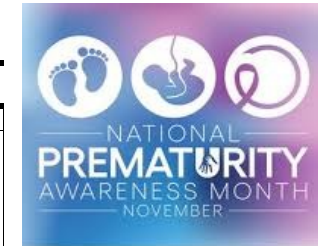
Palm Beach Health Department comes out every third Thursday of the month to provide families with the necessary Immunizations their children need. Free immunizations for children.

Blue: Capacity Bldg. Workshops  
 Yellow: Parent/Child Activities  
 Red: Safety Workshops  
 Orange: Family Literacy  
 Green: Community Events  
 (E) English (S) Spanish (C) Creole



**November 2024**

Mon	Tue	Wed	Thu	Fri	Sat
				1	4
4	5	6 <b>SAC Meeting</b> 5:30pm– 6:30 pm Pahokee Elementary	7 <b>Prematurity Awareness Workshop</b> 2:00pm- 3:00pm Virtual Zoom <b>RMU</b> <b>Turkey Time</b> 5:00pm-6:00pm <b>Bridges at Pahokee</b>	8	9
11	12 <b>Prenatal Care Workshop</b> 5:00pm-6:00pm Bridges at Pahokee 	13 <b>ECLC</b> 10:00am-11:00am Pahokee Elementary	14 <b>Safe Kids</b> <i>Kitchen and cooking Safety</i> <i>English</i> 1:00pm– 2:00pm <b>ZOOM/Facebook Live</b>  <b>Pumpkin Spice playdough</b> 3:30pm-4:00pm <i>Lvy Library</i>	15 <b>Friday Night Storytime</b> 3:00pm-4:00pm <b>LVY Library</b>  <b>STORYTIME</b> 	16
18 <b>Health Equity Focus Group</b> 5:00pm-6:30pm Bridges at Pahokee	19 <b>Kids In the Kitchen</b> 5:00pm-6:00pm <b>Bridges at Pahokee</b>	20 <b>SAC Meeting</b> 9:00am-10:00am KEC Elementary  <b>Health Dept Workshop</b> 5:00pm-6:00pm Bridges at Pahokee	21 <b>Virtual Mental Health First aid training</b> 8:00am-12:00pm Virtual  <b>BINGO Holiday Dinner</b> 5:30 pm—7:00 pm <b>Pahokee Marina</b>	22 <b>Virtual Mental Health First aid training</b> 8:00am-12:00pm Virtual	23 <b>Reading Buddies</b> 3:00pm-4:00pm <b>LVY Library</b>
25	26	27	28 <b>Happy Thanksgiving!</b> Office Closed 	29 <b>Happy Thanksgiving!</b> Office Closed 	30



**BRIDGES AT PAHOKEE**  
 170 S Barfield Highway  
 Pahokee, FL 33476  
**PHONE:**  
 561-924-9224

**MAIN OFFICE:**  
 Suite 102  
**ACTIVITY BUILDING:**  
 Suite 107

**MONDAY - FRIDAY**  
**8:30am - 5:00pm**  
 Offering parental support, resources, and activities for families and their children.

**Facebook @ BRIDGES - - Pahokee**

# NOVEMBER 2024 HIGHLIGHTS

## MONTHLY THEME

**“Small actions, BIG IMPACT!”**  
Immediate skin-to-skin care for everywhere

## PARENT/CHILD ACTIVITIES

**Event:** [Pumpkin Spice Playdough](#)  
**Date:** Thursday November 14th @ 3:00-4:00pm  
**Place:** LVY Library

Join us to have an amazing time making and playing with pumpkin spice scented playdough! Sponsored by Bridges

**Event:** [RMU “Turkey Time”](#)  
**Date:** Thursday, November 7th @ 5:00-6:00pm  
**Place:** BRIDGES at Pahokee

During this time we will create a turkey as special as you!  
Sponsored by BRIDGES

**Event:** [Kids in the Kitchen](#)

**Date:** Thursday, November 21st @ 5:00-6:00pm  
**Place:** BRIDGES at Pahokee

It’s a family affair! Parents will support their children in creating delicious treats! Children will create their very own Holiday treat! RSVP at (561)924-9224 . Sponsored by BRIDGES



## FAMILY LITERACY

**Event:** [Friday Night Storytime!](#)  
**Date:** Friday, November 15th @ 3:00pm-4:00pm  
**Place:** LVY Library

Inviting all families to join Loula V York library for a Halloween Beastly bash, where you’ll enjoy exciting spooky stories, crafts, and a costume contest. This event is open to the community, please come out and enjoy free popcorn, free cotton candy and giveaways. **For more information call 561-924-9224.**

**Event:** [Reading Buddies!](#)  
**Date:** Saturday, November 23 @ 3:00pm-4:00pm  
**Place:** LVY Library

Parents of students in Grades K through 5th will practice their reading skills with teen buddies in a comfortable environment!

## Capacity Building Activities

**Event:** [School Advisory Council Meeting](#)  
**Date:** Wednesday, November 6 @ 5:30pm – 6:30pm  
**Place:** Pahokee Elementary

School Advisory Councils—were created to empower all parents of children attending Palm Beach County Schools to be actively and meaningfully involved in the education of their children. PBCSD Believes that informed and engaged parents are the best advocate for their children to meet the social needs and ensure that their child educational need is balanced.

**Event:** [Premature Awareness Workshop](#)  
**Date:** Tuesday, November 12th @ 2:00pm-3:00pm  
**Place:** Virtual ZOOM

Join March of Dimes to raise awareness of this critical health issue, as babies born prematurely may face life threatening complications and have lifelong health problems. Each year in the US, 1 and 10 babies are born preterm. The term preterm birth refers to a birth that occurs prematurely, 37 weeks before pregnancy. For additional information or inquiries, please contact 561-924-9224.

**Event:** [Prenatal Care Workshop](#)  
**Date:** Tuesday, November 12th @ 5:00pm-6:00pm  
**Place:** Bridges at Pahokee

Pregnancy is an exciting and sometimes challenging journey. Join the FCHC and HMHB as they share information on how to stay informed and healthy throughout your pregnancy and beyond. **For more information, please call 561-924-9224.**

**Event:** [ECLC Meeting](#)  
**Date:** Wednesday, November 13th @ 10:00am-11:00am  
**Place:** Pahokee Elementary

Early Childhood Leadership Collaborative (ECLC) is a group that includes parents, business owners, local child care centers, community agencies, schools and other programs that come together to discuss and set goals to support Kindergarten Readiness. **For more information, please call 561-924-9224.**

**Event:** [School Advisory Council Meeting](#)  
**Date:** Wednesday, November 20 @ 5:00 am– 10:00am  
**Place:** KEC Elementary School

School Advisory Councils—were created to empower all parents of children attending Palm Beach County Schools to be actively and meaningfully involved in the education of their children. PBCSD Believes that informed and engaged parents are the best advocate for their children to meet the social needs and ensure that their child educational need is balanced.

**Event:** [PBC Dept. Workshop](#)  
**Date:** Wednesday, November 20 @ 5:00pm-6:00pm  
**Place:** Bridges at Pahokee

The health department is responsible for the states health system, which is aimed at promoting, protecting, and improving the health of all people in the state. Join the PBC Health department in learning about the various resources and services provided by the health department. **For more information call 561-924-9224**

**Event:** [Virtual Mental Health FIRST AID Training](#)  
**Date:** Wednesday & Friday, November 13th & Nov 15th @ 8:00am-12:00pm

**Place:** Virtual  
Mental Health First Aid teaches you how to recognize, comprehend and react to signs of mental health and substance use problems among adults. The objective of this training is for MH first aiders to complete a 2 day, 8-hour instructor –led online class that will provide you with the skills to interact with a person in crisis. Please contact 561.924.9224.

**Event:** [Health Equity Focus Group](#)  
**Date:** Monday November 18 @ 5:00pm-6:30pm  
**Place:** Bridges at Pahokee

Join the American Heart Association’s focus group on health equity. By participating in focus groups, individuals can uncover perspectives and ideas that may not be expressed in individual conversations. Our focus in this group will be on specific health inequalities. If you’re interested, please call 561.924.9224

## SAFETY WORKSHOP

**Event:** [Safe Kids Kitchen Safety and Cooking](#)  
**Date:** Thursday, November 14th @ 1:00– 2:00pm ENGLISH

**Place:** ZOOM / Facebook Live Video

Safe Kids PBC will share helpful information and tips to keep our children safe during Halloween. Learn how to celebrate Halloween safely with your children. We’ll talk about costume safety as well as pedestrian tips to keep your children safe in the Fall when it gets darker earlier. We’ll cover walker safety as well as driver safety to keep our little ones safe. Candy checking, crossing streets, knocking on doors, and more. **For more information, please contact us at 561-924-9224.**

## COMMUNITY EVENT

**Event:** [BINGO Holiday Dinner](#)  
**Date:** Thursday November 21 @ 5:30pm - 7:00pm  
**Place:** Pahokee Marina

B-I-N-G-O Was the game oh! Please come out and join us for a fun game of BINGO that will also teach your child number recognition. We’ll identify the numbers as they call for a chance to win it all! Game boards and chips will be provided by Bridges at Pahokee. **Please RSVP at (561) 924.9224**





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 bridges 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.

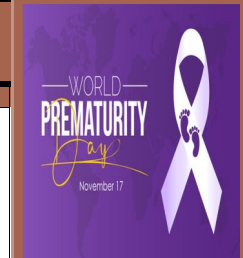


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 Yellow: Parent/Child Activities  
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 Orange: Family Literacy  
 Green: Community Events

# NOVEMBER 2024



Mon	Tue	Wed	Thu	Fri	Sat
				1	2
4 Fall Leaves 3:00pm—Ages 3 & Up BG Library	5	6 Early Learning Coalition (ELC) 9:00 am (appt only)	7	8	9
11	12 Too Early May Be Too Late Prematurity Awareness 5:00 pm	13 Early Learning Coalition (ELC) 9:00 am (walk ins) Infant CPR—BRIDGES 5:00 pm	14 The Amazing Turkey Race 5:00 pm—BRIDGES Healthcare Options 10:00 am —BRIDGES	15	16 Art In My Backyard 10::00a m—BG Library Brain Study 10:00 am—BRIDGES
18 RBT Training 10:00 am—12:00 pm Leafy Hedgehog 3:00pm—Ages 3 & Up BG Library	19 Opioids: The Lows of the High Prematurity Awareness 5:30 pm—BRIDGES	20 Early Learning Coalition (ELC) 9:00 am (appt only) Safety Series: Kitchen & Cooking Safety 5:30pm—BRIDGES Brain Study 10:00 am—BRIDGES	21 RBT Training 10:00 am—12:00 pm	22 Brain Study 10:00 am—BRIDGES	23 Brain Study 10:00 am—BRIDGES
25	26 Let's Talk: DDD "Dialogue During Dinner" 5:00pm Preregistration required	27 Early Learning Coalition (ELC) 9:00 am (walk ins)	28	29	30



**BRIDGES AT BELLE GLADE**  
 141 SE AVE C  
 BELLE GLADE , FL  
 33430  
 OPERATION HOURS  
 MON-FRI  
 8:30AM—5:30PM  
 SATURDAY  
 APPT ONLY  
 10AM -12PM  
 PHONE:  
 561-992-8210

# NOVEMBER 2024 HIGHLIGHTS

MONTHLY THEME	CAPACITY BLDG WORKSHOPS	SAFETY WORKSHOP
<b>HEALTHY MIND, HEALTHY BODY</b>	<p style="text-align: center;"><b>Too Early May Be Too Late: Prematurity Awareness</b>                      Tuesday, November 12, 2024                      5:00 pm</p> <p>Did you know that 1 in 10 Babies are born preterm, (before 37 weeks of Gestation)? It is a multifactorial global epidemic with psychosocial, economic, and physical ramifications affecting the child, family, and community at large. Join BRIDGES and Community Voice in this interactive informational session.</p> <p style="text-align: center;"><b>Infant CPR</b>                      Wednesday, November 13, 2024                      5:00 pm</p> <p>CPR for infants is performed differently from adults due to their physiological differences. Come learn how to potentially save the life of a child.</p> <p style="text-align: center;"><b>Opioids: The Lows of the High (Prematurity Awareness)</b>                      Tuesday, November 19, 2024                      5:00 pm</p> <p>The use of opioids can alleviate pain but did you know that misuse can cause a lifetime of pain especially while pregnant. Opioid use during pregnancy poses significant risks to both mother and child. Join us as we dispel myths about these pain-killers.</p> <p style="text-align: center;"><b>Let's Talk: DDD "Dialogue During Dinner"</b>                      Tuesday, November 26, 2024                      5:00 pm</p> <p>Dinnertime is a great time for family bonding, creating opportunities for family members to share their daily experiences among many other benefits. Join in this interactive adult dialogue session. Preregistration is required.</p>	<p style="color: red;"><b>Safety Series:</b>  <b>Kitchen &amp; Cooking Safety</b>                      Thursday, November 20, 2024                      5:30 pm—BRIDGES</p> <p style="color: red;">Creating a safe kitchen environment is essential when there are children in the home, especially if they're interested in helping with meal preparation, teaching children proper ways to function in the kitchen can prevent potential fatalities.</p>
<b>PARENT CHILD ACTIVITY</b>		<b>COMMUNITY EVENTS</b>
<p style="text-align: center;"><b>Fall Leaves</b>                      Monday, November 4, 2024                      3:00 pm—BG Library                      Ages 3 &amp; up</p> <p>Celebrate fall with trees that have leaves that change color. You can decorate it however you want in the fun fall craft.</p> <p style="text-align: center;"><b>AIMBY - My Family Tree</b>                      Saturday, November 16, 2024                      3:00 pm—BG Library</p> <p>Families will work together to create a family tree using cardboard shapes, colored tagboard and acrylic paint.</p> <p style="text-align: center;"><b>Leafy Hedgehog</b>                      Monday, November 18, 2024                      3:00pm— BG Library                      Ages 3 &amp; up</p> <p>Create an adorable prickly fall leaf hedgehog friend!</p>		<p style="text-align: center; color: green;"><b>FACEBOOK LIVE</b>  <a href="https://www.facebook.com/ SafeKidsPalmBeachCounty">https://www.facebook.com/ SafeKidsPalmBeachCounty</a></p> <p style="text-align: center; color: green;">English Exchange                      Tuesdays (November 12,19, 26)                      3:00pm—5:00pm                      Belle Glade Library</p> <p style="text-align: center; color: green;"><b>FREE FAMILY WEEKEND MEAL KITS</b>                      Fridays, (November, 1, 8, 15, 22, 2024)                      9:00 am—5:00 pm                      Belle Glade Library</p> <p style="color: green;">Each child ages 18 and younger is eligible for one free weekend meal kit every Friday while supplies last.</p> <p style="text-align: center; color: green;"><b>EARLY LEARNING COALITION (ELC)</b>                      Wednesdays, November 13 &amp; 27, 2024 (walk ins)                      9:00 am—5:00 pm</p> <p style="text-align: center; color: green;">FAU Brain Health Project                      November 16, 20, 22, 23,                      10:00 am—BRIDGES</p> <p style="text-align: center; color: green;">RBT Training                      November 18 &amp; 21, 2024                      10:00 am—BRIDGES</p>
<b>FAMILY LITERACY</b>	<p style="text-align: center;"><b>Reading Recipes</b>  <b>The Amazing Turkey Race</b>                      Thursday, November 14, 2024                      5:30pm—BRIDGES                      Ages 4 &amp; Up</p> <p>Let the races begin! Parents and child will create a memorable turkey treat from various food items. What items will they use? Who knows, not even the participating iron chefs until the menu reveal. This family friendly activity provides many instructional opportunities for children all while having tons of family fun.</p>	





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

# November 2024



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

Mon	Tues	Wed	Thu	Fri	Sat
				1	2 Journey Church/ BLW Block Party  11:00 AM to 1:00 PM 1718 Douglas St S, Lake Worth Beach, FL 33460
4	5 RMU: "A Book to Life" 4:00 PM to 5:00 PM (BLW) 	6 Benefits Application 10:00 AM to 2:00 PM (BLW)	7 Summer Safety: "Kitchen and Cooking Safety" (Spanish) 1:00 PM on ZOOM  Cultural Night 5:00PM to 7:00PM (BLW)	8	9
11 Women's Time (Spanish)  4:00PM to 5:00PM (BLW) 	12 Family Fun Time: "Turkey Wind Stocks" 4:00 PM to 5:00 PM (BLW)	13 Story-Time 4PM - 5PM	14 Summer Safety: "Kitchen and Cooking Safety" (English) 1:00 PM on ZOOM  Workshop on Prematurity Awareness 4:30PM to 5:30PM (BLW)	15 Haitian Engagement Park Event  4:30PM to 5:30PM (BLW)	16
18 Fathers Engagement Meeting  5:30 PM to 6:30PM (BLW)	19 RMU: "Turkey Time" 4:00 PM to 5:00 PM (BLW)	20 SAC Meeting at South Grade at 8:15AM  Benefits Application 10:00 AM to 2:00 PM (BLW)	21 Summer Safety: "Kitchen and Cooking Safety" (Creole) 1:00 PM on ZOOM	22	23
25	26 Turkey Giveaway Time: TBD	27 Benefits Application 10:00 AM to 2:00 PM (BLW)	28 BRIDGES CLOSED 	29 BRIDGES CLOSED	30

**BRIDGES AT LAKE WORTH**  
 802 S Dixie Hwy  
 LAKE WORTH, FL 33460  
  
 PHONE: 561-899-1642  
 FAX# 561-598-5670  
  
 MONDAY - FRIDAY  
 8:30am - 5:00pm  
  
[www.bridgesofpbc.org](http://www.bridgesofpbc.org)  
 Facebook: BRIDGES At Lake Worth



*Did you know?*  
  
 Preterm birth is a leading cause of death among children under five, with an estimated 15 million babies (one in ten) born prematurely worldwide every year

# NOVEMBER 2024 HIGHLIGHTS

## MONTHLY THEME

### "Small actions, BIG IMPACT"

**Event:** [RMU: "A Book to Life"](#)  
**Date:** November 5th 4:00PM to 5:00PM  
**Place:** BRIDGES at Lake Worth

A "Bringing a Book to Life" craft involves children creating art or projects inspired by their favorite stories, making characters and scenes from the book come alive through their imagination and creativity.

**Event:** [Family Fun Night: "Turkey Wind Socks"](#)  
**Date:** November 12th 4:00PM to 5:00PM  
**Place:** BRIDGES at Lake Worth

Parent will help their child create this fun and simple Thanksgiving decoration where you make a turkey's face and add colorful, hanging "feathers" that blow in the wind.

**Event:** [RMU: "Turkey Time"](#)  
**Date:** November 19th 4:00PM to 5:00PM  
**Place:** BRIDGES at Lake Worth

Kids and parents create turkey-themed decorations or artwork, typically using materials like paper, paint, and feathers, to celebrate Thanksgiving together.

## FAMILY LITERACY

**Event:** [Story-time](#)  
**Date:** November 13th 4:00PM to 5:00PM  
**Place:** BRIDGES at Lake Worth

Reading and storytelling with babies and children promotes brain development and imagination, develops language and emotions, and strengthens relationships.



## WORKSHOPS



**Event:** [Cultural Night](#)  
**Date:** November 7th 5:00PM to 7:00PM  
**Place:** BRIDGES at Lake Worth

Cultural Night is an event that celebrates diversity, where people come together to share and experience different traditions, foods, music, and performances from various cultures.

**Event:** [Women's Time](#)  
**Date:** November 11th 4:30PM to 5:30PM  
**Place:** BRIDGES at Lake Worth

Mother's Leadership is a group of Hispanic women who meet once a month to accomplish goals within their own community.

**Event:** [Workshop on Prematurity Awareness](#)  
**Date:** November 14th 4:30PM to 5:30M  
**Place:** BRIDGES at Lake Worth

The Prematurity Awareness Workshop educates participants on the challenges and care needs of premature infants, covering causes, early interventions, and support resources for families. It aims to improve outcomes through knowledge-sharing among healthcare providers, parents, and advocates.

**Event:** [Haitian Engagement Park Event](#)

**Date:** November 15th 3:30PM to 6:00M  
**Place:** BRIDGES at Lake Worth

Haitian Family Engagement Event is about reaffirming and growing Haitian participation to BRIDGES.

**Event:** [Fathers Engagement Meeting](#)

**Date:** November 18th 5:30PM to 7:00PM  
**Place:** BRIDGES at Lake Worth

Father's Engagement Club is a group of men who meet once a month to provide support and engage in productive activities.

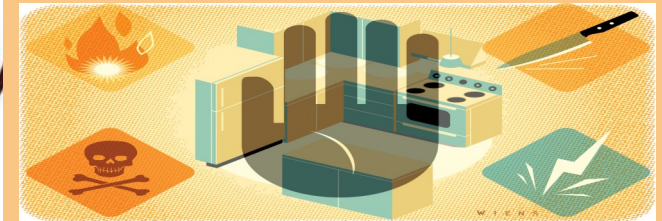
## SAFETY WORKSHOP

**Event:** [Summer Safety: "Kitchen and Cooking Safety"](#)

**Dates:** November 7th 1:00PM to 2:00PM (Spanish)  
November 14th 1:00PM to 2:00PM (English)  
November 21st 1:00pm to 2:00PM (Creole)

**Place:** ZOOM Meeting

This is a great time to plan 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.



## COMMUNITY EVENT

**Event:** [Benefits Application](#)  
**Date:** Wednesdays 10:00AM to 2:00PM  
**Place:** BRIDGES at Lake Worth

A benefits specialist provided through the Palm Beach County Food Bank is available every Wednesday to assist BLW members with their SNAP applications.

**Event:** [Journey Church/ BLW Block Party](#)  
**Date:** November 2nd 11:00AM to 1:00PM  
**Place:** 1718 Douglas St S, Lake Worth Beach FL

Join our block party with lots of family fun!

**Event:** [SAC Meeting at South Grade Elementary](#)  
**Date:** November 23rd 8:15AM-9:00AM  
**Place:** South Grade Elementary

BLW will be in attendance at South Grade's SAC Meeting.

**Event:** [Turkey Giveaway Event](#)  
**Date:** November 28th 11:00AM  
**Place:** BRIDGES at Lake Worth

Happy Thanksgiving from BLW!

# NOVEMBER 2024



Blue: Capacity Bldg. Workshops  
 Yellow: Parent/Child Activities  
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 Green: Community Events  
 (E) English (S) Spanish (C) Creole



Mon	Tue	Wed	Thu	Fri	Sat
				1	2
4	5 <a href="#">Homework Assistance/ Brilliant Minds</a> 3:30 pm-5:30 pm <a href="#">College Prep</a> 5:30 pm-7:30 pm	6 <a href="#">STEAM Program</a> 3:30 pm-5:30 pm	7 <a href="#">Kitchen &amp; Cooking Safety Wksp.</a> ZOOM (S) 1:00 pm-2:00 pm <a href="#">Reading Club 4 Kidz</a> 3:30 pm-5:30 pm <a href="#">College Prep</a> 5:30 pm-7:30 pm	8	9
11  OFFICE CLOSED In Remembrance of Veteran Day	12 <a href="#">Healthy Babies</a> (E/S) 12:00 pm-1:30 pm <a href="#">Baby Shower</a> (Registered Only) 12:00 pm- 1:30 pm <a href="#">Homework Assistance/ Brilliant Minds</a> 3:30 pm-5:30 pm <a href="#">College Prep</a> 5:30 pm-7:30 pm	13 <a href="#">Raise Me Up &amp; Healthy Births</a> (E/S-PC) 10:00 am-11:00am <a href="#">STEAM Program</a> 3:30 pm-5:30 pm	14 <a href="#">Books, Arts &amp; Crafts</a> 10:00 am-11:30 am (E/S) <a href="#">Kitchen &amp; Cooking Safety Wksp.</a> ZOOM (E) 1:00 pm-2:00 pm <a href="#">Reading Club 4 Kidz</a> 3:30 pm-5:30 pm <a href="#">College Prep</a> 5:30 pm-7:30 pm	15 <a href="#">Food Distribution</a> 9:00 am (Until Supplies last) <a href="#">Ambassador Meeting</a> 6:00 pm-8:00 pm	16
18	19 <a href="#">Homework Assistance/ Brilliant Minds</a> 3:30 pm-5:30 pm <a href="#">2024 Summer Reading Prg. Overview</a> (Invitation Only) 5:30 pm- 6:30 pm <a href="#">College Prep</a> 5:30 pm-7:30 pm	20 <a href="#">Raise Me Up</a> (E/S-PC) 10:00 am-11:00 pm <a href="#">Turkey Distribution</a> (REGISTERED ONLY) 11:30 am-3:30pm <a href="#">STEAM Program</a> 3:30 pm-5:30 pm	21 <a href="#">PBC Public Library System Storytime</a> (E/S) (Literacy) 10:00 am-11:00 am <a href="#">Reading Club 4 Kidz</a> 3:30 pm-5:30 pm <a href="#">College Prep</a> 5:30 pm-7:30 pm <a href="#">Latinos Fuertes en Accion</a> 6:30 pm-7:30 pm	22 <a href="#">Women Helping Women /Women's Club</a> E/S 11:00 am-1:00 pm	23
25 NO SCHOOL	26 NO SCHOOL	27 <a href="#">Exploring our World</a> (E/S)(PC) 10:30 am-11:30 am  NO SCHOOL	28 <b>OFFICE CLOSED</b> NO SCHOOL	29 <b>OFFICE CLOSED</b> NO SCHOOL	30

## DID YOU KNOW THAT:

November is the month dedicated to raising prematurity awareness.. Preterm birth is a leading cause of infant mortality, and about 1 in 10 babies are born preterm.

Risk factors for preterm birth include:

- Delivering a premature baby in the past
- Being pregnant with multiples births
- Tobacco use and substance abuse
- A short time (less than 18 mths.) between pregnancies



FAMILY IMPACT PALM BEACH COUNTY  
BRIDGES at Lake Worth West

MAIN OFFICE:  
2411 10TH AVENUE N.  
LAKE WORTH, FL 33461  
PHONE: 561-649-9600

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

www.familyimpactpbc.org  
Facebook@familyimpactpbc.org



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# NOVEMBER 2024 HIGHLIGHTS

## MONTHLY THEME

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

## PARENT CHILD ACTIVITY

Event: [RAISE ME UP \(PARENTS AND CHILDREN\) & HEALTHY BABIES \(E/S\)](#)

Date: Wednesday, November 13th 10:00 am - 11:00 am

Place: Bethel Assembly of God (Church)  
4320 S. Congress Ave., Palm Springs, FL 33461

Sponsored Lantana Road Branch Library & BRIDGES.

Event: [RAISE ME UP \(PARENTS AND CHILDREN\)\(E/S\)](#)

Date: Wednesday, November 20th 10:00 am-11:00 am

Place: Lantana Road Branch Library  
4020 Lantana Rd., Lake Worth, FL 33462

Join us for this parent-child class to practice fine and gross motor skills, promoting social and emotional health, problem-solving, and communication.

Sponsored by Lantana Road Branch Library & BRIDGES.

Event: [EXPLORING OUR WORLD \(E/S\)](#)

Date: Wednesday, November 27th 10:30 am – 11:30 am

Place: Palm Springs Library  
217 Cypress Ln., Palm Springs, FL 33461

Parent get together and read books about moral and values, they can later teach their children.

Sponsored by BRIDGES and Palm Springs Library

## FAMILY LITERACY

Event: [PBC PUBLIC LIBRARY SYSTEM STORY TIME \(E/S\)](#)

Date: Thursday, November 21st 10:00am-11:00am

Place: Bethel Assembly of God (Church)  
4320 S. Congress Ave., Palm Springs, FL 33461

PBC Library System will host a one hour activity in which they will encourage parents to read and do activities with their kids so they can learn new words and increase love for reading.

Sponsored by the Palm Beach County Public Library System.

## WORKSHOPS

Event: [AMBASSADORS MEETING \(Invitation Only\)](#)

Date: Friday, November 15th 6:00 pm-8:00 pm

Invited members will join our Bridges at Lake Worth West Ambassadors group. They will be encouraged, motivated and trained to continue developing their leadership skills.

Sponsored by BRIDGES



## WORKSHOPS

Event: [HEALTHY BABIES](#)

Date: Tuesday, November 12th 11:00 pm-1:00 pm

Place: Bethel Assembly of God (Church)  
4320 S. Congress Ave., Palm Springs, FL 33461

Pregnant Mommies and Moms to be will receive vital information on pre-mature awareness. Sponsored by BRIDGES

Event: [BOOKS, ARTS AND CRAFT S\(E/S\)](#)

Date: Thursday, November 14th, 10:00am—11:30am

Place: Bethel Assembly of God (Church)  
4320 S. Congress Ave, Palm Springs, FL 33461

We will guide the parents in creating beautiful crafts and building new skills, which give a sense of achievement, confidence, and parents can take pride in their work. Sponsored by BRIDGES

Event: [WOMEN HELPING WOMEN/WOMEN'S CLUB \(E/S\)](#)

Date: Friday, November 22nd 10:00 am-1:00 pm

Place: Bethel Assembly of God (Church)  
4320 S. Congress Ave., Palm Springs, FL 33461

Come and be part of a great group of women. Talk about important topics, enjoy socializing and recreational activities. Sponsored by Be Well PBC

Event: [2024 SUMMER READING PRG. OVERVIEW \(E/S\)](#)

Date: Tuesday, November 19TH 5:30 PM– 6:30 pm

Place: Bethel Assembly of God (Church)  
4320 S. Congress Ave., Palm Springs, FL 33461

Join us for enlighten conversation about the Summer Reading Program. Parents and child will share how the program enhanced their child's academics in school. Sponsored by BRIDGES

Event: [LATINOS FUERTES EN ACCION \(E/S\) \(MEN ONLY\)](#)

Date: Thursday, November 21th 6:30 pm-7:30 pm

Come join a circle of hard working men and fathers. That are willing to share their knowledge and empower others. We will share ideas and discuss important topics. Sponsored by BRIDGES.

## SAFETY WORKSHOP

Event: [KITCHEN & COOKING SAFETY WKSP. \(ZOOM\)](#)

Date: Thursday, November 7th 1pm – 2pm Spanish

Thursday, November 14th 1pm – 2pm English

We will be focusing on smart kitchen tips to keep little ones safe and ways to include children in cooking and meal prep.

Sponsored by Safe Kids of PBC.

## COMMUNITY EVENT

Event: [HOMEWORK ASSISTANCE/BRILLIANT MINDS](#)

Date: Tuesdays 3:30pm- 5:30pm

Place: Palm Springs Seventh-Day Adventist Church  
4424 S. Military Trl., Lake Worth, FL 33463

Through our homework assistance program we offer help and support to the kids of our community (1st grade through 5th grade) with their homework. Sponsored by PBSO.

Event: [STEAM PROGRAM](#)

Date: Wednesdays 3:30pm-5:30pm

Place: Palm Springs Seventh-Day Adventist Church  
4424 S. Military Trl., Lake Worth, FL 33463

Through the STEAM Program kids will learn (S-Science, T-Technology, E-Engineering, A-Art, M-Math). Sponsored by PBSO.

Event: [READING CLUB 4 KIDZ](#)

Date: Thursdays 3:30pm-5:30pm

Place: Palm Springs Seventh-day Adventist Church  
4424 S. Military Trl., Lake Worth Beach, FL 33461

expanded vocabulary and to create more in-depth sentences, and focus on comprehension. Students are asked to identify, interpret and analyze passages. Sponsored by Dollar General.

Event: [COLLEGE PREP](#)

Date: Tuesdays and Thursdays 5:30 pm - 7:30 pm

Place: Palm Springs Seventh-Day Adventist Church  
4424 S. Military Trl., Lake Worth, FL 33463

This program is offered to assist high school students 9th to 12th grade to strengthen their academic skills, help with college entry and much more. Sponsored by United Way of PBC.

Event: [COMMUNITY BABY SHOWER \(Registered Only\)](#)

Date: Tuesday, November 12th 11:00 pm-1:30 pm

Come join the mommies to be and one that have given birth to enjoy a day to be catered to them and the babies. Sponsored by BRIDGES.

Event: [FOOD DISTRIBUTION \(RBI\)](#)

Date: Friday, November 15th 9:00 am (UNTIL SUPPLIES LAST)

Place: Bethel Assembly of God (Church)  
4320 S. Congress Ave., Palm Springs, FL 33461

Come by and receive can goods, fruits and much more while supplies last. Sponsored by PBSO & Restoration Bridge Intl. and BRIDGES

Event: [THANKSGIVING DISTRIBUTION \(REGISTERED ONLY\)](#)

Date: Wednesday, November 20th 11:30 am–3:30pm

Thanksgiving is not only a time to give thanks but a time to give back. We are blessed. Sponsored by BRIDGES & OCR & PBSO



**NOVEMBER 2024**

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

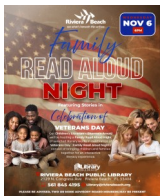
During this activity we will create a Thanksgiving turkey as special as your child. This is a chance for your child to learn the names of colors, learn more about thanksgiving and understand how very special they are.

**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](http://www.hmhbpbcc.org) CONTACT INFO. 561-517-1551 or 561-517-2541





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



**November 2024**

at WEST PALM BEACH

Mon	Tue	Wed	Thu	Fri	Sat
4	5	6	7	8	9
	<u>My Community Orientation</u> 5:30pm to 6:30pm *Community Room	<u>House Calls / FAU Premature Births</u> 6:00pm to 7:00pm *Zoom	<u>Community Resource Marketplace</u> 10:00am to 2:00pm *Mandel Library		
11	12	13	14	15	16
	<u>RMU: Baby Talk</u> 6:00pm to 7:00pm *Community Room	<u>SAC Meeting Pleasant City</u> 5:30pm *Pleasant City Elementary	<u>Prematurity Awareness 12pm</u> <u>Safe Kids Kitchen &amp; Cooking Safety 1:00pm</u> <u>Prematurity Awareness 6pm</u> *All sessions via Zoom		<u>Spotlight on Learning: Visiting a Museum / Safe Kids Kitchen &amp; Cooking Safety</u> 10:00am to 3:00 pm *Norton Museum
18	19	20	21	22	23
	<u>Father's Only</u> 6:00pm to 7:30pm *Community Room	<u>Money Talks</u> 6:00pm to 7:00pm *Zoom	<u>Prematurity Awareness</u> 6:00pm to 7:00pm *Zoom		<u>Literacy Adventure Time: Dance Troup of Harlem</u> 8:00pm *RSVP Kravis Center
25	26	27	28	29	30
	<u>RMU Playgroup: Share a Supper/ Thanksgiving Celebration&amp; Craft</u> 4:30pm to 6:00pm *Pleasant City Community Ctr	<b>Thanksgiving Office Closing at 3:00pm</b>	<b>Happy Thanksgiving Office Closed</b>	<b>Thanksgiving Holiday Office Closed</b>	**All activities occur at BRIDGES at West Palm Beach unless otherwise specified.**

**Prematurity Awareness Month**

According to the March of Dimes, "each year in the U.S., 1 in 10 babies is born preterm. This November marks the 20th anniversary of Prematurity Awareness Month. The goal is for women to have the possibility to have healthy pregnancies, but among many countries the United States remain to one of the most dangerous developed countries to give birth. With proper measures taken preterm pregnancies are preventable with the right care and proper maternal health education we can reduce the risk of premature births. Join us on November 17, by wearing purple for World Prematurity Day.

**Attention: Woman to Woman and Father's Only is teaming up this month to Volunteer for Thanksgiving Giveaway.**

**See the back of the Calendar for details.**

**BRIDGES**  
 720 8th Street,  
 West Palm Beach, FL  
 33401  
 561-804-6754

Mon-Thurs 9am to 6 pm  
 Friday 9am to 5 pm

Offering parental support and activities for families with children Ages 0 to 8

## PARENT/CHILD ACTIVITIES

**Event: [RMU BABY TALK](#)**

**Date:** November 12, 2024

**TIME:** 6:00pm to 7:00pm

**Place:** Community Room

**Summary:** Raise Me Up BABY TALK is for pregnant families and/or having a child 12 months or younger. Various topics for discussion and activities for child development are all a part of this activity. This month we will be having some Thanksgiving Fun exploring fine motor and personal social skills. BRIDGES loves to give resources and this activity includes a pack of diapers. See the flyer for further details.

**Event: [SPOT LIGHT ON LEARNING:  
VISITING A MUSEUM](#)**

**& [KITCHEN AND COOKING SAFETY](#)**

**Date:** November 16, 2024

**TIME:** 10:00am to 3:00pm

**Place:** Norton Museum of Art

**Summary:** Spotlight ON Learning is an activity designed to highlight a learning experience. This month we will be Visiting a Museum, doing an art craft, and enjoying lunch. Transportation is provided to and from the Norton Museum and will leave and return from our site. RSVP is required to reserve your spot. See the flyer for additional information

**Event: [LITERACY ADVENTURE TIME: Kravis Center](#)**

**Date:** November 23, 2024

**Time:** 8:00pm to 9:30pm

**Place:** Kravis Center

**Summary:** Literacy Adventure Time is for kids of all ages. This month we will be taking a Field Trip to the Kravis Center and be experiencing culture/expression in the form of dance. The Dance Troop of Harlem will be performing classic and contemporary works that use the language of ballet that translates and belongs to everyone. By RSVP only.

**Event: [RMU: PLAYGROUP: THANKSGIVING](#)**

**Date:** November 26, 2024

**Time:** 4:30pm to 6:00pm

**Place:** Pleasant City Community Center 501 21st Street, WPB 33407

**Summary:** The Raise Me Up Playgroup is for ages 1 to 5 years and is all about using group play to learn. This month we will be meeting at the Share A Meal Thanksgiving Celebration at the Pleasant City Recreation Center located across from PC Elementary. BRIDGES will have a table to enjoy the Thanksgiving meal and enjoy a craft that is designed to develop fine motor and personal social skills. See the flyer for additional information.

## HIGHLIGHTS

**BRIDGES AT WEST PALM BEACH**

720 8th Street

West Palm Beach, FL 33401

(561) 804-6754

## COMMUNITY EVENTS

**Event: [SAC MEETING: PLEASANT CITY ELEMENTARY](#)**

**Date:** November 13, 2024

**Time:** 5:30pm to 7:00pm

**Place:** Pleasant City Elementary School

**Summary:** Attention Pleasant City Elementary School families! Join us for an informative meeting about all the exciting happenings at your child's school. We'd love to see you there!

**Event: [VOLUNTEER FOR THANKSGIVING GIVEAWAY](#)**

**Date:** November 23rd & November 28th

**Place:** Please contact Annissa at 561-324-6988 to Register and receive details. This is a Woman to Woman and Father's Only Volunteer activity.

## WORKSHOPS

**Event: [MY COMMUNITY ORIENTATION](#)**

**Date:** November 5, 2024

**Time:** 5:30pm to 6:30pm

**Place:** Bridges Community Room

**Summary:** This is an awareness workshop for our BRIDGES members about services and local resources available to you. As well as what our partnership with you as a member will look like. You will be orientated to BRIDGES. If you missed the Parent night last month, please try to attend.

**Event: [HOUSE CALLS WITH FAU](#)**

**Date:** November 6, 2024

**Time:** 6:00pm to 7:00pm

**Place:** Zoom

**Summary:** Join us for an engaging conversation about advocating for yourself and your baby during and after premature birth. Our experienced nurses will be available to answer your questions and provide support. Check our Facebook page for the Zoom link!

**In partnership with FAU & Harmony House.**

## WORKSHOPS

**Event: [COMMUNITY RESOURCE MARKETPLACE](#)**

**Date:** November 7, 2024

**Time:** 10:00am to 2:00pm

**Place:** Mandel Public Library of West Palm Beach

**Summary:** Find services & resources in our community for seniors, veterans, job seekers, children and families. **Partnership with Mandel Library**

**Event: [KITCHEN AND COOKING SAFETY](#)**

**Date:** November 14, 2024

**Time:** 1:00pm to 2:00pm

**Place:** Zoom

**Summary:** Safe Kids Will be broadcasted via Zoom. Link and instructions will be posted on the BRIDGES of West Palm Beach Facebook page. **Partnership with Safe Kids Palm Beach County**

**Event: [FATHERS ONLY](#)**

**Date:** November 19, 2024

**Time:** 6:00pm to 7:30pm

**Place:** BRIDGES Community Room

**Summary:** Fathers group to empower fathers and father figures, to support and engage with children. **Partnership Sickel Cell and Project FACT**

**Event: [MONEY TALK](#)**

**Date:** November 20, 2024

**Time:** 6:00pm to 7:00pm

**Place:** Zoom

**Summary:** Money Talk: life insurance: Join us on our financial literacy series where we discuss self sufficient topics such as savings, credit, home owning, and much more. **Partnership with MaryLou Northern YWCA & Primerica**

**Event: [PREMATURITY AWARENESS Q & A  
W/ MICHELLE WILLIAMS](#)**

**Date:** November 21, 2024

**Time:** 6:00pm to 7:00pm

**Place:** Zoom

**Summary:** Prematurity Awareness month is celebrated in November to recognize the health challenges of preterm birth and to find ways to reduce the number of premature babies born each year. **Partnership with Sickel Cell Foundation**