



BRIDGES November Newsletter

PREMATURITY AWARENESS CAMPAIGN

We don't always know what causes prematurity. Even if you do everything right during pregnancy, you can still give birth early. Here some things you can do before and during pregnancy to help reduce your risk for preterm labor and preterm birth:

- Schedule a preconception checkup with your healthcare provider to make sure your body is ready for pregnancy. Get to a healthy weight before pregnancy. And get treatment for medical conditions, like high blood pressure, diabetes, depression, and thyroid problems.
- Wait at least 18 months between giving birth and getting pregnant again. Use birth control until you're ready to get pregnant again.
- Protect yourself from infections. Get vaccinated, wash your hands often, and don't eat raw meat, fish, or eggs. Have safe sex to protect yourself from sexually transmitted infections.
- Eat healthy foods and do something active every day. This can help reduce stress and help you gain the right amount of weight during pregnancy.
- Don't smoke, drink alcohol, or use harmful drugs. Ask your provider about programs that can help you quit. Tell your provider about any medicines you take, with or without a prescription.
- Go to all your prenatal care checkups, even if you're feeling fine. Prenatal care helps your provider make sure you and your baby are healthy.
- Learn the signs and symptoms of preterm labor and what to do if you have even one. This won't reduce your risk of preterm labor, but it can give you time to get treatment that may help stop your labor.



BRIDGES AT HIGHLAND NEWS

We're excited to announce the Grand Opening of our new location for BRIDGES at Highland!

Join us on Wednesday, November 20, 2024, 301 Lake Ave, Lake Worth Beach, FL. At 5:30PM to celebrate this new chapter!

All community members, leaders, and families are welcome to join the festivities! The grand opening event will include a welcome ceremony, networking opportunities, and a firsthand look at the BRIDGES mission in action.

For more information, please reach out to Deneisha Watson, dwatson@cpsfl.org.



CONNECT WITH US IN SOCIAL MEDIA AT:





November Newsletter

BRIDGES AT BOYNTON WEAR PURPLE DAY



BBB was so excited to show support for Domestic Violence Awareness Month by wearing purple! They raised their voices and gave a giant Thumbs Down to violence in any form! Together, we can make a difference!

COMMUNITY EVENTS

BRIDGES at Lake Worth is having a Cultural Night on Thursday, November 7, 2024 from 5 pm to 7:30 pm See the flyer for more information. See you there!



RESOURCE HUB

Healthy Mothers, Healthy Babies Coalition Of Palm Beach County- Pregnant Women & Expectant Families
561-623-2800

HomeSafe- Families with Children Birth to Five screens and assesses children for developmental delays or behavior concerns, as well as mothers for signs of postpartum depression
561-383-9871

211- free and confidential crisis and emergency counseling, disaster assistance, food, health care and insurance assistance, stable housing and utilities payment assistance, employment services, veterans services and childcare and family services.

- 2-1-1
- (561) 383-1112
- (866) 882-2991
- Text your zip code to 898211 (available 24/7)

Safe Kids Palm Beach County- Safe Kids Palm Beach County is a community-based program that offers safety education and materials to families to decrease accidental injuries in children from 0 to 19 years of age.
(561) 841-3500, Ext 4011

Early Learning Coalition of Palm Beach County- For parents looking for child care in Palm Beach County, the Early Learning Coalition of Palm Beach County (ELCPBC) offers free, unbiased, personalized information on child care programs and providers in the area.
Parents: 561-514-3300
Providers/Administrative: 561-214-8000

