



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



January 2025

Mon	Tue	Wed	Thurs	Fri	Sat
		1	2	3	4
6 <u>Motivando a las mamás</u> 11:00am - 12:30pm	7 <u>Raise Me Up</u> 11:00am - 12:30pm	8 <u>Triple P Seminar</u> 11:00am - 1:00pm (Spanish) 5:00pm - 7:00pm (English)	9 <u>It's Your Birthday</u> 11:00am - 12:30pm 5:30pm - 7:00pm <u>Safety Series (Spanish)</u> 1:00pm - 2:00pm	10	11 <u>Motivating Mommies</u> 11:00am - 1:00pm
13 <u>SAC Meeting</u> 5:30pm - 6:30pm	14 <u>A Write To Read</u> 11:00am - 12:30pm	15 <u>Triple P Seminar</u> 11:00am - 1:00pm (Spanish) 5:00pm - 7:00pm (English) <u>ECLC Meeting</u> 3:30pm - 4:30pm	16 <u>Safety Series (English)</u> 1:00pm - 2:00pm	17	18
20 CLOSED	21 <u>Raise Me Up</u> 11:00am - 12:30pm	22 <u>Triple P Seminar</u> 11:00am - 1:00pm (Spanish) 5:00pm - 7:00pm (English)	23 <u>Family Day/Night</u> 11:00am-12:00pm 5:30pm - 7:00pm <u>Safety Series (Creole)</u> 1:00pm - 2:00pm	24	25
27	28	29 <u>Helmet Install/ Inspection</u> 11:00am - 1:30pm <u>Car Seat Inspection</u> 3:00pm - 5:00pm	30	31	

Family Fire Escape Planning Safety Month

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

"Importance of H.P.V. vaccines"

Color Teal is used to represent Cervical Cancer Awareness month.

BRIDGES at Northwood
 4111 N. Terrace Dr.,
 West Palm Beach, FL 33407
561-840-3106

Mon-Thurs 9am to 7pm
 Friday 9am to 5pm
 Sat 10am to 2pm

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

January 2025 HIGHLIGHTS

BRIDGES AT NORTHWOOD
4111 N. TERRACE DRIVE
WEST PALM BEACH, FL 33407
PHONE: 561 840 3106

“Fire and Carbon Monoxide Safety”

PARENT/CHILD ACTIVITIES

Event: [Raise Me Up](#)
Date: Every other Tuesday (on-going)
Time: 11:00am - 12:30pm
Place: BRIDGES at Northwood

Tuesday, January 7th :

Sticky Time: Are you ready to get those fingers sticky? During this parent child-activity, your child will be working on developing those fine motor skills with some glue, paper, and strig. Let's get sticking!

Tuesday, December 21st:

Shake & Roll: Adults and kids will Giggle, Shake, Tumble , and Roll with this hilarious song and action game. Tine Twisters and parents will have fun building their muscles and coordination. You will learn a catchy tune that will get you grooving! Enjoy your children as you demonstrate how much fun you can be!

Event: [It's Your Birthday -](#)
Date: Thursday, January 9th, 2025
Time: 11:00am - 12:30pm AND 5:30pm - 7:00pm
Place: BRIDGES at Northwood

Each and every first Thursday of the month we will celebrate all members and their children's birthdays. If your birthday falls in the month of January come out and let your BRIDGES family sing Happy Birthday to you! If your birthday is not in the month of January you can still participate with your family.

Event: [Family Day/Night](#)
Date: Thursday, January 23rd, 2025
Time: 11:00am - 12:30pm AND 5:30pm - 7:00pm
Place: BRIDGES at Northwood

Winter painting contest - Families will have a friendly painting contest

CAPACITY BUILDING

Event: [Safety Series– Fire and Carbon Monoxide Safety Month](#)

Date: Thursday, January 9th, 2025 (Spanish) 1pm-2pm
Date: Thursday, January 16th, 2025(English)1pm-2pm
Date: Thursday, January 23th, 2025 (Creole) 1pm-2pm
Place: Zoom / Facebook Live

@SafeKidsPalmBeachCounty

Home fires can start and spread quickly, so just a little bit of planning can make a big difference. Make sure to create a home fire escape plan and practice it regularly with your family. Having a Family Escape Plan is a smart way to include your children for the dangers and plan of action in the event of a home fire. Schools have Fire Drills. Do you practice a Home Fire Drill? We will discuss ways of keeping our children safe from silent and unseen threats. We will talk about the dangers and threats of Carbon Monoxide, and how installing alarms in your home, will provide confidence and safety for your family.

<https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2U5kTFRkQT09>

Event: [Helmet & Car Seat Inspection](#)
Date: Wednesday, January 29th, 2025
Time: 11:00am - 1:30pm(Install/Inspection)
Time: 3:00pm - 5:00pm (Car Seat Installation)
Place: Call Brenda 561-840-3106 to schedule your appt.

If your child or you is, a BRIDGES member wants to make sure it is properly installed or you are in need of a new helmet feel free to call Ms. Brenda at 561-840-3106 to schedule your appointment today. Ms. Brenda is a certified helmet technician.

If you would like to purchase a car seat for \$50.00 or you would like Ms. Brenda to make sure it is properly installed. Feel free to call Ms. Brenda at 561-840-3106 to schedule your appointment today. Ms. Brenda is a certified car seat technician.

Event: [SAC Meeting](#)
Date: Monday, January 13th, 2025
Time: 5:30pm - 6:30pm
Place: BRIDGES at Northwood

If you live in 33407 zip code and have a child that will be going to kindergarten or 1st grade in the fall then get ready for a family fun reading adventure!!! Join BRIDGES for our Summer Reading Program. A 7 week session that presents on: strengthening your child's early reading skills, promoting bonding between parent and child, and providing fun learning activities for you and your child to do at home.

WORKSHOPS

Event: [A Write To Read](#)
Date: Tuesday, January 14th, 2025
Time: 11:00am – 12:30pm
Place: BRIDGES at Northwood

Promote reading and writing with your pre-school aged children by attending this literacy class. We'll have fun while we create ways to make learning fun for our children.

Event: [Motivando a las mamás](#)
Date: Cada primer lunes
Time: 11:00am - 12:30pm
Place: BRIDGES at Northwood

Un grupo colectivo de mujeres de nuestra comunidad se reunirá mensualmente para discutir temas candentes y recursos comunitarios. seremos discutiendo la importancia de ser mamá. No olvides usar tus camisetas Motivating Mommies y una sonrisa.

Event: [Motivating Mommies](#)
Date: Saturday, January 11th, 2025
Time: 11:00am - 1:00pm
Place: BRIDGES at Northwood

A collective group of women in our community will meet monthly to discuss hot topics and community resources. We will be discussing the importance of being a mommy. Don't forget to wear your Motivating Mommies T-Shirts and a smile

Event: [ECLC Meeting](#)
Date: Wednesday, January 15th, 2025
Time: 3:30pm - 4:30pm
Place: BRIDGES at Northwood

At this meeting, we will discuss what actions our ECLC team can take that will ultimately result in our children better prepared for Kindergarten.

Event: [Triple P Seminars](#)
Date: Wednesday January 8, 15 & 22, 2025
Time: 11:00am - 1:00pm (Spanish)
Time: 5:00pm - 7:00pm (English)
Place: BRIDGES at Northwood

The seminar gives parents support to help manage children's behavior and prevent the kind of problems that makes family life stressful.