

January 2025



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



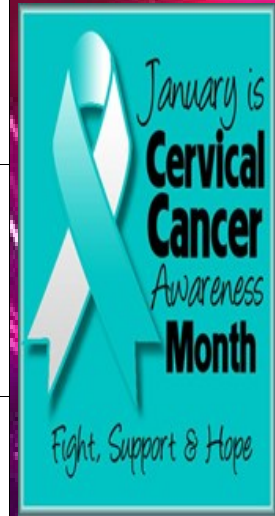
Mon	Tue	Wed	Thu	Fri	Sat
		1 NO SCHOOL BRIDGES CLOSED NEW YEAR'S HOLIDAY	2 NO SCHOOL <u>Story Time</u> 1pm—2pm <u>Raise Me Up: "Shine Into the New Year"</u> 2pm—3pm	3 NO SCHOOL <u>Spanish Literacy</u> 10:30am—12pm <u>Bonfire & Night Market</u> 6pm—9pm	4 <u>Fantastic Fourth: Comic and Pop Culture Event</u> 2pm—5pm
6 NO SCHOOL <u>Family Activity "Pirates of Penzance"</u> 2pm—3pm	7 <u>Florida Benefits Renewal and Fee Waivers</u> 4:30pm—5:30pm	8	9 <u>Safety Series: "Family Fire Escape Planning" Spanish</u> 1pm—2pm	10 <u>Spanish Literacy</u> 10:30am—12pm <u>Karaoke on the beach</u> 6pm—8pm	11
13 <u>Raise Me Up: All About Me:</u> 3pm—4pm	14	15 <u>BINGO NIGHT</u> 5PM—6PM	16 <u>Community Immunization</u> 8am—12pm <u>Safety Series: "Family Fire Escape Planning" English</u> 1pm—2pm	17 <u>Spanish Literacy</u> 10:30am—12pm <u>Bonfire & Night Market</u> 6pm—9pm	18
20 Martin Luther King Jr Day Holiday (BRIDGES will be closed)	21	22	23 <u>Safety Series: "Family Fire Escape Planning" Creole</u> 1pm—2pm	24 <u>Spanish Literacy</u> 10:30am—12pm	25
27 <u>Padres Exitosos</u> 6pm—7pm	28	29	30	31 <u>Spanish Literacy</u> 10:30am—12pm	

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



2025 HIGHLIGHTS

MONTHLY THEME

“Importance of H.P.V. Vaccines”

PARENT CHILD ACTIVITY

Event: **RAISE ME UP “Shine Into the New Year”**

Date: January 2, 2025 @ 2pm—3pm

Place: BRIDGES 305 Lake Ave, Lake Worth Beach FI 33460

Come along and let's start the New Year fresh with a pair of sunglasses! Parent and child will have the opportunity to DIY their own 2025 sunglasses. What a way to start fresh and exercise your motor skills.

Sponsored by Child Development Specialist

Event: **Family Activity: “Palm Beach Opera”**

Date: January 6, 2025 @ 2pm—3pm

Place: BRIDGES 305 Lake Ave, Lake Worth Beach FI 33460

Families will learn how to build and functional teacups with clay using the “Pinch Pot” technique.

Arts in My Backyard Cultural Council

Event: **RAISE ME UP “ All About Me”**

Date: January 13, 2025 @ 4pm—5pm

Place: 500 Highland Ave Clarke Bldg, Lake Worth FI 33460

Will help to develop your child's social skills and share their feelings at the same time. Children increase their confidence as they express characteristics of who they are that makes them unique!

Sponsored by Child Development Specialist

FAMILY LITERACY

Event: **Story Time**

Date: January 2, 2025 @ 1pm—2pm

Place: BRIDGES 305 Lake Ave, Lake Worth Beach FI 33460

The BRIDGES would like for you to join us with your children to enjoy this fun Story Time presented by Lake Worth Library

Sponsored by Lake Worth Library

WORKSHOPS

Event: **Spanish Literacy**

Date: January 3, 10, 17, 24, and 31, 2025 @ 10:30am—12pm

Place: BRIDGES 305 Lake Ave, Lake Worth Beach FI 33460

Parent Leaders come together to teach members the basics of reading and writing Spanish.

Sponsored by BRIDGES Ambassador

Event: **Florida Benefits Renewal and Fee Waivers**

Date: January 7, 2025 @ 4:30pm—5:30pm

Place: BRIDGES 305 Lake Ave, Lake Worth Beach FI 33460

Assistance for applying for fee waivers and sliding scales.

Sponsored by Gladys Foundcare

Event: **Bingo Night**

Date: January 15, 2025 @ 5pm—6pm

Place: BRIDGES 305 Lake Ave, Lake Worth Beach FI 33460

Join us for a night of fun playing BINGO, Momma vs Padres please come ready to have fun.

Sponsored by BRIDGES Ambassador

Event: **Padres Exitosos “Comprendiendo la Mayor Necesidad de los Hijos!**

Date: January 27, 2025 @ 5:30pm—6:30pm

Place: BRIDGES 305 Lake Ave, Lake Worth Beach FI 33460

Come join us for this Father's engagement group where they will be discussing understanding the major necessities of our children.

Sponsored by Angel Jimenez

SAFETY WORKSHOP

SAFETY WORKSHOP “Family Fire Escape Planning”

Sponsored by Safe Kids of PBC (VIA ZOOM)

Date: January 9, 2025 @ 1pm—2pm Spanish

Date: January 16, 2025 @ 1pm—2pm English

Date: January 23, 2025 @ 1pm—2pm Creole

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 practice it regularly with your family. Having a Family Escape Plan 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 Home 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.

COMMUNITY EVENT

Event: **Bonfires & Night Market**

Date: January 3, and 17, 2025 @ 6pm—9pm

Place: 10 S Ocean Blvd, Lake Worth Beach FI 33460

Join us on the 1st and 3rd Friday of the month for our night bonfire and night market.

Sponsored by City of Lake Worth Beach

Event: **Fantastic Fourth Comic and Pop Culture Event**

Date: January 4, 2025 @ 2pm—5pm

Place: 15 N M St, Lake Worth Beach FI 33460 LW Library

Enjoy games, vendors from our favorite local comic and collective shops, cosplay contests and more!

Sponsored by City of Lake Worth Library

Event: **Karaoke on the Beach**

Date: January 10, 2025 @ 6pm—8pm

Place: 10 S Ocean Blvd, Lake Worth Beach FI 33460

Bring a chair or blanket, pick your favorite tune and sing your heart out at our beautiful Beach!

Sponsored by City of Lake Worth Beach

Event: **Community Immunization**

Date: January 16, 2025 @ 8am—12pm

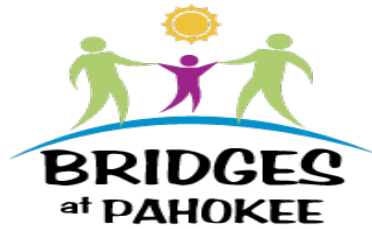
Place: 709 North F St, Lake Worth Beach FI 33460

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.

Sponsored by Palm Beach Health Department



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



January 2025

Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4
6 Triple P Seminar 5:30-7:00 pm Bridges at Pahoee	7	8 ECLC 10:00am-11:00am Pahoee Elementary	9 Safe Kids Family Fire Escape planning (English) 1:00pm-2:00pm FACEBOOK/ZOOM RAR: New Year New Goals! 3:00pm-4:00pm LVY LIBRARY	10	11 RAR: Scrapbooking 3:00 pm-4:00 pm LVY Library
13 Triple P Seminar 5:30-7:00 pm Bridges at Pahoee	14	15 SAC Meeting 9:00am- 10:00 am KEC Elementary Toxic Stress Workshop 5:00 pm-6:00 pm Bridges at Pahoee	16 RMU Feeling Bingo 5:00pm-6:00pm Bridges at Pahoee	17	18 Martin Luther King Parade 11:00 am Pahoee MLK
20 Triple P Seminar 5:30-7:00 pm Bridges at	21	22	23	24	25
26 Kids In the Kitchen 5:00pm-6:00pm Bridges at Pahoee	28	29	30	31	

Cervical Health Awareness Month



Cervical Health Awareness

BRIDGES AT PAHOKEE
 170 S Barfield Highway
 Pahoee, 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 - - Pahoee

January 2025 HIGHLIGHTS

MONTHLY THEME

“Importance of H.P.V Vaccines!”

PARENT/CHILD ACTIVITIES

Event: **RMU “Feeling Bingo”**

Date: **Thursday, January 16th @ 5:00-6:00pm**

Place: **BRIDGES at Pahokee**

Play Bingo and learn about your feelings at the same time.

This activity will help to develop your child's social skills.

They will learn the names of feelings and identify them while playing feelings bingo! Sponsored by BRIDGES

Event: **Kids in the Kitchen**

Date: **Thursday, January 26th @ 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 treat! RSVP at (561)924-9224. Sponsored by BRIDGES



FAMILY LITERACY

Event: **RAR: New Year New Goal!**

Date: **Thursday January 9th @ 3:00pm-4:00pm**

Place: **LVY Library**

New Year new goals a vision board can help you keep those goals in mind.

For more information call 561-924-9224.

Event: **RAR: Scrapbooking!**

Date: **Saturday January 11 @ 3:00pm-4:00pm**

Place: **LVY Library**

Begin documenting your favorite grand adventures and beautiful small moments in a scrapbook.

Capacity Building Activities

Event: **ECLC Meeting**

Date: **Wednesday, January 8th @ 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, January 15th @ 9:00am – 10:00 am**

Place: **KEC 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: **Toxic Stream Workshop**

Date: **Wednesday January 15th @ 5:00pm-6:00pm**

Place: **Facebook/ Virtual ZOOM**

Join MMHB FOR A D 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.

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: **Martin Luther King Parade**

Date: **Saturday January 18th @ 11:00 am**

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**

Triple P Session

Event: **Triple P Seminar**

Date: **Saturday January 6, 13, 20th @ 5:30pm - 7:00pm**

Place: **Bridges at Pahokee**

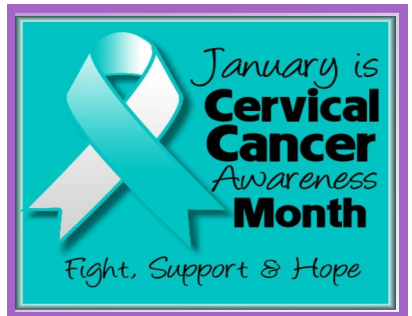
The Triple P seminar sessions will assist parents with guidance on parental skills that will help their children deal more effectively with emotions and feelings. The sessions will cover how children recognize and accept feelings, express their feelings appropriately, build positive feelings, deal with negative feelings, develop coping skills, and deal with upsetting or stressful life events. **For more information, Please call (561) 924.9224**



JANUARY 2025



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
<p>Children's Services Council PALM BEACH COUNTY Healthy. Safe. Strong.</p>		<p>1 BRIDGES CLOSED</p>	<p>2 <u>Casual Conversation</u> 5:30pm-6:30pm Sara Sims Park</p>	<p>3 <u>First Friday at 5 Concert</u> 5:00pm – 8:00pm Boynton Beach Amphitheater</p>	<p>4</p>
<p>6</p>	<p>7 <u>RMU(0-5 years old)</u> 6:00pm - 7:00pm Carolyn Sims Center <u>Storytime with Margaret</u> 6:00pm - 6:30pm Carolyn Sims Center</p>	<p>8 <u>Colors and Crafts</u> 6:00pm -7:00pm Facebook</p>	<p>9 <u>Cervical Health with Genesis</u> 6:00pm -7:00pm Carolyn Sims Center <u>Casual Conversation</u> 5:30pm-6:30pm Sara Sims Park</p>	<p>10</p>	<p>11</p>
<p>13</p>	<p>14 <u>Sensational Story N' More</u> 10:00am-11:00am Schoolhouse Museum</p>	<p>15 <u>Storytime Fun</u> 6:00pm-7:00pm Carolyn Sims Center</p>	<p>16 <u>Safety Series</u> Fire & Carbon Monoxide Safety (English) Zoom/FB Live 1:00pm-2:00pm <u>Public Health</u> 6:00pm -7:00pm Carolyn Sims Center</p>	<p>17</p>	<p>18</p>
<p>20 BRIDGES CLOSED</p>	<p>21 <u>RMU(0-5 years old)</u> 6:00pm - 7:00pm Carolyn Sims Center <u>BRIDGES Orientation</u> 7:00pm-7:30pm Carolyn Sims Center</p>	<p>22</p>	<p>23 <u>Safety Series</u> Fire & Carbon Monoxide Safety (Creole) Zoom/FB Live 1:00pm-2:00pm <u>"Born to Be Wild" Baby Shower</u> 5:30pm-7:00pm Carolyn Sims Center</p>	<p>24</p>	<p>25</p>
<p>27</p>	<p>28 <u>Book of the Month</u> 6:00pm -7:00pm Facebook</p>	<p>29 <u>Dad's Night Out</u> 6:00p -7:00p Carolyn Sims Center</p>	<p>30 <u>Casual Conversation</u> 5:30pm-6:30pm Sara Sims Park <u>Cervical Cancer w/ Octavia Health Inc.</u> 6:00p -7:00p Carolyn Sims Center</p>	<p>31</p>	

Fire and Carbon Monoxide Safety

- Install carbon monoxide (CO) alarms. Make sure there is one on every level of your home, especially around sleeping areas.
- Avoid using gas appliances inside your home. Use generators and grills outside of your home, away from windows and doors. Warm up vehicles outside of your garage.
- Create and practice a fire escape plan. Create a home fire escape plan with two ways out of every room. Choose a place to meet outside that is a safe distance away from your home.

Carolyn Sims Center- 225 NW 12th Ave, Boynton Beach 33435

Schoolhouse Museum-129 E Ocean Ave, Boynton Beach 33435

BRIDGES at Boynton Beach

1105 N. Federal Highway
Boynton Beach, FL. 33435

PHONE: 561-903-7743

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.

www.bridgesofpbc.org

JANUARY 2025 HIGHLIGHTS

"IMPORTANCE OF H.P.V. VACCINES"



Parent Child Activities

Event: RMU (0-5 years) "Musical Chairs"

Date: January 7th, 2025

Time: 6:00pm-7:00pm

Place: Carolyn Sims Center

Highlight: Let's get the music, the chairs, and the children to play the classical game of musical chairs. Through this game, the children learn about taking turns, how to control their bodies and follow directions. By the end of the activity, it will be about the music and dancing with your child.

Event: Colors and Crafts

Date: January 8th, 2025

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) "Creating Love"

Date: January 21st, 2025

Time: 6:00pm-7:00pm

Place: Carolyn Sims Center

Highlight: From My Heart to My Hands. Let's create love. During this activity your child will work on strengthen their fine motors by making a heart. In strengthen those little fingers, children spread their love to the adults. Come feel the love.

Family Literacy

Event: Storytime with Margaret

Date: January 7th, 2025

Time: 6:00pm- 7:00pm

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: January 14th, 2025

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: Story Time Fun

Date: January 15th, 2025

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: January 28th, 2025

Time: 6:00pm -7:00pm

Place: Facebook

Highlight: Join us as we read our book of the month.

Capacity Building

Event: Cervical Health w/ Genesis

Date: December 9th, 2025

Time: 6:00pm-7:00pm

Place: Carolyn Sims Center

Highlights: Join us as we learn about the monthly awareness campaign. **In partnership with Genesis Community Health.**

Event: Public Health

Date: January 16th, 2025

Time: 6:00pm-7:00pm

Place: Carolyn Sims Center

Highlights: Joins us as we improve the health of others by promoting a healthy lifestyle. Learn about preventing and responding to infectious diseases and more about public health. **In partnership with Credible Health Homecare.**

Event: BRIDGES Orientation

Date: January 21st, 2025

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: "Born to Be Wild" Baby Shower

Date: January 23rd, 2025

Time: 5:30pm-7:00pm

Place: Carolyn Sims Center

Highlights: BRIDGES at Boynton Beach members, who are pregnant and moms with babies under 3 months are invited to this baby shower. RSVP by January 12 to attend. **In partnership with Sigma Gamma Rho.**

Event: Dad's Night Out

Date: January 29th, 2025

Time: 6:00pm-7:00pm

Place: Carolyn Sims Center

Highlight: Dads, it's your turn to have a night out! It's your opportunity to share what's on your mind with other dads. This is your chance to unload, unwind and have some fun at the same time!

Event: Cervical Health w/ Octavia Health Inc.

Date: January 30th, 2025

Time: 6:00pm-7:00pm

Place: Carolyn Sims Center

Highlights: Cervical Health Awareness Month is a chance to share information about how women can protect themselves from HPV (human papillomavirus) and cervical. **In partnership with Octavia Health Inc.**



Capacity Building



Safety Series

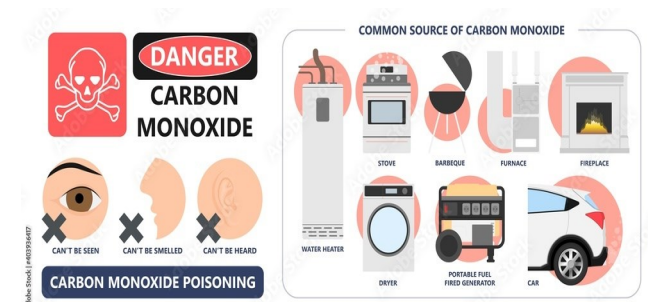
Event: Safety Series: "Fire and Carbon Monoxide Safety"

Date: January 16th, 2025 (English) & 23rd (Creole)

Time: 1:00pm-2:00pm

Place: Zoom/FB Live

Highlight: Home fires can start and spread quickly, so just a little bit of planning can make a big difference. We will discuss ways of keeping our children safe from silent unseen threats. We will talk about the dangers and threats of Carbon Monoxide. **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!

Community Outreach Activity

Event: First Friday at 5 Concert

Date: January 3rd, 2025

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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JANUARY 2025



Mon	Tue	Wed	Thu	Fri	Sat
		1 	2	3	4
6	7	8 Early Learning Coalition (ELC) 9:00 am (appt only)	9	10	11
13 Glowing Moon Lamps 3:00 pm—Ages 3 & up BG Library	14 New Year, New Crown 3:00PM—Ages 3 & up BG Library	15 Early Learning Coalition (ELC) 9:00 am (walk ins) Family Fire Escape Planning 5:00	16 Health is Wealth 10:00 am—BRIDGES	17	18
20 	21	22 Early Learning Coalition (ELC) 9:00 am (appt only)	23 VITA Tax Prep 10:30am-2:30pm BG Library Household BINGO 5:00 pm—BRIDGES	24 VITA Tax Prep 10:30am-2:30pm BG Library	25 American History 2:00pm BG Library
27 Cotton Ball Snowman 3:00pm—Ages 3 & up BG Library	28	29 Early Learning Coalition (ELC) 9:00 am (walk ins)	30 Adult CPR 10:00 am VITA Tax Prep 10:30am-2:30pm BG Library	31 VITA Tax Prep 10:30am-2:30pm BG Library	

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



JANUARY 2025 HIGHLIGHTS

MONTHLY THEME	CAPACITY BLDG WORKSHOPS	SAFETY WORKSHOP
<p>The Magic In New Beginnings</p> <p style="background-color: yellow;">PARENT CHILD ACTIVITY</p> <div style="background-color: #ffffcc; padding: 10px; margin: 5px;"> <p style="text-align: center;">Glowing Moon Lamps Monday, January 13, 2025 3:00 pm—BG Library Ages 3 & up</p> <p>Learn about space and the planets and make your own glow in the dark moon.</p> </div> <div style="background-color: #ffffcc; padding: 10px; margin: 5px;"> <p style="text-align: center;">New Year, New Crown Tuesday, January 14, 2025 3:00 pm—BG Library Ages 3 & Up</p> <p>Crown yourself kings and queens of the new year with your DIY crowns!</p> </div> <div style="background-color: #ffffcc; padding: 10px; margin: 5px;"> <p style="text-align: center;">Cotton ball Snowmen Monday, January 27, 2025 3:00pm— BG Library Ages 3 & up</p> <p>Who says there's no snow in South Florida? During this activity we will bring snow to Belle Glade and make a cute snowman using common household items.</p> </div> <p style="background-color: #ff8c00; text-align: center; padding: 5px;">FAMILY LITERACY</p> <div style="background-color: #ffffcc; padding: 10px; margin: 5px;"> <p style="text-align: center;">American History Dramatically Speaking: Presidents & Their First Ladies Saturday, January 25, 2025 2:00pm—BG Library Ages 4 & Up</p> <p>William and Sue Wills bring to life the story of John Quincy and Louisa Adams.</p> </div>	<p style="text-align: center;">Health Is Wealth Thursday, January 16, 2025 10:00 am _BRIDGES</p> <p>Prevention can reduce the chances for major illnesses. Join BRIDGES and Empower Health to learn how to tips that will aid in maintaining good health. Women age 35 and up, may be eligible for a free mammogram screening on site. Call 561-992-8210 for more details. This is open to the public.</p> <p style="text-align: center;">Kick-off Savings-Household BINGO Thursday, January 23, 2025 5:00 pm—BRIDGES</p> <p>This new year kick start your savings plan with HOUSEHOLD-BINGO at BRIDGES. Join in the fun with a traditional game of BINGO and win prizes that will help you save on commonly used household items. We will also learn how small savings can add up to bigger savings.</p> <p style="text-align: center;">Adult CPR Thursday, January 30, 2025 10:00 am—BRIDGES</p> <p>Did you know that CPR can significantly increase the survival rate for a person whose breathing or heartbeat has stopped? This free training can be the difference between life and death for someone in distress.</p>	<p style="text-align: center; color: red;">Safety Series: Family Fire Escape Planning Thursday, January 15, 2025 5:00 pm—BRIDGES</p> <p style="color: red;">Come learn how to create a home fire escape plan with two ways out of every room. These tips is a must for every household.</p> <p style="background-color: #00b050; color: white; text-align: center; padding: 5px;">COMMUNITY EVENTS</p> <p style="text-align: center; color: green;">FACEBOOK LIVE https://www.facebook.com/ SafeKidsPalmBeachCounty</p> <p style="text-align: center; color: green;">English Exchange Tuesdays (January 7, 14, 21 & 28, 2025) 3:00pm—5:00pm Belle Glade Library</p> <p style="text-align: center; color: green;">FREE FAMILY WEEKEND MEAL KITS Fridays, (January 3, 10, 17, 24, 31, 2025) 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 week-end meal kit every Friday while supplies last.</p> <p style="text-align: center; color: green;">EARLY LEARNING COALITION (ELC) Wednesdays, January 8, 15, 22, 29, 2025 9:00 am—5:00 pm BRIDGES</p> <p style="text-align: center; color: green;">VITA TAX PREPARATION Thursdays & Fridays January 23, 24, 30,31, 2025 10:30am—2:30pm BG Library</p>



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January 2025

Mon	Tue	Wed	Thu	Fri	Sat
Happy New Year					
		1 Office Closed	2	3	4
6 ESOL Lab 4:00pm-7:00pm	7 Basic Computer Skills Info Session and Pre-Assessment [In-person] 10:30pm-12:00pm ESOL Lab 4:00pm-7:00pm	8 SAC Meeting 2:45pm Circle of Moms HMHB (Registration Required) 11:00am ESOL Lab 4:00pm-7:00pm	9 Raise Me Up 0-2yrs old 11:30am-12:30pm Safe Kids -Family Fire Escape Planning Safety -(Spanish) 1:00pm Basic Computer Skills Info Session and Pre-Assessment [In-person] 5:00pm-6:30pm ESOL Lab 4:00pm-7:00pm	10	11 Storytime at Lake Park Library 10:30am-11:00am
13 ESOL Lab 4:00pm-7:00pm	14 What is BRIDGES? (New Members Invitation only) 11:30am-12:30pm Presentation Program (Lake Park Library) 5:30pm ESOL Lab 4:00pm-7:00pm Mother's Village 6:00pm-7:00pm	15 Circle of Moms HMHB (Registration Required) 11:00am ESOL Lab 4:00pm-7:00pm What is BRIDGES? (New Members Invitation only) 5:30pm-6:30pm	16 Lap sit at Lake Park Library 10:30am-11:30am Foundcare Workshop 11:00am-12pm Safe Kids -Family Fire Escape Planning Safety- (English) 1:00pm ESOL Lab 4:00pm-7:00pm	17	18 Storytime at Lake Park Library 10:30am-11:00am
20 Office Closed	21 ESOL Lab 4:00pm-7:00pm	22 Circle of Moms HMHB (Registration Required) 11:00am ESOL Lab 4:00pm-7:00pm	23 SafeKids-Family Fire Escape Planning Safety- (Creole) 1:00pm Raise Me Up 3-5yrs old 5:30pm-6:30pm ESOL Lab 4:00pm-7:00pm	24	25 Storytime at Lake Park Library 10:30am-11:00am
27 ESOL Lab 4:00pm-7:00pm	28 ESOL Lab 4:00pm-7:00pm	29 ESOL Lab 4:00pm-7:00pm	30 ESOL Lab 4:00pm-7:00pm	31	

All activities occur at BRIDGES at Lake Park unless otherwise specified

“IMPORTANCE OF H.P.V.”

Family Fire Escape Planning

- 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. Have 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.

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

January 2025 HIGHLIGHTS

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

PARENT/CHILD ACTIVITIES

Event: **Holiday Craft (0-2yrs old)**

Date: January 9, 2024 Parents & Children (Birth-2yrs)

Time: 11:30am-12:30pm

Place: BRIDGES at Lake Park

Holiday Craft: Come out and do a fun child activity with our child development specialist for a holiday craft

Event: **Holiday Craft (3-5yrs old)**

Date: January 23, 2024 Parents & Children (3-5yrs)

Time: 5:30Pm-6:30pm

Place: BRIDGES at Lake Park

Holiday Craft: Come out and do a fun child activity with our child development specialist for a holiday craft

Family Literacy

Event: **Lap sit at the Lake Park Library**

Date: January 16, 2024

Time: 10:30am-11:30am

Place: BRIDGES at Lake Park

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.

WORKSHOPS

Event: **ESOL-Registration Required**

Date: Monday-Thursday

Time: 4:00pm-7:00pm

Place: BRIDGE at Lake Park

Event: **CIRCLES OF MOMS**

Date: January 8, 15, and 22 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: **Basic Computer Skills Info Session and Pre-Assessment [In-person]**

Date: January 7, and 9 2024

Time: 10:00am and 5:30pm

Place: BRIDGES at Lake Park

This is a workshop for our parents who is seeking computer skills to build on along with a pre-assessment. Two sessions to choose from January 7th at 10:30am or January 9th at 5:30pm.

Event: **SAC Meeting**

Date: January 8, 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: **WHAT IS BRIDGES?- NEW MEMBER ORIENTATION (Invitation Only)**

Date: January 14 and 15 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: **MOTHER'S VILLAGE (Invite only) WITH CENTER FOR FAMILY SERVICES**

Date: January 14, 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

SAFETY WORKSHOPS

Event: **SAFE KIDS PRESENTATION-- FAMILY FIRE ESCAPE PLANNING**

Date: January 9, 2024 (Spanish) at 1:00pm

Date: January 16, 2024 (English) at 1:00pm

Date: January 23, 2024 (Creole) at 1:00pm

Place: Zoom Presentation

Zoom Link:

<https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09>

Join us as Safekids discuss the important of Family Fire Escape Planning Safety.

COMMUNITY EVENTS

Event: **BRIDGES ADULT PROGRAM**

Date: Every 3rd Tuesday of each month

Time: 5:30PM

Place: Lake Park Library

529 Park Ave, Lake Park, Fl 33403

Join the Lake Park Library with a presentation where each month topic is different with educational discussion at lake park library. There will also be an kids craft activity as well while parents attend workshop.

January 2025



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

Mon	Tues	Wed	Thu	Fri	Sat
		1 BRIDGES CLOSED 	2	3	4
6 Fathers Engagement Meeting 5:30 PM to 6:30PM (BLW)	7 RMU: TBA 4:00 PM to 5:00 PM (BLW)	8 Benefits Application 10:00 AM to 2:00 PM (BLW)	9 Safety Series: "Family Fire Drill" (Spanish) 1:00 PM on ZOOM Cervical Cancer Workshop 4:30PM to 5:00PM (BLW)	10	11
13 Haitian Engagement Meeting 4:30PM to 5:30PM (BLW)	14 Family Fun Time: "Imprint Of The Year" 4:00 PM to 5:00 PM (BLW)	15 Benefits Application 10:00 AM to 2:00 PM (BLW)	16 Safety Series: "Family Fire Drill" (English) 1:00 PM on ZOOM RMU: "Puppy Tales: Lesson in Kindness" 4:00 PM to 5:00PM (BLW)	17	18
20 BRIDGES CLOSED 	21	22 SAC Meeting at South Grade 8:15AM Benefits Application 10:00 AM to 2:00 PM (BLW)	23 Safety Series: "Family Fire Drill" (Creole) 1:00 PM on ZOOM Found Care Services/ Resources information Workshop 4:30PM to 5:00PM (BLW)	24	25
27 Women's Time (Spanish) 4:00PM to 5:00PM (BLW)	28 Story-Time 11:00AM to 12:00PM	29 Benefits Application 10:00 AM to 2:00 PM (BLW)	30	31	

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
 Facebook: BRIDGES At Lake Worth



Did you know?

Nearly 14,000 women are diagnosed with cervical cancer each year.

When found in the precancerous stage, cervical cancer is 100% curable with proper treatment and follow-up.

JANUARY 2025




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

(E) English (S) Spanish (C) Creole



Mon	Tue	Wed	Thu	Fri	Sat
		1	2	3	4
6	7 Homework Assistance/ Brilliant Minds 3:30 pm-5:30 pm College Prep 5:30 pm-7:30 pm John Maxwell Training (Invitation Only) 6:00 pm-7:30 pm	8 Exploring our World (E/S)(PC) 10:30 am-11:30 am STEAM Program 3:30 pm—5:30 pm	9 Family Fire Escape Planning Wksp. ZOOM (S) 1:00 pm-2:00 pm Reading Club 4 Kidz 3:30 pm-5:30 pm College Prep 5:30 pm-7:30 pm	10	11
13	14 Homework Assistance/ Brilliant Minds 3:30 pm-5:30 pm College Prep 5:30 pm-7:30 pm John Maxwell Training (Invitation Only) 6:00 pm-7:30 pm	15 Raise Me Up (E/S) (PC) 10:30 am-11:30 am STEAM Program 3:30 pm—5:30 pm	16 PBC Public Library System Storytime (E/S) (Literacy) 10:00 am-11:00 am Family Fire Escape Planning Wksp. ZOOM (E) 1:00 pm-2:00 pm Reading Club 4 Kidz 3:30 pm-5:30 pm College Prep 5:30 pm-7:30 pm	17 Food Distribution 10:00 am (Until Supplies last)	18
20  OFFICE CLOSED	21 Homework Assistance/ Brilliant Minds 3:30 pm-5:30 pm College Prep 5:30 pm-7:30 pm	22 STEAM Program 3:30 pm—5:30 pm	23 Reading Club 4 Kidz 3:30 pm-5:30 pm College Prep 5:30 pm-7:30 pm	24	25
27	28 Homework Assistance/ Brilliant Minds 3:30 pm-5:30 pm College Prep 5:30 pm-7:30 pm	29 Raise Me Up (E/S-PC) 10:30 am –11:30 am STEAM Program 3:30 pm—5:30 pm	30 Reading Club 4 Kidz 3:30 pm-5:30 pm College Prep 5:30 pm-7:30 pm Latinos Fuertes en Accion 6:30 pm-7:30 pm MEN ONLY)	31 Women Helping Women / Women's Club & Prevention Awareness E/S 10:00 am-11:30 am	

DID YOU KNOW THAT:
 It's Cervical Health Awareness Month. To learn more about cervical health and cancer prevention, there are two important tools for prevention: HPV [vaccination](#) and [regular screening](#). Since then, cervical cancer rates have dropped significantly among women who have received the vaccine. Make an appointment with your doctor and ask about the HPV vaccination or you can call your local Florida Dept. of Health in PBC 561-514-5300.



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

Lillianrobles2024 

JANUARY 2025 HIGHLIGHTS

MONTHLY THEME

“Importance of H.P.V. vaccines”
PARENT CHILD ACTIVITY

Event: EXPLORING OUR WORLD (E/S)
Date: Wednesday, January 8th 10:30 am – 11:30 am
Place: Palm Springs Public 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 Public Library.

Event: RAISE ME UP (PARENTS AND CHILDREN) (E/S)
Date: Wednesday, January 15th 10:30 am - 11:30 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 (E/S)
Date: Wednesday, January 29th 10:30 am-11:30 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 communications.
 Sponsored by BRIDGES.



FAMILY LITERACY

Event: PBC PUBLIC LIBRARY SYSTEM STORY TIME (E/S)
Date: Thursday, January 16th 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 & BRIDGES.

WORKSHOPS

Event: JOHN MAXWELL TRAINING (Invitation Only)
Date: Tuesday, January 7th & 14th 6:00 pm-7:30 pm
 Ambassador's will be trained on the John Maxwell leadership workshop. The Indispensable Laws of Growth. Training by Veronica Bucca. Sponsored by BRIDGES

Event: WOMEN HELPING WOMEN/WOMEN'S CLUB & PREVENTION AWARENESS (E/S)
Date: Friday, January 31st 10:00 am-11:30 am
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. Prevention Awareness month will be shared to the families.
 Sponsored by Be Well PBC

Event: LATINOS FUERTES EN ACCION (E/S) (MEN ONLY)
Date: Thursday, January 30th 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: FAMILY FIRE ESCAPE PLANNING WKSP. (ZOOM)
Date: Thursday, January 9th 1pm – 2pm Spanish
 Thursday, January 16th 1pm – 2pm English
 Come listen and learn how to discuss ways how to keep your children safe from silent and unseen threats. Will discuss how Carbon Monoxide, and how to install alarms in your home.
 Sponsored by Safe Kids PBC.

COMMUNITY EVENT

Event: HOMEWORK ASSISTANCE/BRILLIANT MINDS
Date: Tuesdays 3:00pm- 5:00pm
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 3:00pm-5:00pm
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 3:00pm-5:00pm
Place: Palm Springs Seventh-day Adventist Church
 4424 S. Military Trl., Lake Worth Beach, FL 33461

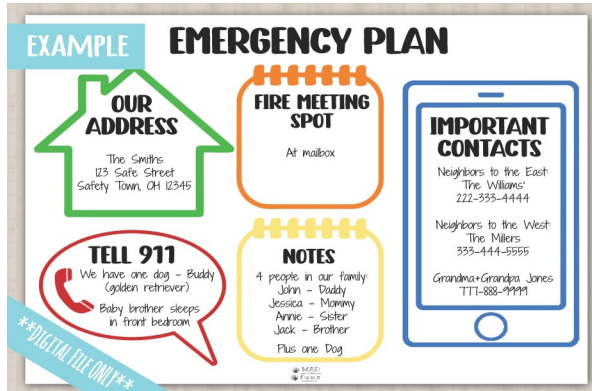
The Reading Club helps 1st and 2nd graders expand their vocabulary and improve comprehension by identifying, interpreting, and analyzing passages.
 Sponsored by Dollar General.

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: FOOD DISTRIBUTION (RBI) (UNTIL SUPPLIES LAST)
Date: Friday, January 17th 10:00 am
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





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.

JANUARY 2025

Mon	Tue	Wed	Thu	Fri	Sat
		1  OFFICE CLOSED	2	3 <i>When Families Read, Kids Succeed; Home Story-time and Reading Logs</i> 	4
6	7	8 <u>TUMMY TIME</u> (Free Diapers) 5:30pm-6:30pm	9	10	11
13 <u>"THE CAVE"</u> (Dinner provided) 6:30pm – 8:00pm	14 <u>RAISE ME UP</u> "Nursery Rhymes Bingo" 5:30pm-7:00pm <u>TRIPLE "P"SESSION 1</u> Power of Positive Parenting	15 <u>WEST RIVIERA ELEM. SAC MEETING</u> 5:30pm	16 <u>SAFETY SERIES</u> (Fire & Carbon Monoxide) 1:00pm via Zoom <u>WOMEN of POWER</u> (Dinner provided) 6:00pm-7:30pm	17	18 <u>ARTS IN MY BACKYARD</u> Historical Textile Portraits 10am-11:30am
20  OFFICE CLOSED	21 <u>DR. MARY MCLEOD BETHUNE ELEM. SAC MEETING</u> 5:30pm <u>TRIPLE "P"SESSION 2</u> Raising Confident and Competent Children 6:00pm-7:30pm	22 <u>LINCOLN ELEM. SAC MEETING</u> 5:30pm	23 <u>SAFETY SERIES</u> (Fire & Carbon Monoxide) Creole 1:00pm via Zoom <u>"IT'S A GIRL THING!"</u> (Lunch provided) 11:00am - 1:00pm	24	25 <u>RAISE ME UP</u> "Harvest Time" 10am-11am <u>LITERACY HOUR</u> 11am-1pm
27 <u>"THE CAVE"</u> (Dinner provided) 6:30pm – 8:00pm	28 <u>TRIPLE "P"SESSION 3</u> Raising Resilient Children 6:00pm-7:30pm	29	30		

DID YOU KNOW

Each year on the third Monday of January we observe Martin Luther King Jr. Day and reflect on the work that still needs to be done for racial equality. This January 15, 2024, make the holiday more than just a day off and take time to reflect and take action on civil right issue

- Safety Tips**
- Check smoke alarms.
 - Create and practice a fire escape plan.
 - Practice a home fire drill at least twice a year
 - If there is a fire, leave home immediately.

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

JANUARY 2025 HIGHLIGHTS



PARENT/CHILD ACTIVITIES

EVENT: RAISE ME UP: NURSERY RHYMES BINGO
DATE: Tues., Jan., 14th., 2025 5:30pm-7:00pm
PLACE: BRIDGES at Riviera Beach

Come along with us as we meet Mother Goose and all her of her friends as we take a trip down fantasy lane. Through this activity, we will explore words, rhymes and songs that will help your children grow their language skills .

EVENT: RAISE ME UP: HARVEST TIME
DATE: Saturday, Jan., 25th, 2025 10am-1pm
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 harvest there own food. Looking forward to seeing all the little gardeners and gardens in our neighborhoods.



EVENT: LITERACY HOUR
DATE: Sat., Jan., 25th, 2025
 11am-1pm

PLACE: BRIDGES at Riviera Beach
 During the Happily Ever After Parent and Child Together (P.A.C.T.) moment, parents are provided with helpful reading facts and hands-on, interactive strategies that they can easily implement at home with their children.

EVENT: TUMMY TIME (w/ WHIN nurse)
DATE: Wed., Jan. 8th, 2025 5:30pm-6:30pm
PLACE: BRIDGES at Riviera Beach

This ongoing workshop prepares expectant parents to have a healthy birth and informs parents with babies up to 6 months old about healthy development after baby's arrival.



EVENT: ARTS IN MY BACKYARD
DATE: Sat., Jan. 18th, 2025
 10am-11:30am

PLACE: BRIDGES at Riviera Beach
 This program provides opportunities for youth and families to engage with visual and performing arts, along with providing exposure for partner cultural organizations to educate the community.



EVENT: THE CAVE
DATE: Mon., Jan., 13th & 27th, 2025
 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: TRIPLE "P" SERIES
DATE: Tues., Jan., 14th, 21st, 28th, 2025
 6:00pm-7:30pm

PLACE: BRIDGES at Riviera Beach
TRIPLE "P" - Positive Parenting Program is one of the most effective evidence-based parenting programs, is a multi-level system of support to prevent and treat social, emotional and behavioral problems in children by enhancing parents knowledge, skills and confidence. .



EVENT: "WOMEN of POWER"
DATE: Thurs., Jan., 16th, 2025
 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.



EVENT: "MLK DAY"
DATE: Mon., Jan., 20th, 2025
PLACE: WORLDWIDE

BRIDGES at Riviera Beach will be **CLOSED** on Mon., Jan.,20th, 2025 in observance of Martin Luther King, Jr. Day.

EVENT: "IT'S A GIRL THING!"
DATE: Thurs., Jan., 23rd, 2025 11am-1pm
PLACE: BRIDGES at Riviera Beach

Please join us and get the opportunity to meet other moms with young children, gather information, form friendships, and a support system that will make a lasting, positive impact on your future.

WORKSHOPS

SAFETY WORKSHOP

EVENT: Fire & Carbon Monoxide Safety
DATE: Thurs., Jan., 16th, 2025 1pm
DATE: Thurs., Jan., 23rd, 2025 (Creole) 1pm

PLACE: **ZOOM:** <https://zoom.us/j/6846584976>
pwd=L0JEMm4rSGFPd3RSTFU2Uu5kTFRkQT09

Home fires can start and spread quickly, so just a little bit of planning can make a big difference. Make sure to crate a hoe fire escape plan and practice it regularly with your family. 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



COMMUNITY EVENT

EVENT: SCHOOL ADVISORY COUNCIL (SAC meeting)
DATE: Out for the Holiday's
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., Jan.,22nd, 2025 5:30pm
PLACE: Lincoln Elementary

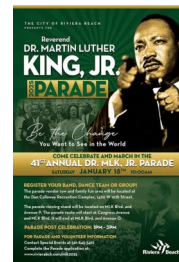
1160 Ave. N., Riviera Beach, FL 33404
Parents! You can learn a lot by attending a SAC meeting! Be proactive! Get involved! Meeting location room 112

EVENT: SCHOOL ADVISORY COUNCIL (SAC meeting)
DATE: Wed., Jan.,15th, 2025 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!

EVENTS: DR. MARTIN LUTHER KING JR. PARADE

DATES: Sat., Jan. 18th, 2025 10:00am
PLACE: MLK Blvd. and Ave. "P"
 The parade viewing stand will be located on MLK Blvd. and Ave "P". The parade route will start at Congress Ave. and Mik Blvd. It will end at MLK Blvd. and Ave. "O"



All activities occur at BRIDGES at West Palm Beach unless otherwise specified.



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



JANUARY 2025

**BRIDGES
 at WEST PALM BEACH**

Mon	Tue	Wed	Thu	Fri	Sat
		1 Closed Happy New Year	2	3	4
6 Positive Parenting Seminar Triple P 6PM-7PM *Community Room	7 CIRCLES 6pm—7:30pm Closed Group *Pre-registration Required	8 House Calls FAU 6pm-7pm *Zoom	9 Safe Kids 1:00pm to 2:00pm Facebook Live	10	11
13 Positive Parenting Seminar Triple P 6PM-7PM *Community Room	14 CIRCLES 6pm—7:30pm Closed Group *Pre-registration Required	15 Literacy Adventure/ Safety Tips 6:00pm to 7:00pm *Community Room SAC Pleasant City Elem 5:30PM	16 New Members Community Orientation 5:30pm-6:30pm *Community Room	17	18
20 Closed Martin Luther King Jr. Birthday	21 CIRCLES 6pm—7:30pm Closed Group *Pre-registration Required	22 Fathers Only 6pm to 7:30pm *Community Room SAC Roosevelt Elementary 5:30PM	23 Baby Talk 6pm-7pm *Community Room	24	25 Bridges Family Meeting 12pm-3pm *Community Room
27 Triple P Seminar 6PM-7PM *Community Room RMU: Library Club 6pm-7pm *Mandel Public Library	28 CIRCLES 6pm—7:30pm Closed Group *Pre-registration Required	29			

Here are some important safety tips for children to keep in mind as we celebrate New Year's 2025

Fireworks Safety: Keep children away from fireworks and sparklers; always supervise.

Stay Close: Ensure children stay with trusted adults in crowded places.

Avoid Choking: Be mindful of small foods that could pose choking hazards.

Pet Safety: Keep pets indoors during fireworks and ensure children



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

HIGHLIGHTS

PARENT/CHILD ACTIVITIES

Event: **LITERACY ADVENTURE TIME | Interactive Story Time | Safety Tips**

Date: January 15, 2025

Time: 6pm to 7pm

Place: Community Room

Summary: Come and join us for a special interactive story time. Be on the look out for the flyer for more information.

Event: **BABY TALK: Development & Activities**

Date: January 23, 2025

Time: 6pm to 7pm

Place: Community Room

Summary: BABY TALK offers learning opportunities by providing information & activities to assist expectant families and parents with children up to 12 months of age. We will be learning about Communication and Personal Social skill development. Let us know if you will be joining us. Please see the flyer for additional information.

Event: **RAISE ME UP: PLAYGROUP: LIBRARY CLUB**

Date: January 27, 2025

TIME: 6pm-7pm

Place: Mandel Public Library of West Palm Beach (411 Clematis Street, WPB, 33401)

Summary: : Ages & Stages/Child Development for children ages 1 to 5 years. Join us on the 3rd Floor KidSpace for some learning activities including music & movement, songs, rhymes, crafts and a special story time. Free parking (Mandal provides a parking voucher) is available in the City Center Parking Garage/401 Banyan Blvd, WPB 33401 (for up to 2 hours of parking). Let us know if you will be joining us. Please see the flyer for further information.

COMMUNITY EVENTS

Event: **SAC MEETING: PLEASANT CITY ELEMENTARY**

Date: January 15, 2025

Time: 5:30pm

Place: Pleasant City Elementary School

Summary: Attention all members with children attending Pleasant City Elementary School! Join us for an informative session where important details affecting you and your child will be shared. Don't miss out!

Event: **SAC MEETING: ROOSEVELT ELEMENTARY**

Date: January 22, 2025

Time: 5:30pm

Place: Roosevelt Elementary School

Summary: Attention all members with children attending Roosevelt Elementary School! Join us for an informative session where important details affecting you and your child will be shared. Don't miss out!

WORKSHOPS

Event: **POSITIVE PARENTING TRIPLE P SEMINAR**

Date: January 6, 13, & 27.

Time: 6pm to 7pm

Place: BRIDGES Community Room

Summary: Join us in Navigating the algorithms of Parenting. Triple P gives parents simple and practical strategies to help them build strong, healthy relationships, confidently manage their children's behavior and prevent problems developing. Families who attend all (3) seminars will be given a gift card. RSVP Required.

Event: **CIRCLES *PREREGISTRATION REQUIRED**

Date: January 7, 14, 21, & 26.

Time: 6pm to 7:30pm

Place: Bridges Community Room

Summary: CIRCLES is a unique program to help individuals and families break out of poverty and become upwardly mobile through education, mentoring and personal resolve to succeed. Please Contact Crissy Baker at 561.602.7802 if you are interested in registering for CIRCLES.

Event: **HOUSE CALLS WITH FAU**

Date: January 8, 2025

Time: 6pm-7pm

Place: Zoom

Summary: Join us for an informative session on blood pressure hosted by the Department of Health of Palm Beach County. Learn about the importance of monitoring blood pressure, how to maintain healthy levels, and the impact it can have on your overall health. This virtual event is a great opportunity to ask questions and gain valuable insights from health experts.

WORKSHOPS

Event: **SAFE KIDS**

Date: January 9, 2025

Time: 1pm to 2pm

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.

Event: **MY COMMUNITY ORIENTATION**

Date: January 16, 2025

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: **FATHERS ONLY**

Date: January 22, 2025

Time: 6pm to 7:30pm

Place: BRIDGES Community Room

Summary: Join us for our Fathers Only meeting, where we'll be creating vision boards to help visualize our goals and dreams for the year ahead. This hands-on workshop will give fathers the chance to reflect on their personal, family, and professional aspirations, and bring them to life through creative expression. It's a powerful opportunity to connect with other dads, share your vision, and leave inspired to move forward with purpose and hope. Don't miss this chance to set your intentions for a brighter future!

Event: **BRIDGES FAMILY MEETING**

Date: January 25, 2025

Time: 12pm to 3pm

Place: BRIDGES Community Room

Summary: We'll celebrate and acknowledge the hard work and participation of our members. Enjoy a complimentary lunch, connect with valuable resources on employment opportunities and health insurance, and hear from an inspiring guest speaker who will motivate us for the year ahead. Join us as we come together to empower and support each other in achieving our goals for the new year!

BRIDGES AT WEST PALM BEACH

720 8th Street

West Palm Beach, FL 33401

(561) 804-6754