

February 2025



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

Mon	Tues	Wed	Thu	Fri	Sat
		 STAND UP. SPEAK OUT.			1 Journey Church Block Party 11:00AM to 1:00PM Arms of Hope 1512 Wingfield St, Lake Worth
3	4 RMU: TBA 4:00 PM to 5:00 PM (BLW)	5 Benefits Application 10:00 AM to 2:00 PM (BLW)	6 Safety Series: "Safe Sleep Safety" (Spanish) 1:00 PM on ZOOM	7	8
10 University of Florida Nutrition Classes (Spanish) 11:00AM to 12:00PM Haitian Engagement Meeting 4:30PM to 5:30PM	11 Family Fun Time: "Finding Hearts" 4:00 PM to 5:00 PM (BLW)	12 Benefits Application 10:00 AM to 2:00 PM (BLW)	13 Safety Series: "Safe Sleep Safety" (English) 1:00 PM on ZOOM	14 	15
17 University of Florida Nutrition Classes (Spanish) (Women's Time) 11:00AM to 12:00PM	18 RMU: "TBA" 4:00 PM to 5:00 PM (BLW)	19 Benefits Application 10:00 AM to 2:00 PM (BLW)	20 Safety Series: " Safe Sleep Safety " (Creole) 1:00 PM on ZOOM Anti-Bullying Workshop 4:30PM to 5:30PM (BLW)	21	22
24 University of Florida Nutrition Classes (Spanish) 11:00AM to 12:00PM Father's Engagement Meeting 5:30PM to 6:30PM (BLW)	25 Story-Time 11:00AM to 12:00PM	26 SAC Meeting at South Grade 8:15AM NATIONAL WEAR PINK DAY! Benefits Application 10:00 AM to 2:00 PM (BLW)	27	28 INTERNATIONAL WEAR PINK DAY BLW Promotes Anti-Bullying at Local schools 	

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?
 About 1 in 5 students report being bullied. Cyberbullying is on the rise, especially among teenagers, with 20-30% reporting incidents. YouTube at 79 percent, followed by Snapchat at 69 percent, Tik-Tok at 64 percent, and Facebook at 49 percent.

 Please be aware of your children on their tablets. Roblox is on the rise for cyberbullying.

FEBRUARY 2025 HIGHLIGHTS

MONTHLY THEME

"Stand-Up to Bullying"

Event: [RMU: TBA](#)
Date: February 4th 4:00PM to 5:00PM
Place: BRIDGES at Lake Worth

Event: [Family Fun Night: "Finding Hearts"](#)
Date: February 11th 4:00PM to 5:00PM
Place: BRIDGES at Lake Worth
Children and parents will look around the room and match and coordinate the same hearts on there paper, a fun way to run around and have fun

Event: [RMU: "TBA"](#)
Date: February 18th 4:00PM to 5:00PM
Place: BRIDGES at Lake Worth

FAMILY LITERACY

Event: [Story-Time](#)
Date: February 25th 11:00AM to 12:00PM
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: [University of Florida Nutrition Classes \(Spanish\)](#)
Date: February 10th 11:00AM to 12:00PM
Place: BRIDGES at Lake Worth
Explore the fundamentals of nutrition in this University of Florida course, covering essential nutrients, dietary guidelines, metabolism, and the impact of nutrition on health and disease prevention.

Event: [Haitian Engagement Event](#)
Date: February 10th 4:30PM to 5:30PM
Place: BRIDGES at Lake Worth
Haitian Family Engagement Event is about reaffirming and growing Haitian participation to BRIDGES.

Event: [University of Florida Nutrition Classes \(Spanish\)](#)
Date: February 17th 11:00AM to 12:00PM
Place: BRIDGES at Lake Worth
Explore the fundamentals of nutrition in this University of Florida course, covering essential nutrients, dietary guidelines, metabolism, and the impact of nutrition on health and disease prevention.

Event: [Anti-Bullying Workshop](#)
Date: February 20th 4:30PM to 5:30PM
Place: BRIDGES at Lake Worth
Join our anti-bullying workshop for parents to learn effective strategies for identifying, addressing, and preventing bullying, while fostering a supportive environment for your child.

Event: [University of Florida Nutrition Classes \(Spanish\)](#)
Date: February 24th 11:00AM to 12:00PM
Place: BRIDGES at Lake Worth
Explore the fundamentals of nutrition in this University of Florida course, covering essential nutrients, dietary guidelines, metabolism, and the impact of nutrition on health and disease prevention.

Event: [Fathers Engagement Meeting](#)
Date: February 24th 5:30PM to 6:30PM
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: [Safety Series: "Safe Sleep Safety"](#)
Dates: February 6th 1:00PM to 2:00PM (Spanish)
February 13th 1:00PM to 2:00PM (English)
February 20th 1:00pm to 2:00PM (Creole)
Place: ZOOM Meeting
Our babies are most precious to us and keeping them safe is our top priority. This month we will be talking about the facts and statistics of safe sleep. We will Discuss how you can put your baby to sleep knowing they will be safe. Join us to learn the best practice when putting your littles to bed.



COMMUNITY EVENT

Event: [Journey Church Block Party](#)
Date: February 2nd 11:00AM to 1:00PM
Place: Arms of Hope 1512 Wingfield St, Lake Worth
Join us for exciting family fun at Journey Church's Block party! Games, Raffles, Food & so much more!

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: [SAC Meeting at South Grade Elementary](#)
Date: February 26th 8:15AM-9:00AM
Place: South Grade Elementary
BLW will be in attendance at South Grade's SAC Meeting.