



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



February 2025

Mon	Tue	Wed	Thurs	Fri	Sat
					1
3 <u>Motivando a las mamás</u> 11:00am - 12:30pm	4 <u>Raise Me Up</u> 11:00am - 12:30pm	5	6 <u>It's Your Birthday</u> 11:00am - 12:30pm 5:30pm - 7:00pm <u>Safety Series (Spanish)</u> 1:00pm - 2:00pm	7	8
10 <u>SAC Meeting</u> 5:30pm - 6:30pm	11 <u>A Write To Read</u> 11:00am - 12:30pm	12	13 <u>Safety Series (English)</u> 1:00pm - 2:00pm	14	15
17 <u>Tummy Time</u> 5:30pm - 6:30pm	18 <u>Raise Me Up</u> 11:00am - 12:30pm	19 <u>ECLC Meeting</u> 3:30pm - 4:30pm	20 <u>Family Day/Night</u> 11:00am-12:00pm 5:30pm - 7:00pm <u>Safety Series (Creole)</u> 1:00pm - 2:00pm	21	22
24	25 <u>Helmet Install/ Inspection</u> 11:00am - 1:30pm <u>Car Seat Inspection</u> 3:00pm - 5:00pm	26 <u>National Antbullying Day</u> Wear PINK	27	28 <u>International Antbullying Day</u> Wear PINK	

Safe Sleep Safety Month
 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.

National Stand Up to Bullying Day
 February 26, 2025
 Wear PINK!

International Stand Up to Bullying Day
 February 28, 2025
 Wear PINK!

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

February 2025 HIGHLIGHTS

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

“Safe Sleep Safety”

PARENT/CHILD ACTIVITIES

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

Tuesday, February 4th:

Creating Love: **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.

Tuesday, February 18th:

Matching the Feelings: How many feelings are there? During this activity, parent and child will play the memory game by matching up the different feelings. Through the game, children will learn names for different emotions and parents can help provide examples of when those emotions come up.

Event: **It's Your Birthday -** 3D heart Card
Date: Thursday, February 6th, 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 February come out and let your BRIDGES family sing Happy Birthday to you! If your birthday is not in the month of February you can still participate with your family.

Event: **Family Day/Night**
Date: Thursday, February 20th, 2025
Time: 11:00am - 12:30pm AND 5:30pm - 7:00pm
Place: BRIDGES at Northwood

Paper plate Garden of Love craft - Children will create a beautiful craft to gift to their parents.

CAPACITY BUILDING

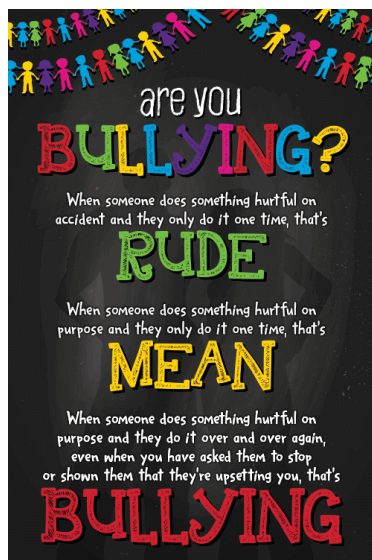
Event: **Safety Series - Safe Sleep Safety Month**
Date: Thursday, February 6th, 2025 (Spanish) 1pm-2pm
Date: Thursday, February 13th, 2025(English)1pm-2pm
Date: Thursday, February 20th, 2025 (Creole) 1pm-2pm
Place: Zoom / Facebook Live
@SafeKidsPalmBeachCounty
Our babies are most precious to us and 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.

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

Event: **Helmet & Car Seat Inspection**
Date: Tuesday, February 25th, 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.



WORKSHOPS

Event: **A Write To Read**
Date: Tuesday, February 11th, 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: **ECLC Meeting**
Date: Wednesday, February 19th, 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: **Tummy Time**
Date: Monday February 17, 2025
Time: 5:30pm - 6:30pm
Place: Microsoft Teams

Tummy Time is essential from day one to help your baby grow strong muscles! It can help improve head control, decrease reflux, improve motor skills and development, and encourage a bond between baby and family.

Event: **SAC Meeting**
Date: Monday, February 10th, 2025
Time: 5:30pm - 6:30pm
Place: Northmore Elementary School

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.