

2025 HIGHLIGHTS

MONTHLY THEME

“International Stand Up to Bullying Day!”

PARENT CHILD ACTIVITY

Event: RAISE ME UP “ Be a Buddy Not a Bully”
Date: February 12, 2025 @ 4pm—5pm
Place: BRIDGES 305 Lake Ave, Lake Worth Beach FI 33460

Let's create love and stand against bullying. During this Activity your child will work on strengthening their fine motors by making a “Say NO” to bully heart fan come feel the love.
Sponsored by Child Development Specialist

Event: Fan Away Bullies
Date: February 7, 2025 @ 3pm—4pm
Place: 1507 16th Ave N, Lake Worth Beach FI 33460

Join us as we collaborate with our local daycare to bring this educational workshop. **Sponsored by Pro Child Daycare**

Event: RAISE ME UP “ Freeze Dance”
Date: February 19, 2025 @ 4pm—5pm
Place: BRIDGES 305 Lake Ave, Lake Worth FI 33460

Are you ready, it's time to get moving? During this gross motor activity, you and your child will be Freeze dancing, and activity that builds the brain and the body together. Get your sneakers and let's get moving.

Event: Family Activity “Norton Museum Visit”
Date: February 24, 2025 @ 1pm—3pm
Place: 1450 S Dixie Hwy, West Palm Beach FI 33401

Join us for a day where we tour the Norton Museum of Art.
Sponsored by Norton Museum of Art

FAMILY LITERACY

Event: Story Time
Date: February 12, 2025 @ 1pm—2pm
Place: BRIDGES 305 Lake Ave, Lake Worth 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: Triple P Seminar: “Power of Positive Parenting”
Date: February 4, 2025 @ 5pm—7pm
Place: BRIDGES 305 Lake Ave, Lake Worth Beach FI 33460

For every parent who ever wondered: “Why does my child do that?” This seminar helps you understand the reason kids do what they do, so you can guide their behavior— and see more of the behavior you like, and less of the behavior you don't like..
Sponsored by Amelia Baena

Event: SAC/PAC & Pastellitos with the Principal
Date: February 5, 2025 @ 8:15am—9:00am
Place: 500 Highland Ave, Lake Worth Beach FI 33460
Highland Elementary

These meetings primary purpose is to review relevant data, identify problem areas, develop improvement strategies, and monitor their implementation.
Sponsored by Highland Elementary

Event: Antbullying Presentation
Date: February 5, 2025 @ 10:30am—12pm
Place: BRIDGES 305 Lake Ave , Lake Worth Beach FI 33460

Please join us as we partner with PBSO to bring this presentation about Antbullying. **Sponsored by PBSO**

Event: Spanish Literacy
Date: February 7, 14, 21 , and 28, 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: Valentine's Dance
Date: February 7, 2025 @ 7pm—9pm
Place: BRIDGES 305 Lake Ave, Lake Worth FI 33460

Please join us for a romantic dinner and dance with your spouse. **Sponsored by BRIDGES Staff**

Event: Triple P Seminar: “Raising Confident/Competent Children”
Date: February 11, 2025 @ 5pm—7pm,
Place: BRIDGES 305 Lake Ave, Lake Worth FI 33460

You can help your child become confident and successful at school and beyond. Find out ways to encourage them to be respectful and considerate, communicate and get on well with others, feel good about themselves and become independent
Sponsored by Amelia Baena

Event: What Is BRIDGES?
Date: February 13, 2025 @ 11am -12pm
Place: 500 Highland Elementary, Lake Worth FI 33460

Please join us as we give you information about the BRIDGES program and the resources.
Sponsored by Miriam Maldonado (Navigator)

Event: Padres Exitosos “Comprendiendo las Necesidades de los Hijos”
Date: February 24, 2025 @ 5:30pm—6:30pm
Place: BRIDGES 305 Lake Ave, Lake Worth 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 BRIDGES Ambassador**

SAFETY WORKSHOP

SAFETY WORKSHOP “Safe Sleep Safety”
Sponsored by Safe Kids of PBC (VIA ZOOM)

Date: February 6, 2025 @ 1pm—2pm Spanish

Date: February 13, 2025 @ 1pm—2pm English

Date: February 20, 2025 @ 1pm—2pm Creole

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: Bonfires & Night Market
Date: February 7, and 21, 2025 @ 6pm—9pm
Place: 10 S Ocean Blvd, Lake Worth Beach FI 33460

Come join us for bonfire and the New Market! Bring your own town chairs, blankets, and s'mores kits to enjoy a cozy night under the stars.
Sponsored by City Lake Worth Beach

Event: Family Date Night
Date: February 8, 2025 @ 6pm—8pm
Place: Casino Ballroom 10 S Ocean Blvd, Lake Worth FL 33460

Mark your calendars for our Family Date Night and Join us for a fun filled evening that's all about bringing families together!
Sponsored by City of Lake Worth Beach

Event: Community Immunization
Date: February 20, 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

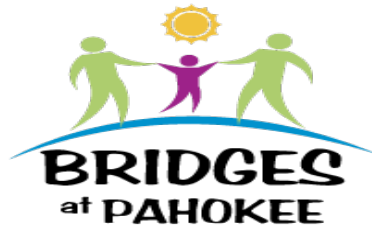
Event: Street Paint Festival
Date: February 22 -23, 2025 @ 8am—12pm
Place: Downtown Lake Worth

Please join the City of Lake Worth Beach for their annual Street Paint Festival. Calling all Artists.
Sponsored by City of Lake Worth Beach

Event: Community BABY SHOWER
Date: February 22, 2025 @ 11am—1pm
Place: BRIDGES 305 Lake Ave, Lake Worth Beach FI 33460

Please join us for our annual Community Baby Shower!
Sponsored by BRIDGES at Highland (Outreach Coordinator)

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



February 2025



Mon	Tue	Wed	Thu	Fri	Sat
					1 Valentine Storytime 11:00 am-11:45 am LVY Library Know your numbers By heart 11:00 am-2:00 pm Eddie Rhodes Gym
3 Triple P Parenting Seminar 5:30-7:00pm Bridges at Pahokee	4	5 RAR: Valentine Pajama Party 4:30pm-5:30pm LVY Library SAC Meeting 9:00am-10:00am Pahokee Elementary	6 RMU Creative Cards 5:00pm-6:00pm Bridges at Pahokee	7	8
10 	11	12 	13 Safe Kids Sleep Safety English 1:00pm- 2:00pm ZOOM/Facebook Live RAR: Valentine Cards and Karaoke 3:00pm-4:00pm LVY Library	14 	15
17	18	19 SAC Meeting 9:00am-10:00am KEC Elementary Anti-Bullying Workshop 5:00pm-6:00pm Bridges at Pahokee	20 Babysitter Safety 5:00 pm-6:00pm Bridges at Pahokee	21 	22 Housing Fair 9:00am-2:00pm West Tech Center
24 	25	26 Zumba ! 5:30 pm-7:30 pm Bridges at Pahokee	27 Kids In the Kitchen 5:00pm-6:00pm Bridges at Pahokee	28 Anti-Bullying Wear Pink Shirt Selfie Day!	



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

February 2025 HIGHLIGHTS

MONTHLY THEME

“International Stand Up to Bullying”
Where Pink

PARENT/CHILD ACTIVITIES

Event: [RMU “Creative Cards”](#)
Date: **Thursday February 6th @ 5:00pm-6:00pm**
Place: **BRIDGES at Pahokee**
Create a card for a special person in your life, Bridges looks forward to seeing all the beautiful art <3 Call 561.924.9224 to RSVP Sponsored by Bridges

Event: [Kids in the Kitchen](#)
Date: **Thursday, February 27th @ 5:00-6:00pm**
Place: **BRIDGES at Pahokee**
Its all love in the kitchen! Lets create a tasty treat as we use our problem solving and communication skills to master fun recipes<3 RSVP at (561)924-9224 . Sponsored by BRIDGES

FAMILY LITERACY

Event: [Valentine Storytime!](#)
Date: **Saturday, February 1 @ 11:00am-11:45am**
Place: **LVY Library**
Inviting all families to join Loula V York library for a Halloween Beastly bash, where you'll enjoy exciting spooky stories, crafts, and a costume contest. This event is open to the community, please come out and enjoy free popcorn, free cotton candy and giveaways.
For more information call 561-924-9224.
Event: [RAR:Valentine Pajama Party!](#)
Date: **Wednesday February 5th , @ 4:30pm-5:30pm**
Place: **LVY Library**
You are invited to our pajama party. Storytime, craft and music! Make sure to wear your favorite pj's.
Event: [RAR:Valentine Cards and Kareoke!](#)
Date: **Thursday February 13th , @3:00pm-4:00pm**
Place: **LVY Library**
Create a card for a special person in your life while singing your favorite songs **For more information contact 561/924.9224**

Capacity Building Activities

Event: [School Advisory Council Meeting](#)
Date: **Wednesday, February 5th @ 5:30pm – 6:30pm**
Place: **Pahokee 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: [School Advisory Council Meeting](#)
Date: **Wednesday, November 20 @ 59:00 am–10:00am**
Place: **KEC Elementary School**
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: [Anti-Bullying Awareness Workshop](#)
Date: **Wednesday February 19th @ 5:00pm-6:00pm**
Place: **Bridges at Pahokee**
Join PBSO for a workshop on Anti-Bullying Where we will discuss the steps, you can take to help others if they are experiencing bullying the kinds of bullying that exists and how we can work together to stop it.. Please contact 561.924.9224.

FAMILY LITERACY

Event: [Triple P Parenting Seminar](#)
Date: **Monday February 3th @ 5:30pm-7:00pm**
Place: **Bridges at Pahokee**
The Triple P Sessions will assist parents with guidance on parental skills that will help there 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 up-setting or stressful life events, More information contact **561.924.9224**

SAFETY WORKSHOP

Event: [Safe Kids Sleep Safety](#)
Date: **Thursday, February 13th @ 1:00p-2:00pm**
Place: **ZOOM/FACEBOOK**
Our babies are most precious to us and keeping them safe is our main priority. This month we will be talking about the fact 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 you littles to bed.
Event: [Babysitter Safety](#)
Date: **Thursday, February 20th @ 5:00pm-6:00pm**
Place: **Bridges at Pahokee**
Babysitters must be mature, responsible and must know how to react in an emergency situation such as fire or injury. This workshop is designed to enlighten families as to the common hazards in the home and how to prevent potential life threatening situations from occurring. In this workshop we will discuss preparing an emergency action plan and 9-1-1. Fire safety and burn prevention. In the home choking suffocation and strangulation hazards common household poisons playground safety and fall prevention water safety and drown prevention. And lastly the dangers

COMMUNITY EVENT

Event: [Know Your Numbers By Heart](#)
Date: **Saturday, February 20th 11:00am-2:00pm**
Place: **Eddie Lee Rhodes Gym**
Join us in raising awareness surrounding cardiovascular disease and support for preventive health screenings. There will be resources available to the community. **For more information please call 561.924.922**
Event: [Zumba!](#)
Date: **Wednesday February 6 @ 11:00am-2:00pm**
Place: **Bridges at Pahokee**
Join us in raising awareness for the month with Zumba. It's a fitness program that involves cardio and latin inspired dance. Come out and burn calories while having fun at the best fitness class ever. **For more information please call 561.924.9224**
Event: [Housing Fair](#)
Date: **Saturday February 22 @ 9:00am-2:00pm**
Place: **West Tech Education Center**
Join us for a comprehensive housing fair featuring local vendors, information on home buying, renting options, and resources for aspiring homeowners.



FEBRUARY 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
					1
3	4 <u>RMU(0-5 years old)</u> 6:00pm - 7:00pm <i>Carolyn Sims Center</i> <u>Storytime with Margaret</u> 6:00pm - 6:30pm <i>Carolyn Sims Center</i>	5 <u>Storytime Fun</u> 6:00pm-7:00pm <i>Carolyn Sims Center</i>	6 <u>American Heart Health with Genesis</u> 6:00pm -7:00pm <i>Carolyn Sims Center</i>	7 <u>First Friday at 5 Concert</u> 5:00pm – 8:00pm <i>Boynton Beach Amphitheater</i>	8
10 <u>Pure Joy Baby & Me</u> 6:00pm-7:00pm <i>Carolyn Sims Center</i>	11 <u>Sensational Story N' More</u> 10:00am-11:00am <i>Schoolhouse Museum</i>	12	13 <u>Safety Series</u> Safe Sleep Safety (English) <i>Zoom/FB Live</i> 1:00pm-2:00pm <u>Evening of Love</u> 5:30pm -7:30pm <i>Carolyn Sims Center</i> "Couples Invitation Only"	14	15
17	18 <u>RMU(0-5 years old)</u> 6:00pm - 7:00pm <i>Carolyn Sims Center</i> <u>BRIDGES Orientation</u> 7:00pm-7:30pm <i>Carolyn Sims Center</i>	19 <u>Colors and Crafts</u> 6:00pm -7:00pm <i>Facebook</i>	20 <u>Safety Series</u> Safe Sleep Safety (Creole) <i>Zoom/FB Live</i> 1:00pm-2:00pm <u>Cancer w/ Octavia Health Inc.</u> 6:00pm -7:00pm <i>Carolyn Sims Center</i>	21	22
24	25 <u>Book of the Month</u> 6:00pm -7:00pm <i>Facebook</i>	 26 <u>Galaxy Elementary</u> 10am -11am <u>Dad's Night Out</u> 6:00pm -7:00pm <i>Carolyn Sims Center</i>	27 <u>Public Health</u> 6:00pm -7:00pm <i>Carolyn Sims Center</i>	28 <u>Wear Pink Day</u> 	

Safe Sleep Safety

- Place infants to sleep on their backs
- Regularly check crib for loose, missing, or broken parts.
- Use firm, tight-fitting mattress
- Remove pillows or thick comforters

Carolyn Sims Center- 225 NW 12th Ave, Boynton Beach 33435
 Schoolhouse Museum-129 E Ocean Ave, Boynton Beach 33435

BRIDGES at Boynton Beach

1105 North 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

FEBRUARY 2025 HIGHLIGHTS

ANTI-BULLYING AWARENESS



Parent Child Activities

Event: RMU (0-5 years): "Sorting Time"**Date:** February 4th, 2025**Time:** 6:00pm-7:00pm**Place:** Carolyn Sims Center**Highlight:** Let the sorting begin! During this activity each parent and child will find matching items. This will help your child increase their problem-solving skills and develop self-confidence. Come join in the fun!**Event: RMU (0-5 years): "Let's Pretend"****Date:** February 18th, 2025**Time:** 6:00pm-7:00pm**Place:** Carolyn Sims Center**Highlight:** Are you a fireman or princess? Let's use our imagination as we pretend we are whoever we want to be. With your help, your child can practice getting dressed as they put on costumes, learns new words, and expand their communication skills.**Event: Colors and Crafts****Date:** February 19th, 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.

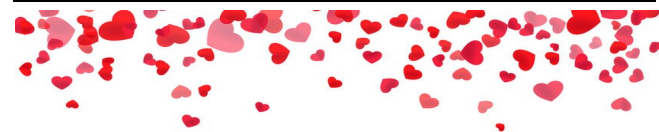
Family Literacy

Event: Storytime with Margaret**Date:** February 4th, 2025**Time:** 6:00pm- 6:30pm**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:** February 11th, 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:** February 12th, 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:** February 25th, 2025**Time:** 6:00pm -7:00pm**Place:** Facebook**Highlight:** Join us as we read our book of the month.

Capacity Building

Event: American Heart Health w/ Genesis**Date:** February 6th, 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: Pure Joy Baby & Me****Date:** February 10th, 2025**Time:** 6:00pm-7:00pm**Place:** Carolyn Sims Center**Highlights:** Come and join other new mothers to celebrate motherhood and all that it means. For pregnant families and with children 12 months or under. **In partnership with Women's Health Initiative Program (W.H.I.N.)****Event: BRIDGES Orientation****Date:** February 18th, 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: Cancer w/ Octavia Health Inc.****Date:** February 20th, 2025**Time:** 6:00pm-7:00pm**Place:** Carolyn Sims Center**Highlights:** Join us as we educate families about prevention and give resources on health topics. **In partnership with Octavia Health Inc.****Event: Dad's Night Out****Date:** February 26th, 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: Public Health****Date:** February 27th, 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: Evening of Love "By Invitation Only"****Date:** February 13th, 2025**Time:** 5:30pm-7:30pm**Place:** Carolyn Sims Center**Highlight:** We are excited to extend an invitation to a special event dedicated specifically to couples. Come Celebrate your Love!

Capacity Building



Safety Series

Event: Safety Series: "Safe Sleep Safety"**Date:** February 13th (English) & 20th (Creole)**Time:** 1:00pm-2:00pm**Place:** Zoom/FB Live**Highlight:** 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 a 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.

SAFE TO SLEEP

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:** February 7th, 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.

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

FEBRUARY 2025



Mon	Tue	Wed	Thu	Fri	Sat
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3 Beaded Jellyfish 3:00pm—Ages 3 & Up BG Library	4 Chair YOGA 4:00 pm—BRIDGES	5 Early Learning Coalition (ELC) 9:00 am (appt only) Safety Series— Anti Bullying 5:00pm—BRIDGES The Recess Queen 5:30pm—BRIDGES	6 VITA Tax Prep 10:30am-2:30pm BG Library Chair YOGA 4:00 pm—BRIDGES	7 VITA Tax Prep 10:30am-2:30pm BG Library	8
10 Pop Up Heart Cards 3:00pm—Ages 3 & Up BG Library Summer Camp Registration 3:00pm –BG Library	11 Chair YOGA 4:00 pm—BRIDGES	12 Early Learning Coalition (ELC) 9:00 am (walk ins) Triple P Seminar (Creole) The Power Of Positive Parenting 5:30pm—BRIDGES	13 VITA Tax Prep 10:30am-2:30pm BG Library Chair YOGA 4:00 pm—BRIDGES	14 VITA Tax Prep 10:30am-2:30pm BG Library <i>Happy Valentine's Day</i>	15
17 	18 Chair YOGA 4:00 pm—BRIDGES	19 Early Learning Coalition (ELC) 9:00 am (appt only) Triple P Seminar (Creole) Raising Confident, Competent Children 5:30pm—BRIDGES	20 VITA Tax Prep 10:30am-2:30pm BG Library Way to Save BINGO 5:00 pm—BRIDGES	21 VITA Tax Prep 10:30am-2:30pm BG Library	22
24 Jar Of Hearts 3:00pm—Ages 3 & up BG Library	25 Chair YOGA 4:00 pm—BRIDGES	26 Early Learning Coalition (ELC) 9:00 am (walk ins) Triple P Seminar (Creole) Raising Resilient Children 5:30pm—BRIDGES	27 VITA Tax Prep 10:30am-2:30pm BG Library Chair YOGA 4:00 pm—BRIDGES	28 Wear Pink Day 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



FEBRUARY 2025 HIGHLIGHTS

MONTHLY THEME

It Starts At Home

PARENT CHILD ACTIVITY

Beaded Jellyfish

Monday, February 3, 2025
2:45 pm—BG Library
Ages 3 & up

Kids will experience the fun of creating their own adorable jellyfish with colorful beaded accents.

Pop Up Heart Cards (Haitian Creole)

Monday, February 10, 2025
3:00 pm—BG Library
Ages 3 & Up

These super-duper easy Heart Pop-Up cards look great, are easy to make and just in time to share with someone special. Come make yours today.

Jar Of Hearts

Monday, February 24, 2025
3:00pm— BG Library
Ages 3 & up

Let's show love everyday! Get inspired and craft your own Valentine's jar of hearts to share with those you love.

FAMILY LITERACY

BRIDGES Book Club presents: The Recess Queen
Wednesday, February 5, 2025
5:30pm—BRIDGES
Ages 4 & Up

Mean Jean was The Recess Queen or should I say Recess Bully until a new kid shows her kindness and friendship like she's never known. This interesting twist on the issue of bullying is a must read for kids of all ages.

CAPACITY BLDG WORKSHOPS

Triple P Seminar

The Power Of Positive Parenting (Creole Only)
Wednesday, February 12, 2025
5:30 pm—BRIDGES

Parents' introduction to the five key principles of positive parenting that form the basis of Triple P.

Triple P Seminar

Raising Confident, Competent Children (Creole Only)
Wednesday, February 19, 2025
5:30pm—BRIDGES

An introduction to six core building blocks that enables children to become confident and successful at school and beyond

Ways— To-Save (Savings) B-I-N-G-O

Thursday, February 20, 2025
5:00 pm—BRIDGES

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.

Triple P Seminar

Raising Resilient (Creole Only)
Wednesday, February 26, 2025
5:30pm—BRIDGES

An introduction to six core building blocks necessary for children to manage their feelings and become resilient in dealing with life stress.

SAFETY WORKSHOP

Safety Series:

Be The "I" in KiND—Bullying Awareness
Wednesday, February 5, 2025
5:00 pm—BRIDGES

Kids and kindness should go hand in hand, unfortunately there are some children that need an extra lesson. Join us to learn the impacts of bullying and ways to teach kindness to your children.

COMMUNITY EVENTS

FACEBOOK LIVE

<https://www.facebook.com/SafeKidsPalmBeachCounty>

English Exchange

Tuesdays (February 4, 11, 18, 25, 2025)
3:00pm—5:00pm
Belle Glade Library

FREE FAMILY WEEKEND MEAL KITS

Fridays, (February 7, 14, 21, 28, 2025)
9:00 am—5:00 pm
Belle Glade Library

Each child ages 18 and younger is eligible for one free weekend meal kit every Friday while supplies last.

Health Care Linkage

Wednesdays, February 5, 12, 19, 26, 2025
9:00 am—12:30 pm
BRIDGES

SUMMER CAMP SCHOLARSHIP REGISTRATION

Monday, February 10, 2025
Eligible children ages 5-17
Belle Glade Library

VITA TAX PREPARATION

Thursdays & Fridays
February 6,7,13,14,20,21,27,28, 2025
10:30am—2:30pm
BG Library

Love Thyself Chair YOGA

Tuesdays & Thursdays
February 4, 6, 11, 13, 18, 25, 27, 2025
4:00pm—5:00pm
BRIDGES at Belle Glade

Open to the public (space is limited, so register early!). Sessions include complimentary pre- and post-class blood pressure checks, demonstrating the positive impact of exercise on blood pressure.

Take a step toward a healthier you!

For more information, contact Annie Ifill at healthierglades@htpbc.org or text at (561) 685-4829.



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



Feburary 2025

Mon	Tue	Wed	Thu	Fri	Sat
					1 Storytime at Lake Park Library 10:30am-11:00am
3 ESOL Lab 4:00pm-7:00pm	4 ESOL Lab 4:00pm-7:00pm	5 Circle of Moms HMHB (Registration Required) 11:00am SAC Meeting (School Advisory Council) 2:45pm ESOL Lab 4:00pm-7:00pm	6 Safe Kids –Safe Sleep Safety - (Spanish) 1:00pm ESOL Lab 4:00pm-7:00pm	7	8 Storytime at Lake Park Library 10:30am-11:00am
10 ESOL Lab 4:00pm-7:00pm	11 What is BRIDGES? (Invitation only) 11:30am-12:30pm ESOL Lab 4:00pm-7:00pm	12 Circle of Moms HMHB (Registration Required) 11:00am ESOL Lab 4:00pm-7:00pm	13 Raise Me Up 0-2yrs old 11:30am-12:30pm Safe Kids –Safe Sleep Safety - (English) 1:00pm ESOL Lab 4:00pm-7:00pm	14	15 Storytime at Lake Park Library 10:30am-11:00am
17 ESOL Lab 4:00pm-7:00pm	18 Anti-Bullying Presentation (Lake Park Library) 5:30-pm-6:30pm ESOL Lab 4:00pm-7:00pm	19 Circle of Moms HMHB (Registration Required) 11:00am What is BRIDGES? (Invitation only) 5:30pm-6:30pm ESOL Lab 4:00pm-7:00pm	20 Lap sit at Lake Park Library 10:15am-11:00am Safe Kids- Safe Sleep Safety -(Creole) 1:00pm ESOL Lab 4:00pm-7:00pm Mother's Village 6:00pm-7:00pm	21	22 Storytime at Lake Park Library 10:30am-11:00am
24 ESOL Lab 4:00pm-7:00pm	25 ESOL Lab 4:00pm-7:00pm	26 National Antibullying (Wear Pink Day) Antibully Awareness Presentation Workshop 10:30am-11:30am ESOL Lab 4:00pm-7:00pm	27 Raise Me Up 3-5yrs old 5:30pm-6:30pm ESOL Lab 4:00pm-7:00pm	28 International Antibullying (Wear Pink Day)	

All activities occur at BRIDGES at Lake Park unless otherwise specified

INTERNATIONAL STAND UP TO BULLYING DAY

- Safe Sleep Safety**
- Lay your baby on his or her back for every sleep until they are 1 years old
 - Dress baby in a wearable blanket, onesie or similar clothing for every sleep
 - Choose a firm mattress and fitted sheet for baby's crib

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

FEBURARY 2025 HIGHLIGHTS

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

PARENT/CHILD ACTIVITIES

Event: **Valentine's Craft (0-2yrs old)**
Date: February 13, 2025 Parents & Children (Birth-2yrs)
Time: 11:30am-12:30pm
Place: BRIDGES at Lake Park

Valentin's Craft: Come and create a Valentin's Craft with your children.

Event: **Valentine's Craft (3-5yrs old)**
Date: February 27, 2025 Parents & Children (3-5yrs)
Time: 5:30Pm-6:30pm
Place: BRIDGES at Lake Park

Valentine's Craft: Come and create a nice Valentine's crate with your kids.

Family Literacy

Event: **STORYTIME AT LAKE PARK LIBRARY**
Date: Occurs on Saturdays
Time: 10:30am-11:00am
Place: 529 Park Ave Lake Park 33403
Families join Lake Park Library for Storytime bring your kids for a fun literacy reading and activity.

Event: **Lap sit at the Lake Park Library**
Date: February 20 2025
Time: 10:15am-11:00am
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.

WORKSHOPS

Event: **ESOL-Registration Required**
Date: Monday-Thursday
Time: 4:00pm-7:00pm
Place: BRIDGE at Lake Park

Event: **SAC Meeting**
Date: February 4th, 2025
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 basis.

Event: **WHAT IS BRIDGES?- NEW MEMBER ORIENTATION (Invitation Only)**
Date: February 11 and 19, 2025
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: **CIRCLES OF MOMS**
Date: February 5, 12, and 19, 2025
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: **MOTHER'S VILLAGE (Invite only) WITH CENTER FOR FAMILY SERVICES**
Date: February 18, 2025
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

Event: **MOTHER'S VILLAGE (Invite only) WITH CENTER FOR FAMILY SERVICES**
Date: February 20, 2025
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

Event: **Anti-bullying Awareness Presentation**
Date: February 26 2025
Time: 10:30am-11:30am
Place: BRIDGES at Lake Park
BRIDGES at Lake Park will be having a presentation with Deputy to discuss awareness for bullying. Please come out and get some important information.

SAFETY WORKSHOPS

Event: **SAFE KIDS PRESENTATION- Safe Sleep Safety**
Date: February 6, 2025 (Spanish) at 1:00pm
Date: February 13, 2025 (English) at 1:00pm
Date: February 20, 2025 (Creole) at 1:00pm
Place: Zoom Presentation
Zoom Link:
<https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09>
Join us as we discuss the importance of Safe Sleep Safety. This is a great time to plan for safety in the kitchen with the holidays approaching.

COMMUNITY EVENTS

Event: **ANTI-BULLYING AWARENESS PRESENTATION**
Date: February 18, 2025
Time: 5:30PM
Place: Lake Park Library
529 Park Ave, Lake Park, FL 33403
Join BRIDGES at the Lake Park Library with a activity event for Anti-Bullying Awareness month. During this engagement kids and adults will be able to learn about bullying and how it affects people especially in kids.



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.






February 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
3	4 <u>Postpartum (E/S) (HYBRID)</u> (Registered Only) 10:00 am– 11:30 am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm <u>2024 Summer Reading Prq. Overview</u> (Invitation Only) 5:30 pm– 6:30 pm (HYBRID)	5 <u>Brilliant Minds</u> 3:30 pm- 5:30 pm	6 <u>Safe Sleep Safety Wksp.</u> ZOOM (S) 1pm-2pm <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm	7 	8
10	11 <u>Nutrition for Infants (E/S)</u> (Registered Only) (HYBRID) 10:00 am–11:30 am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm	12 <u>Raise Me Up/Say No to Anti-Bullying (E/S)(PC)</u> 10:30 am–11:30 am <u>Brilliant Minds</u> 3:30 pm–5:30 pm <u>Ambassador Meeting</u> 6:00 pm-7:30 pm	13 <u>Safe Sleep Safety Wksp.</u> ZOOM (E) 1pm-2pm <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm	14 Happy Valentine's Day 	15
17 OFFICE WILL BE CLOSED IN OBSERVANCE OF 	18 <u>Newborn Care (E/S)</u> (Registered Only) (HYBRID) 10:00 am-11:30 am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm	19 <u>Exploring our World (E/S)(PC)</u> 10:30 am-11:30 am <u>Brilliant Minds</u> 3:30 pm–5:30 pm	20 <u>PBC Public Library System (E/S) Storytime</u> (Literacy) 10:00am-11:00am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm	21 Food Distribution 10:00 am (Until Supplies last) 	22 Family Impact PBC 5K (REGISTERED ONLY) 7:00 am– 9:30 am
24	25 <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm	26 <u>Raise Me Up (E/S)(PC)</u> 10:30am-11:30am <u>Brilliant Minds</u> 3:30 pm–5:30 pm	27 <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm <u>Latinos Fuertes en Accion</u> 6:30pm-7:30pm (MEN ONLY)	28 Wear Pink for Anti-Bullying Awareness Campaign <u>Women Helping Women</u> <u>Women's Club</u> <u>Let's Stop Bullying (E/S)</u> 10:00 am-11:30 am	

DID YOU KNOW THAT:
 More than half of bullying situations (57%) stop when a peer intervenes on behalf of the student being bullied. The 6th grade students experience the most bullying (31%). And 70% of school staff have seen bullying. 62% witnessed bullying two or more times in the last month, and 41% witness bullying once a week.



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 

FEBRUARY 2024 HIGHLIGHTS

MONTHLY THEME

International Stand Up to Bullying Day

PARENT CHILD ACTIVITY

Event: [RAISE ME UP \(PARENTS AND CHILDREN\) & SAY TO NO TO BULLYING \(E/S\)](#)

Date: Wednesday, February 12th 10:30 am - 11:30 am

Place: Bethel Assembly of God (Church)
4320 S. Congress Ave., Palm Springs, FL 33461

Come and learn about anti-bullying.

Sponsored by Lantana Branch Road Library

Event: [EXPLORING OUR WORLD \(E/S\)](#)

Date: Wednesday, February 19th 10:30 am - 11:30 am

Place: Palm Springs Public Library
217 Cypress Ln., Palm Springs, FL 33461

Parents learn skills to interact with their children in ways that promotes their development. Enjoy the laughter and fun at the park.

Sponsored by BRIDGES and Palm Springs Library.

Event: [RAISE ME UP \(PARENTS AND CHILDREN\)\(E/S\)](#)

Date: Wednesday, February 26th 10:30 am-11:30 am

Place: Lantana Branch Road Library
4020 Lantana Rd., Lake Worth, FL 33461

Parents learn skills to interact with their children in ways that promotes their development. Sponsored by BRIDGES & Lantana Branch Road Library

FAMILY LITERACY

Event: [PBC PUBLIC LIBRARY SYSTEM STORY TIME \(E/S\)](#)

Date: Thursday, February 20th 10:00 am-11:00 am

Place: Bethel Assemble 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.

WORKSHOPS

Event: [POSTPARTUM \(E/S\) HYBRID \(REGISTERED ONLY\)](#)

Date: Tuesday, February 4th 10:00am—11:30am

Place: Bethel Assembly of God (Church)
4320 S. Congress Ave, Palm Springs, FL 33461

Come learn how to deal with "Baby Blues" after having a baby.

Sponsored by BRIDGES and Florida Dept. of Health and Suramed



WORKSHOPS

Event: [2024 SUMMER READING PRG. OVERVIEW \(E/S\) \(HYBRID\)](#)

Date: Tuesday, February 4th 5:30 PM– 6:30 pm

Place: Bethel Assembly of God (Church)
4320 S. Congress Ave., Palm Springs, FL 33461

Join us for enlighten conversation about the Summer Reading Program. Parents and child will share how the program enhanced their child's academics in school. Sponsored by BRIDGES

Event: [NUTRITION FOR INFANTS \(E/S\) HYBRID \(REGISTERED ONLY\)](#)

Date: Tuesday, February 11th 10:00am—11:30am

Place: Bethel Assembly of God (Church)
4320 S. Congress Ave, Palm Springs, FL 33461

Infant nutrition is the practice of feeding a baby from birth until 2years old..

Sponsored by BRIDGES and Florida Dept. of Health

Event: [AMBASSADORS MEETING \(INVITATION ONLY\)](#)

Date: Wednesday, February 12th 6:00Pm– 7:30 pm

Invited members will join our Bridges at Lake Worth West Ambassadors group. They will be encouraged, motivated and trained to continue developing their leadership skills.

Sponsored by BRIDGES.

Event: [NEWBORN CARE \(E/S\) \(REGISTERED ONLY\) HYBRID](#)

Date: Tuesday, February 18TH 10:00am—11:00am

Place: Bethel Assembly of God (Church)
4320 S. Congress Ave, Palm Springs, FL 33461

Newborn care is the care given to a baby in the first days and weeks after birth. Sponsored by BRIDGES and Florida Dept. of Health

Event: [LATINOS FUERTES EN ACCION \(E/S\) \(MEN ONLY\)](#)

Date: Wednesday, February 27TH 6:30pm-7:30pm

Place: Bethel Assembly of God (Church)
4320 S. Congress Ave, Palm Springs, FL 33461

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.

Event : [WOMEN HELPING WOMEN /WOMEN'S CLUB & LET'S STOP BULLYING \(E/S\)](#)

Date: Friday, February 28th 10:00am-11:30am

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. Deputy Cruz will be sharing the importance for reporting bullying to the school and someone.

Sponsored by Be Well PBC and PBSO

SAFETY WORKSHOP

Event: [SAFE SLEEP SAFETY WKSP. \(ZOOM\)](#)

Date: Thursday, February 6th 1pm – 2pm Spanish

Thursday, February 13th 1pm – 2pm English

Sharing the facts and statistics of safe sleep. We will discuss how you can put your baby to sleep knowing they will be safe.

Sponsored by Safe Kids of PBC.

COMMUNITY EVENT

Event: [BRILLIANT MINDS](#)

Date: Tuesdays, Wednesdays, Thursdays 3:30pm- 5:30pm

Place: Palm Springs Seventh-Day Adventist Church
4424 S. Military Trl., Lake Worth, FL 33463

Through our homework assistance, STEAM –Science, Technology, Engineering, Arts and Math, and Reading we offer help and support to the kids of our community (1st grade through 5th grade) with their academics. Sponsored by PBSO.

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 \(RBI\)](#)

Date: Friday, February 21st 10:00 am

(UNTIL SUPPLIES LAST)

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.

Event: [FAMILY IMPACT PBC 5K](#)

Date: Saturday, February 22nd 7:00 am– 9:30 am
(REGISTERED ONLY)

Place: John Prince Park
3034 Prince Park, Lake Worth, FL 33461

We are inviting walkers and runners to participate in our 5K. If you would like to register go to www.familyimpactpbc.org. Sponsored by BRIDGES.

Event: [INTERNATIONAL STAND UP TO BULLYING DAY WEAR PINK ANTI-BULLYING](#)

Date: Friday, February 28th

BRIDGES at Lake Worth West will be partnering with our linkage school and our mission is to create a more kind, inclusive world by raising awareness for anti-bullying initiative.





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

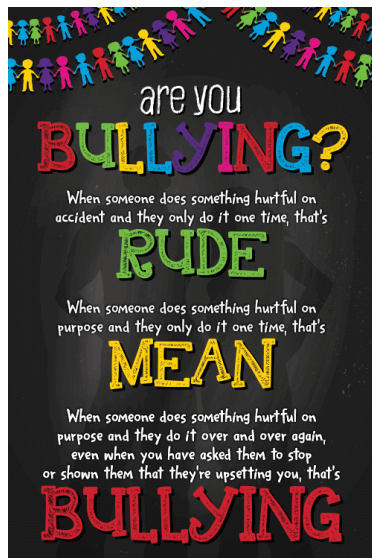
Event: **Safety Series - Safe Sleep Safety Month**
Date: Thursday, February 6th, 2025 (Spanish) 1pm-2pm
Date: Thursday, February 13th, 2025(English)1pm-2pm
Date: Thursday, February 20th, 2025 (Creole) 1pm-2pm
Place: Zoom / Facebook Live
@SafeKidsPalmBeachCounty
Our babies are most precious to us and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

FEBRUARY 2025

Mon	Tue	Wed	Thu	Fri	Sat
				<p><i>When Families Read, Kids Succeed; Home Story-time and Reading Logs</i></p> 	1
3	4	5	6	7	8
	<p><u>COMMUNITY VOICE</u> 6:00pm-8:00pm</p>		<p><u>COMMUNITY VOICE</u> 6:00pm-8:00pm</p>		<p><u>ARTS IN MY BACKYARD</u> Historical Textile Portraits 10am-11:30am AIMBY</p>
10	11	12	13	14	15
<p><u>"THE CAVE"</u> (Dinner provided) 6:30pm – 8:00pm</p>	<p><u>RAISE ME UP</u> (Creating Love) 5:30pm-7:00pm</p> <p><u>COMMUNITY VOICE</u> 6:00pm-8:00pm</p>	<p><u>TUMMY TIME</u> (Free Diapers) 5:30pm-6:30pm</p> <p><u>WEST RIVIERA ELEM. SAC MEETING</u> 5:30pm</p>	<p><u>SAFETY SERIES</u> (Safe Sleep Safety) 1:00pm via Zoom</p> <p><u>COMMUNITY VOICE</u> 6:00pm-8:00pm</p>		<p><u>ARTS IN MY BACKYARD</u> You Can Dance 10am-11:30am AIMBY</p>
17	18	19	20	21	22
 <p>GALENTINE 6:30pm-8:00pm Community Partners</p>	<p><u>DR. MARY MCLEOD BETHUNE ELEM. SAC MEETING</u> 5:30pm</p> <p><u>COMMUNITY VOICE</u> 6:00pm-8:00pm</p>		<p><u>SAFETY SERIES</u> (Safe Sleep Safety)(Creole) 1:00pm via Zoom</p> <p><u>WOMEN of POWER</u> (Dinner provided) 6:00pm-7:30pm</p>		<p><u>ASQ BLOCK PARTY</u> 10:00am-2:00pm 601 Federal Hwy. Lake Park, FL 33403</p>
24	25	26	27	28	
<p><u>"THE CAVE"</u> "Be a Buddy, Not a Bully" (Dinner provided) 6:30pm – 8:00pm</p>		<p><u>ANTI-BULLYING WEAR PINK SHIRT DAY!</u></p>  <p>STOP BULLYING</p>	<p><u>"IT'S A GIRL THING!"</u> "Choose Kindness" (Lunch provided) 11:00am - 1:00pm</p>	 <p>BLACK HISTORY YOU, ME, & BLACK HISTORY 6:00pm-7:30pm</p>	

DID YOU KNOW
Bullying affects all youth, including those who are bullied, those who bully others, and those who witness bullying. The effects of bullying may continue into adulthood. solutions to bullying are not that simple. Bullying prevention approaches that show the most promise confront the problem from many angles. They involve the entire school community—students, families, administrators, teachers, and authorized staff .

- Safety Tips**
- Place babies on their backs for naps and at night until they are 1 year old.
 - Choose a firm mattress and fitted sheet for baby's crib
 - Dress baby in a onesie or similar clothing for every sleep
 - Don't share your bed.

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

FEBRUARY 2025 HIGHLIGHTS

MONTHLY THEME

BLACK HISTORY MONTH

PARENT/CHILD ACTIVITIES

EVENT: RAISE ME UP: CREATING LOVE
DATE: Tues., Feb., 11th, 2025 5:30pm-7:00pm
PLACE: BRIDGES at Riviera Beach

Let's create love. During this activity your child will work on strengthen their fine motor skills by making hearts. In strengthen those little fingers, children spread their love to adults. Come feel the love

EVENT: RAISE ME UP: ASQ BLOCK PARTY
DATE: Saturday, Feb., 22nd, 2025 10am-2pm
PLACE: Kelsey Park 601 Federal Hwy. Lake Park, FL

Join us for a free screening of your little one's growth & Development. Learn about child development, educational take-aways, and learn about parenting resources near you. The more you know, the more they can learn and grow.

EVENT: TUMMY TIME (w/ WHIN nurse)
DATE: Wed., Feb., 12th, 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., Feb., 8th & 15th, 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: FAMILY READ ALOUD
DATE: Wed., Feb., 19th, 2025 6:00PM
PLACE: Riviera Beach Library
 2129 N. Congress Ave.
 Riviera Beach, FL 33404

Join us for a fun filled evening while reading stories, learning about black history. The adventures await you as you turn the page at **Family Read Aloud Night, at Riviera Beach Public Library.**

WORKSHOPS



EVENT: COMMUNITY VOICE
DATE: Feb., 4th, 6th, 11th, 13th, & 18th 2025
 6:00pm-8:00pm

PLACE: BRIDGES at Riviera Beach
 The Sickle Cell Foundation Lay Health Advisors are a part of the Community Voice program, which is a grassroots initiative designed to

teach residents about issues related to black infant mortality. They focus on recruiting groups of five to 10 people to meet over a five-week period to learn about black infant mortality and ways to improve birth outcomes. The curriculum covers topics such as prenatal care, domestic violence, nutrition and parenting.



EVENT: THE CAVE
DATE: Mon., Feb., 10th & 24th, 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: "WOMEN of POWER"
DATE: Thurs., Feb., 20th, 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: "IT'S A GIRL THING!"
DATE: Thurs., Feb., 27th, 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.



EVENT: YOU, ME, & BLACK HISTORY
DATE: WED., Feb., 28th 2025
 6:00pm-7:30pm

PLACE: BRIDGES at Riviera Beach
 Please join us for a fun-filled evening as we celebrate **BLACK HISTORY MONTH**, and learn with family and friends. Designed with young

children in mind, the night will feature interactive storytelling, engaging activities, and hands-on crafts that bring **Black History** to life. Enjoy games, music, and laughter as we honor the past while inspiring the next generation. It's a joyful, educational experience the whole family will treasure! We are looking forward to seeing your face in the place!

SAFETY WORKSHOP

EVENT: SAFE SLEEP SAFETY
DATE: Thurs., Feb., 13th, 2025 1pm
DATE: Thurs., Feb., 20th, 2025 (Creole) 1pm
PLACE: ZOOM: <https://zoom.us/j/6846584976>
[pwd=L0JEMm4rSGFPd3RSTFU2U0U5kTFRkQT09](https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2U0U5kTFRkQT09)

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 dis-cuss how you can put your baby to sleep knowing they will be safe. Join us to learn the best practice when putting your little ones to bed.



COMMUNITY EVENT

EVENT: SCHOOL ADVISORY COUNCIL (SAC meeting)
DATE: Feb., 18th, 2025 5:30pm
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: Feb., 19th, 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., Feb., 12th, 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: National Wear PINK Day
DATES: Feb.. 26th, 2025
PLACE: EVERYWHERE

STOP BULLYING National **Pink Shirt Day** is a vibrant, national movement to fight bullying. It encourages everyone to wear pink shirts as a stand against bullying and brings people together, promoting kindness and inclusivity.

HIGHLIGHTS

PARENT/CHILD ACTIVITIES

Event: **LITERACY ADVENTURE TIME | Norton Museum | Lunar New Year Community Day |**

Date: February 8, 2025

Time: 10:30am-1pm

Place: Norton Museum

Summary: Join us at the Norton Museum to celebrate Lunar New Year and the Year of the Snake. There will be a traditional Puppet Show, Story Time, Dragon and Lion dances, and various art projects. There is no lunch provided at this event. Be on the lookout for the flyer for more information. If riding the bus, please reserve your seat(s) asap because seating is limited.

Event: **RAISE ME UP; PLAYGROUP; RECIPE TIME**

Date: February 13, 2025

TIME: 6pm-7pm

Place: Community Room

Summary: : It's Recipe Time for the Playgroup. We will be making a fun treat to celebrate Valentine's Day. We will have a special guest leading us while we are learning about fine motor and problem-solving skill development. We appreciate an RSVP. Food and supplies may be limited. Please see the flyer for additional information.

Event: **SPOT LIGHT ON LEARNING | LAPTOP SKILLS**

Date: February 26, 2025

TIME: 6pm-7pm

Place: Community Room

Summary: : Does your child need additional time on a laptop? This activity includes I-Ready. You will need to bring your student's I-Ready student ID. There are 10 laptops available. You must register for this class to reserve your student's laptop. Please see the flyer for additional information.

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

Date: February 28, 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 Fine Motor and Problem-Solving skill development. Let us know if you will be joining us. Please see the flyer for additional information.

COMMUNITY EVENTS

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

Date: February 12, 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!

WORKSHOPS

Event: **CIRCLES *PREREGISTRATION REQUIRED**

Date: February 4, 11, 18, & 25

Time: 6pm to 7:30pm

Place: 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 W/FAU**

Date: February 5, 2025

Time: 6pm to 7pm

Place: Zoom

Summary: House Calls with FAU offers personalized, expert advice on heart disease from a trusted medical professional. This service brings the convenience of a virtual consultation to help you understand heart health, risk factors, prevention, and treatment options, all from the comfort of your home."

Event: **WOMAN TO WOMAN**

Date: February 13, 2025

Time: 6pm to 8pm

Place: Community Room

Summary: We'll have everything from classic party games to some quirky new ones to keep you on your toes. Plus, there will be plenty of snacks, drinks, and maybe a few surprises along the way! Come for the fun, stay for the memories—let's make this Galentine's Day one to remember! See flyer to RSVP!

BRIDGES AT WEST PALM BEACH

720 8th Street

West Palm Beach, FL 33401

(561) 804-6754

WORKSHOPS

Event: **SAFE KIDS**

Date: February 13, 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: **NEW MEMBERS COMMUNITY ORIENTATION**

Date: February 17, 2025

Time: 5:30pm to 6:30pm

Place: 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: February 19, 2025

Time: 6pm to 7:30pm

Place: Community Room

Summary: It's time for another round of meaningful conversation, camaraderie, and connection at our next Fathers Only group meeting. We'll be gathering to share stories, advice, and experiences of fatherhood, all while building a strong community of dads who support one another.

Event: **MONEY TALK (YWCA)**

Date: February 20, 2025

Time: 6pm to 7pm

Place: Zoom

Summary: Money Talk is an engaging session designed to boost financial literacy. Through interactive discussions and expert insights, participants learn key money management strategies, budgeting tips, and investment basics, empowering them to make informed financial decisions.

Event: **BRIDGES BUILDERS LEADERSHIP MEETING**

Date: February 27, 2025

Time: 6pm-7pm

Place: Community Room

Summary: This is a reminder that our upcoming leadership team meeting will be a closed session. We'll be diving into important discussions regarding the future direction of Bridges Builders and working on key initiatives that will strengthen our mission and impact.