



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



March 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 <u>Motivating Mommies</u> 11:00am - 1:00pm
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 <u>BRIDGES Orientation</u> 10:00am - 11:00am <u>The SHOP</u> 11:00am - 12:00pm
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>Safety Series (Creole)</u> 1:00pm - 2:00pm <u>Game Time</u> 5:30pm - 7:00pm	21	22
24	25 <u>Helmet Install/ Inspection</u> 11:00am - 1:30pm <u>Car Seat Inspection</u> 3:00pm - 5:00pm	26	27 <u>Family Day/Night</u> 11:00am-12:00pm 5:30pm - 7:00pm	28	29

Cleaning Supplies and Poison Safety Month

This month with spring approaching we all love to do our spring cleaning. It is important to us to educate our families on cleaning supply safety and how we can keep our children safe.

What does it mean to truly inspire inclusion?

To inspire inclusion means to celebrate diversity and empowerment on International Women's Day 2025 and beyond.

International Women's Day (IWD) is a global celebration of the social, economic, cultural, and political achievements of women. Each year, this day serves as a powerful reminder of the progress made towards gender equality and highlights the work that still needs to be done.

One of the key pillars of **Inspire Inclusion** is the promotion of diversity in leadership and decision-making positions. Women, especially those belonging to underrepresented groups, continue to face

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

March 2025 HIGHLIGHTS

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

"Cleaning Supplies and Poison Safety"

PARENT/CHILD ACTIVITIES

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

Tuesday, March 4th:

I Am an Author!: Are you author? Come to this Parent-Child Activity and you will be when you leave. During this activity, your child and you will be working on making your own book. We look forward to seeing all the new book.

Tuesday, March 18th:

Rainbow Fun: Come to the Bridges and make rainbows with us. During this activity, your child will develop their fine motor skills through creating rainbows. We can't wait to see all the beautiful rainbows.

Event: [It's Your Birthday - Lucky Clover](#)
Date: Thursday, March 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 March come out and let your BRIDGES family sing Happy Birthday to you! If your birthday is not in the month of March you can still participate with your family.

Event: [Family Day/Night - Rainbow Art](#)
Date: Thursday, March 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.

Event: [Tummy Time](#)
Date: Monday March 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.

CAPACITY BUILDING

Event: [Safety Series - Safe Sleep Safety Month](#)
Date: Thursday, March 6th, 2025 (Spanish) 1pm-2pm
Date: Thursday, March 13th, 2025 (English) 1pm-2pm
Date: Thursday, March 20th, 2025 (Creole) 1pm-2pm
Place: Zoom / Facebook Live

@SafeKidsPalmBeachCounty

This month with spring approaching we all love to do our spring cleaning. It is important to us to educate our families on cleaning supply safety and how we can keep our children safe. Many cleaning products can be confusing for children and may look like juice or candy. A child will not know the difference. Every 8 minutes, or 64,000 times each year, a young child goes to the emergency department for medicine poisoning. Here you will find some important information that will help you keep kids safe around medicine. Please join us to learn about the hazards that can be in your home and how you can keep children safe from potential dangers.

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

Event: [Helmet & Car Seat Inspection](#)
Date: Tuesday, March 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.

Event: [Game Time](#)
Date: Monday, March 20th, 2025
Time: 5:30pm - 7:00pm
Place: Northmore Elementary School

Families will enjoy a night of games reinforcing attendance so be on time to join in on the fun! Game Time will take place at Northmore Elementary Cafeteria. Just come to the front of Northmore Elementary to get there.

WORKSHOPS

Event: [A Write To Read](#)
Date: Tuesday, March 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, March 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: [SAC Meeting](#)
Date: Monday, March 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.

Event: [BRIDGES Orientation and The SHOP](#)
Date: Saturday, March 15th, 2025
Time: 10:00am - 12:00pm
Place: BRIDGES at Northwood

Grab your BRIDGES BUCKS & POINTS and meet us here to shop till' you drop. We will "NOT" be holding items for members. This is a "first come, first serve" basis only. Once the items we have ran out- they are gone!