

May 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 <u>Safety Series: "Heatstroke Prevention" Spanish</u> 1pm—2pm	2 BRIDGES WILL BE CLOSED for ALL STAFF MEETING	3
5	6	7 <u>SAC/Pastelitos w Principal</u> 8:30am—9am <u>Women's Club "Self Care"</u> 10:am—12pm (RSVP ONLY) <u>Story Time Be Grateful</u> 1pm—2pm	8 <u>Safety Series: "Heatstroke Prevention" English</u> 1pm—2pm	9 <u>Spanish Literacy Class</u> 9:30am—11am	10
12 <u>My Emotions</u> 3pm—4pm <u>Yoga for Mental Health Workshop</u> 5pm—6pm	13	14 <u>Raise Me Up "Fun with Fine Motor"</u> 11:30am—12:30pm	15 "Wear Green Day" <u>Community Immunization</u> 8am—12pm <u>Safety Series: "Heatstroke Prevention" Creole</u> 1pm—2pm	16 <u>Spanish Literacy Class</u> 9:30am—11am	17 <u>Family Activity: "Barber of Seville"</u> 1pm—2pm
19	20 <u>Drowning Prevention Workshop</u> 11:30am—12:30pm	21 <u>Raise Me Up: Me & My Emotions</u> 4pm—5pm	22	23	24
26 Observance of Memorial Day WE 	27	28 <u>Summer Reading Program Orientation (Invite Only)</u> 11am—12:30pm	29 <u>Community ID</u> 11am—1pm	30 <u>Spanish Literacy Class</u> 9:30am—11am	31

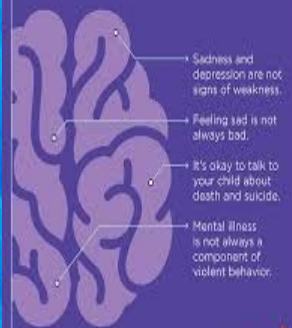
BRIDGES At Highland
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MONDAY - FRIDAY
 8:00am - 5:00pm

www.bridgesofpbc.org
Facebook at BRIDGES Highland

4 THINGS TO KNOW ABOUT MENTAL HEALTH



children's services council

2025 HIGHLIGHTS

MONTHLY THEME

“Movement “Moving more our Mental Health!”

PARENT CHILD ACTIVITY

Event: RAISE ME UP “Fun with Fine Motor”
Date: May 14, 2025 @ 11:30am—12:30pm
Place: BRIDGES 305 Lake Ave, Lake Worth Beach FI 33460

Parents can encourage and support their child with their fine motor skills by introducing fun activities that will strengthen their hands, wrist, fingers muscles and concentration skills.

Sponsored by Home Safe Jenease S

Event: My Emotions
Date: May 12, 2025 @ 3pm—4pm
Place: Pro Child Day Care 1200 N G St, Lake Worth Beach FI 33460

Parents and child will do an activity on emotions, they will draw how they are feeling. They will learn that it is ok to express what you are feeling.

Sponsored by Pro Child Day Care & Milagros Toro

Event: Family Activity “Barber of Seville
Date: May 17, 2025 @ 1pm—2pm
Place: BRIDGES 305 Lake Ave, Lake Worth Beach FI 33460

Families will learn and join us as we bring to you the play Barber of Seville.

Sponsored by Palm Beach Opera

Event: RAISE ME UP “ Me and My Emotions”
Date: May 21, 2025 @ 4pm—5pm
Place: BRIDGES 305 Lake Ave, Lake Worth FI 33460 ,

In this activity, the kids will draw and color how they feel that day and explain why they feel that way.

Sponsored by Child Development Specialist

FAMILY LITERACY

Event: Story Time
Date: May 7, 2025 @ 1pm—2pm
Place: 15 North M St, Lake Worth Beach FI 33460 Lake Worth Library

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: SAC/PAC & Pastelitos with the Principal
Date: May 7, 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: Women's Club “ Self Care”
Date: May 7, 2025 @ 10am—12pm
Place: BRIDGES 305 Lake Ave, Lake Worth FI 33460

Join us for a day of self care, Latin Beauty will be doing a mini make over to our moms. MUST RSVP

Sponsored by Latin Beauty School

Event: Spanish Literacy
Date: May 9, 16, and 30,, 2025 @ 9:30am—11am
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: Yoga for Mental Health
Date: May 12, 2025 @ 5pm —6pm
Place: BRIDGES 305 Lake Ave, Lake Worth FI 33460

Come join us for an hour of Yoga for Mental Health, we will be taking care of our souls and minds.

Sponsored by ICA

Event: Drowning Prevention
Date: May 20, 2025 @ 11:30am - 12:30pm
Place: BRIDGES 305 Lake Ave, Lake Worth FI 33460

Join us for this very important information regarding drowning prevention. With the summer around the corner it is important that you know how to protect your family..

Sponsored by Palm Beach Drowning Prevention Coalition

Event: Summer Reading Orientation
Date: May 28, 2025 @ 11:00am - 12:30pm
Place: BRIDGES 305 Lake Ave, Lake Worth FI 33460

Get Ready to Dive into the Summer Reading Program Orientation. Join the FUN and explore exciting books as well as meet new friends. (Program Open to Registered Only)

Sponsored by Child Development Specialist

SAFETY WORKSHOP

SAFETY WORKSHOP “Heatstroke Prevention”
Sponsored by Safe Kids of PBC (VIA ZOOM)

Date: May 1, 2025 @ 1pm—2pm Spanish

Date: May 8, 2025 @ 1pm—2pm English

Date: May 15, 2025 @ 1pm—2pm Creole

Oh, boy it is hot outside! This month we will be discussing Heatstroke and hot cars. Did you know a car could heat up 20 degrees in 10 minutes! We will discuss what parents need to know about the danger of hot cars, and steps they can take to help keep their children safe. Please join us to learn about the ways to identify these hazard as well as ways to prevent them.

COMMUNITY EVENT

Event: Park Takeover Alert
Date: May 3, 2025 @ 1pm—6pm
Place: 1701 Wingfield St, Lake Worth Beach FI 33460 (Howard Park)

Come play with the shiftest most unguardable hooper on the internet @jlewwww.5 and the Court Kingz.
Sponsored by UF/IFAS Palm Beach County Environmental Horticulture Ext Agt

Event: Community Immunization
Date: May 15, 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

