

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



**MAY 2025**

Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3 <b>SENSORY FAIRY GARDEN</b> 3:00pm-5:00pm LVY Library
5 <b>RMU</b> <b>CINCO DE MAYO</b> 2:00pm-3:00pm <b>VIRTUAL ZOOM</b>  <b>Mental Health workshop</b> 5:00pm-6:00pm <b>VIRTUAL ZOOM</b>	6	7 <b>ABCDs of WaterSafety</b> 4:00pm-5:00pm LVY Library  <b>SAC Meeting</b> 5:30pm-6:30pm Pahokee Elementary	8 <b>Heatstroke Prevention</b> 1:00pm-2:00pm (E) <u>Facebook/ZOOM Video</u> <b>RMU</b> <b>All About Mommy</b> 5:00pm-6:00pm <b>VIRTUAL ZOOM</b>	9	10 <b>BRIDGES Community Baby Shower</b> 11:00 am 2:00 pm <u>PADGETT ISLAND COMMUNITY CENTER</u>
12	13	14	15 <b>NAMI WORKSHOP</b> <b>National Alliance on Mental health</b> 1:00 PM - 2:00PM VIRTUAL ZOOM  WEAR <b>GREEN DAY</b> <3	16	17 <b>AIMB</b> <b>Family Saturdays</b> <b>Hoola Hoop Banzanza</b> 10:00am-11:30am <b>LVY LIBRARY</b>
19	20	21 <b>SAC Meeting</b> 9:00am - 10:00am KEC Elementary <b>BAP READ ALOUD</b> 5:00 pm 6:00 pm <b>LVY LIBRARY</b>	22	23	24
26	27	28 <b>Soothing Transitions</b> <b>Padsicle crafting &amp; Maternal Mental Health</b> 9:00am - 10:00am KEC Elementary <b>Summer reading</b> Orientation) 4:00 pm to 5:00 pm <b>LVY Library</b>	29	30	



### BRIDGES AT PAHOKEE

1020 E Main St.  
 Pahokee, FL 33476

**PHONE:**  
 561-924-9224

**MAIN OFFICE:**  
 1020 E Main St  
**Pahokee FL 33476**

**MONDAY - FRIDAY**  
**8:30am - 5:30pm**  
 Offering parental support, resources, and activities for families and their children.

**Facebook @**  
**BRIDGES - - Pa-**

## December 2024 HIGHLIGHTS

### MONTHLY THEME

**“Movement: Move more for our mental health!”**

NAMI

### PARENT/CHILD ACTIVITIES

Event: **RMU “Cinco De Mayo”**

Date: **Monday May 5th @ 2:00-3:00pm**

Place: **Virtual ZOOM**

Hugs for Mommy! Children will create a love token for their mother in a fun way! Looking forward to seeing all the beautiful creations! Call to RSVP at (561) 924-9224.

Event: **AIMBY Family Saturdays: Hula Hoop Bonanza**

Date: **Saturday May 17th @ 10:00am –11:30am**

Place: **LVY Library**

Come into Abbi's fun world of hula hoops! Abbi is a professional hula hoop circus performer and is excited to share the art of hula hooping with the youth. This upbeat workshop will engage kids with exciting and engaging hula hoop games and fun that will keep the body moving and grooving. The workshop includes a component in which the youth get a one-on-one lesson from Abbi with the intent for kid's to learn new tricks to incorporate into their own unique hula hoop flow. At the end of the workshop, Abbi will provide a hula hoop show!

### FAMILY LITERACY

Event: **SENSORY FAIRY GARDEN**

Date: **Saturday May 3rd @ 10:00am-11:30am**

Place: **LVY Library**

Use your five senses to explore a fairy garden and jot down what you hear, smell, taste, touch, and see!

Event: **BAP Read Aloud**

Date: **Wednesday May 21st @ 5:00pm-6:00pm**

Place: **LVY Library**

Gather around as we get ready for an exciting book adventure! Parents you and your child (ren) will enjoy a wonderful story time as we foster a love for reading in our resilient students! Please RSVP at (561) 924-9224 For more information call 561-924-9224.

### Capacity Building Activities

Event: **Mental Health Workshop**

Date: **Monday, May 5th @ 5:00pm – 6:00pm**

Place: **VIRTUAL ZOOM**

Mental health includes our emotional, psychological, and social well-being. It affects how we think, feel, and act. It also helps determine how we handle stress, relate to others, and make healthy choices. Mental health is important at every stage of life, from childhood and adolescence through adulthood. Please join us for a workshop for more information and resources.

Event: **ABCDs of Water Safety**

Date: **Wednesday May 7th @ 4:00pm-5:00pm**

Place: **LVY Library**

Learn the ABCDs of drowning prevention to be water safe and water smart year-round. You may qualify for free or reduced cost swim lessons. Presented by the Drowning Prevention Coalition of Palm Beach County

information, please contact us at 561-924-9224.

Event: **NAMI WORKSHOP National Alliance on Mental Illness**

Date: **Thursday May 15th @ 1:00pm – 2:00pm**

Place: **VIRTUAL ZOOM**

NAMI is the National Alliance on Mental Illness, the nation's largest grassroots mental health organization dedicated to building better lives for the millions of Americans affected by mental illness. NAMI works to educate, support, advocate, listen and lead to improve the lives of people with mental illness and their loved ones. To learn more about NAMI, please join our workshop.

Event: **School Advisory Council Meeting**

Date: **Wednesday, May 21st @ 9:00am – 10:00am**

Place: **KEC 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.

For more information, please call 561-924-9224.

Event: **BRIDGES Summer Reading program Orientation**

Date: **Wednesday, May 28th @ 4:00pm – 5:00pm**

Place: **LVY Library**

Parents who have registered for Summer Reading Program 2025 will be able to receive important information about the commitment to their students entering or going to grades Kindergarten and 1st. Please RSVP at (561) 924-9224.

We need your presence. We are counting on you to help our wonderful students to prevent the summer reading slide!

Event: **Soothing Transitions: Padsicle Crafting and Maternal Mental Health**

Date: **Wednesday, May 28, 2025**

Time: **5:00pm - 6:00pm**

Location: **Virtual ZOOM**

Please join Mom's in the Muck Inc, for a series of maternal health support groups designed to educate, empower and support women in rural areas to reduce maternal and infant mortality, improve birthing outcomes and build community. For more information, please call 561-924-9224.

### SAFETY WORKSHOP

Event: **Heat Stroke Prevention**

Date: **Thursday, May 8, 2025**

Time: **1:00pm – 2:00pm**

Location: **Virtual ZOOM**

Oh, boy it is hot outside! Join SafeKids this month who 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 hazards as well as ways to prevent them. For more information, please call 561-924-9224.

### COMMUNITY EVENT

Event: **BRIDGES Community Baby Shower**

Date: **Saturday, May 10, 2025**

Time: **11:00am – 2:00pm**

Place: **PADGETTMISLAND COMMUNITY CENTER**

BRIDGES at Pahokee will be hosting a Community Baby Shower and we hope everyone joins in! This event is open to all members of the community and aims to assist pregnant mothers and families by providing them with essential resources. There will be vendors, popcorn, cotton candy, bounce house, DJ, and more! Also, new intakes and new baby starter kits will be available on site. You don't want to miss out on the fun games and giveaways. We hope to see you!