



May 2025



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



Mon	Tue	Wed	Thu	Fri	Sat
			1 Safe Kids –Heatstroke Prevention Safety -(Spanish) 1:00pm ESOL Lab 4:00pm-7:00pm	2	3 Storytime at Lake Park Library 10:30am-11:00am
5 Palm Beach County Youth Services Department 10:30am-11:30pm ESOL Lab 4:00pm-7:00pm	6 Computer Course for Beginners (Registration Required) 10:00am-12:00p ESOL Lab 4:00pm-7:00pm	7 Circle of Moms (HMHB) (Registration Required) 11:00am SAC Meeting (School Advisory Council) 2:45pm Palm Beach County Youth Services Department 5:30am-6:30pm ESOL Lab 4:00pm-7:00pm	8 Raise Me Up 0-2yrs old 11:30am-12:30pm Safe Kids –Heatstroke Prevention Safety (English) 1:00pm ESOL Lab 4:00pm-7:00pm	9	10 Storytime at Lake Park Library 10:30am-11:00am
12 ESOL Lab 4:00pm-7:00pm	13 Computer Course for Beginners (Registration Required) 10:00am-12:00p What is BRIDGES? (Invitation only) 11:30am-12:30pm ESOL Lab 4:00pm-7:00pm	14 Circle of Moms (HMHB) (Registration Required) 11:00am Health workshop (How does poor health affect mental health) 5:30pm-6:30pm ESOL Lab 4:00pm-7:00pm	15 Wear Green Day Lap sit at Lake Park Library 10:15am-11:00am Safe Kids-Heatstroke Prevention Safety (Creole) 1:00pm ESOL Lab 4:00pm-7:00pm	16	17 Storytime at Lake Park Library 10:30am-11:00am
19 ESOL Lab 4:00pm-7:00pm	20 Computer Course for Beginners (Registration Required) 10:00am-12:00p ESOL Lab 4:00pm-7:00pm BRIDGES PROGRAM (Lake Park Library) 5:30pm Mother's Village 6:00pm-7:00pm	21 What is BRIDGES? (Invitation only) 5:30pm-6:30pm ESOL Lab 4:00pm-7:00pm	22 Raise Me Up 3-5yrs old 5:30pm-6:30pm ESOL Lab 4:00pm-7:00pm	23 Office closing @3pm	24
26 Memorial Day Office Closed	27 SRP Orientation (Registration Required) 5:30pm-7:00pm ESOL Lab 4:00pm-7:00pm	28 ESOL Lab 4:00pm-7:00pm	29 ESOL Lab 4:00pm-7:00pm	30	31 Storytime at Lake Park Library 10:30am-11:00am

All activities occur at BRIDGES at Lake Park unless otherwise specified

'MOVEMENT: MOVING MORE FOR OUR MENTAL HEALTH'

- Heatstroke Prevention Tips**
- Watch kids when they are in and around water, without being distracted.
 - Empty tubs, buckets, containers and kids pools immediately after use.
 - Install fences around home pools with self closing and self-latching gates
 - Learn CPR and basic water rescue skills.

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

May 2025 HIGHLIGHTS

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

PARENT/CHILD ACTIVITIES

Event: **Mother's Day Craft (0-2yrs old)**
Date: May 8, 2025 Parents & Children (Birth-2yrs)
Time: 11:30am-12:30pm
Place: BRIDGES at Lake Park

Mother's Day Craft : Come and celebrate a create with your little one creating a special moment for Mom's

Event: **Mother's Day Craft (3-5yrs old)**
Date: May 22, 2025 Parents & Children (3-5yrs)
Time: 5:30Pm-6:30pm
Place: BRIDGES at Lake Park

Mother's Day Craft : Come and celebrate a craft with your little one creating a special moment for Mom's

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: May 15, 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: May 7, 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 basics.

Event: **Youth Care Service Department with Rachelle Sosu**
Date: May 5th, 2025@10:30am-11:30am and May 7th-5:30-6:30pm
Place: BRIDGES at Lake Park
Join us with Rachelle Sosu who will be discussing with what Youth care services has to offer with services that is offered to family who are struggling and needs counseling services

Event: **CIRCLES OF MOMS**
Date: May 7 and 14, 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: **Health workshop-(How does poor health affects mental health)**
Date: May 9, 2025
Time: 5:30pm-6:30pm
Place: BRIDGES at Lake Park
Join us for a Health Workshop with health advocate Ayvedis who will discuss this month topic about mental health and how it could affect us.

Event: **WHAT IS BRIDGES?- NEW MEMBER ORIENTATION (Invitation Only)**
Date: May 13 and 21, 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: **MOTHER'S VILLAGE (Invite only) WITH CENTER FOR FAMILY SERVICES**
Date: May 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

SAFETY WORKSHOPS

Event: **SAFE KIDS PRESENTATION-Heatstroke Prevention**
Date: May 1, 2025 (Spanish) at 1:00pm
Date: May 8, 2025 (English) at 1:00pm
Date: May 15, 2025 (Creole) at 1:00pm
Place: Zoom Presentation
Zoom Link:
<https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkOT09>
Join us as we discuss the importance of Heatstroke Prevention. This workshop explains tips and tools to prevent heatstroke in the summer.

COMMUNITY EVENTS

Event: **BRIDGES PROGRAM**
Date: May 20, 2025
Time: 5:30PM
Place: Lake Park Library
529 Park Ave, Lake Park, FL 33403
Join BRIDGES at the Lake Park Library with a workshop Presentation for adults along with a child craft for kids as well.

