

May 2025



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

Mon	Tues	Wed	Thu	Fri	Sat
			<b>1</b> Benefits Application 10:00 AM to 2:00 PM (BLW) Safety Series: "Heatstroke Prevention" (Spanish) 1:00 PM on ZOOM Self-sufficiency Workshop 4:30PM to 5:30PM(BLW)	<b>2</b>	<b>3</b>
<b>5</b> University of Florida Nutrition Classes Graduation 11:00AM to 12:00PM 	<b>6</b> RMU: "Mother's Day Flowers" 11:00AM to 12:00PM (BLW)	<b>7</b> Benefits Application 10:00 AM to 2:00 PM (BLW)	<b>8</b> Benefits Application 10:00 AM to 2:00 PM (BLW) Safety Series: "Heatstroke Prevention" (English) 1:00 PM on ZOOM Women's Time (Spanish) 11:00AM to 12:00PM(BLW)	<b>9</b>	<b>10</b>
<b>12</b> Drowning Prevention Workshop (Creole) 4:30PM to 5:30PM (BLW) Drowning Prevention Workshop (Spanish) 4:30PM to 5:30PM (BLW)	<b>13</b> Family Fun Time: "My Mom and Me" 4:00 PM to 5:00 PM (BLW)	<b>14</b> Benefits Application 10:00 AM to 2:00 PM (BLW)	<b>15</b> GET YOUR GREEN ON DAY Benefits Application 10:00 AM to 2:00 PM (BLW) Safety Series: "Heatstroke Prevention" (Creole) 1:00 PM on ZOOM	<b>16</b>	<b>17</b>
<b>19</b> Children and Mental Health Workshop (Creole) 4:30PM to 5:30PM(BLW) Children and Mental Health Workshop (Spanish) 4:30PM to 5:30PM(BLW)	<b>20</b> RMU: " My Daily Routine" 4:00 PM to 5:00PM(BLW)	<b>21</b> Benefits Application 10:00 AM to 2:00 PM (BLW)	<b>22</b> Benefits Application 10:00 AM to 2:00 PM (BLW)	<b>23</b> Haitian Engagement "Mother's Day Event" 3:30PM to 5:30PM (BLW)	<b>24</b>
<b>26</b> 	<b>27</b> Story-Time 11:00AM to 12:00PM (BLW)	<b>28</b> Benefits Application 10:00 AM to 2:00 PM (BLW) SRP Orientation 11:00AM to 12:00PM (BLW)	<b>29</b> Father's Engagement Meeting 5:30PM to 6:30PM (BLW)	<b>30</b>	<b>31</b>

BRIDGES AT  
LAKE WORTH  
802 S Dixie Hwy  
LAKE WORTH, FL 33460

PHONE: 561-899-1642

MONDAY - FRIDAY  
8:30am - 5:00pm  
www.bridgesofpbc.org  
Facebook: BRIDGES At Lake Worth



May is Mental Health Awareness Month!

Mental health matters—for everyone, including kids and teens. Many young people face stress, anxiety, and emotional struggles too. Let's create safe spaces to talk, listen, and support one another. It's okay to not be okay—and help is always available.



## MAY 2025 HIGHLIGHTS

### MONTHLY THEME

**"Movement: Moving more for our mental health"**

**Event:** [RMU: "Mother's Day Flowers"](#)

**Date:** May 8th 11:00AM to 12:00PM

**Place:** BRIDGES at Lake Worth

A fun hands on activity that lets each child create a unique bouquet for their mom.

**Event:** [Family Fun Night: "My Mom and Me"](#)

**Date:** May 15th 4:00PM to 5:00PM

**Place:** BRIDGES at Lake Worth

Parent and child will create a bond with each other by sharing each other's likes and making a beautiful card

**Event:** [RMU: "My Daily Routine"](#)

**Date:** May 22nd 4:00PM to 5:00PM

**Place:** BRIDGES at Lake Worth

My Daily Routine," turning each everyday task—from brushing teeth to bedtime stories—into a fun, interactive activity.

### FAMILY LITERACY

**Event:** [Story-time](#)

**Date:** May 29th 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 Graduation](#)

**Date:** May 5th 11:00AM to 12:00M

**Place:** BRIDGES at Lake Worth

Come celebrate our graduating class from their 7 week Nutrition course

**Event:** [Women's Time \(Spanish\)](#)

**Date:** May 8th 11:00AM to 12:00M

**Place:** BRIDGES at Lake Worth

A Special Mother's day program with a Special guest

**Event:** [Drowning Prevention Workshop \(Creole & Spanish\)](#)

**Date:** May 12th 5:30PM to 6:30PM

**Place:** BRIDGES at Lake Worth

Tis the Season of Summer Fun! Join us to learn how to keep our children safe during the summer season

**Event:** [Children and Mental Health Workshop \(Creole & Spanish\)](#)

**Date:** May 19th 4:30PM to 5:30PM

**Place:** BRIDGES at Lake Worth

As we observe Mental Health this month, join us and gain knowledge on this issue that affects our children.

**Event:** [Fathers Engagement Meeting](#)

**Date:** May 29th 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 have discussions based on Fatherhood.

**Event:** [Haitian Engagement "Mother Day Event"](#)

**Date:** May 23rd 3:30PM to 5:30PM

**Place:** BRIDGES at Lake Worth

Celebrating our Mother's at BRIDGES at Lake Worth. Join us for food, fun and laughter!

**Event:** [SRP Orientation](#)

**Date:** May 28th 11:00AM to 12:00PM

**Place:** BRIDGES at Lake Worth

Summer Reading Program 2025 is upon us! Join us for Orientation and details on all you'll be learning in the weeks ahead!

### SAFETY WORKSHOP

**Event:** [Safety Series: "Water Safety"](#)

**Dates:** May 3rd 1:00PM to 2:00PM

(Spanish)

May 10th 1:00PM to 2:00PM

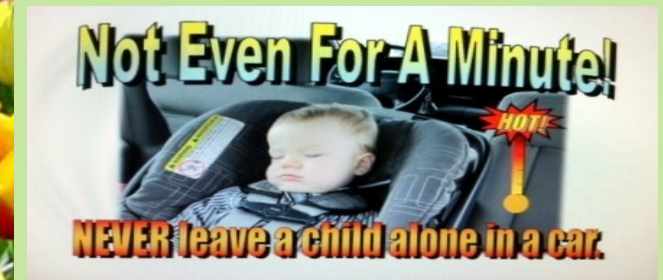
(English)

May 17th 1:00pm to 2:00PM

(Creole)

**Place:** ZOOM Meeting

It's hot out! This month we're talking about heatstroke and the dangers of hot cars. Did you know a car can heat up 20 degrees in just 10 minutes? Learn what parents need to know and how to keep kids safe. Join us to identify and prevent these hazards.



### COMMUNITY EVENT

**Event:** [Benefits Application](#)

**Date:** Wednesday's 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:** [Benefits Application](#)

**Date:** Thursday's 10:00AM to 2:00PM

**Place:** BRIDGES at Lake Worth

A benefits specialist provided through HCSEF is available every Thursday to assist BLW members with their SNAP applications.