




May 2025



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

(E) English (S) Spanish (C) Creole



Mon	Tue	Wed	Thu	Fri	Sat
			1 <u>Heatstroke Prevention Wksp.</u> ZOOM (S) 1:00 pm-2:00 pm <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm	2	3
5	6 <u>Nutrition Workshop</u> 10:00 am-11:30 am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm	7 <u>Brilliant Minds</u> 3:30 pm- 5:30 pm	8 <u>Mother's Day Celebration</u> (INVITATION ONLY) 11:00am –1:00 pm <u>Heatstroke Prevention Wksp.</u> ZOOM (E) 1:00 pm-2:00 pm <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm	9	10
12	13 <u>Nutrition Workshop</u> 10:00 am-11:30 am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm <u>Ambassador Meeting</u> 6:00 pm-7:30 pm	14 <u>Raise Me Up & Mental Health Awareness</u> (E/S-PC) 10:30am-11:30am <u>Brilliant Minds</u> 3:30 pm—5:30 pm	15 “Get Your Green On” <u>PBC Public Library System Storytime (E/S) (Literacy)</u> 10:00am-11:00am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm 	16 <u>Food Distribution</u> 10:00 am (Until Supplies last)	17 <u>Heart & Paw Celebration</u> 8:00 am-3:00 pm
19	20 <u>Nutrition Workshop</u> 10:00 am-11:30 am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm	21 <u>Exploring our World</u> (E/S)(PC) 10:30 am-11:30 am <u>Brilliant Minds</u> 3:30 pm-5:30 pm	22 <u>Mental Health Conversation</u> 10:00 am-11:00 am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm 	23	24
26 OFFICE CLOSED 	27 <u>Nutrition Workshop</u> 10:00 am-11:30 am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm <u>Summer Reading Prq.</u> 5:30pm-7:00pm (Orientation)	28 <u>Raise Me Up (E/S-PC)</u> 10:30am-11:30am <u>Brilliant Minds</u> 3:30 pm- 5:30 pm	29 <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm <u>Latinos Fuertes en Accion</u> 6:30pm-7:30pm (MEN ONLY)	30 <u>Women Helping Women /Women's Club & Mental Health Matters E/S</u> 10:00 am-11:30 am	31

DID YOU KNOW THAT:
 There are 4 types of Mental Health illnesses.

- Mood disorders
- Personality disorders
- Anxiety disorder
- Psychotic disorder (schizophrenia)

Here are some self-care tips:

- Regular exercise. 30 min walking every day boost your mood.
- Ear Healthy, stay hydrated
- Lots of sleep
- Focus on positively



FAMILY IMPACT PALM BEACH COUNTY
 BRIDGES at Lake Worth West

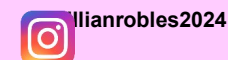
MAIN OFFICE:

2411 10TH AVENUE N.
 LAKE WORTH, FL 33461
 PHONE: 561-649-9600

ACTIVITY BUILDING:
 BRIDGES at Lake Worth West
 2407 10TH AVENUE N.
 LAKE WORTH, FL 33461

MONDAY - FRIDAY
 9:00am - 5:00pm

www.familyimpactpbc.org
 Facebook@familyimpactpbc.org



MAY 2025 HIGHLIGHTS

MONTHLY THEME

Movement: Moving more for our mental health"

PARENT CHILD ACTIVITY

Event: RAISE ME UP (PARENTS AND CHILDREN)(E/S)

Date: Thursday, May 14th 10:30 am - 11:00 am

Place: Family Impact PBC

2407 10th Ave. N., Lake Worth, FL 33461

Sponsored by BRIDGES and Lantana Branch Road Library

Event: EXPLORING OUR WORLD (E/S)

Date: Wednesday, May 21st 10:30 am - 11:30 am

Place: Palm Springs Public Library

217 Cypress Ln., Palm Springs, FL 33461

This is a perfect opportunity to interact with your children, explore our world, and promote skills through activities for healthy development. Sponsored by BRIDGES and Palm Springs Public Library.

Event: RAISE ME UP (PARENTS AND CHILDREN)(E/S)

Date: Thursday, May 28th 10:30 am - 11:30 am

Place: Lantana Branch Road Library

4020 Lantana Rd, Lake Worth, FL 33461

Sponsored by BRIDGES and Lantana Branch Road Library

FAMILY LITERACY

Event: PBC PUBLIC LIBRARY SYSTEM STORY TIME (E/S)

Date: Thursday, May 15th 10:00am-11:00am

Place: Family Impact PBC

2407 10th Ave. N., Lake Worth, FL 33461

PBC Library System will host a one hour activity in which they will encourage parents to read and do activities with their kids so they can learn new words and increase love for reading.

Sponsored by the Palm Beach County Public Library System

WORKSHOPS

Event: AMBASSADORS MEETING

Date: Tuesday, May 13th 6:00 pm-7:30 pm

Invited members will join our Bridges at Lake Worth West Ambassadors group. They will be encouraged, motivated and trained to continue developing their leadership skills.

Sponsored by BRIDGES.

Event: MENTAL HEALTH CONVERSATION (E/S)

Date: Tuesday, May 22nd, 10:00 am-11:00am

Place: Family Impact PBC

2407 10th Ave. N., Lake Worth, FL 33461

Join us for a conversation on how to stay mentally healthy. Come learn about the signs and symptoms of mental health and resources to keep you healthy. Sponsored by NAMI Palm Beach County

WORKSHOPS

Event: NUTRITION WORKSHOP (E/S)

Date: Tuesday, May 6th, 13th, 20th, 27th 10:00 am - 11:30 am

Place: 2407 10th Ave. N., Lake Worth, FL 33461

Join our nutrition classes to learn food safety practices for healthier living. Each session includes hands-on cooking, practical tips, and light physical activities. Sponsored by FAU, EFNEP, USDA, UF/IFAS.

Event: SUMMER READING PROGRAM (ORIENTATION) (REGISTERED ONLY)

Date: Tuesday, May 27th 5:30 pm- 7:00 pm

Place: Family Impact PBC

2407 10th Ave. N., Lake Worth, FL 33461

Our Summer Reading Program is catered to parents with children currently in Kindergarten and 1st grade. Join us to learn reading strategies, receive free resources, books, and information. Sponsored by BRIDGES.

Event: LATINOS FUERTES EN ACCION (E/S) (MEN ONLY)

Date: Thursday, May 29th 6:30 pm-7:30pm

Come join a circle of hard working men and fathers. That are willing to share their knowledge and empower others. We will share ideas and discuss important topics. Sponsored by BRIDGES.

Event: WOMEN HELPING WOMEN /WOMEN'S CLUB & MENTAL HEALTH MATTERS (E/S)

Date: Friday, May 30th 10:00am-11:30am

Place: Family Impact PBC

2407 10th Ave. N., Lake Worth, FL 33461

Come and be part of a great group of women. Talk about important topics, enjoy socializing and recreational activities. We will share information how to self-care for yourself. Sponsored by Be Well PBC

SAFETY WORKSHOP

Event: HEATSTROKE PREVENTION WKSP. (ZOOM)

Date: Thursday, May 1st 1pm-2pm Spanish

Thursday, May 8th 1pm-2pm English

Come learn how quickly the car can heat up in 10 minutes. Parents need to know about the danger of hot cars, and steps to take to help keep their children safe. Sponsored by Safe Kids of PBC.



COMMUNITY EVENT

Event: BRILLIANT MINDS PROGRAM

Date: Tuesdays, Wednesdays, Thursdays 3:30pm- 5:30pm

Place: Palm Springs Seventh-Day Adventist Church

4424 S. Military Trl., Lake Worth, FL 33463

Through our homework assistance, STEAM—Science, Technology, Engineering, Arts and Math, and Reading we offer help and support to the kids of our community (1st grade through 5th grade) with their academics. Sponsored by PBSO.

Event: COLLEGE PREP

Date: Tuesdays and Thursdays 5:30 pm - 7:30 pm

Place: Palm Springs Seventh-Day Adventist Church

4424 S. Military Trl., Lake Worth, FL 33463

This program is offered to assist high school students 9th to 12th grade to strengthen their academic skills, help with college entry and much more. Sponsored by United Way of PBC.

Event: MOTHER'S DAY CELEBRATION

Date: Thursday, May 8th 11:00 am- 1:00 pm (INVITATION ONLY)

Place: Family Impact PBC

2407 10th Ave. N., Lake Worth, FL 33461

Mother's Day celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.

Sponsored by BRIDGES.

Event: FOOD DISTRIBUTION (RBI)

Date: Friday, May 16th 10:00 am (UNTIL SUPPLIES LAST)

Place: Bethel Assembly of God (Church)

4320 S. Congress Ave., Palm Springs, FL 33461

Come by and receive can goods, fruits and much more while supplies last. Sponsored by PBSO & Restoration Bridge Intl.

Event: HEART & PAW CELEBRATION FAIR

Date: Saturday, May 17th 8:00 am- 3:00 pm

Place: John Prince Park @ Eric Call Pavilion

2700 6th Ave. South, Lake Worth FL 33461

Come enjoy the face painting, therapy dog, and PBSO horses, Fire Truck and visit all the vendor's tables.

Sponsored by BRIDGES, OCR, and PBSO.

