



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



May 2025

Mon	Tue	Wed	Thurs	Fri	Sat
			1 <u>It's Your Birthday</u> 11:00am - 12:30pm 5:30pm - 7:00pm Safety Series (Spanish) 1:00pm - 2:00pm	2	3
5 <u>Motivando a las mamás</u> 11:00am - 12:30pm	6 <u>Raise Me Up</u> 11:00am - 12:30pm	7 Triple P Seminar "Mental Health Out Loud" 11:00am - 1:00pm	8 Safety Series (English) 1:00pm - 2:00pm	9	10
12 SAC Meeting 5:30pm - 6:30pm	13 A Write To Read 11:00am - 12:30pm	14 Triple P Seminar "Mental Health Out Loud" 11:00am - 1:00pm ECLC Meeting 3:30pm - 4:30pm	15 "Wear Green Day" Safety Series ( Creole) 1:00pm - 2:00pm	16	17
19 Tummy Time 5:30pm - 6:30pm	20 <u>Raise Me Up</u> 11:00am - 12:30pm	21 Triple P Seminar "Mental Health Out Loud" 11:00am - 1:00pm	22 Family Day/Night 11:00am-12:00pm 5:30pm - 7:00pm	23	24
26	27 Helmet Install/ Inspection 11:00am - 1:30pm Car Seat Inspection 3:00pm - 5:00pm	28	29	30	31

#### Heatstroke Prevention Month

Time outdoors is time well spent throughout the year, but it's especially enjoyable during the summer. Hiking, fishing, boating and other warm-weather activities can renew your appreciation for nature. They also are good for physical and mental health.

#### "Movement: Moving more for our Mental Health"

Mental health journeys are unique, but the strength found within them is universal. "In Every Story, There's Strength," highlights the resilience and diverse experiences that shape mental health journeys within our community.

#### BRIDGES at Northwood

4111 N. Terrace Dr.,  
 West Palm Beach, FL 33407  
 561-840-3106  
 Bridgesofpbc.org

Mon-Thurs 9am to 7pm  
 Friday 9am to 5pm  
 Sat 10am to 2pm  
 Offering parental support and activities for families with children Ages 0 to 8

## May 2025 HIGHLIGHTS

**BRIDGES AT NORTHWOOD**  
4111 N. TERRACE DRIVE  
WEST PALM BEACH, FL 33407  
PHONE: 561 840 3106

### *“Heatstroke Prevention”*

#### PARENT/CHILD ACTIVITIES

Event: [Raise Me Up](#)  
Date: Every other Tuesday (on-going)  
Time: 11:00am - 12:30pm  
Place: BRIDGES at Northwood

#### **Tuesday, May 6th:**

All About Mommy:

Are you ready to learn about your mother? This is the activity to do that. During this activity we are going to focus on learning about your mom's likes and dislikes. Children will work on their communication skills. We look forward to hearing the conversations and learning about all our BRIDGES mom.

#### **Tuesday, May 20th:**

Simon Says: It's time to help your child gain some independence and confidence. How? Through games and singing songs, your child will learn the skills to wash their body and other self-care skills. Come join us to help your child stay healthy by keeping it clean.

Event: [It's Your Birthday - Mother's Day cards](#)  
Date: Thursday, May 1st, 2025  
Time: 11:00am - 12:30pm AND 5:30pm - 7:00pm  
Place: BRIDGES at Northwood

Each and every first Thursday of the month we will celebrate all members and their children's birthdays. If your birthday falls in the month of May come out and let your BRIDGES family sing Happy Birthday to you! If your birthday is not in the month of May you can still participate with your family.

Event: [Family Day/Night - BINGO Game](#)  
Date: Tuesday, May 22th, 2025  
Time: 11:00am - 12:30pm AND 5:30pm - 7:00pm  
Place: BRIDGES at Northwood

Families will have fun playing the Bingo game.

Event: [Tummy Time](#)  
Date: Monday May 19th, 2025  
Time: 5:30pm - 6:30pm  
Place: Microsoft Teams

Tummy Time is essential from day one to help your baby grow strong muscles! It can help improve head control, decrease reflux, improve motor skills and development, and encourage a

## CAPACITY BUILDING

Event: [Safety Series - Heatstroke Prevention](#)  
Date: Thursday, May 1st, 2025 (Spanish) 1pm-2pm  
Date: Thursday, May 8th, 2025(English)1pm-2pm  
Date: Thursday, May 15th, 2025 (Creole) 1pm-2pm  
Place: Zoom / Facebook Live  
**@SafeKidsPalmBeachCounty**  
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 hazards as well as ways to prevent them.

<https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2U5kTFRkQT09>

Event: [Helmet & Car Seat Inspection](#)  
Date: Tuesday, May 27th, 2025  
Time: 11:00am - 1:30pm (Helmet Install/Inspection)  
Time: 3:00pm - 5:00pm (Car Seat Installation)  
Place: Call Brenda 561-840-3106 to schedule your appt.

If your child or you is, a BRIDGES member wants to make sure it is properly installed or you are in need of a new helmet feel free to call Ms. Brenda at 561-840-3106 to schedule your appointment today. Ms. Brenda is a certified helmet technician.

If you would like to purchase a car seat for \$50.00 or you would like Ms. Brenda to make sure it is properly installed. Feel free to call Ms. Brenda at 561-840-3106 to schedule your appointment today. Ms. Brenda is a certified car seat technician.

Event: [Triple P Seminars—wear GREEN](#)  
Date: Wednesday May 7, 14 & 21, 2025  
Time: 11:00am - 1:00pm  
Place: BRIDGES at Northwood

The seminar gives parents support to help manage children's behavior and prevent the kind of problems that makes family life stressful. Wear **GREEN** each session for extra points!



## WORKSHOPS

Event: [A Write To Read](#)  
Date: Tuesday, May 13th, 2025  
Time: 11:00am – 12:30pm  
Place: BRIDGES at Northwood

Promote reading and writing with your pre-school aged children by attending this literacy class. We'll have fun while we create ways to make learning fun for our children.

Event: [Motivando a las mamás](#)  
Date: Cada primer lunes  
Time: 11:00am - 12:30pm  
Place: BRIDGES at Northwood

Un grupo colectivo de mujeres de nuestra comunidad se reunirá mensualmente para discutir temas candentes y recursos comunitarios. seremos discutiendo la importancia de ser mamá. No olvides usar tus camisetas Motivating Mommies y una sonrisa.

Event: [ECLC Meeting](#)  
Date: Wednesday, May 14th, 2025  
Time: 3:30pm - 4:30pm  
Place: BRIDGES at Northwood

At this meeting, we will discuss what actions our ECLC team can take that will ultimately result in our children better prepared for Kindergarten.

Event: [SAC Meeting](#)  
Date: Monday, May 12th, 2025  
Time: 5:30pm - 6:30pm  
Place: Northmore Elementary School

If you live in 33407 zip code and have a child that will be going to kindergarten or 1st grade in the fall then get ready for a family fun reading adventure!!! Join BRIDGES for our Summer Reading Program. A 7 week session that presents on: strengthening your child's early reading skills, promoting bonding between parent and child, and providing fun learning activities for you and your child to do at home.

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**BRIDGES website: [Bridgesofpbc.org](http://Bridgesofpbc.org)**