

**MAY 2025**

Mon	Tue	Wed	Thu	Fri	Sat
					
5	6	7	8	9	10
12	13	14	15	16	17
19	20	21	22	23	24
26	27	28	29	30	31

**DID YOU KNOW**  
May is Mental Health Awareness Month. Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions. NAMI actively participates in this national movement, dedicated to eradicating stigma, extending support, fostering public education and advocating for policies that prioritize the well-being of individuals and families affected

- Safety Tips**
- **A**void heatstroke-related injury and death by never leaving a child alone in a car, not even for a minute.
  - **C**rate reminders. Keep a stuffed animal or other memento in your child's car seat when it's empty,
  - **T**ake action. If you see a child alone in a car, call 911.

**BRIDGES AT RIVIERA BEACH**  
4152 W. Blue Heron Blvd. Suite 227-228  
Riviera Beach, FL 33404  
PHONE: 561-899-1644  
FAX: 561-598-5672

**MONDAY - FRIDAY**  
9:00am - 5:00pm  
Offering parental support and activities for families and their children.  
[www.bridgesopbc.org/rivierabeach](http://www.bridgesopbc.org/rivierabeach)  
Facebook@Bridges--Riviera



# MAY 2025 HIGHLIGHTS

## MONTHLY THEME



## PARENT/CHILD ACTIVITIES

**EVENT:** RAISE ME UP: Creative Cards  
**DATE:** Tues., May 13th, 2025 5:30pm-7:00pm  
**PLACE:** BRIDGES at Riviera Beach

Join us as you and your child work together to make create your own personalized greeting cards. You will decide on if want to make a birthday card, thankyou card, thinking of you, or etc. This activity will help your develop your child's communication skills.

**EVENT:** RAISE ME UP: Caterpillar Creations  
**DATE:** Sat., May 17th, 2025 10:00am-11:00am  
**PLACE:** BRIDGES at Riviera Beach

Who's hungry? The "Very Hungry Caterpillar". This parent-child activity we read Eric Carle's book, and make your own very hungry caterpillars.



**EVENT:** LITERACY HOUR  
**DATE:** Sat., May 17th, 2025 11am-12pm  
**PLACE:** BRIDGES at Riviera Beach

During the Happily Ever After Parent and Child Together (P.A.C.T.) moment, parents are provided with helpful reading facts and hands-on, interactive strategies that they can easily implement at home with their children.

**EVENT:** TUMMY TIME (w/ WHIN nurse)  
**DATE:** Wed., May 14th, 2025 5:30pm-6:30pm  
**PLACE:** BRIDGES at Riviera Beach

This ongoing workshop prepares expectant parents to have a healthy birth and informs parents with babies up to 6 months old about healthy development after baby's arrival



**EVENT:** FAMILY READ ALOUD  
**DATE:** Wed., May 14th, 2025 6:00PM  
**PLACE:** Riviera Beach Library 2129 N. Congress Ave. Riviera Beach, FL 33404

Join us for a fun filled evening while reading stories, filled with laughter and joy. The adventures await you as you turn the page with us for Family Read Aloud Night, at Riviera Beach Public Library.



**EVENT:** NATIONAL WEAR GREEN DAY  
**DATE:** Thurs., May 15th, 2025  
**PLACE:** WORLDWIDE  
 Join us for Wear It Green Day on Thursday May 15th during Mental Health Awareness Week (12-18 May) – and let's turn the world green for

good mental health! If you can't take part on this day, don't worry, you can **Wear it Green** at any time of the year.



**EVENT:** THE CAVE  
**DATE:** Mon., May 12th & 26th, 2025 6:30pm-8:00pm

**PLACE:** BRIDGES at Riviera Beach  
 Fathers, you are **IMPORTANT** in the lives of your children and families. Come together with

other fathers as we support each other to be the **BEST** we can be!



**EVENT:** "MOODY MONDAY"  
**DATE:** Mon., May 19th, 2025 6:30pm-8:00pm

**PLACE:** BRIDGES at Riviera Beach  
 Join us for a fun-filled evening as we express and discuss the different emotional moods and needs that we deal with on a daily. **This event is INVITE ONLY.**



**EVENT:** WOMEN of POWER  
**DATE:** Thurs., May 15th, 2025 6:00pm-7:30pm

**PLACE:** BRIDGES at Riviera Beach  
 Teaching women how to break the cycles of abuse so they can be free from their past will allow each woman a new lease on life.



**EVENT:** DROWNING PREVENTION  
**DATE:** Tues., April 20th, 2025 5:30pm-7:00pm

**PLACE:** BRIDGES at Riviera Beach  
 Come join us for a presentation by the

Drowning Prevention Coalition of Palm Beach County. Learn life saving tips for you and your love ones. This event is a great opportunity for you and your child to learn how to swim. Lessons are available for children 2-12 who meet certain qualifications, and their immediate caregivers are eligible for lessons too.

**EVENT:** IT'S A GIRL THING!  
**DATE:** Thurs., May 22nd, 2025 11am-1pm  
**PLACE:** BRIDGES at Riviera Beach

Please join us and get the opportunity to meet other moms with young children, gather information, form friendships, and a support system that will make a lasting, positive impact on your future.



**EVENT:** TRIPLE "P" SERIES  
**DATE:** Thurs., May 29th, 2025 6:00pm-7:30pm

**PLACE:** BRIDGES at Riviera Beach  
**TRIPLE "P" - Positive Parenting Program** is one of the most effective evidence-based parenting programs, is a multi-level system of support to prevent and treat social, emotional and behavioral problems in children by enhancing parents knowledge, skills and confidence. .

## WORKSHOPS

## SAFETY WORKSHOP

**EVENT:** HEATSTROKE SAFETY  
**DATE:** Thurs., May 8th, 2025 1pm  
**DATE:** Thurs., May 15th, 2025 (Creole) 1pm  
**PLACE:** ZOOM: <https://zoom.us/j/6846584976>  
**pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09**

Oh, boy it is hot outside. This month we will 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.



## COMMUNITY EVENT

**EVENT:** SCHOOL ADVISORY COUNCIL (SAC meeting)  
**DATE:** Tues., May 20th, 2025 5:30pm  
**PLACE:** Dr. Mary McLeod Bethune Elementary 1501 Avenue U. Riviera Beach, FL 33404

Parents! You can learn a lot by attending a SAC meeting! Be proactive! Get involved! Meeting location Media Center.

**EVENT:** SCHOOL ADVISORY COUNCIL (SAC meeting)  
**DATE:** Wed., , 2025 5:30pm  
**PLACE:** Lincoln Elementary 1160 Ave. N., Riviera Beach, FL 33404

Parents! You can learn a lot by attending a SAC meeting! Be proactive! Get involved! Meeting location room 112

**EVENT:** SCHOOL ADVISORY COUNCIL (SAC meeting)  
**DATE:** Wed., May 21st, 2025 5:30pm  
**PLACE:** West Riviera Beach Elementary 1057 W. 6th St., Riviera Beach, FL 33404

Parents! You can learn a lot by attending a SAC meeting! Be proactive! Get involved!



healthy mothers, healthy babies  
 Coalition of Palm Beach County, Inc.

**EVENTS:** HMHB COMMUNITY ACTIVITIES  
**DATES:** Dates and location vary, all HMHB activities are free to the public. Registration is **REQUIRED** 48 hrs. in advance. TO REGISTER [www.hmhbpbcc.org](http://www.hmhbpbcc.org) CONTACT INFO. 561-517-1551 or 561-517-2541