

MAY 2025

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|--|---|--|-----|
|  | | | | | |
| 5 | 6 | 7 | 1 | 2 | 3 |
| | | | <u>SAFETY SERIES</u> Heatstroke Safety 1:00pm via Zoom | | |
| 12 | 13 | 14 | 15 | 16 | 17 |
| <u>"THE CAVE"</u> Mental Mayhem (Dinner provided) 6:30pm – 8:00pm | <u>RAISE ME UP</u> Creative cards 5:30pm-7:00pm | <u>TUMMY TIME</u> (Free Diapers) 5:30pm-6:30pm <u>FAMILY READ ALOUD</u> Riviera Beach Library 6:00pm-7:00pm | <u>NATIONAL WEAR GREEN DAY</u> (Mental Health Awareness) <u>SAFETY SERIES</u> (Creole) 1:00pm via Zoom <u>WOMEN of POWER</u> (Dinner provided) 6:00pm-7:30pm | <u>RAISE ME UP</u> Caterpillar Creations 10:00am-11:00am <u>LITERACY HOUR</u> 11am-12pm | |
| 19 | 20 | 21 | 22 | 23 | 24 |
| <u>"MOODY MONDAY"</u> (Dinner provided) 6:30pm-8:00pm | <u>DROWNING PREVENTION</u> 5:30pm-7:00pm <u>DR. MARY MCLEOD BETHUNE ELEM. SAC MEETING</u> 5:30pm | <u>WEST RIVIERA ELEM. SAC MEETING</u> 5:30pm | <u>"IT'S A GIRL THING!"</u> (Lunch provided) 11:00am - 1:00pm | | |
| 26 | 27 | 28 | 29 | 30 | 31 |
| <u>"THE CAVE"</u> (Dinner provided) 6:30pm – 8:00pm | | | <u>TRIPLE "P" SESSION 1</u> (Power of Positive Parenting) 6:00pm-7:30pm Sponsored by SOFI | <i>When Families Read, Kids Succeed; Home Story-time and Reading Logs</i>  | |

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
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.hmhbpbpc.org CONTACT INFO. 561-517-1551 or 561-517-2541