



May 2025



at WEST PALM BEACH

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



Mon

Tue

Wed

Thu

Fri

Sat

				2 BRIDGES STAFF WILL be OUT of the OFFICE Due to BRIDGES ALL STAFF Meeting	3
5 <u>New Members Community Orientation</u> 5:30pm-6:30pm	6 <u>CIRCLES Group #1</u> 6pm –7:30pm Closed Group	7 <u>CIRCLES Group #2</u> 6pm –7:30pm Closed Group *Community Room* <u>HOUSE CALLS w/ FAU</u> pm –7pm *Zoom* Bridge Mart We're Open 10am to 4pm	8 <u>SAFE KIDS</u> <u>at 1pm</u> <u>Facebook & Zoom</u>	9 <u>Parent and Provider Cafe</u> 6pm to 8pm *Salvation Army* <u>RSVP ONLY</u>	10
12 <u>Literacy Adventure</u> Time: Nursery Rhymes 6:00 pm– 7:00pm *Community Room*	13 <u>Women To Women Self Care</u> 6pm to 7:30pm *Community Room*	14 <u>CIRCLES Group #2</u> 6pm –7:30pm Closed Group *Community Room*	15 <u>MONEY TALKS</u> 6pm to 7pm *Zoom* "Wear Green Day" 	16	17
19 <u>Raise Me Up:</u> <u>Playgroup</u> 6:00pm to 7:00pm *Community Room*	20 <u>CIRCLES Group #1</u> 6pm –7:30pm Closed Group	21 <u>CIRCLES Group #2</u> CLOSING CEREMONY 6pm –7:30pm *Community Room* Bridge Mart We're Open 10am to 4pm	22 <u>Raise Me Up:</u> <u>Baby Talk</u> <u>Self Care For</u> <u>Mental Health</u> 6:00pm– 7:30pm *Community Room*	23	24
26 BRIDGES WILL BE CLOSED 	27 <u>Summer Reading Program</u> <u>Orientation</u> *Community Room* 6pm to 7pm	28 <u>Father's Only</u> 6pm –7:30pm *Community Room*	29 <u>Bridges Builders Leadership</u> 6pm –7pm Held in the Director's Office 2nd Floor	30	31

Tips for Observing Mental Wellness Month 2025

- Create a Self-Care Routine.
- Attend Workshops and Webinars.
- Engage in Creative Expression.
- Join a Support Group.
- Practice Gratitude and Positive Affirmations.

May is
Mental Health
Awareness
Month



BRIDGES
720 8th Street,
West Palm Beach, FL
33401
561-804-6754

Mon-Thurs 9am to 6 pm
Friday 9am to 5 pm

Offering parental support
and activities for
families with children

All activities occur at BRIDGES at West Palm Beach unless otherwise speci-

HIGHLIGHTS

BRIDGES AT WEST PALM BEACH
720 8th Street
West Palm Beach, FL 33401

PARENT/CHILD ACTIVITIES

Event: LITERACY ADVENTURE TIME

Nursery Rhymes

Date: May 12, 2025

Time: 6pm to 7pm

Place: BRIDGES Community Room

Summary: Nursery Rhymes are a part of childhood literacy and offers a fun reading learning experience. Mother Goose the Queen of Children's Rhyming... will be here to spread her special rhyming style. Please see the flyer for additional information. **Partnership with BRIDGES Builders**

Event: Raise Me Up: Playgroup

Date: May 19, 2025

Time: 6pm to 7pm

Place: BRIDGES Site Community Room

Summary: Join us for this Ages & Stages/Child Development playgroup for children ages 2 to 5 years of age. This month we will be having fun together developing our child's Communication and Gross Motor Skills. Please see the flyer for additional information. **In Partnership with Pranati Rohi Readery**

Event: Raise Me Up: Balk Talk Self Care For Mental Health

Date: May 22, 2025

Time: 6pm to 7pm

Place: BRIDGES Site Community Room

Summary: Come join in the discussion concerning what is self-care and how we can recognize and practice making this positive choice that is about us. Please see the flyer for additional information. **In Partnership with WIND**

Event: SAFE KIDS

Date: May 08, 2025

Time: 1pm to 2pm

Place: Zoom

Summary: Safe Kids

Will be broadcasted via Zoom. Link and instructions will be posted on the BRIDGES of West Palm Beach Facebook page.

COMMUNITY EVENTS

Event: Parent Café (RSVP Only)

Date: May 9, 2025

Time: 6pm to 8pm

Place: Salvation Army 600 N Rosemary Ave, West Palm Beach, FL 33401

Summary: The Community Café is a series of action oriented questions to promote a justice-centered vision for the County. It's a gathering that is fun, generative and safe. It is an opportunity to infuse your perspective while honoring the power of parents.

BRIDGES in Partnership with DCF.

WORKSHOPS

Event: NEW MEMBERS COMMUNITY ORIENTATION

Date: May 5, 2025

Time: 5:30pm to 6:30pm

Place: Community Room

Summary: This is an awareness workshop for our BRIDGES members about services and local resources available to you. As well as what our partnership with you as a member will look like. You will be orientated to BRIDGES. If you missed the Parent night last month, please try to attend.

Event: CIRCLES GROUP #1 & #2

PREREGISTRATION REQUIRED

Date: May 6, and 20, 2025 **Group #1**

May 8, 14, and (May 21st 2025 is the CLOSING CEREMONY) **Group #2**

Time: 6pm to 7:30pm

Place: Community Room

Summary: CIRCLES is a unique program to help individuals and families break out of poverty and become upwardly mobile through education, mentoring and personal resolve to succeed. Please Contact Crissy Baker at 561.602.7802 if you are interested in registering for CIRCLES.

Event: HOUSE CALLS W/ FAU

Date: May 8, 2025

Time: 6pm to 7pm

Place: Zoom

Summary: House Calls **Partnership with FAU** offers personalized, expert advice on heart disease from a trusted medical professional. This service brings the convenience of a virtual consultation to help you understand heart health, risk factors, prevention, and treatment options, call from the comfort of your home."

WORKSHOPS

Event: WOMAN TO WOMAN SELF CARE

Date: May 13, 2025

Time: 6pm to 7:30pm

Place: Community Room

Summary: Women's self-care and mental health groups provide a supportive environment for women to prioritize their well-being. These groups can be a valuable resource for connecting with others, sharing experiences, and learning coping strategies. Common activities include discussion, self-reflection, mindfulness exercises, and skill-building workshops. Please RSVP by or before May 6, 2025

Event: MONEY TALK (YWCA)

Date: May 15, 2025

Time: 6pm to 7pm

Place: Zoom

Join in on this new financial literacy series where we will be discussing self-sufficient topics such as savings, credit, home owning, and so much more. **Partnership with Marylou YWCA**

Event: Summer Reading Program Orientation

Date: May 27, 2025

Time: 6pm to 7pm

Place: BRIDGES Site Community Room

Summary: The BRIDGES Summer Reading Program (SRP) is a free program that provides families with information and resources to support their children's learning and improve student academic success. This is by pre-enrollment only. To inquire about an opening please call. **In Partnership with U. B. Kinsey Historic Education and Community Center**

Event: FATHERS ONLY

Date: May 28, 2025

Time: 6pm to 7:30pm

Place: Community Room

Summary: It's time for another round of meaningful conversation, camaraderie, and connection at our next Fathers Only group meeting. We'll be gathering to share stories, advice, and experiences of fatherhood, all while building a strong community of dads who support one another.

Event: BRIDGE MART (Accepting BRIDGE BULKS ONLY)

Date: May 8, & 21, 2025

Time: 10 am to 4pm By Appointments Only

Place: BRIDGES at West Palm Beach

Summary: Serving our MEMBERS within your community by offer specialized products, household essential, excellent customer service, and much more.

Event: BRIDGES BUILDERS LEADERSHIP MEETING

Date: May 29, 2025

Time: 6pm-7pm

Place: 2nd Floor of the Director's office (Tamika Rawleigh)

Summary: This is a reminder that our upcoming leadership team meeting will be a closed session. We'll be diving into important discussions regarding the future direction of Bridges Builders and working on key initiatives that will strengthen our mission and impact.

