



# NEWS LETTER



BRIDGES - Monthly Newsletter May 2025

## May is Mental Health Awareness Month

This May, step up, speak out, and contribute to reshaping the dialogue surrounding mental health! Since 1949, Mental Health Awareness Month has played a pivotal role in tackling the issues encountered by countless Americans dealing with mental health challenges. BRIDGES is committed to promote Mental Health by offering information, resources, and support to the communities we serve.



## BRIDGES at Riviera Beach Baby Shower

BRIDGES at Riviera Beach hosted a joyful Baby Shower in partnership with WHIN, Healthy Mothers Healthy Babies, Safe Kids, and Blue Bird, creating a warm and supportive environment for expectant and new parents. The event celebrated families in the community with thoughtful gifts for moms-to-be and new moms and dads, helping them prepare for their parenting journey. It was a day filled with smiles, encouragement, and resources to promote healthy, happy beginnings.



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[www.bridgesofpbc.org](https://www.bridgesofpbc.org)

## BRIDGES at Lake Park

**BRIDGES at Lake Park recently celebrated the success of their Computer Course for Beginners, where a dedicated group of learners has shown incredible commitment over the past three months. Attending faithfully, these participants have embraced the opportunity to build new digital skills, grow their confidence, and open doors to future opportunities. Their perseverance and enthusiasm reflect the power of lifelong learning and the supportive community fostered at BRIDGES.**



## BRIDGES at Boynton Beach

**In honor of Child Abuse Prevention Awareness Month, BRIDGES at Boynton Beach visited Poinciana Elementary and Galaxy Elementary School to create beautiful Pinwheel Gardens with students and staff. The pinwheels, a symbol of childhood and hope, served as a powerful reminder of the importance of safe, nurturing environments for all children. This meaningful activity helped raise awareness in the community while engaging young minds in a message of protection, support, and care.**



## RESOURCE HUB

**Healthy Mothers, Healthy Babies Coalition Of Palm Beach County- Pregnant Women & Expectant Families . 561-623-2800**

**HomeSafe- Families with Children Birth to Five screens and assesses children for developmental delays or behavior concerns, as well as mothers for signs of postpartum depression . 561-383-9871**

**211- free and confidential crisis and emergency counseling, disaster assistance, food, health care and insurance assistance, stable housing and utilities payment assistance, employment services, veterans services and childcare and family services.**

- 2-1-1
- (561) 383-1112
- (866) 882-2991
- Text your zip code to 898211 (available 24/7)

**Safe Kids Palm Beach County- Safe Kids Palm Beach County is a community-based program that offers safety education and materials to families to decrease accidental injuries in children from 0 to 19 years of age. (561) 841-3500, Ext 4011**

**Early Learning Coalition of Palm Beach County- For parents looking for child care in Palm Beach County, the Early Learning Coalition of Palm Beach County (ELCPBC) offers free, unbiased, personalized information on child care programs and providers in the area.**

**Parents: 561-514-3300**

**Providers/Administrative: 561-214-8000**

