

# May 2025



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



Mon	Tue	Wed	Thu	Fri	Sat
			1 <u>Safety Series: "Heatstroke Prevention" Spanish</u> 1pm—2pm	2 <b>BRIDGES WILL BE CLOSED for ALL STAFF MEETING</b>	3
5	6	7 <u>SAC/Pastelitos w Principal</u> 8:30am—9am <u>Women's Club "Self Care"</u> 10:am—12pm (RSVP ONLY) <u>Story Time Be Grateful</u> 1pm—2pm	8 <u>Safety Series: "Heatstroke Prevention" English</u> 1pm—2pm	9 <u>Spanish Literacy Class</u> 9:30am—11am	10
12 <u>My Emotions</u> 3pm—4pm <u>Yoga for Mental Health Workshop</u> 5pm—6pm	13	14 <u>Raise Me Up "Fun with Fine Motor"</u> 11:30am—12:30pm	15 <b>"Wear Green Day"</b> <u>Community Immunization</u> 8am—12pm <u>Safety Series: "Heatstroke Prevention" Creole</u> 1pm—2pm	16 <u>Spanish Literacy Class</u> 9:30am—11am	17 <u>Family Activity: "Barber of Seville"</u> 1pm—2pm
19	20 <u>Drowning Prevention Workshop</u> 11:30am—12:30pm	21 <u>Raise Me Up: Me &amp; My Emotions</u> 4pm—5pm	22	23	24
26 <b>Observance of Memorial Day</b> WE 	27	28 <u>Summer Reading Program Orientation (Invite Only)</u> 11am—12:30pm	29 <u>Community ID</u> 11am—1pm	30 <u>Spanish Literacy Class</u> 9:30am—11am	31

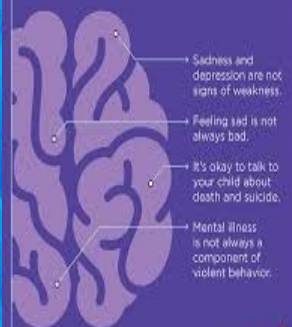
**BRIDGES At Highland**  
**MAIN OFFICE:**  
 305 Lake Ave  
 LAKE WORTH, FL 33460

**PHONE:**  
 561-899-1652  
**FAX :**  
 561-537-5160

**MONDAY - FRIDAY**  
 8:00am - 5:00pm

**www.bridgesofpbc.org**  
**Facebook at BRIDGES Highland**

## 4 THINGS TO KNOW ABOUT MENTAL HEALTH



children's services council

# 2025 HIGHLIGHTS

## MONTHLY THEME

**“Movement “Moving more our Mental Health!”**

## PARENT CHILD ACTIVITY

Event: RAISE ME UP “Fun with Fine Motor”  
Date: May 14, 2025 @ 11:30am—12:30pm  
Place: BRIDGES 305 Lake Ave, Lake Worth Beach FI 33460

Parents can encourage and support their child with their fine motor skills by introducing fun activities that will strengthen their hands, wrist, fingers muscles and concentration skills.

**Sponsored by Home Safe Jenaease S**

Event: My Emotions  
Date: May 12, 2025 @ 3pm—4pm  
Place: Pro Child Day Care 1200 N G St, Lake Worth Beach FI 33460

Parents and child will do an activity on emotions, they will draw how they are feeling. They will learn that it is ok to express what you are feeling.

**Sponsored by Pro Child Day Care & Milagros Toro**

Event: Family Activity “Barber of Seville  
Date: May 17, 2025 @ 1pm—2pm  
Place: BRIDGES 305 Lake Ave, Lake Worth Beach FI 33460

Families will learn and join us as we bring to you the play Barber of Seville.

**Sponsored by Palm Beach Opera**

Event: RAISE ME UP “ Me and My Emotions”  
Date: May 21, 2025 @ 4pm—5pm  
Place: BRIDGES 305 Lake Ave, Lake Worth FI 33460 ,

In this activity, the kids will draw and color how they feel that day and explain why they feel that way.

**Sponsored by Child Development Specialist**

## FAMILY LITERACY

Event: Story Time  
Date: May 7, 2025 @ 1pm—2pm  
Place: 15 North M St, Lake Worth Beach FI 33460 Lake Worth Library

The BRIDGES would like for you to join us with your children to enjoy this fun Story Time presented by Lake Worth Library

**Sponsored by Lake Worth Library**



## WORKSHOPS

Event: SAC/PAC & Pastelitos with the Principal  
Date: May 7, 2025 @ 8:15am—9:00am  
Place: 500 Highland Ave, Lake Worth Beach FI 33460 Highland Elementary

These meetings primary purpose is to review relevant data, identify problem areas, develop improvement strategies, and monitor their implementation.

**Sponsored by Highland Elementary**

Event: Women's Club “ Self Care”  
Date: May 7, 2025 @ 10am—12pm  
Place: BRIDGES 305 Lake Ave, Lake Worth FI 33460

Join us for a day of self care, Latin Beauty will be doing a mini make over to our moms. MUST RSVP

**Sponsored by Latin Beauty School**

Event: Spanish Literacy  
Date: May 9, 16, and 30,, 2025 @ 9:30am—11am  
Place: BRIDGES 305 Lake Ave , Lake Worth Beach FI 33460

Parent Leaders come together to teach members the basics of reading and writing Spanish.

**Sponsored by BRIDGES Ambassador**

Event: Yoga for Mental Health  
Date: May 12, 2025 @ 5pm —6pm  
Place: BRIDGES 305 Lake Ave, Lake Worth FI 33460

Come join us for an hour of Yoga for Mental Health, we will be taking care of our souls and minds.

**Sponsored by ICA**

Event: Drowning Prevention  
Date: May 20, 2025 @ 11:30am - 12:30pm  
Place: BRIDGES 305 Lake Ave, Lake Worth FI 33460

Join us for this very important information regarding drowning prevention. With the summer around the corner it is important that you know how to protect your family..

**Sponsored by Palm Beach Drowning Prevention Coalition**

Event: Summer Reading Orientation  
Date: May 28, 2025 @ 11:00am - 12:30pm  
Place: BRIDGES 305 Lake Ave, Lake Worth FI 33460

Get Ready to Dive into the Summer Reading Program Orientation. Join the FUN and explore exciting books as well as meet new friends. (Program Open to Registered Only)

**Sponsored by Child Development Specialist**

## SAFETY WORKSHOP

SAFETY WORKSHOP “Heatstroke Prevention”  
**Sponsored by Safe Kids of PBC (VIA ZOOM)**

Date: May 1, 2025 @ 1pm—2pm Spanish

Date: May 8, 2025 @ 1pm—2pm English

Date: May 15, 2025 @ 1pm—2pm Creole

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 hazard as well as ways to prevent them.

## COMMUNITY EVENT

Event: Park Takeover Alert  
Date: May 3, 2025 @ 1pm—6pm  
Place: 1701 Wingfield St, Lake Worth Beach FI 33460 (Howard Park)

Come play with the shiftest most unguardable hooper on the internet @jlewwww.5 and the Court Kingz.  
**Sponsored by UF/IFAS Palm Beach County Environmental Horticulture Ext Agt**

Event: Community Immunization  
Date: May 15, 2025 @ 8am—12pm  
Place: 709 North F St, Lake Worth Beach FI 33460

Palm Beach Health Department comes out every third Thursday of the month to provide families with the necessary Immunizations their children need. Free immunizations for children.

**Sponsored by Palm Beach Health Department**





**MAY 2025**



Blue: Capacity Building Workshops  
 Yellow: Parent /Child Activities  
 Orange: Family Literacy Activities  
 Red: Safety Workshops  
 Green: Community Events  
 Purple: Community Outreach Activities



Mon	Tue	Wed	Thu	Fri	Sat
<p><b>Children's Services Council</b> PALM BEACH COUNTY Healthy. Safe. Strong.</p>			<p><b>1</b></p> <p><u>Casual Conversation</u> 5:30pm-6:30pm Sara Sims Park</p>	<p><b>2</b></p> <p><u>First Friday at 5 Con-</u> <u>cert</u> 5:00pm – 8:00pm Boynton Beach Amphitheater</p>	<p><b>3</b></p> <p><u>Walk Against Violence</u> <u>and Hate</u> 9:00am – 1:00pm Pompey Park</p>
<p><b>5</b></p> <p><u>Mental Health w/ Gene-</u> <u>sis</u> 6:00pm -7:00pm Carolyn Sims Center</p>	<p><b>6</b></p> <p><u>Sensational Story N' More</u> 10:00am-11:00am Schoolhouse Museum <u>Sharing Hope: Mental</u> <u>Wellness in the</u> <u>Black/African Ancestry</u> <u>Community</u> 6:00pm -7:00pm Carolyn Sims Center</p>	<p><b>7</b></p> <p><u>RMU(0-5 years old)</u> 6:00pm - 7:00pm Carolyn Sims Center <u>Storytime with Margaret</u> 6:00pm - 6:30pm Carolyn Sims Center</p>	<p><b>8</b></p> <p><u>Safety Series</u> Heatstroke Safety (English) Zoom/FB Live 1:00pm-2:00pm <u>Casual Conversation</u> 5:30pm-6:30pm Sara Sims Park</p>	<p><b>9</b></p>	<p><b>10</b></p>
<p><b>12</b></p> <p><u>Pure Joy Baby &amp; Me</u> 6:00pm-7:00pm Carolyn Sims Center</p>	<p><b>13</b></p> <p><u>Sharing Hope: Mental</u> <u>Wellness in the</u> <u>Black/African Ancestry</u> <u>Community</u> 6:00pm -7:00pm Carolyn Sims Center</p>	<p><b>14</b></p> <p><u>RMU(0-5 years old)</u> 6:00pm - 7:00pm Carolyn Sims Center <u>BRIDGES Orientation</u> 7:00pm-7:30pm Carolyn Sims Center</p>	<p><b>15</b></p> <p><u>Safety Series</u> Heatstroke Safety (Creole) FB Live 1:00pm-2:00pm <u>Wear Green Day</u></p>	<p><b>16</b></p>	<p><b>17</b></p>
<p><b>19</b></p> <p><u>Family Self Sufficiency</u> <u>Program Overview</u> 6:00pm -7:00pm Carolyn Sims Center <u>Colors and Crafts</u> 6:00pm -7:00pm Facebook</p>	<p><b>20</b></p> <p><u>Sharing Hope: Mental</u> <u>Wellness in the</u> <u>Black/African Ancestry</u> <u>Community</u> 6:00pm -7:00pm Carolyn Sims Center</p>	<p><b>21</b></p> <p><u>Storytime Fun</u> 6:00pm-7:00pm Carolyn Sims Center</p>	<p><b>22</b></p>	<p><b>23</b></p>	<p><b>24</b></p>
<p><b>26</b></p> <p>OFFICE CLOSED</p>	<p><b>27</b></p>	<p><b>28</b></p> <p><u>Mental Health Book Club:</u> <u>The Let Them Theory</u> 4:30pm –5:30pm Boynton Beach Library <u>Summer Reading Program:</u> <u>Orientation</u> 6:00pm - 7:00pm Carolyn Sims Center <u>Dad's Night Out</u> 6:00pm -7:00pm Carolyn Sims Center</p>	<p><b>29</b></p> <p><u>Book of the Month</u> 6:00pm -7:00pm Facebook <u>Casual Conversation</u> 5:30pm-6:30pm Sara Sims Park</p>	<p><b>30</b></p>	<p><b>31</b></p>



Carolyn Sims Center- 225 NW 12th Ave,  
Boynton Beach 33435

Schoolhouse Museum-129 E Ocean Ave, Boynton  
Beach 33435

Boynton Beach Library-100 E Ocean Ave,  
Boynton Beach, FL 33435

Pompey Park - 1101 NW 2nd St, Delray Beach,  
FL 33444

**BRIDGES at**  
**Boynton Beach**

1105 North Federal Highway  
Boynton Beach, FL. 33435

PHONE: 561-903-7743

MONDAY - FRIDAY  
9:00am - 5:00pm

*We are dedicated to strengthen communities  
across Palm Beach County by improving  
outcomes for children and families through  
education and social services. Our goal is to  
ensure that our families have what they*



# MAY 2025 HIGHLIGHTS

## Movement: Moving More For Our Mental Health



### Parent Child Activities

**Event:** [RMU \(0-5 years\): "All About Mommy"](#)

**Date:** May 7th, 2025

**Time:** 6:00pm-7:00pm

**Place:** Carolyn Sims Center

**Highlight:** We will be celebrating our Mommies. We will use our communication and fine motor skills to express how we feel about our Moms!

**Event:** [RMU \(0-5 years \): "Me Tree "](#)

**Date:** May 14th, 2025

**Time:** 6:00pm-7:00pm

**Place:** Carolyn Sims Center

**Highlight:** This activity will help to develop your child's social skills and share their feelings at the same time. Children increase their confidence as they express characteristics of who they are that makes them unique.

**Event:** [Colors and Crafts](#)

**Date:** May 19th, 2025

**Time:** 6:00pm-7:00pm

**Place:** Facebook

**Highlight:** Colors, colors, colors. Know your colors! Each week we will focus on one color by using games, music or arts and crafts. This activity will help develop all those motor skills.

### Family Literacy

**Event:** [Sensational Story N' More](#)

**Date:** May 6th, 2025

**Time:** 10:00am-11:00am

**Place:** Schoolhouse Museum

**Highlight:** Children's books are brought to life through an interactive reading and an art activity. Children will have the opportunity to illustrate the story in their own unique way! **In partnership with Schoolhouse Museum**

**Event:** [Storytime with Margaret](#)

**Date:** May 7th, 2025

**Time:** 6:00pm- 6:30pm

**Place:** Carolyn Sims Center

**Highlight:** Join us for reading fun with Ms. Margaret.

**In partnership with Boynton Beach Mental Health Committee.**

**Event:** [Storytime Fun](#)

**Date:** May 21st 2025

**Time:** 6:00pm -7:00pm

**Place:** Carolyn Sims Center

**Highlight:** This is an engaging and imaginative storytelling activity designed to spark creativity, build language skills, and foster a love for reading.

**Event:** [Book of the Month](#)

**Date:** May 29th 2025

**Time:** 6:00pm -7:00pm

**Place:** Facebook

**Highlight:** This book is chosen just for little readers. Each month we pick a fun and engaging book filled with colorful pictures, loveable characters, and exciting adventures. It's a great way to build a love for books and spark imagination.

## Capacity Building

**Event:** [Mental Health w/ Genesis](#)

**Date:** May 5th, 2025

**Time:** 6:00pm-7:00pm

**Place:** Carolyn Sims Center

**Highlights:** This workshop will help educate the public at large. It teaches them that it is okay to share experiences, vulnerabilities, and shared concerns about mental health issues. **In partnership with Genesis Community Health.**

**Event:** [Sharing Hope: Mental Wellness in the Black/African Ancestry Community](#)

**Date:** May 6th, 13th, 20th 2025

**Time:** 6:00pm-7:00pm

**Place:** Carolyn Sims Center

**Highlight:** NAMI Sharing Hope is designed to introduce discussions on mental health and wellness through a three-part community conversation series grounded in the sharing of sacred stories and guided dialogue on mental wellness and support. **In partnership with NAMI.**

**Event:** [Pure Joy Baby & Me w/ WHIN](#)

**Date:** May 12th, 2025

**Time:** 6:00pm-7:00pm

**Place:** Carolyn Sims Center

**Highlights:** Come and join other new mothers to celebrate motherhood and all that it means. For pregnant families and with children 12 months or under. **In partnership with Women's Health Initiative Program (W.H.I.N.)**

**Event:** [BRIDGES Orientation](#)

**Date:** May 14th, 2025

**Time:** 7:00pm-7:30pm

**Place:** Carolyn Sims Center

**Highlight:** Are you a new BRIDGES member or just need a refresher? If so, this meeting is for you! Join us and be introduced to the BRIDGES staff, their roles and what BRIDGES has to offer its members and families.

**Event:** [Family Self Sufficiency Program Overview](#)

**Date:** May 19th, 2025

**Time:** 6:00pm-7:00pm

**Place:** Carolyn Sims Center

**Highlight:** This program aims to identify and address the needs of at-risk families by providing services to support their journey toward self-sufficiency. Available services may include housing assistance, job training, childcare, literacy programs, education, budget and credit counseling, employment development, and emergency support such as food and clothing.

**Event:** [Dad's Night Out](#)

**Date:** May 28th, 2025

**Time:** 6:00pm-7:00pm

**Place:** Carolyn Sims Center

**Highlight:** Dads, it's your turn to have a night out! It's your opportunity to share what's on your mind with other dads. This is your chance to unload, unwind and have some fun at the same time!

**Event:** [Summer Reading Program-Orientation](#)

**Date:** May 28th, 2025

**Time:** 6:00pm-7:00pm

**Place:** Carolyn Sims Center

**Highlights:** Summer Reading Program is a free program that provides families with information and resources that will support their child's learning at home and enhance student's academic success.

**Event:** [The Mental Health Book Club: The Let Them Theory](#)

**Date:** May 28th, 2025

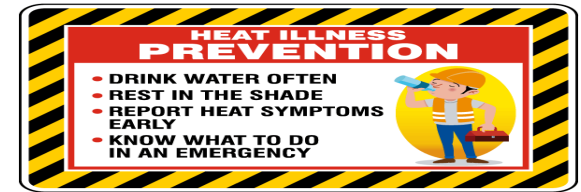
**Time:** 4:30pm-5:30pm

**Place:** Carolyn Sims Center

## Capacity Building

**Highlight:** Join us for a community-wide conversation on mental health as we explore The Let Them Theory by Mel Robbins. This book club aims to increase awareness and encourage open discussions on mental well-being. Participants are invited to read the book independently and gather for a thoughtful discussion. Whether you read the book or listen to the audiobook, come ready to engage in a meaningful conversation about personal growth, boundaries, and mental wellness. **In partnership with the Boynton Beach Mental Health Committee.**

## Safety Series



**Event:** [Safety Series: "Heatstroke Prevention"](#)

**Date:** May 8th ( English) & 15th (Creole), 2025

**Time:** 1:00pm-2:00pm

**Place:** Zoom/FB Live

**Highlight:** This month we'll 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 to prevent them. **In partnership with Safe Kids PBC.**

## Community Event

**Event:** [Casual Conversation](#)

**Date:** Every Thursday Evening

**Time:** 5:30pm-6:30pm

**Place:** Sara Sims Park

**Highlight:** What's going on? Let's talk about what's happening in our community!

## Community Outreach Activity

**Event:** [First Friday at 5 Concert](#)

**Date:** May 2nd, 2025

**Time:** 5:00pm – 8:00pm

**Place:** Boynton Beach Amphitheater

**Highlight:** The City offers a free monthly concert series, First Friday at 5, at Centennial Park + Amphitheater in Downtown Boynton. Concerts will take place from 5 pm – 8 pm on the first Friday of each month.

**Event:** [Walk Against Violence and Hate](#)

**Date:** May 3rd, 2025

**Time:** 9:00am – 1:00pm

**Place:** Pompey Park

**Highlight:** Take part in the 10th Annual Walk Against Violence and Hate led by Boynton Beach High School Tiger Sound Marching Band starting at 9 am. The walk will also be kicking off Mental Health Awareness Month. The walking route starts and ends at Pompey Park.

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

# MAY 2025



Mon	Tue	Wed	Thu	Fri	Sat
			1	2	3
5 Early Learning Coalition (ELC) 9:00 am (Appt only)	6 BRIDGES Book Club presents: A Chair For My Mother 5:00pm—BRIDGES	7 Early Learning Coalition (ELC) 9:00 am Toxic Stress 5:00pm—BRIDGES	8 Musical Chairs 5:30pm—All Ages BRIDGES	9	10
12 Early Learning Coalition (ELC) 9:00 am (Appt only)	13	14 Early Learning Coalition (ELC) 9:00 am (Walk ins) Moms in The Muck 5:00pm—BRIDGES	15 "Wear Green Day" Cookin with Kids: Pizza Faces 5:30pm—Ages 3 & up BRIDGES	16	17
19 Early Learning Coalition (ELC) 9:00 am (Appt only) Catch The Butterflies 3:00pm-Ages 4 & Up BG Library	20 Summer Reading Orientation 5:30pm—BRIDGES	21 Early Learning Coalition (ELC) 9:00 am Madan Sara Film Screening 5:30pm—BG Library	22 Way to Save BINGO 5:30 pm—BRIDGES	23	24
26 CLOSED 	27	28 Early Learning Coalition (ELC) 9:00 am (walk ins) SRP - Session 1 Oral Language Development 5:30pm—BRIDGES	29 Safety Series: Heatstroke Prevention 4:30pm—BRIDGES	30	31



BRIDGES AT  
BELLE GLADE

141 SE AVE C  
BELLE GLADE,  
FL 33430

OPERATION  
HOURS  
MON-FRI  
8:30AM—  
5:30PM

SATURDAY  
APPT ONLY  
10AM -12PM

PHONE:  
561-992-8210

## MAY 2025 HIGHLIGHTS

### MONTHLY THEME

**Child Passenger Safety Month**

### PARENT CHILD ACTIVITY

**Musical Chairs**  
Thursday, May 8, 2025  
5:30 pm—BRIDGES  
All Ages

Let's get the music, the chairs, and the children to play the classical game of Musical Chairs. Through this game, children learn about taking turns, how to control their bodies and follow directions. By the end of the activity, it will be about the music and dancing with your child.

**Cookin' With Kids: Pizza Faces**  
Thursday, May 15, 2025  
5:30pm

Cooking can be a great way to help young kids build critical language skills, boost confidence and encourage self-direction and independence. During this activity, we will make pizzas to symbolize our unique characteristics and enjoy a tasty snack.

**Catch The Butterflies (Haitian Creole)**  
Monday, May 19, 2025  
3:00pm— BG Library  
Ages 3 & up

Flying paper butterflies are fun! In this activity, children will explore the shapes, sizes, and wing patterns of butterflies.

### FAMILY LITERACY

**BRIDGES Book Club presents:**  
**A Chair For My Mother**  
Tuesday, May 6, 2025  
5:00pm—BRIDGES  
Ages 4 & Up

A young girl shares details about how her and her family are saving up money to buy a big comfy chair after losing all of their belongings during a fire. This story of family resilience is a must read for everyone.

### CAPACITY BLDG WORKSHOPS

**Toxic Stress**  
Wednesday, May 7, 2025  
5:00pm

Did you know that elevated blood pressure is associated with stress? Come learn how deadly stress can be on your organs and body especially if you are pregnant or planning to be. This session can be a life saver.

**Moms In The Muck: Soothing Transitions**  
Wednesday, May 14, 2025  
5:00pm—BRIDGES

Pain from bruising, swelling, and stitches is typical in the child birth process, however there are ways to get immediate relief. Join us to learn some of those ways.

**Summer Reading Program (SRP) Orientation**  
Tuesday, May 20, 2025  
5:30pm

Join BRIDGES as we take a deep dive into reducing the Summer Slide. This informational session will outline the program expectation and answer any questions parents may have. Open to students entering kindergarten through second grade only.

**Ways- To-Save (Savings) B-I-N-G-O**  
Thursday, May 22, 2025  
5:30 pm—BRIDGES

This new year kick start your savings plan with **HOUSEHOLD-BINGO** at BRIDGES. Join in the fun with a traditional game of BINGO and win prizes that will help you save on commonly used household items. We will also learn how small savings can add up to bigger savings. Join our Savings challenge now.

**SRP Session 1: Oral Language Development**  
Wednesday, May 29, 2025  
5:30pm—BRIDGES

In this SRP session, parents will learn the importance of storytelling and various types of activities that support oral language development and how to use it in daily routines.

### SAFETY WORKSHOP

**Safety Series: Heatstroke Prevention**  
Tuesday, May 28, 2025  
4:30 pm—BRIDGES

Did you know a car can 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 risks as well as ways to prevent them.

### COMMUNITY EVENTS

**SAFEKIDS Safety Series**  
**FACEBOOK LIVE**  
<https://www.facebook.com/SafeKidsPalmBeachCounty>

**ENGLISH EXCHANGE**  
Tuesdays (May 6, 13, 20, 27, 2025)  
3:00pm—5:00pm  
Belle Glade Library

**FREE FAMILY WEEKEND MEAL KITS**  
Fridays, (May 2, 9, 16, 23, 30, 2025)  
9:00 am—5:00 pm  
Belle Glade Library  
Each child ages 18 and younger is eligible for one free weekend meal kit every Friday while supplies last.

**Chair YOGA**  
Tuesdays & Thursdays  
MAY—2025  
4:00pm—5:00pm  
St. John Missionary Baptist Church  
Open to the public (space is limited, so register early!). Sessions include complimentary pre- and post-class blood pressure checks, demonstrating the positive impact of exercise on blood pressure.

Take a step toward a healthier you!  
For more information, contact Annie Ifill at [healthierglades@htpbc.org](mailto:healthierglades@htpbc.org) or text at (561) 685-4829.



May 2025



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



*'MOVEMENT:  
MOVING MORE  
FOR OUR MENTAL  
HEALTH'*

#### Heatstroke Prevention Tips

- Watch kids when they are in and around water, without being distracted.
- Empty tubs, buckets, containers and kids pools immediately after use.
- Install fences around home pools with self closing and self-latching gates
- Learn CPR and basic water rescue skills.

BRIDGES at Lake Park  
1411 10th Street  
Lake Park, FL 33403  
561-881-5060

Office Hours  
Monday-Thursday  
8:30am-7:00pm  
Friday 8:30am-5:00pm

Offering parental support  
and activities for  
families with children  
Ages 0 to 8

Mon	Tue	Wed	Thu	Fri	Sat
			1 <b>Safe Kids –Heatstroke Prevention Safety -(Spanish)</b> 1:00pm <b>ESOL Lab</b> 4:00pm-7:00pm	2	3 <b>Storytime at Lake Park Library</b> 10:30am-11:00am
5 <b>Palm Beach County Youth Services Department</b> 10:30am-11:30pm  <b>ESOL Lab</b> 4:00pm-7:00pm	6 <b>Computer Course for Beginners (Registration Required)</b> 10:00am-12:00p  <b>ESOL Lab</b> 4:00pm-7:00pm	7 <b>Circle of Moms (HMHB) Registration Required)</b> 11:00am <b>SAC Meeting (School Advisory Council)</b> 2:45pm <b>Palm Beach County Youth Services Department</b> 5:30am-6:30pm <b>ESOL Lab</b> 4:00pm-7:00pm	8 <b>Raise Me Up</b> 0-2yrs old 11:30am-12:30pm  <b>Safe Kids –Heatstroke Prevention Safety (English)</b> 1:00pm  <b>ESOL Lab</b> 4:00pm-7:00pm	9	10 <b>Storytime at Lake Park Library</b> 10:30am-11:00am
12 <b>ESOL Lab</b> 4:00pm-7:00pm	13 <b>Computer Course for Beginners (Registration Required)</b> 10:00am-12:00p  <b>What is BRIDGES? (Invitation only)</b> 11:30am-12:30pm  <b>ESOL Lab</b> 4:00pm-7:00pm	14 <b>Circle of Moms (HMHB) (Registration Required)</b> 11:00am <b>Health workshop (How does poor health affect mental health)</b> 5:30pm-6:30pm <b>ESOL Lab</b> 4:00pm-7:00pm	15 <b>Wear Green Day</b>  <b>Lap sit at Lake Park Library</b> 10:15am-11:00am <b>Safe Kids-Heatstroke Prevention Safety (Creole)</b> 1:00pm <b>ESOL Lab</b> 4:00pm-7:00pm	16	17 <b>Storytime at Lake Park Library</b> 10:30am-11:00am
19 <b>ESOL Lab</b> 4:00pm-7:00pm	20 <b>Computer Course for Beginners (Registration Required)</b> 10:00am-12:00p <b>ESOL Lab</b> 4:00pm-7:00pm <b>BRIDGES PROGRAM (Lake Park Library)</b> 5:30pm <b>Mother's Village</b> 6:00pm-7:00pm	21 <b>What is BRIDGES? (Invitation only)</b> 5:30pm-6:30pm  <b>ESOL Lab</b> 4:00pm-7:00pm	22 <b>Raise Me Up</b> 3-5yrs old 5:30pm-6:30pm  <b>ESOL Lab</b> 4:00pm-7:00pm	23 <b>Office closing @3pm</b>	24
26 <b>Memorial Day Office Closed</b>	27 <b>SRP Orientation (Registration Required)</b> 5:30pm-7:00pm <b>ESOL Lab</b> 4:00pm-7:00pm	28 <b>ESOL Lab</b> 4:00pm-7:00pm	29 <b>ESOL Lab</b> 4:00pm-7:00pm	30	31 <b>Storytime at Lake Park Library</b> 10:30am-11:00am

All activities occur at BRIDGES at Lake Park unless otherwise specified



## May 2025 HIGHLIGHTS

**BRIDGES AT LAKE PARK**  
1411 10TH STRET  
LAKE PARK, FL 33403  
(561) 881-5060

## PARENT/CHILD ACTIVITIES

Event: **Mother's Day Craft (0-2yrs old)**

Date: May 8, 2025 Parents & Children (Birth-2yrs)

Time: 11:30am-12:30pm

Place: BRIDGES at Lake Park

**Mother's Day Craft** : Come and celebrate a create with your little one creating a special moment for Mom's

Event: **Mother's Day Craft (3-5yrs old)**

Date: May 22, 2025 Parents & Children (3-5yrs)

Time: 5:30Pm-6:30pm

Place: BRIDGES at Lake Park

**Mother's Day Craft** : Come and celebrate a craft with your little one creating a special moment for Mom's

## Family Literacy

Event: **STORYTIME AT LAKE PARK LIBRARY**

Date: Occurs on Saturdays

Time: 10:30am-11:00am

Place: 529 Park Ave Lake Park 33403

Families join Lake Park Library for Storytime bring your kids for a fun literacy reading and activity.

Event: **Lap sit at the Lake Park Library**

Date: May 15, 2025

Time: 10:15am-11:00am

Place: BRIDGES at Lake Park

Families join BRIDGES at Lake Park for a Lap sit with your little ones ages birth-2yrs old for literacy activity.



## WORKSHOPS

Event: **ESOL-Registration Required**

Date: Monday-Thursday

Time: 4:00pm-7:00pm

Place: BRIDGE at Lake Park

Event: **SAC Meeting**

Date: May 7, 2025

Time: 2:45pm

Place: Lake Park Elementary School

Join us at Lake Park Elementary for School Advisory

Counsel meeting with the school discussion on your child process and plans on a monthly basics.

Event: **Youth Care Service Department with Rachelle Sosu**

Date: May 5th, 2025 @ 10:30am-11:30am and

May 7th-5:30-6:30pm

Place: BRIDGES at Lake Park

Join us with Rachelle Sosu who will be discussing with what Youth care services has to offer with services that is offered to family who are struggling and needs counseling services

Event: **CIRCLES OF MOMS**

Date: May 7 and 14, 2025

Time: 11:00am-12:00pm

Place: BRIDGES at Lake Park

Healthy Mother's Healthy babies will host a Support group called Circles of Moms for 6 weeks. For those who are currently pregnant and who has children up to age 2 years old. Moms get to interact with each other as a support with one another. Goal is to promoting healthy bonding with baby, promoting healthy communication and social support, techniques and activities to help babies learn

Event: **Health workshop-(How does poor health affects mental health)**

Date: May 9, 2025

Time: 5:30pm-6:30pm

Place: BRIDGES at Lake Park

Join us for a Health Workshop with health advocate Ayvedis who will discuss this month topic about mental health and how it could affect us.

Event: **WHAT IS BRIDGES?- NEW MEMBER ORIENTATION (Invitation Only)**

Date: May 13 and 21, 2025

Time: 11:30am-12:30am or 5:30pm-6:30pm

Place: BRIDGES at Lake Park

During this orientation new BRIDGES members will be introduced to the BRIDGES program as well as site staff. They will also receive information on resources in the Lake Park community.

Event: **MOTHER'S VILLAGE (Invite only) WITH CENTER FOR FAMILY SERVICES**

Date: May 20, 2025

Time: 6:00pm-7:00pm

Place: BRIDGE at Lake Park

This monthly group meeting is designed to assist pregnant women as well as mothers with children between the ages of 0-2yrs navigate the emotional demands of pregnancy and motherhood

## SAFETY WORKSHOPS

Event: **SAFE KIDS PRESENTATION-Heatstroke Prevention**

Date: May 1, 2025 (Spanish) at 1:00pm

Date: May 8, 2025 (English) at 1:00pm

Date: May 15, 2025 (Creole) at 1:00pm

Place: Zoom Presentation

Zoom Link:

<https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkOT09>

Join us as we discuss the importance of Heatstroke Prevention.

This workshop explains tips and tools to prevent heatstroke in the summer.

## COMMUNITY EVENTS

Event: **BRIDGES PROGRAM**

Date: May 20, 2025

Time: 5:30PM

Place: Lake Park Library

529 Park Ave, Lake Park, FL 33403

Join BRIDGES at the Lake Park Library with a workshop

Presentation for adults along with a child craft for kids as well.





May 2025



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

Mon	Tues	Wed	Thu	Fri	Sat
			<b>1</b> Benefits Application 10:00 AM to 2:00 PM (BLW) Safety Series: "Heatstroke Prevention" (Spanish) 1:00 PM on ZOOM Self-sufficiency Workshop 4:30PM to 5:30PM(BLW)	2	3
<b>5</b> University of Florida Nutrition Classes Graduation 11:00AM to 12:00PM 	<b>6</b> RMU: "Mother's Day Flowers" 11:00AM to 12:00PM (BLW)	<b>7</b> Benefits Application 10:00 AM to 2:00 PM (BLW)	<b>8</b> Benefits Application 10:00 AM to 2:00 PM (BLW) Safety Series: "Heatstroke Prevention" (English) 1:00 PM on ZOOM Women's Time (Spanish) 11:00AM to 12:00PM(BLW)	9	10
<b>12</b> Drowning Prevention Workshop (Creole) 4:30PM to 5:30PM (BLW) Drowning Prevention Workshop (Spanish) 4:30PM to 5:30PM (BLW)	<b>13</b> Family Fun Time: "My Mom and Me" 4:00 PM to 5:00 PM (BLW)	<b>14</b> Benefits Application 10:00 AM to 2:00 PM (BLW)	<b>15</b> GET YOUR GREEN ON DAY Benefits Application 10:00 AM to 2:00 PM (BLW) Safety Series: "Heatstroke Prevention" (Creole) 1:00 PM on ZOOM	16	17
<b>19</b> Children and Mental Health Workshop (Creole) 4:30PM to 5:30PM(BLW) Children and Mental Health Workshop (Spanish) 4:30PM to 5:30PM(BLW)	<b>20</b> RMU: " My Daily Routine" 4:00 PM to 5:00PM(BLW)	<b>21</b> Benefits Application 10:00 AM to 2:00 PM (BLW)	<b>22</b> Benefits Application 10:00 AM to 2:00 PM (BLW)	<b>23</b> Haitian Engagement "Mother's Day Event" 3:30PM to 5:30PM (BLW)	24
<b>26</b> 	<b>27</b> Story-Time 11:00AM to 12:00PM (BLW)	<b>28</b> Benefits Application 10:00 AM to 2:00 PM (BLW) SRP Orientation 11:00AM to 12:00PM (BLW)	<b>29</b> Father's Engagement Meeting 5:30PM to 6:30PM (BLW)	30	31

BRIDGES AT  
LAKE WORTH  
802 S Dixie Hwy  
LAKE WORTH, FL 33460

PHONE: 561-899-1642

MONDAY - FRIDAY  
8:30am - 5:00pm  
www.bridgesofpbc.org  
Facebook: BRIDGES At Lake Worth



May is Mental Health Awareness Month!

Mental health matters—for everyone, including kids and teens. Many young people face stress, anxiety, and emotional struggles too. Let's create safe spaces to talk, listen, and support one another. It's okay to not be okay—and help is always available.



## MAY 2025 HIGHLIGHTS

### MONTHLY THEME

**"Movement: Moving more for our mental health"**

**Event:** [RMU: "Mother's Day Flowers"](#)

**Date:** May 8th 11:00AM to 12:00PM

**Place:** BRIDGES at Lake Worth

A fun hands on activity that lets each child create a unique bouquet for their mom.

**Event:** [Family Fun Night: "My Mom and Me"](#)

**Date:** May 15th 4:00PM to 5:00PM

**Place:** BRIDGES at Lake Worth

Parent and child will create a bond with each other by sharing each other's likes and making a beautiful card

**Event:** [RMU: "My Daily Routine"](#)

**Date:** May 22nd 4:00PM to 5:00PM

**Place:** BRIDGES at Lake Worth

My Daily Routine," turning each everyday task—from brushing teeth to bedtime stories—into a fun, interactive activity.

### FAMILY LITERACY

**Event:** [Story-time](#)

**Date:** May 29th 11:00AM to 12:00PM

**Place:** BRIDGES at Lake Worth

Reading and storytelling with babies and children promotes brain development and imagination, develops language and emotions, and strengthens relationships.



**Event:** [University of Florida Nutrition Classes Graduation](#)

**Date:** May 5th 11:00AM to 12:00M

**Place:** BRIDGES at Lake Worth

Come celebrate our graduating class from their 7 week Nutrition course

**Event:** [Women's Time \(Spanish\)](#)

**Date:** May 8th 11:00AM to 12:00M

**Place:** BRIDGES at Lake Worth

A Special Mother's day program with a Special guest

**Event:** [Drowning Prevention Workshop \(Creole & Spanish\)](#)

**Date:** May 12th 5:30PM to 6:30PM

**Place:** BRIDGES at Lake Worth

Tis the Season of Summer Fun! Join us to learn how to keep our children safe during the summer season

**Event:** [Children and Mental Health Workshop \(Creole & Spanish\)](#)

**Date:** May 19th 4:30PM to 5:30PM

**Place:** BRIDGES at Lake Worth

As we observe Mental Health this month, join us and gain knowledge on this issue that affects our children.

**Event:** [Fathers Engagement Meeting](#)

**Date:** May 29th 5:30PM to 6:30PM

**Place:** BRIDGES at Lake Worth

Father's Engagement Club is a group of men who meet once a month to have discussions based on Fatherhood.

**Event:** [Haitian Engagement "Mother Day Event"](#)

**Date:** May 23rd 3:30PM to 5:30PM

**Place:** BRIDGES at Lake Worth

Celebrating our Mother's at BRIDGES at Lake Worth. Join us for food, fun and laughter!

**Event:** [SRP Orientation](#)

**Date:** May 28th 11:00AM to 12:00PM

**Place:** BRIDGES at Lake Worth

Summer Reading Program 2025 is upon us! Join us for Orientation and details on all you'll be learning in the weeks ahead!

### WORKSHOPS

#### SAFETY WORKSHOP

**Event:** [Safety Series: "Water Safety"](#)

**Dates:** May 3rd 1:00PM to 2:00PM

(Spanish)

May 10th 1:00PM to 2:00PM

(English)

May 17th 1:00pm to 2:00PM

(Creole)

**Place:** ZOOM Meeting

It's hot out! This month we're talking about heatstroke and the dangers of hot cars. Did you know a car can heat up 20 degrees in just 10 minutes? Learn what parents need to know and how to keep kids safe. Join us to identify and prevent these hazards.



#### COMMUNITY EVENT

**Event:** [Benefits Application](#)

**Date:** Wednesday's 10:00AM to 2:00PM

**Place:** BRIDGES at Lake Worth

A benefits specialist provided through the Palm Beach County Food Bank is available every Wednesday to assist BLW members with their SNAP applications.

**Event:** [Benefits Application](#)

**Date:** Thursday's 10:00AM to 2:00PM

**Place:** BRIDGES at Lake Worth

A benefits specialist provided through HCSEF is available every Thursday to assist BLW members with their SNAP applications.






# May 2025



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

(E) English (S) Spanish (C) Creole



Mon	Tue	Wed	Thu	Fri	Sat
			<b>1</b> <u>Heatstroke Prevention Wksp.</u> <b>ZOOM (S)</b> 1:00 pm-2:00 pm <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm	<b>2</b>	<b>3</b>
<b>5</b>	<b>6</b> <u>Nutrition Workshop</u> 10:00 am-11:30 am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm	<b>7</b> <u>Brilliant Minds</u> 3:30 pm- 5:30 pm	<b>8</b> <u>Mother's Day Celebration</u> (INVITATION ONLY) 11:00am –1:00 pm <u>Heatstroke Prevention Wksp.</u> <b>ZOOM (E)</b> 1:00 pm-2:00 pm <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm	<b>9</b>	<b>10</b>
<b>12</b>	<b>13</b> <u>Nutrition Workshop</u> 10:00 am-11:30 am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm <u>Ambassador Meeting</u> 6:00 pm-7:30 pm	<b>14</b> <u>Raise Me Up &amp; Mental Health Awareness</u> (E/S-PC) 10:30am-11:30am <u>Brilliant Minds</u> 3:30 pm—5:30 pm	<b>15 “Get Your Green On”</b> <u>PBC Public Library System Storytime (E/S) (Literacy)</u> 10:00am-11:00am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm 	<b>16</b> <u>Food Distribution</u> 10:00 am (Until Supplies last)	<b>17</b> <u>Heart &amp; Paw Celebration</u> 8:00 am-3:00 pm
<b>19</b>	<b>20</b> <u>Nutrition Workshop</u> 10:00 am-11:30 am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm	<b>21</b> <u>Exploring our World</u> (E/S)(PC) 10:30 am-11:30 am <u>Brilliant Minds</u> 3:30 pm-5:30 pm	<b>22</b> <u>Mental Health Conversation</u> 10:00 am-11:00 am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm 	<b>23</b>	<b>24</b>
<b>26</b> OFFICE CLOSED 	<b>27</b> <u>Nutrition Workshop</u> 10:00 am-11:30 am <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm <u>Summer Reading Prq.</u> 5:30pm-7:00pm (Orientation)	<b>28</b> <u>Raise Me Up (E/S-PC)</u> 10:30am-11:30am <u>Brilliant Minds</u> 3:30 pm- 5:30 pm	<b>29</b> <u>Brilliant Minds</u> 3:30pm-5:30pm <u>College Prep</u> 5:30pm-7:30pm <u>Latinos Fuertes en Accion</u> 6:30pm-7:30pm (MEN ONLY)	<b>30</b> <u>Women Helping Women /Women's Club &amp; Mental Health Matters E/S</u> 10:00 am-11:30 am	<b>31</b>

**DID YOU KNOW THAT:**  
 There are 4 types of Mental Health illnesses.

- Mood disorders
- Personality disorders
- Anxiety disorder
- Psychotic disorder (schizophrenia)

Here are some self-care tips:

- Regular exercise. 30 min walking every day boost your mood.
- Ear Healthy, stay hydrated
- Lots of sleep
- Focus on positively



**FAMILY IMPACT PALM BEACH COUNTY**  
 BRIDGES at Lake Worth West

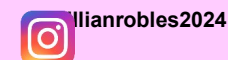
**MAIN OFFICE:**

2411 10TH AVENUE N.  
 LAKE WORTH, FL 33461  
 PHONE: 561-649-9600

**ACTIVITY BUILDING:**  
 BRIDGES at Lake Worth West  
 2407 10TH AVENUE N.  
 LAKE WORTH, FL 33461

**MONDAY - FRIDAY**  
 9:00am - 5:00pm

www.familyimpactpbc.org  
 Facebook@familyimpactpbc.org



# MAY 2025 HIGHLIGHTS

## MONTHLY THEME

**Movement: Moving more for our mental health"**

## PARENT CHILD ACTIVITY

Event: **RAISE ME UP (PARENTS AND CHILDREN)(E/S)**

Date: Thursday, May 14th 10:30 am - 11:00 am

Place: Family Impact PBC

2407 10th Ave. N., Lake Worth, FL 33461

Sponsored by BRIDGES and Lantana Branch Road Library

Event: **EXPLORING OUR WORLD (E/S)**

Date: Wednesday, May 21st 10:30 am - 11:30 am

Place: Palm Springs Public Library

217 Cypress Ln., Palm Springs, FL 33461

This is a perfect opportunity to interact with your children, explore our world, and promote skills through activities for healthy development. Sponsored by BRIDGES and Palm Springs Public Library.

Event: **RAISE ME UP (PARENTS AND CHILDREN)(E/S)**

Date: Thursday, May 28th 10:30 am - 11:30 am

Place: Lantana Branch Road Library

4020 Lantana Rd, Lake Worth, FL 33461

Sponsored by BRIDGES and Lantana Branch Road Library

## FAMILY LITERACY

Event: **PBC PUBLIC LIBRARY SYSTEM STORY TIME (E/S)**

Date: Thursday, May 15th 10:00am-11:00am

Place: Family Impact PBC

2407 10th Ave. N., Lake Worth, FL 33461

PBC Library System will host a one hour activity in which they will encourage parents to read and do activities with their kids so they can learn new words and increase love for reading.

Sponsored by the Palm Beach County Public Library System

## WORKSHOPS

Event: **AMBASSADORS MEETING**

Date: Tuesday, May 13th 6:00 pm-7:30 pm

Invited members will join our Bridges at Lake Worth West Ambassadors group. They will be encouraged, motivated and trained to continue developing their leadership skills.

Sponsored by BRIDGES.

Event: **MENTAL HEALTH CONVERSATION (E/S)**

Date: Tuesday, May 22nd, 10:00 am-11:00am

Place: Family Impact PBC

2407 10th Ave. N., Lake Worth, FL 33461

Join us for a conversation on how to stay mentally healthy. Come learn about the signs and symptoms of mental health and resources to keep you healthy. Sponsored by NAMI Palm Beach County

## WORKSHOPS

Event: **NUTRITION WORKSHOP (E/S)**

Date: Tuesday, May 6th, 13th, 20th, 27th 10:00 am - 11:30 am

Place: 2407 10th Ave. N., Lake Worth, FL 33461

Join our nutrition classes to learn food safety practices for healthier living. Each session includes hands-on cooking, practical tips, and light physical activities. Sponsored by FAU, EFNEP, USDA, UF/IFAS.

Event: **SUMMER READING PROGRAM (ORIENTATION) (REGISTERED ONLY)**

Date: Tuesday, May 27th 5:30 pm- 7:00 pm

Place: Family Impact PBC

2407 10th Ave. N., Lake Worth, FL 33461

Our Summer Reading Program is catered to parents with children currently in Kindergarten and 1st grade. Join us to learn reading strategies, receive free resources, books, and information. Sponsored by BRIDGES.

Event: **LATINOS FUERTES EN ACCION (E/S) (MEN ONLY)**

Date: Thursday, May 29th 6:30 pm-7:30pm

Come join a circle of hard working men and fathers. That are willing to share their knowledge and empower others. We will share ideas and discuss important topics. Sponsored by BRIDGES.

Event: **WOMEN HELPING WOMEN /WOMEN'S CLUB & MENTAL HEALTH MATTERS (E/S)**

Date: Friday, May 30th 10:00am-11:30am

Place: Family Impact PBC

2407 10th Ave. N., Lake Worth, FL 33461

Come and be part of a great group of women. Talk about important topics, enjoy socializing and recreational activities. We will share information how to self-care for yourself. Sponsored by Be Well PBC

## SAFETY WORKSHOP

Event: **HEATSTROKE PREVENTION WKSP. (ZOOM)**

Date: Thursday, May 1st 1pm-2pm Spanish

Thursday, May 8th 1pm-2pm English

Come learn how quickly the car can heat up in 10 minutes. Parents need to know about the danger of hot cars, and steps to take to help keep their children safe. Sponsored by Safe Kids of PBC.



## COMMUNITY EVENT

Event: **BRILLIANT MINDS PROGRAM**

Date: Tuesdays, Wednesdays, Thursdays 3:30pm- 5:30pm

Place: Palm Springs Seventh-Day Adventist Church

4424 S. Military Trl., Lake Worth, FL 33463

Through our homework assistance, STEAM—Science, Technology, Engineering, Arts and Math, and Reading we offer help and support to the kids of our community (1st grade through 5th grade) with their academics. Sponsored by PBSO.

Event: **COLLEGE PREP**

Date: Tuesdays and Thursdays 5:30 pm - 7:30 pm

Place: Palm Springs Seventh-Day Adventist Church

4424 S. Military Trl., Lake Worth, FL 33463

This program is offered to assist high school students 9th to 12th grade to strengthen their academic skills, help with college entry and much more. Sponsored by United Way of PBC.

Event: **MOTHER'S DAY CELEBRATION**

Date: Thursday, May 8th 11:00 am- 1:00 pm (INVITATION ONLY)

Place: Family Impact PBC

2407 10th Ave. N., Lake Worth, FL 33461

Mother's Day celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society.

Sponsored by BRIDGES.

Event: **FOOD DISTRIBUTION (RBI)**

Date: Friday, May 16th 10:00 am (UNTIL SUPPLIES LAST)

Place: Bethel Assembly of God (Church)

4320 S. Congress Ave., Palm Springs, FL 33461

Come by and receive can goods, fruits and much more while supplies last. Sponsored by PBSO & Restoration Bridge Intl.

Event: **HEART & PAW CELEBRATION FAIR**

Date: Saturday, May 17th 8:00 am- 3:00 pm

Place: John Prince Park @ Eric Call Pavilion

2700 6th Ave. South, Lake Worth FL 33461

Come enjoy the face painting, therapy dog, and PBSO horses, Fire Truck and visit all the vendor's tables.

Sponsored by BRIDGES, OCR, and PBSO.







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.

**BRIDGES at Northwood**  
4111 N. Terrace Dr.  
West Palm Beach, FL 33407  
**561-840-3106**

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

MAY 2025

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

**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](mailto: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.

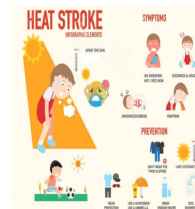


**EVENT:** TRIPLE "P" SERIES  
**DATE:** Thurs., May 29th, 2025 6:00pm-7:30pm  
**PLACE:** BRIDGES at Riviera Beach  
**TRIPLE "P" - Positive Parenting Program** is one of the most effective evidence-based parenting programs, is a multi-level system of support to prevent and treat social, emotional and 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





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 &amp; 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.

