



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



February 2026

Mon	Tue	Wed	Thu	Fri	Sat
2 Heart Health Zumba 5:30 pm—6:30 pm Bridges at Pahokee	3 Love Thyself Chair Yoga 4:00 pm — 5:00pm VIRTUAL	4 SAC Meeting 9:00 am—10:00 am Pahokee Elementary The Open Door Curriculum 5:00pm — 7:00pm Bridges at Pahokee	5	6	7 Baby Bump Brunch 11:00 am—1:00 pm Bridges at Pahokee Know your numbers By Heart 1:00pm—4:00pm Fremd Village
9 Heart Health Zumba 5:30 pm—6:30 pm Bridges at Pahokee	10 Love Thyself Chair Yoga 4:00 pm — 5:00pm VIRTUAL	11 ECLC 10:00 am—11:00 am VIRTUAL TEAMS The Open Door Curriculum 5:00pm — 7:00pm Bridges at Pahokee	12 Safe Sleep Safety & TV Tip Over 1:00pm —2:00 pm Virtual/Zoom KIK Hearts & Crafts 5:00 pm —6:30 pm Bridges at Pahokee	13	14
16 Heart Health Zumba 5:30 pm—6:30 pm Bridges at Pahokee	17 Love Thyself Chair Yoga 4:00 pm — 5:00pm VIRTUAL	18 SAC Meeting 9:00 am—10:00 am KEC Elementary The Open Door Curriculum 5:00pm — 7:00pm Bridges at Pahokee	19 RMU Painting the Culture 5:30 pm —6:30 pm Bridges at Pahokee	20	21
23 Heart Health Zumba 5:30 pm—6:30 pm Bridges at Pahokee	24 Love Thyself Chair Yoga 4:00 pm — 5:00pm VIRTUAL	25 Wear PINK for Anti-Bullying Awareness The Open Door Curriculum 5:00pm — 7:00pm Virtual	26 BAP Read Aloud 5:30 pm 6:30 pm BRIDGES at Pahokee	27	28 Caridad Mobile Clinic 9:00am — 2:00pm Bridges at Pahokee Pop Up Shop 9:00 am —11:00am Bridges at Pahokee

HEART HEALTH MONTH

BULLY FREE ZONE

NATIONAL BULLYING PREVENTION MONTH

BRIDGES AT PAHOKEE
 1020 E Main St.
 Pahokee, FL 33476
PHONE:
 561-924-9224

MAIN OFFICE:
 1020 E Main St
Pahokee FL 33476

MONDAY - FRIDAY
8:30am - 5:30pm
 Offering parental support, resources, and activities for families and their children.

Facebook @ BRIDGES - - Pahokee

2026 HIGHLIGHTS

MONTHLY THEME

“Be a buddy not a Bully”

PARENT CHILD ACTIVITY

Event: [Kids in the Kitchen Hearts & Crafts](#)

Date: Thursday, February 12, 2026

Time: 5:00pm — 6:30pm

Location: Bridges at Pahokee

Kids are invited into the kitchen to decorate cookies using colorful icing, Sprinkles, and festive toppings. This hands on activity encourages creativity and imagination as children design their own Valentine-themed treats. For more information please call 561.924.9224

Event: [RMU Painting the Culture](#)

Date: Thursday, February 19, 2026

Time: 5:30pm — 6:30pm

Location: Bridges at Pahokee

A fun parent-child activity painting canvas's together. Exploring art while honoring Black History Month. For more information please call 561.924.9224

FAMILY LITERACY

Event: [BAP Read Aloud](#)

Date: Thursday, February 26, 2026

Time: 5:30pm — 6:30pm

Location: Bridges At Pahokee

Come join us for a special story-time about Anti-Bullying, and make colorful flags that spread meaningful messages of respect and friendship. For more information please call 561.924.9224

WORKSHOPS

Event: [School Advisory Council Meeting](#)

Date: Wednesday, February 4, 2026

Time: 9:00am — 10:00am

Location: Pahokee Elementary

School Advisory Councils – were created to empower all parents of children attending Palm Beach County Schools to be active and meaningfully involved in the education of their children.

Event: [Love Thyself Chair Yoga](#)

Date: Tuesdays, February 3rd, 10th, 17th, 24th, 2026

Time: 4:00pm — 5:00pm

Location: VIRTUAL

Join us for this gentle stretching class for all ages and all members of the community. For more information or to RSVP call 561.924.9224

Event: [Abriendo Puertas/The Open Door Curriculum](#)

Date: Wednesdays, February 4th, 11th, 18th, 25th, 2026

Time: 5:00pm — 7:00pm

Location: Bridges at Pahokee / Virtual ZOOM

The Open Door Curriculum is a 10 week program that supports children development in early childhood. It encourages active exploration, play, social interaction and learning that grows from children's interests and real-life experiences. For more information or to RSVP call 561.924.9224

Event: [Anti-Bullying Awareness Workshop](#)

Date: Tuesday, February 10, 2026

Time: 5:00pm — 6:00pm

Location: VIRTUAL ZOOM

Join Bridges and PBSO of PBC for an anti-bullying workshop, where we will discuss the steps you can take to help others who may be experiencing bullying. For more information, please call 561.924.9224.

Event: [Early Childhood Leadership Collaborative Meeting](#)

Date: Wednesday, February 11, 2026

Time: 10:00am — 11:00am

Location: VIRTUAL ZOOM

Early Childhood Leadership Collaborative (ECLC) is a group that includes parents, business owners, local child care centers, community agencies, schools and other programs that come together to discuss and set goals to support Kindergarten Readiness.

Event: [School Advisory Council Meeting](#)

Date: Wednesday, February 18, 2026

Time: 9:00am — 10:00am

Location: KEC/ Canal Point Elementary

School Advisory Councils – were created to empower all parents of children attending Palm Beach County Schools to be active and meaningfully involved in the education of their children.

Event: [Wear PINK Shirt Selfie Day/ Anti-Bullying Awareness](#)

Date: Wednesday, February 25, 2026

Location: Facebook

February is Anti-Bullying awareness Month, Please join us by wearing pink on this day to help raise awareness and show your support by posting a selfie on the Bridges — Pahokee Facebook page using #Antibullying. For more information, please call 561.924.9224

SAFETY WORKSHOP

Event: [Safe Sleep & TV Tip Over](#)

Date: January 15 2025

Time: 1:00PM — 2:00PM

Location: Virtual ZOOM

Our Babies are most precious to us and keeping them safe is our top priority. This month we will be talking about the facts and statistics of safe sleep. We will discuss how you can put your baby to sleep. Knowing they will be safe. Join us to learn the best practices when putting your littles to bed. To receive the ZOOM link or for more information, please call 561-924-9224.

COMMUNITY EVENT

Event: [Heart Health ZUMBA](#)

Date: Mondays, February 2nd,9th,16th,23rd 2026

Time: 5:30 pm—6:30 pm

Location: Bridges at Pahokee

Join Us this February to raise awareness for Heart Health with ZUMBA! Zumba is a high-energy fitness program that combines cardio with Latin-inspired dance, come out, burn calories, and have fun in one of the best exercise classes ever! For more information please call 561.924.9224

Event: [Know Your Numbers by Heart](#)

Date: Saturday, February 7, 2026

Time: 1:00 pm—4:00 pm

Location: Fremd Village

Join Empower Healthcare for the 3rd Annual know Your Numbers by Heart event! Learn about cardiovascular health, access preventive screening resources, and connect with community services dedicated to heart health. We hope to see you.

Event: [Caridad Mobile Clinic](#)

Date: Saturday, February 28, 2026

Time: 9:00 am — 2:00 pm

Location: Bridges at Pahokee

Caridad's mobile health clinic is rolling into your neighborhood, to bring convenient. NO cost health screening right to your street. Their compassionate team will check your blood pressure, glucose levels and no appointment needed. Stop by take charge of your well being and let Caridad care for you close to home.

Event: [BAP Community POP-UP Shop](#)

Date: Saturday, February 28, 2026

Time: 9:00am — 11:00am

Location: Bridges at Pahokee

Our POP-UP Shop will have free clothing, shoes, household items and resources for the families. For more information or to RSVP Please call 561.924.9224