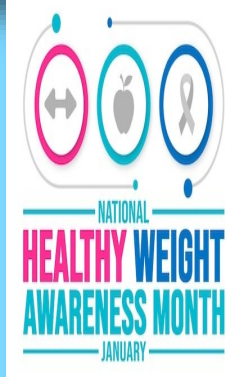


Blue: Capacity Bldg. Workshops  
 Yellow: Parent/Child Activities  
 Red: Safety Workshops  
 Orange: Family Literacy  
 Green: Community Events

# JANUARY 2026



Mon	Tue	Wed	Thu	Fri	Sat
			1 	2	3
5	6	7 Crafty Hands Toddler Motor Skills 10:30am—BG Library	8	9	10
12	13 Safety Series: Family Fire Escape Planning - Fire & Carbon Monoxide Safety 11:00 am—BRIDGES Tiny Tale Bookmarks 3:00pm—BG Library	14 The Breastfeeding Series Part 1 "Nourishing Mom & Baby" 5:00 pm—BRIDGES	15	16	17
19	20 HAPPY MARTIN LUTHER KING JR. DAY WE WILL BE CLOSED	21	22 Our Home: My Child's First School 5:00pm—BRIDGES	23	24
26	27 "Way-to-Save BINGO" 1:00 pm—BRIDGES	28	29 My Child's Growth & Development 5:00pm—BRIDGES	30	31 Vision Boards & Vibes 11:00 am—BG Library



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

# JANUARY 2026 HIGHLIGHTS

## MONTHLY THEME

**NEW YEAR, NEW BEGINNING**

## PARENT CHILD ACTIVITY

**Crafty Hands  
(Toddler Motor Skills)  
Wednesday, January 7, 2026  
10:30am - BG Library**

Bring your tot to practice their cutting and coloring skills!  
All materials provided. Ages 3-5.

**Our Home: My Child's First School  
Thursday, January 22, 2026  
5:00pm-Bridges**

The session highlights the importance of how parents take on the role of leaders in the home by communicating or conveying family values, establishing good communication, using positive discipline, setting goals, and developing and implementing a family action plan.

**My Child's Growth & Development  
Thursday, January 29, 2026  
5:00pm Bridges**

This session will explore how to use daily routines to promote healthy brain development in children ages 0-5 through positive relationships and engaging in back-and-forth interactions.

## FAMILY LITERACY

**Tiny Tale Bookmarks  
Tuesday, January 13, 2026  
3:00pm - BG Library**

Bring your child to create a tiny-sized story perfect enough for any bookworm! Together you will write a story small enough to fit onto your own decorated bookmark and start your very own reading adventure.

## CAPACITY BLDG WORKSHOPS

**Breastfeeding Series Part 1:Nourishing Mom & Baby  
Tuesday, January 14, 2026  
5:00pm—BRIDGES**

Breastfeeding Basics – Learn the benefits of breastfeeding, recognize hunger cues, and practice proper latch and positioning.

**Ways-to-Save Bingo  
1:00 pm —BRIDGES**

**Tuesday, January 27, 2026**

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.

**"Mom's in the Muck"  
Vision Boards & Vibes  
Saturday, January 31, 2026  
11:00 am  
BG Library**

A relaxed space for moms to create vision boards, set goals, and support one another. Supplies and brunch bites included.

## SAFETY WORKSHOP

**Safety Series:  
Family Fire Escape Planning - Fire and Carbon Monoxide Safety  
Tuesday, January 13, 2026  
11:00 am—BRIDGES**

Home fires can start and spread quickly, so just a little bit of planning can make a big difference. Make sure to create a home fire escape plan and practice it regularly with your family. Having a family escape plan is a smart way to include your children for the dangers and plan of action in the event of a home fire. Schools have fire drills. Do you practice a home fire drill?

## COMMUNITY EVENTS

**Weekend Meals Non- Perishable Items  
(Friday's only)  
Belle Glade Library  
9:00am-5:00pm  
While supplies last...**

### Chair YOGA

**Tuesdays & Thursdays  
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. ZOOM option available**

### Caridad Mobile Health Clinic

**Saturday, January 10, 2026  
9:00 a.m.—2:00 p.m.**

**BRIDGES at Belle Glade**

**Free Health Assessments for the community.  
Open to the public**

### VITA Tax Assistance

**Thursdays & Fridays  
January 22— April 10, 2026  
10:30 am—2:30 pm**

**Belle Glade Library**

**\*\*\*Must bring ID and W2\*\*\***

**(if filing jointly, both parties must be present)**

United Way of Palm Beach County's VITA Program partners with the Palm Beach County Library System to offer free and confidential tax preparation and e-filing for eligible taxpayers. If your income was \$78,000 or less in 2025, you may be eligible.