

February 2026



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

Mon	Tues	Wed	Thu	Fri	Sat
<p>2</p> <p>AP-OP Session 2 11:00AM to 12:00PM (BLW)</p>	<p>3</p> <p>RMU: "TBA" 4:00PM to 5:00PM (BLW)</p>	<p>4</p> <p>Benefits Application 10:00 AM to 2:00 PM (BLW)</p> <p>Wellness Group Creole Group 0-3 S1 Zoom at 11AM</p>	<p>5</p> <p>Benefits Application 10:00 AM to 2:00 PM (BLW) Anti-bullying Awareness Workshop 4:30PM to 5:30PM via Zoom and In-Person (BLW) Safety Series: "Safe Sleep Safety & TV Tip Over" (English) 1:00PM on ZOOM</p>	<p>6</p>	<p>7</p>
<p>9</p> <p>AP-OP Session 3 11:00AM to 12:00PM (BLW)</p>	<p>10</p> <p>Family Fun Time: "Forever Bracelets" 4:00PM to 5:00PM(BLW)</p>	<p>11</p> <p>Benefits Application 10:00 AM to 2:00 PM (BLW)</p> <p>Wellness Group Creole Group 0-3 S2 Zoom at 11AM</p>	<p>12</p> <p>Benefits Application 10:00 AM to 2:00 PM (BLW) Safety Series: "Safe Sleep Safety & TV Tip Over" (Spanish) 1:00PM on ZOOM</p>	<p>13</p>	<p>14</p>
<p>16</p> <p>AP-OP Session 4 11:00AM to 12:00PM (BLW)</p>	<p>17</p> <p>RMU: "TBA" 4:00PM to 5:00PM (BLW)</p>	<p>18</p> <p>Benefits Application 10:00 AM to 2:00 PM (BLW) Wellness Group Creole Group 0-3 S3 Zoom at 11AM</p>	<p>19</p> <p>Benefits Application 10:00 AM to 2:00 PM (BLW) Infant & Toddler Nutrition (0-3 years) (Spanish) via ZOOM safety Series: "Safe Sleep Safety & TV Tip Over" (Creole) 1:00PM on ZOOM</p>	<p>20</p>	<p>21</p>
<p>23</p> <p>AP-OP Session 5 11:00AM to 12:00PM (BLW)</p>	<p>24</p>	<p>25</p> <p>PINK SHIRT DAY STOP BULLYING Benefits Application 10:00 AM to 2:00 PM (BLW) Wellness Group Creole Group 0-3 S4 Zoom at 11AM</p>	<p>26</p> <p>Benefits Application 10:00 AM to 2:00 PM (BLW) Story-Time 11:00AM to 12:00PM (BLW)</p>	<p>27</p>	<p>28</p>

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

WEAR PINK

STOP BULLYING

Did you know?
 In February, we observe Anti-Bullying Month to raise awareness about the impact bullying can have on children and teens. Bullying doesn't just hurt in the moment. it can affect mental health, confidence, and overall well-being long after it happens. By promoting kindness, respect, and standing up for one another, we can help create safer, more supportive environments for everyone.

JANUARY 2026 HIGHLIGHTS

MONTHLY THEME

“Be a Buddy, Not A Bully ”

Event: [RMU: “TBA”](#)
Date: February 6th 4:00pm to 5:00PM
Place: BRIDGES at Lake Worth

Event: [Family Fun Time: “Forever Bracelets ”](#)
Date: February 13th 4:00PM to 5:00PM
Place: BRIDGES at Lake Worth

Forever Bracelets is an activity that promotes creativity, fine motor skills and cooperation as families work side by side to help one another create beautiful bracelets.

Event: [RMU: “TBA”](#)
Date: February 20th 4:00pm to 5:00PM
Place: BRIDGES at Lake Worth

FAMILY LITERACY

Event: [Story-time](#)
Date: February 27th 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.



WORKSHOPS



Event: [AP-OP Session 2](#)
Date: February 2nd 11:00AM to 12:00PM
Place: BRIDGES at Lake Worth

Event: [Wellness Group Creole Group 0-3 S1](#)
Date: February 4th 11:00AM to 12:00PM
Place: BRIDGES at Lake Worth
 A wellness group is a supportive space where people come together to focus on their physical, emotional, and mental well-being through shared learning, encouragement, and healthy practices.

Event: [AP-OP Session 3](#)
Date: February 9th 11:00AM to 12:00PM
Place: BRIDGES at Lake Worth

Event: [Wellness Group Creole Group 0-3 S2](#)
Date: February 11th 11:00AM to 12:00PM
Place: BRIDGES at Lake Worth
 A wellness group is a supportive space where people come together to focus on their physical, emotional, and mental well-being through shared learning, encouragement, and healthy practices.

Event: [AP-OP Session 3](#)
Date: February 9th 11:00AM to 12:00PM
Place: BRIDGES at Lake Worth

Event: [Wellness Group Creole Group 0-3 S3](#)
Date: February 18th 11:00AM to 12:00PM
Place: BRIDGES at Lake Worth
 A wellness group is a supportive space where people come together to focus on their physical, emotional, and mental well-being through shared learning, encouragement, and healthy practices.

Event: [AP-OP Session 3](#)
Date: February 9th 11:00AM to 12:00PM
Place: BRIDGES at Lake Worth

Event: [Wellness Group Creole Group 0-3 S4](#)
Date: February 25th 11:00AM to 12:00PM
Place: BRIDGES at Lake Worth
 A wellness group is a supportive space where people come together to focus on their physical, emotional, and mental well-being through shared learning, encouragement, and healthy practices.

SAFETY WORKSHOP

Event: [Safety Series: “Safe Sleep Safety & TV Tip Over”](#)
Dates: February 5th 8th 1:00PM to 2:00PM (Spanish)
 February 12th 1:00PM to 2:00PM (English)
 February 19th 1:00pm to 2:00PM (Creole)

Place: ZOOM Meeting
 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 practice when putting your littles to bed.



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.