



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



February 2026

Mon	Tue	Wed	Thurs	Fri	Sat
2 <u>SAC Meeting</u> 5:30pm - 6:30pm	3 <u>Raise Me Up</u> 11:00am - 12:30pm (Words Matter Week) Post 3 kind words on FB	4 <u>AP-OD Session 4</u> 11:00am - 12:30pm 5:30pm - 7:00pm	5 <u>It's Your Birthday!</u> 11:00am - 12:30pm <u>Safety Series (Spanish)</u> 1:00pm - 2:00pm	6	7
9 <u>Motivando a las mamás</u> 11:00am - 12:30pm	10 <u>A Write To Read</u> 11:00am - 12:30pm (Kindness is Power)	11 <u>AP-OD Session 5</u> 11:00am - 12:30pm 5:30pm - 7:00pm	12 <u>Safety Series (English)</u> 1:00pm - 2:00pm	13	14
16 <u>Tummy Time</u> 5:30pm - 6:30pm	17 <u>Raise Me Up</u> 11:00am - 12:30pm United Against Bullying wear PINK & Comment Antibullying on FB	18 <u>AP-OD Session 6</u> 11:00am - 12:30pm 5:30pm - 7:00pm <u>ECLC Meeting</u> 3:30pm - 4:30pm	19 <u>Family Day/Night</u> 11:00am-12:00pm <u>Safety Series (Creole)</u> 1:00pm - 2:00pm	20	21
23	24 <u>Helmet Install/ Inspection</u> 11:00am - 1:30pm Car Seat Inspection 3:00pm - 5:00pm	25 <u>AP-OD Session 7</u> 11:00am - 12:30pm 5:30pm - 7:00pm Wear PINK Shirt Day!	26	27	28

"Gratitude turns what we have into enough." "Every minute of every hour of every day you are making the world, just as you are making yourself, and you might as well do it with generosity and kindness and style."

- Bullying is a type of violence experienced by youth and it can happen in person and through technology.
 - Bullying is widespread in the United States and causes harm to youth.
- Preventing bullying involves teaching kids safe ways to stand up against it and enhancing their interpersonal skills, like empathy and conflict management.

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

February 2026 HIGHLIGHTS

BRIDGES AT NORTHWOOD
4111 N. TERRACE DRIVE
WEST PALM BEACH, FL 33407
PHONE: 561 840 3106

“Safe Sleep Safety AND TV Tip Over”

PARENT/CHILD ACTIVITIES

Event: [Raise Me Up](#)
Date: Every other Tuesday (on-going)
Time: 11:00am - 12:30pm
Place: BRIDGES at Northwood

Tuesday, February 3rd:

Creating Love:

Let's create love. During this activity your child will work on strengthening their fine motor skills by making a heart. In strengthening those little fingers, children spread their love to the adults. Come feel the love.

Tuesday, February 17th:

Self Portrait: Calling all BRIDGES artist....its ART TIME!!! During this activity, children will work on describing themselves by making a picture of themselves. We are looking forward to seeing all those piece of art work.

Event: [It's Your Birthday-Valentines Flowers](#)
Date: Thursday, February 5th, 2026
Time: 11:00am - 12:30pm
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 February come out and let your BRIDGES family sing Happy Birthday to you! If your birthday is not in the month of February you can still participate with your family.

Event: [Family Day - Love You!](#)
Date: Thursday, February 19th, 2026
Time: 11:00am - 12:30pm
Place: BRIDGES at Northwood

Love you to pieces craft - Families will work together to design a paper heart craft.

CAPACITY BUILDING

Event: [Safety Series - Family Fire Escape Planning](#)
Date: Thursday, February 5th, 2026 (Spanish) 1pm-2pm
Date: Thursday, February 12th, 2026(English)1pm-2pm
Date: Thursday, February 19th, 2026(Creole)1pm-2pm
Place: Zoom / Facebook Live
@SafeKidsPalmBeachCounty
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.
<https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09>

Event: [Helmet & Car Seat Inspection](#)
Date: Tuesday, February 24th, 2026
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: [SAC Meeting](#)
Date: Monday, February 2nd, 2026
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.

Event: [ECLC Meeting](#)
Date: Wednesday, February 18th, 2026
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.

WORKSHOPS

Event: [A Write To Read](#)
Date: Tuesday, February 10th, 2026
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: [Tummy Time](#)
Date: Monday, February 16th, 2026
Time: 5:30pm - 6:30pm
Place: BRIDGES at Northwood

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 bond between baby and family.

Event: [AP-OD Workshop \(10 week session\)](#)
Date: Every Wednesday starting February 4th, 2026
Time: 11:00am - 12:30pm and 5:30pm - 7:00pm
Place: BRIDGES at Northwood

Description: The objective of AP-OD (Abriendo Puertas/Opening Doors) is to empower parents to become leaders in their children's education and development through comprehensive parenting and advocacy program. This 10 week program aims to improve family well-being and promote school readiness by building parents' skills, increasing their knowledge about early childhood development, and strengthening their ability to advocate for their children and communities.

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BRIDGES website: Bridgesofpbc.org
Facebook: BRIDGES at Northwood