

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

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



FEBRUARY 2026



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
2 Storytime Fun 6:00pm-7:00pm <i>Carolyn Sims Center</i>	3 American Heart Health with Genesis 6:00pm -7:00pm <i>Carolyn Sims Center</i>	4 AP-OD "By Invitation Only" 6:00pm - 7:00pm <i>Zoom</i> RMU(0-5 years old) 6:00pm - 7:00pm <i>Zoom</i>	5	6 First Friday at 5 Concert 5:00pm – 8:00pm <i>Boynton Beach Amphitheater</i> Go Red 6:30pm – 8:30pm <i>Pompey Park</i>	7
9 Pure Joy Baby & Me 6:00pm-7:00pm <i>Carolyn Sims Center</i>	10 Sensational Story N' More 10:00am-11:00am <i>Schoolhouse Museum</i>	11 AP-OD "By Invitation Only" 6:00pm - 7:00pm <i>Zoom</i> Colors and Crafts 6:00pm -7:00pm <i>Facebook</i>	12 Safety Series Safe Sleep Safety (English) <i>Zoom/FB Live</i> 1:00pm-2:00pm 5:00pm - 6:00pm	13	14
16 Cancer w/ Octavia Health Inc. 6:00pm -7:00pm <i>Carolyn Sims Center</i>	17 Galaxy/Poinciana/ Forest Park Elementary School Anti-Bullying 10am -11am BRIDGES Orientation 6:00pm-7:00pm <i>Carolyn Sims Center</i>	18 AP-OD "By Invitation Only" 6:00pm - 7:00pm <i>Zoom</i> RMU(0-5 years old) 6:00pm - 7:00pm <i>Zoom</i>	19 Safety Series Safe Sleep Safety (Creole) <i>Zoom/FB Live</i> 1:00pm-2:00pm 5:00pm - 6:00pm	20	21
23 Public Health 6:00pm -7:00pm <i>Carolyn Sims Center</i>	24 Book of the Month 6:00pm -7:00pm <i>Facebook</i>	25 AP-OD 6:00pm - 7:00pm "By Invitation Only" <i>Zoom</i> Dad's Night Out 6:00pm -7:00pm <i>Carolyn Sims Center</i>	26 Bring a Book to Life 10:00am-11:00am <i>Carolyn Sims Center</i> Sister Circle 6:00pm -7:00pm <i>Zoom</i>	27	28

- Safe Sleep Safety and TV Tip Over**
- Place infants to sleep on their backs
 - Regularly check crib for loose, missing, or broken parts.
 - Use firm, tight-fitting mattress
 - Remove pillows or thick comforters
 - Secure TVs by mounting flat-panel TVs to the wall.
 - Avoid placing TVs on dressers and chests because children may be tempted to climb on the drawers, possibly causing the dresser or TV to topple.

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

Schoolhouse Museum-129 E Ocean Ave, Boynton Beach 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 require to not only survive, but thrive.

FEBRUARY 2026 HIGHLIGHTS

ANTI-BULLYING AWARENESS



Parent Child Activities

Event: RMU (0-5 years): "Sorting Time"

Date: February 4th, 2026

Time: 6:00pm-7:00pm

Place: Carolyn Sims Center

Highlight: Let the sorting begin! During this activity each parent and child will find matching items. This will help your child increase their problem-solving skills and develop self-confidence. Come join in the fun!

Event: AP-OD

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

Time: 6:00pm-7:00pm

Place: Facebook

Highlight: AP-OD is an evidence-based program that empowers parents of young children to become strong leaders and their child's first teacher. Founded in 2007, it focuses on strengthening families through parent leadership and early learning support.

Event: Colors and Crafts

Date: February 11th, 2026

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

Event: RMU (0-5 years): "Let's Pretend"

Date: February 18th, 2026

Time: 6:00pm-7:00pm

Place: Carolyn Sims Center

Highlight: Are you a fireman or princess? Let's use our imagination as we pretend we are whoever we want to be. With your help, your child can practice getting dressed as they put on costumes, learns new words, and expand their communication skills.

Family Literacy

Event: Story Time Fun

Date: February 2nd, 2026

Time: 6:00pm-7:00pm

Place: Carolyn Sims Center

Highlight: Join us for an engaging story time with Ms. Margaret. Children and families are invited to enjoy reading fun, spark imagination, and build a love of books together. *In partnership with Boynton Beach Mental Health Committee*

Event: Sensational Story N' More

Date: February 10th, 2026

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*

Capacity Building

Event: Book of the Month

Date: February 24th, 2026

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.

Event: Bring a Book to Life

Date: February 26th, 2026

Time: 10:00am - 11:00am

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: American Heart Health w/ Genesis

Date: February 4th, 2026

Time: 6:00pm-7:00pm

Place: Carolyn Sims Center

Highlights: Join us as we learn about heart health and encourage one another to take steps toward a stronger, healthier heart. It's a great time to understand key risk factors, make heart-healthy choices, and support loved ones in doing the same. *In partnership with Genesis Community Health.*

Event: Pure Joy Baby & Me

Date: February 9th, 2026

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: Cancer w/ Octavia Health Inc.

Date: February 16th, 2026

Time: 6:00pm-7:00pm

Place: Carolyn Sims Center

Highlights: Join us as we educate families about prevention and give resources on health topics. *In partnership with Octavia Health Inc.*

Event: BRIDGES Orientation

Date: February 17th, 2026

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: Public Health

Date: February 23rd, 2026

Time: 6:00pm-7:00pm

Place: Carolyn Sims Center

Highlights: Joins us as we improve the health of others by promoting a healthy lifestyle. Learn about preventing and responding to infectious diseases and more about public health. *In partnership with Credible Health Homecare*

Event: Dad's Night Out

Date: February 25th, 2026

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!

Capacity Building

Event: Sister Circle

Date: February 26th, 2026

Time: 6:00pm-7:00pm

Place: Zoom

Highlight: Welcome to our Women's Support Group. This group serves as a dedicated space for women to connect, share experiences, and support one another in a respectful and uplifting environment. We foster empowerment and personal growth through discussions, shared resources, and mutual encouragement.

Safety Series

Event: Safety Series: "Safe Sleep Safety & TV Tip Over"

Date: February 12th (English) & 19th (Creole)

Time: 1:00pm-2:00pm & 5:00pm - 6:00pm

Place: Zoom/FB Live

Highlight: 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 a 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. *In partnership with Safe Kids PBC.*



SAFE TO SLEEP

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: Go Red

Date: February 6th, 2026

Time: 6:30pm - 8:30pm

Place: Pompey Park

Highlight: Go Red is part of the American Heart Association's Go Red for Women campaign, promoting awareness of heart disease in women and encouraging the community to wear red in support of women's heart health.

Event: First Friday at 5 Concert

Date: February 7th, 2026

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.

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 Library Love Notes 3:00pm—BG Library	3	4 The Power of Positive Parenting 12:00pm—BRIDGES (Creole)	5 AP-OD: The Power of Words 12:00pm—BRIDGES	6	7
9 Library Cupids 3:00pm—BG Library	10	11 Raising Confident, Competent Children 12pm—BRIDGES (Creole) Nourishing Mom & Baby Pt.2 5:00pm—BRIDGES	12 AP-OD: Healthy Body/Healthy Mind pt. 1 12:00pm—BRIDGES	13	14 Caridad Mobile Health Unit 9:00am—2:00pm BRIDGES 
16 Safety Series Safe Sleep & TV Tipover 1:00pm—BRIDGES 	17	18 Raising Resilient Children 12:00pm— BRIDGES (Creole)	19 AP-OD: Healthy Body/Healthy Mind pt. 2 12:00pm—BRIDGES	20 Get Up & Go! Storytime & Active Fun 3:00pm-BG Library	21
23 Sweetheart Karaoke 3:00pm—BG Library	24	25 Wear Pink Day Bullying Awareness	26	27	28



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

FEBRUARY 2026 HIGHLIGHTS

MONTHLY THEME

IT STARTS AT HOME

PARENT CHILD ACTIVITY

Library Love Notes
Monday, February 2, 2026
3:00pm—BG Library

Express what the library means to you and write us a little love note to be lovingly displayed all month long!

Library Cupids
Monday, February 9, 2026
3:00pm - BG Library

Aim and read! Enjoy a Valentine storytime and then use a toy arrow to pick your own book to borrow and take home!

Sweetheart Karaoke Party
Monday, February 23, 2026
3:00pm—BG Library

Sing your heart out with friends at this fun-filled karaoke party! Enjoy music, laughter, and a welcoming atmosphere perfect for all voices and all ages. No experience needed!

FAMILY LITERACY

Get Up & Go! Storytime & Active Fun
Friday, February 20, 2026
3:00 pm—BG Library

Join us for an energetic storytime where kids will read Get Up and Go! and learn how moving their bodies helps keep their hearts healthy. After the story, children will participate in fun exercise activities.

CAPACITY BLDG WORKSHOPS

Triple P Seminar (Creole)
The Power of Positive Parenting
Wednesday, February 4, 2026
12:00pm—BRIDGES

An introduction to six core building blocks that enables children to become confident and successful at school and beyond.

AP-OD: The Power of Words
Thursday, February 5, 2026
12:00pm—BRIDGES

Participants will gain practical tips for turning daily routines into opportunities for reading and language development.

Triple P Seminar (Creole)
Raising Confident, Competent Children
Wednesday, February 11, 2026
12:00pm —BRIDGES

An introduction to six core building blocks that enables children to become confident and successful at school and beyond.

AP-OD: Healthy Body/Healthy Mind Pt. 1
Thursday, February 12, 2026
12:00pm—BRIDGES

Participants will learn the importance of balanced nutrition and physical activity.

Triple P Seminar (Creole)
Raising Resilient Children
Wednesday, February 18, 2026
12:00pm—BRIDGES

An introduction to six core building blocks necessary for children to manage their feelings and become resilient in dealing with life stress.

AP-OD: Healthy Body/Healthy Mind Pt. 2
Thursday, February 19, 2026
12:00pm-BRIDGES

Participants will explore ways of taking care of their social-emotional well-being, as well as their own.

SAFETY WORKSHOP

Safety Series:
Safe Sleep & TV Tipover
Tuesday, February 16, 2026
1:00 pm—BRIDGES

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 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, February 14, 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
February 5— 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.



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 Yellow: Parent/Child Activities
 Red: Safety Workshops
 Orange: Family Literacy
 Green: Community Events



February 2026

Mon	Tue	Wed	Thu	Fri	Sat
2	3 Circle of Moms 11:00am	4 AP-OD Week 4 10:00am SAC (Lake Park Elementary) 2:45pm Anti-bullying Presentation (Youthcare services) 4:00pm-5:00pm	5 Safe Kids –Back to School Safety (Spanish) 1:00pm	6	7 Storytime at Lake park Library 10:30am-11:00am
9 Banking Fundamentals (Flagler Credit Union) 11:30am What is BRIDGES? (Invitation only) 5:30pm	10 Circle of Moms 11:00am	11 AP-OD Week 5 10:00am	12 Raise Me Up 0-2yrs old 11:30am-12:30pm Safe Kids –Back to School Safety (English) 1:00pm	13	14 Storytime at Lake park Library 10:30am-11:00am
16 What is BRIDGES? (Invitation only) 11:30am	17 Love your Library (BRIDGES) 5:30pm-6:30pm	18 AP-OD Week 6 10:00am	19 Lap sit Program 10:15am-11:00am Safe Kids –Back to School Safety (Creole) 1:00pm Mother's Village 6:00pm-7:00pm	20	21 Read for the Record Festival 9:00am-2pm
23 Understanding Credit (Flagler Credit Union) 11:30am	24 Read for the Record 5:50pm (Lake Park Library)	25 Wear Pink Shirt Day AP-OD Week 7 10:00am	26 Raise Me Up 3-5yrs old 5:30pm-6:30pm	27	28 Storytime at Lake park Library 10:30am-11:00am

Anti-bullying Awareness Month

Safe Sleep Safety and TV Tip Over

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 little to bed

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

All activities occur at BRIDGES at Lake Park unless otherwise specified

February 2026 HIGHLIGHTS

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

PARENT/CHILD ACTIVITIES

Event: **Creating Love (0-2yrs old)**

Date: February 14, 2026 Parents & Children (Birth-2yrs)

Time: 11:30am-12:30pm

Place: BRIDGES at Lake Park

Making hearts to spread love to loved ones: Come and spread some creative activity with your toddlers to give to your love ones.

Event: **Creating Love (3-5yrs old)**

Date: February 28, 2026 Parents & Children (3-5yrs)

Time: 5:30Pm-6:30pm

Place: BRIDGES at Lake Park

Making hearts to spread love to loved ones: Come and spread some creative activity with your toddlers to give to your love ones.

Family Literacy

Event: **STORYTIME AT LAKE PARK LIBRARY**

Date: Occurs on Saturdays

Time: 10:30am-11:00am

Place: Lake park library

529 Park Avenue Lake park fl 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: February 21 2026

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.

Event: **READ FOR THE RECORD (BRIDGES MEMBERS Activity)**

Date: February 24 2026

Time: 5:50PM

Place: Lake Park Library

529 Park Avenue Lake park FL 33403

Families join Lake Park Library for Read for the Record this month where you are able to bring your little ones to do a reading literacy with your child.

WORKSHOPS

Event: **SAC Meeting (School Advisory Council)**

Date: February 4 ,2026

Time: 2:45pm

Place: Lake Park Elementary School

Join Lake park elementary monthly for School advisory council meeting.

Event: **Anti-bullying Presentation (Youth care services of PBC)**

Date: February 4 ,2026

Time: 4:00pm-5:00pm

Place: Virtual

This month is Anti-bullying. We inform families of how bully can affect children in various of places. Parents are aware of the signs and know how to support their child in bullying.

Event: **Circle of Moms**

Date: February 3 and ,10 2025

Time: 11:30am

Place: BRIDGES at Lake Park

Healthy Mother's Healthy babies will host a support group as Circle 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: **Banking Fundamentals (Flagler Credit Union)**

Date: February 9, 2026

Time: 11:30am

Place: BRIDGES at Lake Park

Join BRIDGES at Lake Park with Flagler credit union with Mr. Smith. He will teach us about how money works and tips and tools around a money mindset.

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

Date: February 4 and 11, 2026

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: **AP-OD Weekly sessions**

Date: February 4, 11, 18, and 25 2026

Time: 5:30pm

Place: Lake Park Elementary School

Join Lake park elementary monthly for School advisory council meeting.

Event: **Understanding Credit (Flagler Credit Union)**

Date: February 23, 2026

Time: 11:30am

Place: BRIDGES at Lake Park

Join BRIDGES at Lake Park with Flagler credit union with Mr. Smith. He will teach us about how money works and tips and tools around a money mindset.

SAFETY WORKSHOPS

Event: **SAFE KIDS PRESENTATION- Safe Sleep Safety**

Date: February 7, 2026 (Spanish) at 1:00pm

Date: February 14, 2026 (English) at 1:00pm

Date: February 21, 2026 (Creole) at 1:00pm

Place: Zoom Presentation

Zoom Link:

<https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFkRkOT09>

Join us as we discuss the importance of Safe Sleep Safety and TV Tip over.

COMMUNITY EVENTS

Event: **Love your Library (BRIDGES Activity)**

Date: February 17, 2026

Time: 5:30pm

Place: Lake park library

529 Park Avenue Lake Park Fl, 33403

Join us at Lake park library for Love your library day. Learn how you can use the library with resources and checking out books for you and your family. BRIDGES members are able to come and sign up to receive a library card.

Event: **Read for the Record festival**

Date: February 21, 2026

Time: 9:00am

Place: Downtown Lake Park

Lake Park Fl, 33403

Lake Park Library is starting this week off with Read for the record with a festival. This will be a fun start off for the week of celebrating the read for the record. Come out and support the community.



February 2026



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

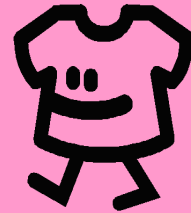
Mon	Tues	Wed	Thu	Fri	Sat
<p>2</p> <p>AP-OP Session 2 11:00AM to 12:00PM (BLW)</p>	<p>3</p> <p>RMU: "TBA" 4:00PM to 5:00PM (BLW)</p>	<p>4</p> <p>Benefits Application 10:00 AM to 2:00 PM (BLW)</p> <p>Wellness Group Creole Group 0-3 S1 Zoom at 11AM</p>	<p>5</p> <p>Benefits Application 10:00 AM to 2:00 PM (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.

February 2026



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
2	3 AP- OD Session 4: Healthy Body/Healthy Mind Pt 1: Nutrition and Physical Activity 10am—11:30am	4 Pastelitos with the Principal 8:15am	5 Safety Series "Safe Sleep Safety and TV Tip Over"Spanish 1pm—2pm	6 Spanish Literacy 9:30am—11am Families Eating Smarter Moving More (FESMM) 10am—11am Bonfires & Night Market 6pm - 9pm	7 Palm Beach Dream Center 11am—1pm
9	10 Triple P Seminar "The Power of Positive Parenting" 10am—11:30am AP-OD Session 5 "Healthy Body/Healthy Mind Pt 2: Social-Emotional Well Being" 12:15pm—1:30pm	11 Raise Me Up "You Make My Heart Happy" 4pm—5pm	12 Story Time 11am -12pm Safety Series "Safe Sleep Safety and TV Tip Over"English 1pm—2pm Pinwheel Craft Day 4pm—5pm	13 Spanish Literacy 9:30am—11am Families Eating Smarter Moving More (FESMM) 10am—11am Monthly Movie Matinee 2pm—3:30pm Sunset on the Avenue 5pm—6:30pm	14 Love Our Local Authors Showcase 1pm -3pm 
16 Be Kind, Be Brave, Be Anti-Bullying 4:30pm—5:30pm	17 Triple P Seminar "Raising Confident & Competent Children" 10am—11:30am AP-OD Session 6 "My Child, Media and Technology" 12:15pm-1:30pm	18 No School Trip to Mounts Botanical Garden 10am -1pm	19 Safety Series "Safe Sleep Safety and TV Tip Over"Creole 1pm—2pm	20 Community Immunization 8am—12pm Caridad Comes to You 9am—3pm Spanish Literacy 9:30am—11am Families Eating Smarter Moving More (FESMM) 10am—11am Bonfires & Night Market 6pm - 9pm	21/22 Street Paint Festival 10am—6pm
23 Anti-Bullying Blockers 9:30am—10:30am	24 Triple P Seminar " Raising Resilient Children" 10am—11:30am	25  Raise Me Up "Ready, Set, Roll" 4pm—5pm	26 Family Game Day 4pm—5pm	27 Spanish Literacy 9:30am—11am Families Eating Smarter Moving More (FESMM) 10am—11am	28

BRIDGES At Lake Worth East
MAIN OFFICE:
305 Lake Ave
LAKE WORTH, FL 33460

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

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

www.bridgesofpb.org
Facebook at BRIDGES Lake Worth East

Anti-Bullying Awareness

The "3 Rs of Bullying" generally refer to Recognize, Respond, and Report, a framework for students to address bullying effectively by identifying it, knowing how to act (like walking away or speaking up it safe), and telling trusted adult, especially if the behavior is serious or persistent. Another interpretation focuses on Rights, Responsibility, and Respect.

2026 HIGHLIGHTS

MONTHLY THEME

“Wear Pink Shirt Day”

PARENT CHILD ACTIVITY

Event: RAISE ME UP “You Make My Heart Happy”
Date: February 11, 2026 @ 4pm—5pm
Place: BRIDGES 305 Lake Ave, Lake Worth Beach Fl 33460

Write and design Valentine’s Day card for mom and dad.
Hosted by **Child Development Specialist**

Event: Pinwheel Craft Day
Date: February 12, 2026 @ 4pm—5pm
Place: BRIDGES 305 Lake Ave, Lake Worth Beach Fl 33460

Families and friends, come learn with us as we get hands on creative, making pinwheels to learn about energy, using colors, and more.
Hosted by **Parent Coach**

Event: Trip to Mt. Botanical Garden
Date: February 18, 2026 @ 10am—1pm
Place: BRIDGES 305 Lake Ave, Lake Worth Beach Fl 33460

Families come connect with each other as you create and explore fantastical Landscapes of dream worlds together through color, arts and more!
Hosted by **PBSO**

Event: RAISE ME UP “ Ready Set, Roll
Date: February 25, 2026 @ 4pm—5pm
Place: BRIDGES 305 Lake Ave, Lake Worth Fl 33460

Let’s move our bodies and learn about colors!
Hosted by **Child Development Specialist**

Event: Family Game Day
Date: February 26, 2026 @ 4pm—5pm
Place: BRIDGES 305 Lake Ave, Lake Worth Beach Fl 33460

Families and friends, come join us we learn to play different games, dance to music and interact with one another (which helps with team building, building on cognitive skills, coordination and more).
Hosted by **Parent Coach**

FAMILY LITERACY

Event: Story Time
Date: February 12, 2026 @ 11am—12pm
Place: BRIDGES 305 Lake Ave, Lake Worth Fl 33460

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



CAPACITY WORKSHOPS

Event: AP-OD Session 4: Healthy Body/Healthy Mind Pt 1: Nutrition and Physical Activity
Date: February 3, 2026 @ 12:15pm—1:30pm
Place: BRIDGES 305 Lake Ave , Lake Worth Beach Fl 33460

Parents and friends we invite you to come join us as we gain practical tips and advice on activities that can promote our children’s physical well being and the importance of advocating for their health.
Hosted by **BRIDGES CDS and Parent Coach**

Event: Women’s Club “Crochet Part II
Date: February 3, 2026 @ 10am—11:30am
Place: BRIDGES 305 Lake Ave, Lake Worth Fl 3346:0

Join us for the continuation of the Crochet Class.
Hosted by **BRIDGES Ambassador**

Event: Spanish Literacy
Date: February 6,13,20 and 27, 2026 @ 9:30am—11am
Place: BRIDGES 305 Lake Ave , Lake Worth Beach Fl 33460

Parent Leader comes together to teach members the basics of reading and writing Spanish.
Hosted by **BRIDGES Ambassador**

Event: Families Eating Smarter Moving More
Date: February 6,13,20 and 27,, 2026 @ 10am—11am
Place: BRIDGES 305 Lake Ave , Lake Worth Beach Fl 33460

Will be teaching food safety and showing families how to save money when shopping.
Hosted by **University of Florida (UF)**

Event: Triple P Seminar: “The Power of Positive Parenting
Date: February 10, 2026 @ 10am—11:30am
Place: BRIDGES 305 Lake Ave, Lake Worth Fl 33460

Triple P offers simple strategies to strengthen relationships with your children, teach them to express their feelings appropriately, encourage good behavior to succeed in school and create a more peaceful home.
Hosted by **Danielle**

Event: AP-OD “My Child, Media and Technology
Date: February 10, 2026 @ 12:15pm—1:30pm
Place: Via Zoom

We will review the importance of technology in our children’s world while also learning strategies to set healthy and positive media and technology limits.
Hosted by **Parent Coach & CDS**

Event: Be Kind, Be Brave, Be Anti-Bullying
Date: February 16, 2026 @ 4:30pm—5:30pm
Place: PBSO

We will be discussing ways to detect Bullying and how to prevent it.
Hosted by **PBSO**

Event: Triple P Seminar “Raising Confident, Competent Children”
Date: February 17, 2026 @ 10am—11:30am
Place: BRIDGES 305 Lake Ave, Lake Worth Fl 33460

Triple P offers simple strategies to strengthen relationships with your children, teach them to express their feelings appropriately, encourage good behavior to succeed in school and create a more peaceful home.
Hosted by **Danielle**

Event: Triple P Seminar “ Raising Resilient Children
Date: February 24, 2026 @10am—11:30am
Place: BRIDGES 305 Lake Ave, Lake Worth Fl 33460

Triple P offers simple strategies to strengthen relationships with your children, teach them to express their feelings appropriately, encourage good behavior to succeed in school and create a more peaceful home.

SAFETY WORKSHOP

SAFETY WORKSHOP “Safe Sleep Safety and TV Tip Over”

Hosted by **Safe Kids of PBC (VIA ZOOM)**
Date: February 5, 2026 @ 1pm—2pm Spanish
Date: February 12, 2026 @ 1pm—2pm English
Date: February 19, 2026 @ 1pm—2pm Creole

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: Nerf games
Date: February 6, 2026 @ 6pm—8pm
Place: NW Complex Field 2, 900 22nd Ave N, LWB Fl 33460
Come unwind with us at sunset fun and relaxation for the whole family.
Hosted by **City of Lake Worth Beach**

Event: Palm Beach Dream Center
Date: February 7, 2026 @ 11am—1pm
Place: 1512 Wingfield St, Lake Worth Beach Fl 33460
Free Family Event with BBQ, Hotdogs, Drinks, Games, Bubble-Balloons, Crafts and Story Club
Hosted by **Arms of Hope**

Event: Monthly Movie Matinee
Date: February 13, 2026 @ 5pm—6:30pm
Place: LWB City Library 15 N M St, Lake Worth Beach Fl 33460
Relax and enjoy and afternoon at the movies! Joins us at the City Library on select Fridays at 2pm of the month.
Hosted by **City of Lake Worth Beach**

Event: Sunset on the Ave
Date: February 13, 2026 @ 5pm—6:30pm
Place: 414 Lake Ave, LWB, Fl 33460
Come unwind with us at sunset fun and relaxation for the whole family.
Hosted by **City of Lake Worth Beach**

Event: Love Our Local Authors Showcase
Date: February 14, 2026 @ 1pm—3pm
Place: 15 N M St, Lake Worth Beach, Fl 33460
Join the LWB City Library on Valentines Day to welcome some of our talented writers in Palm Beach County.
Hosted by **Lake Worth Beach City Library**

Event: Community Immunization
Date: February 19, 2026 @ 8am—12pm
Place: 709 North F St, Lake Worth Beach Fl 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.
Hosted by **Palm Beach Health Department**

Event: Caridad Comes To You
Date: February 20, 2026 @ 1pm—2pm
Place: BRIDGES 802 S Dixie Hwy, Lake Worth Beach Fl 33460
Join us for the free workshop where Caridad Clinics comes to you. Free Vision, and Healthcare Services.
Hosted by **Caridad Clinic**

Event: Street Painting Festival
Date: February 21—22, 2026 @ 10am—6pm
Place: BRIDGES 802 S Dixie Hwy, Lake Worth Beach Fl 33460
Come & enjoy watching more than 600 artists use the pavement as canvas.
Hosted by **City of Lake Worth Beach**

Event: Anti-Bullying Blockers
Date: February 23, 2026 @ 9:30am—10:30am
Place: Pro Child Daycare, 1200 N G St, Lake Worth Beach, Fl 33460
We will draw a hand and paint in in blue to represent Anti-Bullying.
Hosted by **BRIDGES Outreach**




FEBRUARY 2026



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
2 Computer Classes II (Registered Only) 9:30 am– 11:30 am	3 Abriendo Puertas/Opening Doors 10:00 am– 12:00 pm Brilliant Minds 3:30pm-5:30pm College Prep 5:30pm-7:30pm	4 Brilliant Minds 3:30pm-5:30pm	5 Exploring Our World (E/S) 10:30 am-11:30 am Safe Sleep & TV Tip Over Safety ZOOM (S) 1:00 pm-2:00 pm Brilliant Minds 3:30pm-5:30pm College Prep (Virtual) 5:30pm-7:30pm	6 Twinkle Little Stars Baby Shower 10:00 am-12:00 pm (Registered Only)	7
9 Computer Classes II (Registered Only) 9:30 am– 11:30 am	10 Benchmark Advance/Adelante Family Resource (Registered only) 10:00 am–11:30 am Brilliant Minds 3:30pm-5:30pm College Prep 5:30pm-7:30pm	11 Raise Me Up (E/S) 10:30 am-11:30 am Brilliant Minds 3:30 pm-5:30 pm Ambassador Meeting 6:00 pm-8:00 pm	12 Abriendo Puertas/Opening Doors 10:00 am– 12:00 pm Safe Sleep & TV Tip Over Safety ZOOM (E) 1:00 pm-2:00 pm Brilliant Minds 3:30pm-5:30pm College Prep (Virtual) 5:30pm-7:30pm	13 Renacer Mujer/Building the Community Through Love and Leadership (E/S) 10:00 am-12:00 pm Car seat Installation (E/S) (By Appointment) 10:00am-1:00pm	14 Happy Valentine's Day 
16 OFFICE CLOSED 	17 Abriendo Puertas/Opening Doors 10:00 am– 12:00 pm Brilliant Minds 3:30pm-5:30pm College Prep 5:30pm-7:30pm	18 Raise Me Up (E/S) 10:30 am-11:30 am Brilliant Minds 3:30 pm–5:30 pm Latinos Fuertes en Accion-Financial Literacy #2 (Registered Only) 6:30pm-7:30pm	19 PBC Public Library System Storytime (E/S) (Literacy) 10:00am-11:00am Brilliant Minds 3:30pm-5:30pm College Prep (Virtual) 5:30pm-7:30pm	20 Food Distribution 10:00 am (Until Supplies last)	21 Family Impact PBC 5K (REGISTERED ONLY) 7:00 am– 10:00 am
23 Computer Classes II (Registered Only) 9:30 am– 11:30 am	24 Abriendo Puertas/Opening Doors 10:00 am– 12:00 pm Brilliant Minds 3:30pm-5:30pm College Prep 5:30pm-7:30pm	25 Brilliant Minds 3:30 pm–5:30 pm Latinos Fuertes en Accion-Financial Literacy #3 (Registered Only) 6:30pm-8:00pm (MEN ONLY) WEAR PINK 	26 Read for the Record (PC) 10:00 am-11:30 am Brilliant Minds/Stomp the Bullying 3:30pm-5:30pm College Prep (Virtual) 5:30pm-7:30pm	27 Caridad Mobile Health Clinic 9:00 am-3:00 pm Car seat Installation (E/S) (By Appointment) 10:00am-1:00pm	28

DID YOU KNOW THAT:
 More than half of bullying situations (57%) stop when a peer intervenes on behalf of the student being bullied. The 6th grade students experience the most bullying (31%). And 70% of school staff have seen bullying. 62% witnessed bullying two or more times in the last month, and 41% witness bullying once a week.



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 CENTER:
 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

FEBRUARY 2026 HIGHLIGHTS

MONTHLY THEME

Wear Pink Shirt Day

PARENT CHILD ACTIVITY

Event: EXPLORING OUR WORLD (E/S)

Date: Thursday, February 5th 10:30 am – 11:30 am

Place: Palm Springs Public Library
217 Cypress Ln., Palm Springs, FL 33461

Parent get together and read books about moral and values, they can later teach their children (12-24 mths)

Sponsored by BRIDGES and Palm Springs Public Library.

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

Date: Wednesday, February 11th 10:30 pm– 11:30 am

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

Join us for this parent-child class to practice fine and gross motor skills, promoting social and emotional health, problem-solving, and communication.

Sponsored by BRIDGES & Lantana Road Branch Library

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

Date: Wednesday, February 18th 10:30 am - 11:30 am

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

Join us for this parent-child class to practice fine and gross motor skills, promoting social and emotional health, problem-solving, and communication.

Sponsored by BRIDGES

FAMILY LITERACY

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

Date: Thursday, February 19th 10:00 am-11:00 am

Place: BLWW Activity Center
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 and BRIDGES

Event: READ FOR THE RECORD (E/S)

Date: Thursday, February 26th 10:00 am –11:30 am

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

Join us to read globally See Marcus Grow. It's about young Black boy who learns life lessons about growth, nurturing, and nature from his grandmother.

Sponsored by BRIDGES, Hippy Program & Palm Springs Public Library

WORKSHOPS

Event: COMPUTER CLASSES LEVEL II (E/S) (Registered Only)

Date: Mondays 9:30 am– 11:30 am

Come learn to build on basics skills to help learners use email, the internet, and documents with confidence. **Sponsored by** BRIDGES

WORKSHOPS

Event: ABRIENDO PUERTAS/OPENING DOORS

Date: Tuesday's 2/03 - 2/17 and 2/24 10:00 am-12:00 pm
Thursday 2/12/26 10:00 am-12:00 pm

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

A program for parents and children ages 0-5. AP/OD supports parents as their child's first teacher through fun activities, learning together, and building strong family connections that support early development.

Sponsored by BRIDGES

Event: BENCHMARK ADVANCE/ADELANTE FAMILY RESOURCES

Date: Tuesday, February 10th 10:00 am-11:30 am

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

Learn how to access the Parent Home Calendar & Parent Activities.

Sponsored by BRIDGES and PBCSD.

Event: AMBASSADORS MEETING

Date: Wednesday, February 11th 6:00 pm-8:00 pm

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

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: RENACER MUJER/ BUILDING THE COMMUNITY THROUGH LOVE AND LEADERSHIP (E/S)

Date: Friday, February 13th 10:00 am-12:00 pm

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

Join a wonderful group of women to share important topics, enjoy social time and activities. Let's talk about how to strengthen our community with compassion and positive guidance.. **Sponsored by** Be Well PBC

Event: LATINOS FUERTES EN ACCION /FINANCIAL CLASSES (E/S) (Registered Only) (MEN ONLY)

Date: Wednesday, February 18th & 25th 6:30 pm-8:00 pm

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

Come join a circle of hard working men and fathers. That are willing to share their knowledge and empower others. Join us to learn how to build a stronger credit and to receive financial resources.

Sponsored by BRIDGES & Natl. Financial Literacy.

SAFETY WORKSHOP

Event: SAFE SLEEP & TV TIP OVER SAFETY WKSP. (ZOOM)

Date: Thursday, February 13th 1pm – 2pm Spanish
Thursday, February 26th 1pm – 2pm English

Sharing the facts and statistics of safe sleep. We will discuss how you can put your baby to sleep knowing they will be safe.

Sponsored by Safe Kids of PBC.

Event: CARSEAT INSTALLATION (E/S) (VIA PHONE)

Date: Friday, February 13 & 27th 10:00 am - 1:00 pm

Parents with questions, concerns or in need of a car seat will be guided through the phone by our car seat technician. Please call us at 561-649-9600 so we can best assist you! **Sponsored by** BRIDGES

COMMUNITY EVENT

Event: BRILLIANT MINDS PROGRAM

Date: Tuesdays, Wednesdays, Thursdays 3:30pm- 5:30pm
Place: BLWW Activity Center
2407 10th Ave. N., Lake Worth, FL 33461

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 (In Person) 5:30 pm– 7:30 pm

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

Date: Thursdays (Virtual) 6:30 pm– 8:00 pm

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 Cornelia T. Bailey

Event: TWINKLE LITTLE STAR BABY SHOWER (E/S) (REGISTERED ONLY)

Date: Friday, February 6th 10:00 am– 12:00 pm

Pregnant moms and new mothers will enjoy a special day catered to them and their babies. They will receive valuable information from various agencies to assist with their babies' healthy development.

Sponsored by BRIDGES

Event: FOOD DISRIBUTION (RBI)

Date: Friday, February 20th 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: FAMILY IMPACT PBC 5K (REGISTERED ONLY)

Date: Saturday, February 21st 7:00 am– 10:00 am

Place: John Prince Park

We are inviting walkers and runners to participate in our 3rd annual 5K. If you would like to register go to www.familyimpactpbc.org. **Sponsored** FIPBC.

Event: CARIDAD MOBILE HEALTH CLINIC

Date: Friday, February 27th 9:00 am-3:00 pm

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

Caridad's mobile health unit will provide free health screenings and will check your blood pressure, glucose levels, at no cost–no appointment needed.

Sponsored by Caridad Center and BRIDGES

WEAR PINK FOR ANTI-BULLYING AWARENESS

Wednesday, February 25th





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.

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

BRIDGES website: Bridgesofpbc.org
Facebook: BRIDGES at Northwood

FEBRUARY 2026

Mon	Tue	Wed	Thu	Fri	Sat
2  STOP BULLYING	3	4	5	6	7
9 <u>"THE CAVE" (APOD)</u> (Dinner provided) 6:30pm – 8:00pm <u>LINCOLN ELEM. SAC MEETING</u> 5:30pm	10 <u>RAISE ME UP</u> (From my heart to my hands) 5:30pm-7:00pm	11 <u>TUMMY TIME</u> (Free Diapers) 5:30pm-6:30pm <u>WEST RIVIERA ELEM. SAC MEETING</u> 5:30pm	12 <u>SAFETY SERIES</u> (Safe Sleep & TV Tip Over) 1:00pm via Zoom <u>TRIPLE "P"SESSION 1</u> Power of Positive Parenting 6:00pm-7:30pm	13	14 
16	17 <u>WASHINGTON ELEM. SAC MEETING</u> 5:30pm	18 <u>WOMEN of POWER</u> (Dinner provided) 6:00pm-7:30pm	19 <u>SAFETY SERIES</u> (Safe Sleep & TV Tip) (Creole) 1:00pm via Zoom <u>TRIPLE "P"SESSION 2</u> Raising Confident and Competent Children 6:00pm-7:30pm	20 BLACK HISTORY STORY TIME  ATKINS Tender Loving Care	21
23 <u>"THE CAVE" (APOD)</u> (Dinner provided) 6:30pm – 8:00pm	24 <u>MY BLACK IS BEAUTIFUL GAME NIGHT</u> 6:00pm-7:30pm 	25 <u>ANTI-BULLYING WEAR PINK SHIRT DAY!</u>	26 <u>"IT'S A GIRL THING!" "Choose Kindness"</u> (Lunch provided) 11:00am - 1:00pm <u>READ FOR THE RECORD</u> <u>TRIPLE "P"SESSION 3</u> Raising Resilient Children 6:00pm-7:30pm	27	28 <u>ASQ BLOCK PARTY</u> 11:00am-1:00pm 601 Federal Hwy. Lake Park, FL 33403
			<p><i>When Families Read, Kids Succeed; Home Story-time and Reading Logs</i></p> 		

DID YOU KNOW
Bullying affects all youth, including those who are bullied, those who bully others, and those who witness bullying. The effects of bullying may continue into adulthood. solutions to bullying are not that simple. Bullying prevention approaches that show the most promise confront the problem from many angles. They involve the entire school community—students, families, administrators, teachers, and authorized staff .

- Safety Tips**
- Place babies on their backs for naps and at night until they are 1 year old.
 - Choose a firm mattress and fitted sheet for baby's crib
 - Dress baby in a onesie or similar clothing for every sleep
 - Don't share your bed.

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.bridgespb.org/rivierabeach
Facebook@Bridges--Riviera

FEBRUARY 2026 HIGHLIGHTS



PARENT/CHILD ACTIVITIES

EVENT: RAISE ME UP: FROM MY HEART TO MY HANDS
DATE: Tues., Feb., 10th, 2026 5:30pm-7:00pm
PLACE: BRIDGES at Riviera Beach

Let's create love, with the one we love. During this activity your child will work on strengthening their fine motor skills by making hearts. Come and feel the love.

EVENT: TUMMY TIME (w/ WHIN nurse)
DATE: Wed., Feb., 11th, 2026 5:30pm-6:30pm
PLACE: BRIDGES at Riviera Beach

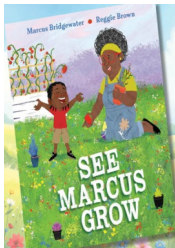
This ongoing workshop prepares expectant parents to have a healthy birth and informs parents with babies up to 6 months old about healthy development after baby's arrival.



EVENT: ASQ BLOCK PARTY
DATE: Sat., Feb., 28th, 2026 11am-1pm

PLACE: Kelsey Park
 601 Federal Hwy. Lake Park, FL

Join us for a free screening of your little one's growth and development (0 to 5 yrs. old). The more you know, the more they can learn & grow. Learn about child development, fun and educational take-aways, chat with staff and learn about parenting resources near you!



EVENTS: READ for the RECORD
DATES: Thurs., Feb., 26th, 2026
PLACE: EVERYWHERE

See *Marcus Grow*, written by Marcus Bridgewater and illustrated by Reggie Brown, is a vibrant picture book that introduces young readers to the wonders of gardening while exploring themes of curiosity, discovery, nurturing and growth. In this story, the young character named Marcus learns

from his grandmother in her garden. The book beautifully illustrates the parallel between plant care and human development, sharing the wisdom that both children and seedlings need "water and air and sunshine. And space to grow."

Marcus Bridgewater, also known as the social media sensation "Garden Marcus", shows the lessons he learned in his grandma's garden when he was growing up.



EVENT: THE CAVE
DATE: Mon. Feb. 9th & 23th, 2026 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: TRIPLE "P" SERIES
DATE: Thurs., 12th, 19th, 26th, 2026 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.



EVENTS: National Wear PINK Day
DATES: Feb., Wed. 25th, 2026
PLACE: EVERYWHERE
 National **Pink Shirt Day** is a vibrant, national movement to fight bullying. It encourages everyone to wear pink shirts as a stand against bullying and brings people together, promoting kindness and inclusivity.



EVENT: WOMEN OF POWER
DATE: Wed., Feb., 18th, 2026 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.

EVENT: IT'S A GIRL THING!
DATE: Thurs., Feb., 26th, 2026 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.



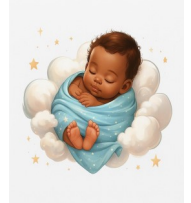
EVENT: MY BLACK IS BEAUTIFUL
DATE: Tues., Feb., 24th, 2026 6pm-7:30pm
PLACE: BRIDGES at Riviera Beach
 Come join us for a family fun-filled evening with family and friends as we celebrate and learn about **BLACK HISTORY MONTH**.

WORKSHOPS

SAFETY WORKSHOP

EVENT: BABY SAFE SLEEP
DATE: Thurs., Feb., 12th, 2026 1pm
DATE: Thurs., Feb., 19th, 2026 (Creole) 1pm
PLACE: ZOOM: <https://zoom.us/j/6846584976wd=LOJEMm4rSGFPd3RSTFU2UU5kTFRkQT09>

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 little ones to bed.



COMMUNITY EVENT

EVENT: SCHOOL ADVISORY COUNCIL (SAC meeting)
DATE: TBA
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., Feb., 11th, 2026 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!

EVENT: SCHOOL ADVISORY COUNCIL (SAC meeting)
DATE: Mon., Feb., 9th, 2026 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: Tues., Feb., 17th, 2026 5:30pm
PLACE: Washington Elementary
 1709 W. 30th St., Riviera Beach, FL 33404
Parents! You can learn a lot by attending a SAC meeting! Be proactive! Get involved!



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



February 2026

at WEST PALM BEACH

Mon	Tue	Wed	Thu	Fri	Sat
2	3	4 House calls w/FAU 6:00pm via zoom Circle Community room 6:00pm RSVP	5	6	7 Community Wellness Fair 10:00am Heart & Soul Park RSVP
9 What's in your Community Orientation 5:30pm In person	10 Pleasant City Elementary SAC Meeting 5:00pm	11	12 Raise Me Up 6:00pm RSVP Community room 1-3 age	13 Bridge Mart Starts at 10:00am (Appointments Only) Safe Sleep Facebook live 1:00 (Safe Kids Work- shop)	14 Happy Valentines Day
16	17 Opening Doors Family Literacy 6:00pm RSVP	18 Circle Community room 6:00pm RSVP	19 Women to Women 6:00pm RSVP Community room	20 Car seat in- stallation RSVP	21
23 What's in your Community Orientation 5:30pm Zoom	24 Opening Doors Family Literacy 6:00pm RSVP	25	26 Baby Talk RSVP Community room 6:00pm Pregnant -1 year old	27 Bridge Mart Starts at 10:00am (Appointments Only) Wear Pink shirt day!	

All activities occur at BRIDGES at West Palm Beach unless otherwise specified.



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
 Ages 0 to 8

HIGHLIGHTS

BRIDGES AT WEST PALM BEACH

720 8th Street
West Palm Beach, FL 33401

PARENT/CHILD ACTIVITIES

Event : Baby Talk RSVP required (Pregnant –1 year old)

Date: February 26th

Time: 6:00pm Community Room

Summary: Baby Talk is a warm, welcoming session designed to support individuals and couples as they prepare for the journey into parenthood. This experience creates a safe space for new and expecting parents to explore the joys and challenges of caring for a baby while building confidence in their new role.

Event: Raise me up Growing Together Ages 1-3

Date: February 12th RSVP required

Time:6:00pm Community Room

Summary: Baby Talk is a warm, welcoming session designed to support individuals and couples as they prepare for the journey into parenthood. This experience creates a safe space for new and expecting parents to explore the joys and challenges of caring for a baby while building confidence in their new role.

COMMUNITY EVENTS

Event: Pleasant City Elementary School will be facilitating their monthly SAC meeting

Date: February 10th

Time: 5:00pm

Event: Community Wellness Fair- RSVP required

Date: February 7th

Time:10:00am

Summary: The event will offer health, wellness, and fun for the whole family, with free activities

- Health screenings and services will be available!

To reserve a free health screening, call the Promise Fund hotline at (877) 427-7664. Walk-ins will also be accepted on a first-come, first-served basis.



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Event: Women to Women

Date: February 19th RSVP

Time: 6:00pm Community room

Summary: As we move into 2026, our focus is on setting clear goals that support growth, teamwork, and a positive work environment.



WORKSHOPS

Event: Opening Doors

Date: February 17th and 24th RSVP required

Time: 6:00pm Community room

Summary: A parent leadership series designed for parents/caregivers of children ages 0-5 to support in parental advocacy.

Event: House calls with FAU RSVP required

Date: February 4th

Time: 6:00 via zoom

Summary: A community wellness service offering free, convenient Heart disease screenings through a partnership with Florida Atlantic University. The program promotes heart health, early detection, and access to preventive care for families.

Event : BRIDGE MART (Accepting BRIDGE BUCKS ONLY)

Date: February 13th and 27th

Time: 10 am - 2pm By Appointments Only

Place: BRIDGES at West Palm

Summary: Serving our MEMBERS within your community by offer specialized products, household essential, excellent customer service, and much more. Call to schedule your appointment.

Event: What's In your Community Orientation

Date: February 9th(in person) and 23rd (zoom)

Time: 5:30pm-6:30pm

Summary: This is an awareness workshop for new member to learn about the various services available through BRIDGES and other local service providers.

Event: Circle Group RSVP required

Date: February 4th and 18th

Time: 6:00pm– 8:00pm 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 the BRIDGES office, if you are interested in registering for CIRCLES.