



March 2026



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

Mon	Tues	Wed	Thu	Fri	Sat
2 AP-OP Session 6 11:00AM to 12:00PM Via Zoom	3	4 Benefits Application 10:00 AM to 2:00 PM (BLW)	5 Benefits Application 10:00 AM to 2:00 PM (BLW) Safety Series: "Cleaning Supplies and Poison Safety" (English) 1:00PM on ZOOM	6 Wellness Group Spanish Group 4-8 S1 Zoom at 10:30AM Infant & Toddler Nutrition (0-3 years) English & Creole 12:00PM to 1:00PM via ZOOM and in-person	7 Journey Church Block Party 11:00AM to 1:00PM Arms of Hope 1512 Wingfield St, Lake Worth Story-Time at Block Party 11:00AM to 1:00PM
9 Mammogram Mobile Bus 9:00AM to 3:00PM(BLW) AP-OP Session 7 11:00AM to 12:00PM Via Zoom	10 Family Fun Time: "Find It Fast" 4:00PM to 5:00PM(BLW)	11 Benefits Application 10:00 AM to 2:00 PM (BLW) Wellness Group Spanish Group 4-8 S2 Zoom at 10:30AM	12 Benefits Application 10:00 AM to 2:00 PM (BLW) Safety Series: "Cleaning Supplies and Poison Safety" (Spanish) 1:00PM on ZOOM	13	14
16 AP-OP Session 8 11:00AM to 12:00PM Via Zoom	17 	18 Benefits Application 10:00 AM to 2:00 PM (BLW) Wellness Group Spanish Group 4-8 S3 Zoom at 10:30AM	19 Benefits Application 10:00 AM to 2:00 PM Safety Series: "Cleaning Supplies and Poison Safety" (Creole) 1:00PM on ZOOM	20	21
23 AP-OP Session 9 11:00AM to 12:00PM Via Zoom	24 RMU: "Emotion Robot" 4:00PM to 5:00PM (BLW)	25 Benefits Application 10:00 AM to 2:00 PM (BLW) Wellness Group Spanish Group 4-8 S4 Zoom at 10:30AM	26 Benefits Application 10:00 AM to 2:00 PM (BLW)	27	28
30 AP-OP Session 10 11:00AM to 12:00PM Via Zoom	31			 Women's History Month	

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



Did you know?

Reading before bed helps spark creativity! As children wind down, stories stretch their imagination, inspire new ideas, and help their minds create beyond the page all while preparing for a restful night's sleep.

MARCH 2026 HIGHLIGHTS

MONTHLY THEME

“Celebrate Creativity”

Event: [Family Fun Time: “Find it Fast”](#)

Date: March 10th 4:00PM to 5:00PM

Place: BRIDGES at Lake Worth

Children will learn to spot different items around their home while identifying various shapes and colors. This activity is a fun and engaging treasure hunt that families can enjoy together.

Event: [RMU: “Emotion Robot”](#)

Date: March 24th 4:00pm to 5:00PM

Place: BRIDGES at Lake Worth

Emotion Robot is a fun and creative parent-child activity designed to help kids understand, express, and manage their feelings in a safe and playful way.

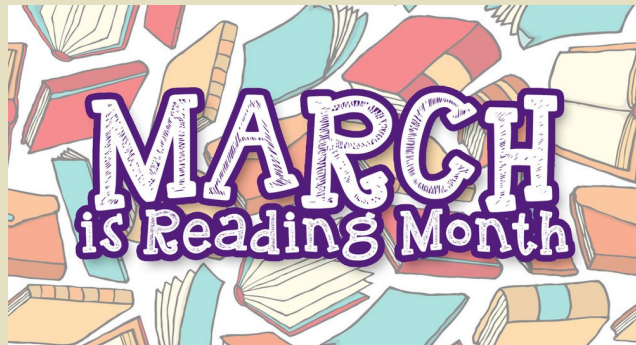
FAMILY LITERACY

Event: [Story-time](#)

Date: March 7th 11:00AM to 1:00PM

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 6](#)

Date: March 2nd 11:00AM to 12:00PM

Place: BRIDGES at Lake Worth

Event: [Wellness Group Spanish Group 4-8 S1](#)

Date: March 6th 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 7](#)

Date: March 9th 11:00AM to 12:00PM

Place: BRIDGES at Lake Worth

Event: [Wellness Group Spanish Group 4-8 S2](#)

Date: March 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 8](#)

Date: March 9th 11:00AM to 12:00PM

Place: BRIDGES at Lake Worth

Event: [Wellness Group Spanish Group 4-8 S3](#)

Date: March 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 9](#)

Date: March 9th 11:00AM to 12:00PM

Place: BRIDGES at Lake Worth

Event: [Wellness Group Spanish Group 4-8 S4](#)

Date: March 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: “Cleaning Supplies and Poison Safety”](#)

Dates: March 3rd 1:00PM to 2:00PM

(Spanish)

March 12th 1:00PM to 2:00PM

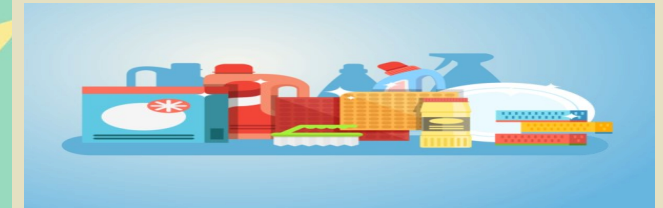
(English)

March 19th 1:00pm to 2:00PM

(Creole)

Place: ZOOM Meeting

This month with spring approaching we all love to do our spring cleaning. It is important to us to educate our families on cleaning supply safety and how we can keep our children safe. Many cleaning products can be confusing for children and may look like juice or candy. A child will not know the difference. Every 8 minutes or 64,000 times a year a young child goes to the emergency room for medicine poisoning. Here you will find some important information that will help you keep your kids safe around medicine. Join us to learn about hazards that can be in your home.



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.

