



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



March 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	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	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 <u>Baby Shower (Invite ONLY)</u> 5:30pm - 7:00pm	13	14
16 <u>Tummy Time</u> 5:30pm - 6:30pm	17 <u>Raise Me Up</u> 11:00am - 12:30pm	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</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 <u>Car Seat Inspection</u> 3:00pm - 5:00pm	25	26	27	28 <u>Motivating Mommies</u> 11:00am - 1:00pm
30	31				

"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."

National Reading Month
 Is a nationwide celebration held each March to inspire children, families, and communities to make reading a daily habit and foster a lifelong love of books. It highlights the importance of literacy, emphasizing how strong reading skills support academic success, critical thinking, creativity and lifelong learning.

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

March 2026 HIGHLIGHTS

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

“Cleaning Supplies and Poison Safety”

PARENT/CHILD ACTIVITIES

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

Tuesday, March 3rd:

Creative Cards: ARTIST Wanted: parent and child are going to work together to make greeting cards. You can decide on a birthday card, thank you card, just thinking of you card for that someone special in both of your lives. In doing this, the parent will help the child develop their communication skills. BRIDGES is looking forward to seeing all the beautiful art.

Tuesday, March 17th:

Sticky Time: Are you ready to get those fingers sticky? During this parent child-activity, your child will be working on developing those fine motor skills with some glue, paper and string. Let's get sticking!

Event: [It's Your Birthday - Paper Plate Rainbow](#)
Date: Thursday, March 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 March come out and let your BRIDGES family sing Happy Birthday to you! If your birthday is not in the month of March you can still participate with your family.

Event: [Family Day - Painted Accordion Butterfly](#)
Date: Thursday, March 19th, 2026
Time: 11:00am - 12:30pm
Place: BRIDGES at Northwood

Parents will help their kids create beautiful butterflies to celebrate the beginning of Spring.

CAPACITY BUILDING

Event: [Safety Series - Cleaning Supplies & Poison](#)
Date: Thursday, March 5th, 2026 (Spanish) 1pm-2pm
Date: Thursday, March 12th, 2026(English)1pm-2pm
Date: Thursday, March 19th, 2026(Creole)1pm-2pm
Place: Zoom / Facebook Live

@SafeKidsPalmBeachCounty

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 each year, a young child goes to the emergency department for medicine poisoning. Here you will find some important information that will help you keep kids safe around medicine. Please join us to learn about the hazards that can be in your home and how you can keep children safe from potential dangers.
[https://zoom.us/j/6846584976?](https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09)
[pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09](https://www.facebook.com/SafeKidsPalmBeachCounty)

Event: [Helmet & Car Seat Inspection](#)
Date: Tuesday, March 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, March 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, March 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, March 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, March 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 March 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.

Event: [Motivating Mommies](#)
Date: Saturday, March 28th, 2026
Time: 11:00am - 1:00pm
Place: BRIDGES at Northwood

A collective group of women in our community will meet monthly to discuss hot topics and community resources. We will be discussing the importance of being a mommy.

BRIDGES at Northwood

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BRIDGES website: Bridgesofpbc.org
Facebook: BRIDGES at Northwood