



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



**April 2026**

Mon	Tue	Wed	Thurs	Fri	Sat
		1	2 <u>It's Your Birthday!</u> 11:00am - 12:30pm  <u>Safety Series (Spanish)</u> 1:00pm - 2:00pm	3 <b>"Listen Up, Speak Up"</b> <b>Wear BLUE</b>	4
6 <u>SAC Meeting</u> 5:30pm - 6:30pm	7 <u>Raise Me Up</u> 11:00am - 12:30pm Child Abuse & Neglect "Scavenger Hunt" (Post on WhatsApp all month long)	8	9 <u>Safety Series (English)</u> 1:00pm - 2:00pm  Baby Shower (Invite ONLY) 5:30pm - 7:00pm	10	11 <u>Motivating Mommies</u> 11:00am - 1:00pm
13 <u>Motivando a las mamás</u> 11:00am - 12:30pm	14 <u>A Write To Read</u> 11:00am - 12:30pm Child Abuse & Neglect Word Search	15 <u>ECLC Meeting</u> 3:30pm - 4:30pm	16 <u>Family Day</u> 11:00am-12:00pm Family Night 5:30pm - 7:00pm <u>Safety Series ( Creole)</u> 1:00pm - 2:00pm	17	18
20 <u>Tummy Time</u> 5:30pm - 6:30pm	21 <u>Raise Me Up</u> 11:00am - 12:30pm Child Abuse & Neglect "People Who Hit" Coloring Book	22	23	24	25
27	28 <u>Helmet Install/ Inspection</u> 11:00am - 1:30pm <u>Car Seat Inspection</u> 3:00pm - 5:00pm	29	30		

"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."

**Child Abuse and Neglect**  
 Child abuse and neglect includes all types of abuse and neglect of a child under the age of 18 by a parent, caregiver, or another person in a custodial role (e.g., a religious leader, a coach, or a teacher) that results in harm, the potential for harm, or threat of harm to a child. **Physical abuse** is the intentional use of physical force that can result in physical injury. **Sexual abuse** refers to any completed or attempted sexual acts or sexual contact with a child by a caregiver. **Emotional abuse** refers to behaviors that harm a child's self-worth or emotional well-being.

**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

## April 2026 HIGHLIGHTS

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

### *“Heatstroke Prevention”*

## PARENT/CHILD ACTIVITIES

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

### **Tuesday, April 7th:**

**Dice Roll:** Dice time to get those bodies moving. During this activity, you and your child will build gross motor dice. Children with strength those bodies through hopping, skipping and jumping while learning to take turns.

### **Tuesday, April 21st:**

**Building Bridges:** Parents will learn the importance of problem solving, an activity that can be done to help develop problem solving, skills and how it will help their through life.

Event: [It's Your Birthday - Paper Bunny Ears](#)  
Date: Thursday, April 2nd, 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 April come out and let your BRIDGES family sing Happy Birthday to you! If your birthday is not in the month of April you can still participate with your family.

Event: [Family Day and Night - Earth Day Craft](#)  
Date: Thursday, April 16th, 2026  
Time: 11:00am - 12:30pm AND 5:30pm - 7:00pm  
Place: BRIDGES at Northwood

Families will create a craft to celebrate Earth Day.

## CAPACITY BUILDING

Event: [Safety Series - Heatstroke Prevention](#)  
Date: Thursday, April 2nd, 2026 (Spanish) 1pm-2pm  
Date: Thursday, April 9th, 2026(English)1pm-2pm  
Date: Thursday, April 16th, 2026(Creole)1pm-2pm  
Place: Zoom / Facebook Live  
**@SafeKidsPalmBeachCounty**  
Oh, boy it is hot outside! This month we will be discussing Heatstroke and hot cars. Did you know a car could heat up 20 degrees in 10 minutes! We will discuss what parents need to know about the danger of hot cars, and steps they can take to help keep their children safe. Please join us to learn about the ways to identify these hazards as well as ways to prevent them.  
<https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFpP3RSTFU2UU5kTFRkQT09>

Event: [Helmet & Car Seat Inspection](#)  
Date: Tuesday, April 28th, 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, April 6th, 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, April 15th, 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, April 14th, 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, April 20th, 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: [Motivating Mommies](#)  
Date: Saturday, April 11th, 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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West Palm Beach, FL 33407  
561-840-3106

BRIDGES website: [Bridgesofpbc.org](http://Bridgesofpbc.org)  
Facebook: **BRIDGES at Northwood**