



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



May 2026

Mon	Tue	Wed	Thu	Fri	Sat
				1	2
4 Mindful Movement Zumba Party 5:30 pm — 6:30 pm Bridges at Pahokee	5	6 SAC Meeting 5:30pm—6:30pm Pahokee Elementary	7 Senior Field Day 9:30am - 3:00pm Torry Island Marina RMU Mommy & Me: Picture this! 5:30 pm —6:30 pm Bridges at Pahokee	8	9 Get Moving, Feel Better Yoga 9:30am-10:30am Bridges at Pahokee Tea Party "Mother's Day Edition" 3:30pm LVY Library
11 Mental Health in Rural Communities 5:00pm—6:00pm Virtual/ZOOM Mindful Movement Zumba Party 5:30 pm — 6:30 pm Bridges at Pahokee	12 24/7 Dad Workshop 5:00pm — 7:00pm Bridges at Pahokee	13 ECLC Meeting 10:00am—11:00am Pahokee Elementary	14 Water Safety 1:00pm —2:00 pm Virtual/Zoom RMU Little Hands Big Heroes 5:30 pm —6:30 pm Bridges at Pahokee	15	16 Caridad Mobile Clinic / POP-UP SHOP 9:00am — 2:00pm Bridges at Pahokee The Places You'll Go! Appleseed Graduation 2:00pm — 4:00pm Dolly Hand Cultural Arts
18 Mindful Movement Zumba Party 5:30 pm — 6:30 pm Bridges at Pahokee	19 24/7 Dad Workshop 5:00pm — 7:00pm Bridges at Pahokee	20 SAC Meeting 9:00am—10:00am KEC Elementary	21 BAP Read Aloud 5:30pm 6:30pm BRIDGES at Pahokee "Get your Green on"	22	23
25 Happy Memorial Day! Office Closed	26 24/7 Dad Workshop 5:00pm — 7:00pm Bridges at Pahokee	27 SRP Orientation 5:30pm — 6:30pm Bridges at Pahokee	28	29	30

MENTAL HEALTH AWARENESS 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

“It’s time to prioritize Mental Health in the work place”

PARENT CHILD ACTIVITY

Event: [RMU Mommy & Me: Picture This!](#)

Date: Thursday, May 7, 2026

Time: 5:30pm — 6:30pm

Location: Bridges at Pahokee

A fun parent-child activity focused on building fine motor skills, celebrating Mothers Day with photos, fun, and a special craft for mom. For more information please call 561.924.9224

Event: [RMU Little Hands Big Heroes](#)

Date: Thursday, May 14, 2026

Time: 5:30pm — 6:30pm

Location: Bridges at Pahokee

A Fun parent-children activity focused on personal social skills celebrating memorial day with a fun craft. For more information please call 561.924.9224

FAMILY LITERACY

Event: [BAP Read Aloud](#)

Date: Thursday, May 14, 2026

Time: 5:30pm — 6:30pm

Location: Bridges At Pahokee

Come Join the fun at our memorial day Literacy night! Enjoy a special story. Hands on Activities, and quality family time. more information please call 561.924.9224

WORKSHOPS

Event: [Mindful Movement Zumba Party](#)

Date: Mondays, May 4th, 11th, 18th, 2026

Time: 5:30pm — 6:30pm

Location: Bridges at Pahokee

Engaged community members in a Mindful Movement Zumba Party, promoting wellness, stress reduction, and positive social interaction For more information please call 561.924.9224

Event: [24/7 Dad Workshop](#)

Date: Tuesday's, May 12th, 19th, 26, 2026

Time: 5:00pm — 7:00pm

Location: Bridges at Pahokee

Bridges at Pahokee, in partnership with the Boy's and Girls Club, is hosting a 4-hour curriculum called 24/7 Dad This program offers practical tips and strategies to help fathers strengthen their parenting skills and build positive relationships with their children, To register or for more information. Please call 561.924.9224

Event: [School Advisory Council Meeting](#)

Date: Wednesday, May 6, 2026

Time: 5:00pm — 6:00pm

Location: Pahokee Elementary

&
Event: [School Advisory Council Meeting](#)

Date: Wednesday, May 20, 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: [Mental Health in Rural Communities](#)

Date: Monday, May 11, 2026

Time: 5:00pm — 6:00pm

Location: Virtual ZOOM

Let's Talk About It! Join Bridges at Pahokee and Healthier Glades for an open conversation about mental health in rural communities. This is a safe place to share. Learn, and support one another. For more information please call 561.924.9224

Event: [Early Childhood Leadership Collaborative Meeting](#)

Date: Wednesday, May 13, 2026

Time: 10:00am — 11:00am

Location: Pahokee Elementary

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: [Summer Reading Program Orientation](#)

Date: Wednesday, May 27, 2026

Time: 5:30PM—6:30PM

Summer Reading Program Orientation- Make a splash and join Bridges at Pahokee for our Summer Reading Program Orientation! This exciting kickoff will guide families through everything you need to know as we dive into summer full of stories, learning, and fun. Parents will explore attendance expectations, program details, and all the exciting activities ahead, while discovering simple, creative ways to support their child's reading at home. Get ready to jump in, explore new ideas, and set sail on a reading adventure your child won't forget!

SAFETY WORKSHOP

Event: [Heat Stroke Prevention](#)

Date: May, 14, 2026

Time: 1:00PM — 2:00PM

Location: Virtual ZOOM

With Summer fast approaching we want to be sure you and your family know the safety steps you can take to keep your children safe in and around water. Whether you go to the beach or the pool with your children, there are hazards around every home! We will share potential dangers and ways to keep your little ones safe. To receive the ZOOM link or for more information, please call 561-924-9224.

COMMUNITY EVENT

Event: [West County Senior Field Day](#)

Date: Thursday, May 7, 2026

Time: 9:00am—3:00pm

Location: Torry Island Marina

Calling all seniors 55 and over! Join us for a lively social gathering featuring fun games, engaging activities, and a relaxing picnic in the park. It's the perfect chance to network and form connections while receiving resources from local agencies. For more information please call 561 996-4818.

Event: [Get Moving, Feel Better "Yoga Event"](#)

Date: Saturday May 9, 2026

Time: 9:30 am

Location: Bridges at Pahokee

Join Healthier Glades in Collaboration with Bridges at Pahokee for a relaxing day of Yoga in support of mental health awareness. Come stretch, Enjoy healthy food and take time for yourself in a calm and welcoming space Child watch will be available.

Event: [Mothers Day Tea Party](#)

Date: Saturday, May 9 2026

Time: 3:30pm

Location: LVY Library

Join us for a mommy and me tea party to raise awareness about mental health. This will be relaxing and meaningful time together, Featuring a mindful activity where participants will create beautiful flowers while connecting with each other. Come Share unwind and support mental wellness in our community. For more information please Call 561.924.9224usic,

Event: [The Places You Will Go! Appleseed Graduation](#)

Date: Saturday, May 16, 2026

Time: 2:00 pm — 4:00 pm

Location: Dolly Hand Cultural Arts Center

Join the Appleseed Preschool for their annual magical graduation, celebration. "The Places You'll Go!" Come celebrate the graduates, as we enjoy a special fashion show featuring The Power of Presence participants. Tickets are available at The Appleseed Preschool or online. Don't miss out!

Event: [Caridad Mobile Clinic/ POP UP SHOP](#)

Date: Saturday, May 16, 2026

Time: 9:00am — 2:00pm

Location: Bridges at Pahokee

Caridad Mobile Health Clinic is rolling into your neighborhood to bring convenient, No cost health screenings right to your street. Our compassionate team will check your blood pressure, glucose levels and more no appointment needed. For more information or to RSVP Please call 561.924.9224.

“Get your Green on” Thursday, May 21, 2026.