

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	5 Cinco De Mayo Celebration 3:00pm—BG Library Mental Health Chair YOGA 4:00 pm—St. John Church	6	7 Mental Health Chair YOGA 4:00 pm—St. John Church World of Words Musical Chairs 5:30 pm — BRIDGES	8 Stress & Strokes 10:30am — BG Library	9
11	12 Mental Health Chair YOGA 4:00 pm—St. John Church	13	14 Mental Health Chair YOGA 4:00 pm—St. John Church Emotions BINGO 5:30pm—BRIDGES (ages 4 & up)	15	16 Haitian Flag Day Screening 2:00pm—BG Library
18 Breaking The Silence Masculinity & Mental Health 5:00pm—BG Library	19 Parent Talk 11:00am—BRIDGES (zoom) Mental Health Chair YOGA 4:00 pm—St. John Church	20 Summer Reading Program (SRP) Orientation 5:30 pm (zoom)	21 Mental Health Chair YOGA 4:00 pm—St. John Church Safety Series: Water Safety 1:00 pm (zoom) Creole Get Your Green On	22	23
25	26 Mental Health Chair YOGA 4:00 pm—St. John Church	27 SRP Session 1 Oral Language 5:30 pm—BRIDGES	28 Mental Health Chair YOGA 4:00 pm—St. John Church	29	30



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

MAY 2026 HIGHLIGHTS

MONTHLY THEME

It's Time To Prioritize

PARENT CHILD ACTIVITY

World of Words Musical Chairs

Thursday, May 7, 2026

5:30pm - BRIDGES

Join BRIDGES for an evening of musical chairs with a wordy twist. This version is all about words. Oh the fun we will have!!

Cinco De Mayo Celebration

Tuesday, May 5, 2026

3:00pm—BG Library

Feliz Cinco De Mayo! Please join us at the library to decorate maracas and try some of Mexico's most popular candies.

Emotions BINGO

Thursday, May 14, 2026

5:30pm—BRIDGES

How many feelings are there? Too many to name, but we all share them from time to time. During this activity, parent and child will play and discuss various emotions commonly displayed by children.

FAMILY LITERACY

Haitian Flag Day Screening

Saturday, May 16, 2026

2:00pm —BG Library

Learn more about the Haitian Revolution in this special screening of Tariq Nasheed's powerful documentary, "1804". Refreshments provided

CAPACITY BLDG WORKSHOPS

Stress & Strokes
Friday, May 8, 2026
10:30am—BG—Library

May is National Stroke Awareness Month. Lakeside Medical Center will be onsite to educate on stroke prevention, recognizing FAST symptoms, and proper emergency response.

Breaking The Silence: Masculinity & Mental Health

Monday, May 18, 2026

5:30pm—BG Library

Join Healthier Glades & partners for a screening of The Mask You Live In. Explore masculinity and mental health through film and a live panel discussion. Dinner and community service provided.

Positive Parenting Program: "Being A Parent"

Tuesday, May 19, 2026

11:00 am—BRIDGES

Parenting is one of the most fulfilling roles a person can take on, it can also present significant challenges. With the right tools and support, parents can foster strong relationships with their children and create a positive environment that supports healthy growth and development.

Summer Reading Program (SRP) Orientation

Wednesday, May 20, 2026

5:30pm-(zoom)

Join BRIDGES as we take a deep dive into reducing the Summer Slide. This informational session will outline the program expectation and answer any questions parents may have. Open to students entering kindergarten through second grade only.

SRP Session 1—Oral Language

Wednesday, May 27, 2026

5:30pm-BRIDGES

In this SRP session, parents will learn the importance of storytelling and various types of activities that support oral language development and how to use it in daily routines.

SAFETY WORKSHOP

Safety Series: Water Safety (Creole)
Thursday, May 21, 2026
1:00 pm—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 water hazards around every home! We will share potential dangers and ways to keep your little ones safe.

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

Food Pantry

Glades Initiative

Wednesdays

9:00 am—11:30 am & 1:00pm—3:00pm

4:00pm—5:00pm—Drive Thru

Thursdays — 3:00pm—6:00pm

Get Your Green On!

Wear Green For Mental Health Awareness Month

Thursday, May 21, 2026