



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 <u>Storytime at Lake park Library</u> 10:30am-11:00am
4	5 <u>Circle of Moms</u> 11:00AM	6	7 <u>S.A.C Meeting</u> 2:45pm <u>Safe Kids-Water Safety (Spanish)</u> 1:00pm	8	9 <u>Storytime at Lake park Library</u> 10:30am-11:00am
11 <u>What is BRIDGES? (Invitation only)</u> 11:30am <u>A.D.A.M Presentation</u> 5pm	12 <u>Circle of Moms</u> 11:00AM	13	14 <u>Raise Me Up</u> 0-2yrs old 11:30am-12:30pm <u>Safe Kids-Water Safety (English)</u> 1:00pm-2:00pm Or 5:00pm-6:00pm	15	16 <u>Storytime at Lake park Library</u> 10:30am-11:00am
18 <u>HMHB presents Promoting Healthy Births.</u> 11:30am <u>Culture Awareness Day</u> 5:00pm	19 <u>Circle of Moms</u> 11:00AM <u>WHIN PRESENTS</u> 11:30AM <u>Resource Presentation Workshop (Lake Park Library)</u> 5:30pm-6:30pm	20 <u>The Importance of Self-Care</u> 5:30pm	21 <u>"GET YOUR GREEN ON"</u> <u>Lap sit Program</u> 10:15am-11:00am <u>Safe Kids-Water Safety (Creole)</u> 1:00pm-2:00pm Or 5:00pm-6:00pm	22 Office Closing @ 3pm	23 <u>Storytime at Lake park Library</u> 10:30am-11:00am
25 Memorial Day Office Closed	26 <u>Circle of Moms</u> 11:00AM	27 <u>Mental Health Awareness</u> 12:00pm-1:00pm	28 <u>Raise Me Up</u> 3-5yrs old 5:30pm-6:30pm	29	30

" IT'S TIME TO PRIORITIZE MENTAL HEALTH IN THE WORKPLACE"

Mental Health Awareness Month
May1 2026-May 31, 2026
 This year's theme — *More Good Days, Together* — encourages us all to reflect on what a "good" day looks like, both for ourselves, and for our communities. Together, we can use that insight to connect people to the right support at the right time, and shape advocacy, education, and community engagement to make more good days possible for all.

BRIDGES at Lake Park
 1411 10th Street
 Lake Park, FL 33403
 561-881-5060

Office Hours
 Monday-Thursday
 8:30am-7:00pm
 Friday 8:30am-5:00pm

Offering parental support and activities for families with children
 Ages 0 to 8

All activities occur at BRIDGES at Lake Park unless otherwise specified