

May 2026
Mental Health Awareness



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



Mon	Tue	Wed	Thu	Fri	Sat
				1 Spanish Literacy 9:30am—11am	2 Palm Beach Dream Center Block Party 11am—1pm
4	5	6 Family Activity Mother's Craft Day 4:30pm—5:30pm	7 Women's Club 11am—12:30pm Safety "Water Safety" Spanish 1pm—2pm	8 Spanish Literacy 9:30am—11am	9
11 Crime Prevention 10am—11am	12	13 Mommy and Me Bracelet Making 4pm—5pm	14 Story Time 11am—12pm Safety "Water Safety" English 1pm—2pm	15 Caridad Comes to You 9am—3pm Spanish Literacy 9:30am—11am Drawing Your Emotions 4pm—5pm	16 Empower 26 7am—4pm
18 Family Fun "Yoga Time" 4pm—5pm	19	20 Kids Bingo 4pm—5pm Kindergarten Registration 5:30pm—6pm	21 Safety "Water Safety" Creole 1pm-2pm	22 Spanish Literacy 9:30am—11am	23 Day of Noise 10:30am—11:30am
25 BRIDGES Closed No School 	26	27 Summer Reading Program Orientation 10am—11:30pm	28	29 Spanish Literacy 9:30am—11am	30

BRIDGES At Lake Worth East
 MAIN OFFICE:
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 MONDAY - FRIDAY
 8:00am - 5:00pm
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Mental Health Awareness
 Mental Health Awareness Month helps recognize the ways mental illness impacts their lives, educates people about available services, and highlights way to advocate even if they don't have a mental illness. Recognition and education are important ways to remove stigma associated with mental illness.

2026 HIGHLIGHTS

MONTHLY THEME

“It’s Time to Prioritize Mental Health In The Workplace

PARENT CHILD ACTIVITY

Event: [Family Activity Mother’s Craft Day](#)

Date: May 6, 2026 @ 4:30pm—5:30pm

Get ready to cut, glue and build a heart flower with a hidden message as we discuss our appreciation for our moms!

Hosted by [Parent Coach](#)

Event: [RAISE ME UP “ Mommy and Me Bracelet Making](#)

Date: May 13 , 2026 @ 4pm—5pm

Place: BRIDGES 305 Lake Ave, Lake Worth Fl 33460

Join us for a “Mommy & Me bracelet crafting session—a fun, intimate , and creative way to design matching keepsakes.

Hosted by [Child Development Specialist](#)

Event: [Drawing Your Emotions](#)

Date: May 15, 2026 @ 4:30pm—5:30pm

Place: BRIDGES 305 Lake Ave, Lake Worth Beach Fl 33460

This activity children will draw their hands on paper, and write down their emotions.

Hosted by [Milagros Toro](#)

Event: [Family Fun Yoga Time!](#)

Date: May 18, 2026 @ 4pm — 5pm

Let’s move, stretch, and discuss new ways to care for our mental well-being as we do Yoga! (Please RSVP)

Hosted by [Parent Coach](#)

Event: [RAISE ME UP “ Kids Bingo”](#)

Date: May 20 2026 @ 4pm—5pm

Get ready for an afternoon of laughter and friendly competition at our kids bingo activity.

Hosted by [Child Development Specialist \(CDS\)](#)

Event: [Day of Noise](#)

Date: May 23, 2026 @ 10:30am—11:30am

Place: BRIDGES 305 Lake Ave, Lake Worth Fl 33460

Join us for a fun day of Noise by the band of Highland Elementary.

Hosted by [Highland Elementary Band \(Mr. Fergile\)](#)

FAMILY LITERACY

Event: [Story Time](#)

Date: May 14, 2026 @ 10:30am—11:30am

Place: BRIDGES 305 Lake Ave, Lake Worth Fl 33460

BRIDGES would like for you to join us for a fun day of reading.

Hosted by [Deneisha Watson](#)

CAPACITY WORKSHOPS

Event: [Spanish Literacy](#)

Date: May 1, 8, 15, 22, and 29, 2026 @ 9:30am—11am

Place: BRIDGES 305 Lake Ave , Lake Worth Beach Fl 33460

Parent Leader comes together to teach members the basics of reading and writing Spanish.

Hosted by [BRIDGES Ambassador](#)

Event: [Women’s Club Luncheon](#)

Date: May 7, 2026 @ 11am –12:30pm

Place: BRIDGES 305 Lake Ave, Lake Worth Beach Fl 33460

Uniting hearts, strengthening minds and nourishing the soul.

Hosted by [BRIDGES Ambassador](#)

Event: [Crime Prevention](#)

Date: May 11, 2026 @ 10am—11am

Place: BRIDGES at Lake Worth East. 305 Lake Ave, Lake Worth FL 33460

Come join Benito to learn ways you can prevent crimes.

Hosted by [Benito Gaspar](#)

Event: [Kindergarten Registration](#)

Date: May 13, 2026 @ 5:30pm—6pm

Place: BRIDGES 305 Lake Ave, Lake Worth Fl 33460

Get Ready for Pre-K and Kindergarten

Hosted by [Director and Navigator](#)

Event: [Summer Reading Program Orientation](#)

Date: May 27, 2026 @ 10am—11:30am

Place: BRIDGES 305 Lake Ave, Lake Worth Fl 33460

Parents will learn and understand the expectation of the Summer Reading Program (Registration Requirement

Hosted by [CDS](#)

SAFETY WORKSHOP

[SAFETY WORKSHOP “Water Safety”](#)

Hosted by [Safe Kids of PBC \(VIA ZOOM\)](#)

Date: May 7, 2026 @ 1pm—2pm Spanish

Date: May 14, 2026 @ 1pm— 2pm English

Date: May 21, 2026 @ 1pm—2pm Creole

With summer fast approaching we want to make sure, you and your family know the safety steps you can take to keep your children safe in an 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 EVENT

Event: [Sun & Fun Be Safe at the Beach](#)

Date: May 2 , 2026 @10am —1pm

Place: 15 N M St, Lake Worth Beach Fl 33460

A ocean safety event, families who attend the event will receive child water safety vests and Beach Safety coloring books while supplies last.

Hosted by [City of Lake Worth Beach & Rotary Club of Lake Worth Beach](#)

Event: [Palm Beach Dream Center Block Party](#)

Date: May 2, 2026 @11am—1pm

Place: 1512 Wingfield St, Lake Worth Beach Fl 33460

Free Family Event with BBQ, Hotdogs, Drinks, Games, Bubble-Balloons, Crafts and Story Club, and Prize Give Aways. Please arrive by 11:30am to register for Raffle

Hosted by [Journey Church](#)

Event: [Caridad Comes To You](#)

Date: May 15, 2026 @ 9am—3pm

Place: BRIDGES Lake Worth 802 S Dixie Hwy, Lake Worth Beach Fl 33460

Join us for the free workshop where Caridad Clinics comes to you. Free Vision, and Healthcare Services.

Hosted by [Caridad Clinic](#)

Event: [Empower 26](#)

Date: May 16, 2026 @ 7am—4pm

Place: 150 Australian Ave, West Palm Beach, F 33406

Access to childcare and early learning programs gives parents and caregivers the opportunity to go to work every day and contribute to Florida’s economy.

Hosted by [Early Learning Coalition](#)

Event: [Community Immunization](#)

Date: May 21, 2026 @ 8am—12pm

Place: 709 North F St, Lake Worth Beach Fl 33460

Palm Beach Health Department comes out every third Thursday of the month to provide families with the necessary

immunizations their children need. Free immunizations for children.

Hosted by [Palm Beach Health Department](#)