



May 2026



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

(E) English (S) Spanish (C) Creole




Mon	Tue	Wed	Thu	Fri	Sat
				1	2 Neighborhood Clean-Up (Registered Only) 8:00 am-10:00 am
4	5 Brilliant Minds 3:30pm-5:30pm College Prep 5:30pm-7:30pm	6 Books, Arts & Crafts (E/S)(PC) 10:00 am-11:30 am (Registered Only) Brilliant Minds 3:30 pm- 5:30 pm	7 Mother's Day Celebration (INVITATION ONLY) 10:00 am-12:00 pm Water Safety Wksp. ZOOM (S) 1:00 pm-2:00 pm Brilliant Minds 3:30pm-5:30pm College Prep (Virtual) 5:30pm-7:30pm	8 Ambassador Meeting 10:00 am- 12:00 pm Exploring Our World E/S)(PC) (Invitation Only) 10:30 am-11:30 am Car seat Installation (E/S) (By Appointment) 10:00 am-1:00 pm	9
11	12 Brilliant Minds 3:30pm-5:30pm College Prep 5:30pm-7:30pm	13 Raise Me Up (E/S-PC) 10:30 am-11:30am Brilliant Minds 3:30 pm-5:30 pm	14 Designing & Maximizing Your Personal Growth 10:00 am-11:30 am Water Safety Wksp. ZOOM (E) 1:00 pm-2:00 pm Brilliant Minds 3:30pm-5:30pm College Prep (Virtual) 5:30pm-7:30pm	15 Food Distribution 10:00 am (Until Supplies last) Car seat Installation (E/S) (By Appointment) 10:00 am-1:00 pm	16
18 Summer Reading Prg. 6:00pm-7:30pm (Orientation) (REGISTERED ONLY)	19 Financial Education for Hispanic Families 10:00 am-11:00 am Brilliant Minds 3:30pm-5:30pm College Prep 5:30pm-7:30pm	20 Raise Me Up (E/S-PC) 10:30am-11:30am Brilliant Minds 3:30 pm- 5:30 pm Latinos Fuertes en Accion 6:30pm-8:30pm (MEN ONLY)	21 "Get Your Green On" PBC Public Library System Storytime (E/S) (Literacy) 10:00am-11:00am Brilliant Minds 3:30pm-5:30pm College Prep (Virtual) 5:30pm-7:30pm 	22 Renacer Mujeres/A Mother's Legacy 10:00 am-12:00 pm	23
25 OFFICE CLOSED 	26 Brilliant Minds 3:30pm-5:30pm College Prep 5:30pm-7:30pm	27 Brilliant Minds 3:30 pm-5:30 pm	28 Brilliant Minds 3:30pm-5:30pm College Prep (Virtual) 5:30pm-7:30pm	29 Caridad Mobile Health Clinic 9:00 am-3:00 pm	30 Healthy Minds Happy Families Fair 10:00 am-1:00 pm

**DID YOU KNOW THAT:**  
 There are 4 types of Mental Health Illnesses.

- Mood disorders
- Personality disorders
- Anxiety disorder
- Psychotic disorder (schizophrenia)

**Here are some self-care tips:**

- Regular exercise. 30 min walking every day boost your mood.
- Ear Healthy, stay hydrated
- Lots of sleep
- Focus on positively



**FAMILY IMPACT PALM BEACH COUNTY  
 BRIDGES at Lake Worth West**

**MAIN OFFICE:**  
 2411 10TH AVENUE N.  
 LAKE WORTH, FL 33461  
 PHONE: 561-649-9600

**ACTIVITY CENTER**  
 BRIDGES at Lake Worth West  
 2407 10TH AVENUE N.  
 LAKE WORTH, FL 33461

**MONDAY - FRIDAY**  
 9:00am - 5:00pm

[www.familyimpactpbc.org](http://www.familyimpactpbc.org)  
[Facebook@familyimpactpbc.org](https://facebook.com/familyimpactpbc.org)

# MAY 2026 HIGHLIGHTS

## MONTHLY THEME

It's Time To Prioritize Mental Health in The Workplace"

## PARENT CHILD ACTIVITY

**Event:** RAISE ME UP (PARENTS AND CHILDREN)(E/S)

**Date:** Wednesday, May 13th 10:30 am - 11:30 am

**Place:** BLWW Activity Center  
2407 10th Ave. N., Lake Worth, FL 33461

Join us for this parent-child class to practice fine and gross motor skills, promoting social and emotional health, problem- solving, and communications.

**Sponsored by BRIDGES and Lantana Branch Road Library**

**Event:** EXPLORING OUR WORLD (E/S) (Invitation Only)

**Date:** Friday, May 8th 10:30 am - 11:30 am

**Place:** Palm Springs Public Library  
217 Cypress Ln., Palm Springs, FL 33461

This is a perfect opportunity to interact with your children, explore our world, and promote skills through activities for healthy development.

**Sponsored by BRIDGES and Palm Springs Public Library.**

**Event:** RAISE ME UP (PARENTS AND CHILDREN)(E/S)

**Date:** Wednesday, May 20th 10:30 am - 11:30 am

**Place:** BLWW Activity Center  
2407 10th Ave. N., Lake Worth, FL 33461

Join us for this parent-child class to practice fine and gross motor skills, promoting social and emotional health, problem- solving, and communications. **Sponsored by BRIDGES**

## FAMILY LITERACY

**Event:** PBC PUBLIC LIBRARY SYSTEM STORY TIME (E/S)

**Date:** Thursday, May 21st 10:00am-11:00am

**Place:** BLWW Activity Center  
2407 10th Ave. N., Lake Worth, FL 33461

PBC Library System will host a one hour activity in which they will encourage parents to read and do activities with their kids so they can learn new words and increase love for reading.

**Sponsored by the Palm Beach County Public Library System**

## WORKSHOPS

**Event:** BOOKS, ARTS AND CRAFT S (E/S) (Registered Only)

**Date:** Wednesday, May 6th 10:00 am—11:30 am

**Place:** BLWW Activity Center  
2407 10th Ave. N, Lake Worth, FL 33461

Parents read books, about morals and values. They create beautiful arts, crafts and build new skills, which gives them a sense of achievement and confidence. **Sponsored by BRIDGES**

**Event:** AMBASSADORS MEETING

**Date:** Friday , May 8th 10:00 am-12:00 pm

Invited members will join our Bridges at Lake Worth West Ambassadors group. They will be encouraged, motivated and trained to continue developing their leadership skills.

**Sponsored by BRIDGES.**

## WORKSHOPS

**Event:** DESIGNING & MAXIMIZING YOUR PERSONAL GROWTH

**Date:** Thursday, May 14th 10:00 am-11:30 am

**Place:** BLWW Activity Center  
2407 10th Ave. N., Lake Worth, FL 33461

Come learn about personal growth and how to manage these experiences constructively. **Sponsored by BRIDGES.**

**Event:** LATINOS FUERTES EN ACCION (E/S) (MEN ONLY)

**Date:** Wednesday, May 20th 6:30 pm-8:30pm

Come join a circle of hard working men and fathers. That are willing to share their knowledge and empower others. We will share ideas and discuss important topics. **Sponsored by BRIDGES.**

**Event:** RENACER MUJER/A MOTHER'S LEGACY (E/S)

**Date:** Friday, May 22nd 10:00 am-12:00 pm

**Place:** BLWW Activity Center  
2407 10th Ave. N., Lake Worth, FL 33461

Join a wonderful group of women to share important topics, enjoy social time and activities. Also let's remember our mother's through pictures, action & songs. **Sponsored by Be Well PBC**

**Event:** SUMMER READING PROGRAM (ORIENTATION) (REGISTERED ONLY)

**Date:** Monday, May 18th 6:00 pm– 7:30 pm

**Place:** Bethel Assembly of God  
4320 S. Congress Ave., Palm Springs, FL 33461

Our Summer Reading Program is catered to parents with children currently in Kindergarten and 1st grade. Join us to learn reading strategies, receive free resources, books, and information. **Sponsored by BRIDGES.**

**Event:** FINANCIAL EDUCATION FOR HISPANIC FAMILIES

**Date:** Tuesday, May 19th 10:00 am– 11:00 am

**Place:** BLWW Activity Center  
2407 10th Ave. N., Lake Worth, FL 33461

Family Finances: How to Create Stability, Protection, and Peace of Mind in Your Home. **Sponsored by BRIDGES.**

## SAFETY WORKSHOP

**Event:** WATER SAFETY WKSP. (ZOOM)

**Date:** Thursday, May 7th 1pm – 2pm Spanish  
Thursday, May 14th 1pm – 2pm English

With summer fast approaching we want to be sure, you and your family know th safety steps you can take to keep your children safe in and around water. **Sponsored by Safe Kids of PBC.**

**Event:** CARSEAT INSTALLATION (E/S) (VIA PHONE)

**Date:** Friday, May 8th & 15th 10:00 am-1:00 pm

Parents with questions, concerns or in need of a car seat will be guided through the phone by our car seat technician. Please call us at 561-649-9600 so we can best assist you! **Sponsored by BRIDGES**



## COMMUNITY EVENT

**Event:** BRILLIANT MINDS PROGRAM

**Date:** Tuesdays, Wednesdays, Thursdays 3:30pm- 5:30pm

**Place:** BLWW Activity Center  
2407 10th Ave. N., Lake Worth, FL 33461

Through our homework assistance, STEAM—Science, Technology, Engineering, Arts and Math, and Reading we offer help and support to the kids of our community (1st grade through 5th grade) with their academics. **Sponsored by PBSO.**

**Event:** COLLEGE PREP

**Date:** Tuesdays (In Person) 5:30 pm - 7:30 pm

**Date:** Thursdays (Virtual)  
**Place:** BLWW Activity Center  
2407 10th Ave. N., Lake Worth, FL 33461

This program is offered to assist high school students 9th to 12th grade to strengthen their academic skills, help with college entry and much more. **Sponsored by United Way of PBC.**

**Event:** NEIGHBORHOOD CLEAN-UP (REGISTERED ONLY)

**Date:** Saturday, May 2nd 8:00 am-10:00 am

Help us clean the community. This will be a great day to serve your community and keep your neighborhood clean. We will have a great time and fun while socializing. **Sponsored by PBSO & BRIDGES**

**Event:** MOTHER'S DAY CELEBRATION (INVITATION ONLY)

**Date:** Thursday, May 7th 10:00 am– 12:00 pm

Mother's Day celebration honoring the mother of the family or individual, as well as motherhood, maternal bonds, and the influence of mothers in society. **Sponsored by BRIDGES.**

**Event:** FOOD DISTRIBUTION (RBI)

**Date:** Friday, May 15th 10:00 am (UNTIL SUPPLIES LAST)

**Place:** Bethel Assembly of God (Church)  
4320 S. Congress Ave., Palm Springs, FL 33461

Come by and receive can goods, fruits and much more while supplies last. **Sponsored by PBSO & Restoration Bridge Intl.**

**Event:** CARIDAD MOBILE HEALTH CLINIC

**Date:** Friday, May 29th 9:00 am-3:00 pm

**Place:** BLWW Activity Center  
2407 10th Ave. N., Lake Worth, FL 33461

Caridad's mobile health unit will provide free health screenings and will check your blood pressure, glucose levels, at no cost—no appointment needed. **Sponsored by Caridad Center and BRIDGES**

**Event:** HEALTHY MINDS HAPPY FAMILIES FAIR

**Date:** Saturday, May 30th 10:00 am– 1:00 pm

**Place:** Salvation Army  
4001 Kirk Rd., Lake Worth Beach, FL 33461

Come and join us at this event that promotes mental well-being by sharing resources, education, and support services with the community. **Sponsored by BRIDGES, PBSO and Salvation Army**

