

MAY 2026

Mon	Tue	Wed	Thu	Fri	Sat
					
4	5	6	7	8	9
11	12	13	14	15	16
18	19	20	21	22	23
25	26	27	28	29	30

DID YOU KNOW
May is Mental Health Awareness Month. Since its inception in 1949, Mental Health Awareness Month has been a cornerstone of addressing the challenges faced by millions of Americans living with mental health conditions. NAMI actively participates in this national movement, dedicated to eradicating stigma, extending support, fostering public education and advocating for policies that prioritize the well-being of individuals and families affected

- Safety Tips**
- Learn CPR and basic water rescue skills.
 - Watch kids when they are in or around water, without being distracted.
 - Close lids and doors.
 - Empty tubs, buckets

BRIDGES AT RIVIERA BEACH
4152 W. Blue Heron Blvd. Suite 227-228
Riviera Beach, FL 33404
PHONE: 561-899-1644
FAX: 561-598-5672

MONDAY - FRIDAY
9:00am - 5:00pm
Offering parental support and activities for families and their children.
www.bridgesopbc.org/rivierabeach
Facebook@Bridges--Riviera



MAY 2026 HIGHLIGHTS

MONTHLY THEME



PARENT/CHILD ACTIVITIES

EVENT: RAISE ME UP: FLOWER LOVE
DATE: Wed., May 6th, 2026 5:30pm-7:00pm
PLACE: BRIDGES at Riviera Beach

Let's show mom how much you love her! In this parent child activity, Your child will be using their communication and fine motor skills. You and your child will be creating a flower of love for their mom, grandmother, aunt, etc.

EVENT: RAISE ME UP: MATCHING TIME
DATE: Tues., May 12th, 2026 5:30pm-7:00pm
PLACE: BRIDGES at Riviera Beach

During this activity, you will be playing the memory game and matching different items together with your child. This game is to help your child develop their problem solving skills and enhance their memory.

EVENT: RAISE ME UP: CANVAS PAINTING
DATE: Sat., May 16th, 2026 10:00am-11:00am
PLACE: BRIDGES at Riviera Beach

Come and enjoy yourselves as your child works on developing their fine motor skills. As you engage in this painting session this will foster creativity and bonding with you and your child.



EVENT: LITERACY HOUR
DATE: Sat., May 16th, 2026 11am-12pm

PLACE: BRIDGES at Riviera Beach
 During the Happily Ever After Parent and Child Together (P.A.C.T.) moment, parents are provided with helpful reading facts and hands-on, interactive strategies that they can easily implement at home with their children.



EVENT: FAMILY READ ALOUD
DATE: Wed., May 20th, 2026 6:00PM

PLACE: Riviera Beach Library
 2129 N. Congress Ave.
 Riviera Beach, FL 33404

Join us for a fun filled evening while reading stories, filled with laughter and joy. The adventures await you as you turn the page with us for **Family Read Aloud Night, at Riviera Beach Public Library.**
 year.

WORKSHOPS



EVENT: THE CAVE
"MAYHEM MONDAY"
DATE: Mon., May 11th, 2026
 6:30pm-8:00pm

PLACE: BRIDGES at Riviera Beach

Join us as we express and discuss the different emotional and physical needs that men deal with on a daily. As fathers, you are **IMPORTANT** in the lives of your children and families. Come together with other fathers as we support each other to be the **BEST** we can be!



EVENT: TRANSITION THURSDAY
DATE: Thurs., May 14th, 2026
 6:30pm-8:00pm

PLACE: DYER PARK
 7301 N Haverhill Rd.
 West Palm Beach, FL 33412

Please join us "THE CAVE" as we combine physical exertion with mindfulness, problem-solving, and nature, this "adventure therapy" reduces depression symptoms, improves self-efficacy, and fosters emotional regulation, offering a powerful, action-oriented alternative or complement to traditional talk therapy.



EVENT: NATIONAL WEAR GREEN DAY
DATE: Thurs., May 14th, 2026
PLACE: WORLDWIDE

Join us for Wear It Green Day on **Thursday May 14th during Mental Health Awareness Week (May 11-17)** – and let's turn the world green for good mental health! If you can't take part on this day, don't worry, you can **Wear it Green** at any time of the day.



EVENT: WOMEN of POWER
DATE: Wed., May 20th, 2026
 6:00pm-7:30pm

PLACE: BRIDGES at Riviera Beach

Teaching women how to break the cycles of abuse so they can be free from their past will allow each woman a new lease on life.

EVENT: SUMMER READING ORIENTAION
DATE: Thurs., May 21st, 2026 5:30pm-6:30pm
PLACE: BRIDGES at Riviera Beach

Come register your kids for a summer full of fun with reading and learning. We will provide both you and your child with helpful information and tools to help make this summer a success

EVENT: IT'S A GIRL THING!
DATE: Thurs., May 28th, 2026 11am-1pm
PLACE: BRIDGES at Riviera Beach

Please join us and get the opportunity to meet other moms with young children, gather information, form friendships, and a support system that will make a lasting, positive impact on your future.

SAFETY WORKSHOP

EVENT: WATER SAFETY
DATE: Thurs., May 14th, 2026 1pm
DATE: Thurs., May 21st, 2026 (Creole) 1pm
PLACE: ZOOM: <https://zoom.us/j/6846584976>
[pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09](https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09)

Oh, boy it is hot outside. 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 EVENT

EVENT: SCHOOL ADVISORY COUNCIL (SAC meeting)
DATE: Tues., May 19th, 2026 5:30pm
PLACE: Dr. Mary McLeod Bethune Elementary
 1501 Avenue U. Riviera Beach, FL 33404

Parents! You can learn a lot by attending a SAC meeting! Be proactive! Get involved! Meeting location Media Center.

EVENT: SCHOOL ADVISORY COUNCIL (SAC meeting)
DATE: Mon., May 11th, 2026 5:30pm
PLACE: Lincoln Elementary
 1160 Ave. N., Riviera Beach, FL 33404

Parents! You can learn a lot by attending a SAC meeting! Be proactive! Get involved! Meeting location room 112

EVENT: SCHOOL ADVISORY COUNCIL (SAC meeting)
DATE: 2026 5:30pm
PLACE: Washington Elementary
 1057 W. 6th St., Riviera Beach, FL 33404

Parents! You can learn a lot by attending a SAC meeting! Be proactive! Get involved!

