



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



May 2026

at WEST PALM BEACH

| Mon | Tue | Wed | Thu | Fri | Sat |
|---|---|---|---|---|-----------|
| | | | | 1 <u>ALL STAFF MEETING</u> | 2 |
| 4 | 5 | 6 House Calls w/FAU 6:00pm (Zoom) Circle Community Room 6:00pm RSVP | 7 Mommy and Me Dance 6:00pm RSVP Community Room | 8 Bridge Mart Starts at 10:00am (Appointments Only) Heat Stroke Prevention Facebook Live 1:00pm Safe Kids | 9 |
| 11 MANDEL LIBRARY Growing Side by Side 6:00pm RSVP 4-5 y/o | 12 Pleasant City Elementary SAC Meeting 5:00pm | 13 Mental Health Moment (ZOOM) 5:30pm | 14 Raise Me Up Growing Together 6:00pm RSVP Ages 1-3 y/ | 15 Car Seat Installation RSVP | 16 |
| 18 What's in your Community Orientation 5:30pm Zoom | 19 Family Literacy 6:00pm RSVP | 20 Circle Community room 6:00pm RSVP Roosevelt Elementary SAC Meeting | 21 Wear Green for Mental Health Awareness Day | 22 Bridge Mart Starts at 10:00am (Appointments Only) | 23 |
| 25 Memorial Day Office Closed | 26 Summer Reading Orientation 5:30pm | 27 Women's Mental Health Moment (Zoom) 6:00pm | 28 Raise Me Up Baby Talk RSVP Community Room 6:00pm Pregnant -1 y/o | 29 | 30 |



BRIDGES
 720 8th Street,
 West Palm Beach, FL 33401
 561-804-6754

Mon-Thurs 9am to 6 pm
 Friday 9am to 5 pm

Offering parental support and activities for families with children

All activities occur at BRIDGES at West Palm Beach unless otherwise specified.

HIGHLIGHTS

BRIDGES AT WEST PALM BEACH
720 8th Street
West Palm Beach, FL 33401

PARENT/CHILD ACTIVITIES

Event: : Baby Talk RSVP required (Pregnant –1 year old)
Date: May 28th
Time: 6:00pm Community Room
Summary: Baby Talk is a warm, welcoming session designed to support individuals and couples as they prepare for the journey into parenthood. This experience creates a safe space for new and expecting parents to explore the joys and challenges of caring for a baby while building confidence in their new role.

Event: Raise me up: Growing Together (Ages 1-3 years)
Date: May 14th RSVP required
Time: 6:00pm Community Room
Summary: Parent-child activities designed to focus on gross motor skills and problem solving. Families will enjoy an evening of learning and fun.

Event: Family Literacy Night
Summary: Enhanced Parent– child activities designed to focus on gross motor skills and problem solving. We will share a night of Family Literacy at the Mandel Library.
Date: May 11th
Time: 6:00pm
The Mandel Library
RSVP

*Heat Stroke Prevention
Facebook Live 1:00pm
Safe Kids*

COMMUNITY EVENTS

Event: Pleasant City Elementary School will be facilitating their monthly SAC meeting
Date: May 12th
Time: 5:00pm

Event: Roosevelt Elementary School will be facilitating their SAC Meeting
Date: May 20th at 5:00pm (zoom)

Event: Mommy and Me
Date: May 7th RSVP required
Time: 6:00pm Community Room
Summary: Parent-child activities designed to focus on gross motor skills and problem solving. Families will enjoy an evening of dancing and fun called Mommy and Me.



WORKSHOPS

Event: Summer Reading Orientation
Date: May 28, 2026
Time: 5:30pm Community room
Summary: Join us for an amazing Summer Reading Program that celebrates the joy of books and imagination. This is for your child who is heading to Kindergarten up to 2nd grade.

Event: House calls with FAU RSVP required
Date: May 6th
Time: 6:00 via zoom
Summary: A community wellness service offering free, convenient Heart disease screenings through a partnership with Florida Atlantic University. The program promotes heart health, early detection, and access to preventive care for families.

Event : BRIDGE MART (Accepting BRIDGE BUCKS ONLY)
Date: May 8th and 22nd
Time: 10 am - 2pm By Appointments Only
Place: BRIDGES at West Palm
Summary: Serving our MEMBERS within your community by offer specialized products, household essential, excellent customer service, and much more. Call to schedule your appointment.

Event: What's In your Community Orientation
Date: May 18th (zoom)
Time: 5:30pm-6:30pm
Summary: This is an awareness workshop for new member to learn about the various services available through BRIDGES and other local service providers.

Event: Circle Group RSVP required
Date: May 6th and 20th
Time: 6:00pm– 8:00pm Community room
Summary: Circles is a unique program to help individuals and families break out of poverty and become upwardly mobile through education, Mentoring and personal resolve to succeed. Please contact the BRIDGES office, if you are interested in registering for CIRCLES.

Event: Women's Mental Health Moment
Date: May 27th (Zoom)
Time: 6:00pm– 7:00pm
Summary: Tree of Life will facilitate a discussion on Women's Mental Health. Please Log In and be informed.