



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



# July 2026

Mon	Tue	Wed	Thurs	Fri	Sat
		1 <b>Week 4</b> Summer Reading Workshop 11:00am - 12:30pm 5:30pm - 7:00pm	2 <u>It's Your Birthday!</u> 11:00am - 12:30pm	3	4 
6	7 <u>Raise Me Up</u> 11:00am - 12:30pm	8 <b>Week 5</b> Summer Reading Workshop 11:00am - 12:30pm 5:30pm - 7:00pm	9	10	11
13 <u>Motivando a las mamás</u> 11:00am - 12:30pm	14 <u>A Write To Read</u> 11:00am - 12:30pm	15 <b>Week 6 / Celebration</b> Summer Reading Workshop 11:00am - 12:30pm 5:30pm - 7:00pm	16 <u>Parent Orientation</u> 5:30pm	17	18
20 <u>Tummy Time</u> 5:30PM-6:30PM	21 <u>Raise Me Up</u> 11:00am - 12:30pm	22	23 <u>Family Day</u> 11:00am-12:30pm	24	25 
27 <u>Reading Together Challenge</u> Virtual	28 <u>Reading Together Challenge</u> Virtual	29 <u>Reading Together Challenge</u> Virtual	30 <u>Reading Together Challenge</u> Virtual	31 <u>Reading Together Challenge</u> Virtual	

"Gratitude turns what we have into enough." "Every minute of every hour of every day you are making the world, just as you are making yourself, and you might as well do it with generosity and kindness and style."

**Be cautious of Too Much Sun Exposure**

Playgrounds should have full or partial sun protection between 10 a.m. and 2 p.m., peak exposure time.

- Limit playtime at peak sun exposure time and know the signs of heat illnesses
- Avoid burns; if playground equipment is hot to the touch, it is too hot for your child's bare skin

Independence Day– July 4th

**BRIDGES at Northwood**  
 4111 N. Terrace Dr.,  
 West Palm Beach, FL 33407  
 561-840-3106  
 Bridgesofpbc.org

Mon-Thurs 9am to 7pm  
 Friday 9am to 5pm  
 Sat 10am to 2pm  
 Offering parental support and activities for families with children  
 Ages 0 to 8

## June 2026 HIGHLIGHTS

**BRIDGES AT NORTHWOOD**  
4111 N. TERRACE DRIVE  
WEST PALM BEACH, FL 33407  
PHONE: 561 840 3106

### *“Summer Safety”*

## PARENT/CHILD ACTIVITIES

Event: [Raise Me Up](#)  
Date: Every other Tuesday (on-going)  
Time: 11:00am - 12:30pm  
Place: BRIDGES at Northwood

**Tuesday, July 7th: All around the house**  
**This problem-solving activity will help parents teach their children to understand, plan and make decisions**

**Tuesday, July 21th: Matching the feelings**  
**Parent and child will play a memory game by matching up different feelings**

Event: [It's Your Birthday - : Patriotic Ice Cream](#)  
Date: Thursday, July 2nd, 2026  
Time: 11:00am - 12:30pm  
Place: BRIDGES at Northwood

Each and every first Thursday of the month we will celebrate all members and their children's birthdays. If your birthday falls in the month of July come out and let your BRIDGES family sing Happy Birthday to you! If your birthday is not in the month of July you can still participate with your family.

Event: [Family Day and Night](#)  
Date: Thursday, June 18th, 2026  
Time: 11:00am - 12:30pm Virtual  
Place: BRIDGES at Northwood

## CAPACITY BUILDING

Event: [Safety Series - Summer Safety](#)  
Date: Thursday, July 2nd, 2026 (Spanish) 1pm-2pm  
Date: Thursday, July 9th 2026 (English) 1pm-2pm  
Date: Thursday, July 16th (Creole) 1pm-2pm  
Place: Zoom / Facebook Live  
[@SafeKidsPalmBeachCounty](#)  
<https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09>

Join us this month to learn how to plan a safe trip and avoid an emergency. Don't leave your home without checking out our Summer Safety tips for open water and travel. We will be talking about the dangers of open water (beach, lakes, canals...) while traveling as well as some safety precautions to take when planning to travel. We'll also talk about safety for the 4th of July.

Event: [Helmet & Car Seat Inspection](#)  
Date: Wednesday, June 24th, 2026  
Time: 11:00am - 1:30pm (Helmet Install/Inspection)  
Time: 3:00pm - 5:00pm (Car Seat Installation)  
Place: Call Brenda 561-840-3106 to schedule your appt.

If your child or you is, a BRIDGES member wants to make sure it is properly installed or you are in need of a new helmet feel free to call Ms. Brenda at 561-840-3106 to schedule your appointment today. Ms. Brenda is a certified helmet technician. If you would like to purchase a car seat for \$50.00 or you would like Ms. Brenda to make sure it is properly installed. Feel free to call Ms. Brenda at 561-840-3106 to schedule your appointment today. Ms. Brenda is a certified car seat technician.

Event: [Summer Reading Program](#)  
Date: Every Wednesday, starting June 3rd, 2026  
Time: 11:00am - 12:30pm (Spanish ONLY)  
Time: 5:30pm - 7:00pm (English ONLY)  
Place: BRIDGES at Northwood

SRP Description: If you live in the 33407 zip code and have a child that will be going to kindergarten or 1st grade in the fall then get ready for a family fun reading adventure!!!! Join BRIDGES for our Summer Reading Program. A 7 week session that presents on: strengthening your child's early reading skills, promoting bonding between parent and child, and providing fun learning activities for you and your child to do at home.



## WORKSHOPS

Event: [A Write To Read](#)  
Date: Tuesday, July 14th, 2026  
Time: 11:00am - 12:30pm  
Place: BRIDGES at Northwood

Promote reading and writing with your pre-school aged children by attending this literacy class. We'll have fun while we create ways to make learning fun for our children.

Event: [Motivando a las mamás](#)  
Date: July 13th  
Time: 11:00am - 12:30pm  
Place: BRIDGES at Northwood

Un grupo colectivo de mujeres de nuestra comunidad se reunirá mensualmente para discutir temas candentes y recursos comunitarios. seremos discutiendo la importancia de ser mamá. No olvides usar tus camisetas Motivating Mommies y una sonrisa.

Event: [Tummy Time](#)  
Date: July 20th  
Time: 5:30pm-6:30pm  
Place: BRIDGES at Northwood

Is essential from day one to help your baby grow strong muscles! It can help improve head control, decrease reflux, improve motor skills and development, and encourage a bond between baby and family. Join us in person!

Event: Reading Together Challenge  
Date: July 27th, 28th, 29th, 30th, and 31st  
Place: Virtual (Facebook or WhatsApp)

Description: A 5 day virtual VPK and Kindergarten readiness challenge on Facebook and WhatsApp. Families will receive a simple school-readiness activity and a related resource to support learning at home

Event: [Parent Orientation](#)  
Date: July 16  
Time: 5:30pm  
Place: Virtual

Description: This orientation is designed for families who have been referred to the Early Learning Coalition to receive child care financial assistance