

SEPTEMBER 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	01	02 Triple P Seminar English The Power of Positive Parenting 4pm-BRIDGES	03	04	05
07 	08	09 Macaroni Fun 11am - BRIDGES Triple P Seminar - English Raising Confident, Competent Children 4pm-BRIDGES	10		12
14	15 AP-OD "Our Home My Child's 1 st School" 6PM - ZOOM	16 Triple P Seminar English Raising Resilient Children 4 pm-BRIDGES	17 Child Passenger Safety (Creole) 1pm-Zoom	18	19 Community Baby Shower 1pm - BG Library
21	22 American Heart Assocation Present: Food is Medicine 1:30pm	23 Face to Face Food Play 11am - BRIDGES	24	25	26 Storytime: Let Me Fix You A Plate & Live Painting 3pm - BG Library
28	29	30			



BRIDGES AT BELLE GLADE
141 SE AVE C
BELLE GLADE, FL 33430

OPERATIONS HOURS
MON-FRI
8:30AM-5:30PM

SATURDAY APPT ONLY
10AM-12PM PHONE:
561-992-8210

September 2026 Highlights

IT STARTS WITH MOM

PARENT CHILD ACTIVITY

Macaroni Fun
Wednesday, September 9, 2026
11:00 am - BRIDGES

This fun activity allows children to create their own jewelry from dried pasta while developing their fine-motor skills (small hand movements such as picking up small objects or holding a spoon), which allow for greater independence.

AP-OD “Our Home: My Child’s First School”
Tuesday, September 15, 2026
6:00 pm - ZOOM

The session highlights the importance of parents taking on the role of leaders in the home by communicating family values, fostering good communication, using positive discipline, setting goals, and developing and implementing a family action plan.

Face-To-Face Food Play
Wednesday, September 23, 2026
11:00 am - BRIDGES

It’s time to talk about food. You and your child will make faces with food while the two of you talk about colors, shapes, textures, smells and the different parts of the face. This is one of the few times in life that playing with food is allowed. Come join us as we learn about healthy foods, the names of the parts of our face and how special we all are.

FAMILY LITERACY

Storytime: Let Me Fix You A Plate & Live Painting
Saturday, September 26, 2026
3:00pm - BG Library

Sit in for a storytime & participate in live painting!
Let Me Fix You A Plate

WORKSHOPS

CAPACITY BUILDING WORKSHOPS

Triple P Seminar—The Power Of Positive Parenting
Wednesday, September 2, 2026
4:00 pm - BRIDGES
An introduction to six core building blocks that enable children to become confident and successful at school and beyond.

Triple P Seminar—Raising Confident, Competent Children
Wednesday, September 09, 2026
4:00 pm - BRIDGES
An introduction to six core building blocks that enable children to become confident and successful at school and beyond.

Triple P Seminar—Raising Resilient Children
Wednesday, September 16, 2026
4:00 pm - BRIDGES
An introduction to six core building blocks that enable children to become confident and successful at school and beyond.

Food Is Medicine
Tuesday, September 22, 2026
1:30 pm - BRIDGES
This one-hour session, sponsored by the American Heart Association, explores how nutrition can be used as a powerful tool to prevent and manage chronic disease, providing practical tips for supporting heart-healthy eating in everyday life.

SAFETY WORKSHOPS

Safety Series:
Child Passenger Safety (English/Creole)
Thursday, September 17, 2026
1:00 pm ZOOM

Car crashes are a leading cause of death for children. Properly securing children in car seats that meet federal motor vehicle safety standards goes a long way in keeping them safe. Join us to learn the proper way to secure your child in a safety seat.
Zoom [https://zoom.us/j/6846584976?](https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09)
[pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09](https://zoom.us/j/6846584976?pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09)

COMMUNITY EVENTS

Community Baby Shower
Saturday, September 19, 2026
1:00 pm - BG Library
[Must Preregister](#)

Moms In The Muck Diaper Distribution
Wednesdays—September 9 & 23, 2026
9:00 am—12:00 pm
BRIDGES at Belle Glade

Weekend Meals Non- Perishable Items
(Friday’s only)
Belle Glade Library
9:00am-5:00pm
While supplies last...

Chair YOGA
Tuesdays & Thursday
4:00pm—5:00pm
St. John Missionary Baptist Church

Open to the public (space is limited, so register early!). Sessions include complimentary pre- and post-class blood pressure checks, demonstrating the positive impact of exercise on blood pressure.
ZOOM option available

Food Pantry
Glades Initiative
Wednesdays
9:00 am—11:30 am & 1:00pm—3:00pm
4:00pm—5:00pm—Drive Thru
Thursdays — 3:00pm—6:00pm