

SEPTEMBER '26



CAPACITY BUILDING WORKSHOPS

PARENT/CHILD ACTIVITIES

SAFETY WORKSHOPS

FAMILY LITERACY

COMMUNITY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
31	01 AP-OD Session 1 Virtual (Spanish Session) 10am - 12pm	02	03 It's Your Birthday 11:00am - 12:30pm 5:30pm - 7:00pm Safety Series (Spanish) 1:00pm - 2:00pm	04	05
07 Office Close 	08 Raise Me Up 11:00am - 12:30pm "SOCIAL MEDIA INFANT MORTALITY AWARENESS" Tiny lives, Lasting Impact AP-OD Session 1 Virtual (Creole Session) 10am - 12pm	09	10 Safety Series (English) 1:00pm - 2:00pm	11	12
14 Motivando Mamas 11:00am - 12:30pm	15 A Write To Read 11:00am - 12:30pm "Safe Babies" Coloring Worksheet AP-OD Session 1 Virtual (English Session) 6pm-8pm	16	17 Family Day 11:00AM-12:30pm Family Night Virtual Safety Series (Creole) 1:00pm - 2:00pm	18	19
21	22 Raise Me Up 11:00am - 12:30pm "Breaking the Silence on Infant Mortality"	23	24 S.O.S 11:30am - 1:30pm	25	26
28	29	30	01	02	03

Infant Mortality Awareness

September is National Infant Mortality Awareness Month. It is a time to raise awareness about infant mortality, which is when a baby dies before their first birthday. This month encourages us to support families, promote healthy pregnancies and babies, and work together to help every baby reach their first birthday and have a healthy life.

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

SEPTEMBER 2026 HIGHLIGHTS

INFANT MORTALITY AWARENESS

WORKSHOPS

PARENT CHILD ACTIVITY

Event: **It’s Your Birthday**
Date: September 3, 2026
Time: 11:00am - 12:30pm

School Bus craft
Children will make an school bus out of construction paper.

Event: **Raise me Up**
Time: 11:00am - 12:30pm

Brown Bear: 9/8
It's time to put a book into action. During this activity, you and your child will read Eric Carle "Brown Bear, Brown", and make your own puzzle book. This activity will help your child develop their reading and problem-solving skills.

Time to Get Dressed: 9/22
FROGGY needs BRIDGES help. FROGGY is getting dressed and we need to help him figure out what to wear. During this parent-child activity, the children will be working on developing their self-care through learning about getting dressed. Let's get FROGGY ready!

Event: **Family Day**
Date:Thursday September 17, 2026
Time: 11:00AM-12:30pm
Location: BRIDGES at Northwood

Family Night
Virtual
Description for both: Kids can decorate their own paper fan with fall-themed designs, while parents can help with folding and assembly.

CAPACITY BUILDING WORKSHOPS

Event: **Motivando Mamas**
Date: September 14, 2026
Time: 11:00am-12:30pm
Location: BRIDGES at Northwood
Description: Un grupo de mujeres que se reunen cada segundo lunes del mes para obtener mas informacion sobre otras agencia y servicios a la comunidad.

Event: **“Safe Babies” Coloring Worksheet**
Date: September 15, 2026

Description: Teahces children and families simple, age-appropriata ways to keep babies dafe and healthy

SAFETY WORKSHOPS

Event: **Safe Series**
Date: Every Thursday
Time: 1:00pm
Description: School Safety refers to the measures, policies and practices implemented to protect students, staff and visitors from physical, and emotional while fostering a secure and supportive learning environment

Event: **“SOCIAL MEDIA INFANT MORTALITY AWARENESS” Tiny lives, Lasting Impact**
Date: September 8, 2026
Description: Educates the community about infant mortality, prevtaiion, safe sleep, and resources for families
Event: **“Breaking the Silence on Infant Mortality”**
Date: September 22, 2026
Description: Creates a safe space to discuss infante mortality prevention, loss and community resources

CAPACITY BUILDING WORKSHOPS

Event: **AP-OD Workshop**
Date: Starting September 1st 2026 (monthly)
Time: 10am - 12pm and 6pm - 8pm
Place: Virtual

Description: The objective of AP-OD (Abriendo Puertas/Opening Doors) is to empower parents to become leaders in their children's education and development through comprehensive parenting and advocacy program. This program aims to improve family well-being and promote school readiness by building parents' skills, increasing their knowledge about early childhood development, and strengthening their ability to advocate for their children and communities.

FAMILY LITERACY

Event: **Write To Me**
Date: September 15, 2026
Time: 11:00am - 12:30pm
Description:

COMMUNITY EVENTS

Event: **S.O.S**
Date: September 24, 2026
Time: 11:30am - 1:30pm
Location: Texas RoadHouse 280 Congress Ave