

OCTOBER 26



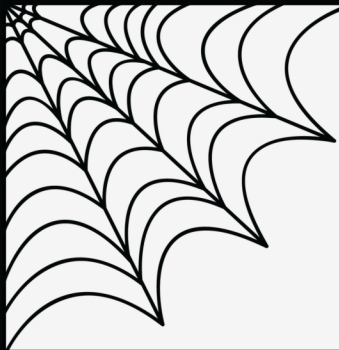
CAPACITY BUILDING WORKSHOPS

PARENT CHILD ACTIVITIES

SAFETY WORKSHOPS

FAMILY LITERACY

COMMUNITY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
	29	30	01 It's Your Birthday 11:00am - 12:30pm 5:30pm - 7:00pm Safety Series (Spanish) 1:00pm - 2:00pm	02	03
05	06 Raise Me Up 11:00am - 12:30pm "Love Should Feel Safe"	07 HEART (Spanish) 10:30pm-12:30pm	08 Safety Series (English) 1:00pm - 2:00pm	09	10
12 Motivando Mamas 11:00am - 12:30pm	13 "My Safety, My Voice"	14 HEART (Spanish) 10:30pm-12:30pm	15 Safety Series (Creole) 1:00pm - 2:00pm	16 Wear Purple Day	17
19 Tummy Time 5:30pm	20 Raise Me Up 11:00am - 12:30pm "Growing Healthy Relationship"	21 HEART (Spanish) 10:30pm-12:30pm	22 Family Day 11:00AM-12:30pm Family Night Virtual	23	24
26 	27	28	29	30	31 Happy Halloween!

Domestic Violence Awareness Month

October is Domestic Violence Awareness Month. It is a time to raise awareness, support survivors, and remind everyone that healthy relationships should be built on respect, safety, and trust. No one deserves to experience abuse. Together, we can help create a community where everyone feels safe and supported.

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

OCTOBER 2026 HIGHLIGHTS

WITH SURVIVORS ALWAYS

WORKSHOPS

PARENT CHILD ACTIVITY

Event: It's Your Birthday
Date: October 1st 2026
Time: 11:00am - 12:30pm
Description: Families will play a fun pumpkin scavenger hunt to celebrate the fall season and promote problem solving skills.

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

From My Heart to My Hands: 9/8
Description: Parents will learn how facilitate their child's fine motor skills using an art- based activity

Hello, a telephone game: 9/20
Description: Parents will learn to help improve their child's communication skills by improving their listening skills.

Event: Tummy Time
Date: Monday, October 19, 2026
Time: 5:30pm
Location: Bridges at Northwood portable 7
Description: Tummy Time 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.

Event: Family Day
Date: Thursday October 22, 2026
Time: 11:00AM-12:30pm
Location: BRIDGES at Northwood

Family Night
Virtual
Description for both:Fuzzy Spider: A cute spider made with soft, fuzzy pipe cleaners and googly eyes.

CAPACITY BUILDING WORKSHOPS

Event: Heart - Ayudando a que toda area de las relaciones prospere
Date: October 7, 14, 21
Time: 10:30am - 12:30pm
Location: BRIDGES at Northwood
Description: Herramientas practicas que fortalezen las relaciones y construyan familias mas sanas.
Community - Based Connections, INC.

Event: Motivando Mamas
Date: October 12, 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.

FAMILY LITERACY

COMMUNITY EVENTS

CAPACITY BUILDING WORKSHOPS

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