

OCTOBER '26



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01	02	03 Domestic Violence Awareness Walk/Event 12:00pm - 2:00pm Belle Glade Airport Park
05	06 Love Thyself Chair Yoga 4:00pm VIRTUAL ZOOM	07 SAC Meeting 5:30pm - 6:30pm Pahokee Elementary Passport to Flavor RMU 5:30pm-7:00pm Bridges at Pahokee	08 Home Fire Drills and Halloween Safety 1pm-2pm VIRTUAL	09 OCR Palmbeach Harvest 10:00am - 11:30am Bridges at Pahokee	10
12	13 Domestic Violence 101 5:30pm - 6:30pm Virtual ZOOM	14 ECLC Meeting 10:00am - 11:00am Pahokee Elementary BAP Read Aloud 5:30pm-6:30pm Loula V York Branch Library	15 Love Thyself Chair Yoga 4:00pm VIRTUAL ZOOM Wear PURPLE Day	16	17
19	20 Behind the Silence: 5:30pm - 6:30pm Virtual ZOOM	21 SAC Meeting 9:00am - 10:00am KEC Elementary Dad's Night at the BOO-vies RMU 5:30pm-6:30pm Bridges at Pahokee	22 CIRCLES 5:30pm - 7:30pm Bridges at Pahokee	23 Tea & Conversation 12:00pm - 2:00pm Pahokee Parks & Rec Wear PURPLE Day	24 Pink Walk 8:00am - 12:00pm Pahokee Parks and Recreation Boastly Bash 2:00pm - 3:30pm LVY Library
26	27 Love Thyself Chair Yoga 4:00pm VIRTUAL ZOOM	28 Held, Heard, & Healing 5:30pm-6:30pm Bridges at Pahokee	29 City of Pahokee Fall Festival 12:00pm - 2:00pm Pahokee Parks & Rec	30	31



Bridges at Pahokee

1020 E Main ST
Pahokee FL 33476

PHONE: 561.924.9224

MAIN OFFICE: 1020 E Main St.
Pahokee FL 33476

MONDAY-FRIDAY

8:30am - 5:30pm

Offering Parental Support,
Resources, and activities
for families and their children

FACEBOOK @

Bridges - Pahokee

OCTOBER 2026 HIGHLIGHTS

WITH SURVIVORS ALWAYS

PARENT CHILD ACTIVITY

Event: RMU- Passport to Flavor
Date: October 7, 2026
Time: 5:30PM-7:00PM
Place: Bridges at Pahokee

A parent-child activity where families share Hispanic dishes and celebrate their culture and traditions while building communication skills together.

Event: Dad's Night at the BOO-Vies
Date: October 21, 2026
Time: 5:30PM-6:30PM
Place: Bridges at Pahokee

A parent-child activity where dads/father figures and child dress up to enjoy a movie while building fine motor skills and hand-eye coordination skills through fun activities.

FAMILY LITERACY

Event: BAP Read Aloud
Date: October 14, 2026
Time: 5:30pm-6:00pm
Place: Loula V. York Branch

Join us for a special Read-Aloud in collaboration with the Palm Beach library! This October, we'll celebrate the spooky season with fun (not-too-scary) stories perfect for children. Come enjoy a cozy time of reading, imagination, and seasonal fun!

Event: Love Thyself Chair Yoga
Date: Every Tuesday & Thursdays Octoberr 2026
Time: 4:00pm
Location: Virtual ZOOM

Join us for this gentle stretching class for all ages and all members of the community. This yoga class is perfect for all skills levels and is accessible to those who may not be able to easily get down to the floor. Chair Yoga is the perfect low-impact activity to improve your physical and mental well-being. For more information, please call 561-685-4829.

WORKSHOPS

CAPACITY BUILDING WORKSHOPS

Event: School Advisory Council Meeting
Date: Wednesday, October 7, 2026
Time: 5:30pm - 6:30pm
Location: Pahokee Elementary

School Advisory Councils - were created to empower all parents of children attending Palm Beach County Schools to be actively and meaningfully involved in the education of their children. PBCSD believes that informed and engaged parents are the best advocates for their children to meet the social needs and ensure that their child's educational needs are balanced. We need your voice. We are counting on you.

Event: Domestic Violence 101
Date: Tuesday, October 13, 2026
Time: 5:30pm - 6:30pm
Location: Virtual ZOOM

October is Domestic Violence Awareness Month. Join AVDA to learn helpful tips, resources, & information on recognizing and responding to domestic violence, while connecting with support and services available in the community. For more information, please contact us at 561-924-9224.

Event: Early Childhood Leadership Collaborative Meeting
Date: Wednesday, October 14, 2026
Time: 10:00am - 11:00am
Location: Pahokee Elementary

Early Childhood Leadership Collaborative (ECLC) is a group that includes parents, business owners, local child care centers, community agencies, schools and other programs that come together to discuss and set goals to support Kindergarten Readiness.

Event: Behind the Silence: Recognizing Domestic Violence During & After Pregnancy
Date: Tuesday, October 20, 2026
Time: 5:30pm - 6:30pm
Location: Virtual ZOOM

October is Domestic Violence Awareness Month. Join MITM for this important conversation that will help you identify signs of domestic violence. Come learn how abuse can impact mothers during pregnancy and postpartum, and ways to recognize, support, and connect survivors with safety and resources. Together, we'll break the silence and create a supportive space where every mother feels seen, heard, and empowered. For more information, please contact us at 561-924-9224.

Event: School Advisory Council Meeting
Date: Wednesday, October 21, 2026
Time: 9:00am - 10:00am
Location: KEC/Canal Point Elementary

School Advisory Councils - were created to empower all parents of children attending Palm Beach County Schools to be actively and meaningfully involved in the education of their children. PBCSD believes that informed and engaged parents are the best advocate for their children to meet the social needs and ensure that their child educational need is balanced. We need your voice. We are counting on you.

Event: CIRCLES
Date: Thursday, October 22, 2026
Time: 5:30pm - 7:30pm

Location: Bridges at Pahokee
Pathways to Prosperity presents CIRCLES, a 12-week program that helps participants set goals and build strategies for economic stability with support from community volunteers called Circle Allies. Graduates can continue participating as role models or allies. CIRCLES for youth provides a 15 week of financial literacy and positive life skills education for children, leaders and allies. CIRCLES is a transformative experience, moving people beyond poverty into sustainability and long-term success. For more information, please contact us at 561-924-9224.

Event: Held, Heard, & Healing
Date: Thursday, October 28, 2026
Time: 5:30pm - 6:30pm
Location: Bridges at Pahokee

Join Moms in the Muck, and Bridges at Pahokee for an intentional, in-person gathering where we center our mothers, babies and families through healing, honest conversation, connection, and community support. For more information, please contact us at 561-561-9224 or 561-463-9341.

SAFETY WORKSHOPS

Event: Fire Safety, Home Fire Drills & Halloween Safety
Date: Thursday, October 8, 2026
Time: 1:00pm - 2:00pm
Location: ZOOM/Facebook Live

October is all about Fire Safety, Carbon Monoxide Awareness, and Halloween Safety! Join SAFEKIDS this month and learn how to create a family fire escape plan, recognize carbon monoxide dangers, use alarms properly, and keep children safe while trick-or-treating through costume, visibility, and pedestrian safety tips. Prepare, prevent, and protect your family this October! For more information, please contact us at 561-924-9224.

COMMUNITY EVENTS

Event: Domestic Violence Awareness Walk & Event
Date: Friday, October 3, 2026
Time: 12:00pm - 2:00pm
Place: AIRPORT PARK (1400 N Main St, Belle Glade)

Join us for a Domestic Violence Awareness Walk! Let's come together as a community to raise awareness, show support for survivors, and stand united against domestic violence. Together, we can promote safety, hope, and a stronger community. For more information, call 561-286-7619.

Event: OCR Palm Beach Harvest
Date: Friday, October 9, 2026
Time: 10:00am - 11:30am
Location: Bridges at Pahokee

Join us and OCR for our first annual monthly food give away hosted at Bridges at Pahokee.

Event: Tea and Conversation
Date: Friday, October 9, 2026
Time: 12:00pm - 2:00pm

Place: 360 East Main St, Pahokee FL

Join Empower Healthcare 4th Annual Tea and Conversations about Women's Health. The purpose of this event is to bring healthcare providers, community leaders, and residents together for an afternoon of education, empowerment, and connection. All focused on improving women's health outcomes in our community. For more information, call 561-867-7850.

Event: Pink Walk
Date: Saturday, October 24, 2026
Time: 8:00am-12:00pm
Location: Pahokee Parks & Recs Field (360 East Main St, Pahokee FL)

This walk is more than exercise; it's hope, strength, and support for our neighbors fighting breast cancer. Proceeds will help walk warriors, who provide vital resources and services in Western Palm Beach County and Hendry County! For more information contact: healthierglades@htrbc.org

Event: Beastly Bash
Date: Saturday, October 24, 2026
Time: 2:00pm - 3:30pm
Place: IVY Library

Do you want an early start to Halloween? Inviting all families to join us at the Loula V York library for a Halloween Beastly bash, where you'll enjoy exciting spooky stories by candlelight, crafts, and a costume contest. This event is open to the community, please come out and enjoy free popcorn, spooky snacks and giveaways. For more information call 561-924-9224.

Event: City of Pahokee Fall Festival
Date: Thursday, October 29, 2026
Time: 5:30PM

Place: Pahokee Parks & Recs (360 East Main St, Pahokee FL)

Inviting everyone to come out and enjoy The City of Pahokee's annual fall festival. There will be bounce houses, trick or treat stations, music, food, and so much more. We hope to see you there!

OCTOBER '26



CAPACITY BUILDING WORKSHOPS

PARENT/CHILD ACTIVITIES

SAFETY WORKSHOPS

FAMILY LITERACY

COMMUNITY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01 <u>Casual Conversation</u> 5:30pm-6:30pm Sara Sims Park	02 <u>First Friday at 5 Concert</u> 5:00 PM – 8:00 PM Boynton Beach Amphitheater	03
05	06 <u>Breast Cancer Awareness with Genesis</u> 6:00 pm -7:00 pm <u>AP- OD (Spanish)</u> 10:00am -11:00am Zoom	07 <u>Pre-K Prep: ABC 123</u> 9:30am-11:00am <u>Black Male Listening Session “What is Keeping You Up at Night?”</u> 6:00pm-7:00pm Carolyn Sims Center	08 <u>Safety Series</u> <u>Child Passenger Safety (English) Zoom/FB Live</u> 1:00pm-2:00pm <u>Casual Conversation</u> 5:30pm-6:30pm Sara Sims Park	09	10
12	13 <u>RMU(0-5 years old)</u> 6:00 pm - 7:00 pm <u>Literacy Time Fun</u> 6:00 PM - 6:30 PM <u>AP- OD (Creole)</u> 10:00am -11:00am Zoom	14 <u>Colors and Crafts</u> 6:00pm -7:00pm <i>Facebook</i>	15 <u>Safety Series</u> <u>Child Passenger Safety (Creole) Zoom/FB Live</u> 1:00pm-2:00pm Wear Purple	16	17
19 <u>Parent Aid Introducation(English)</u> 6:00pm-7:00pm Carolyn Sims	20 <u>AP- OD (English)</u> 6:00pm -8:00pm Zoom	21 <u>Dad’s Night Out</u> 6:00pm -7:00pm <u>Sister Circle</u> 6:00pm -7:00pm	22 <u>Casual Conversation</u> 5:30pm-6:30pm Sara Sims Park Wear Purple	23	24
26 <u>Parent Aid Introduction(Creole)</u> 6:00pm-7:00pm Zoom	27 <u>RMU(0-5 years old)</u> 6:00pm - 7:00pm <u>BRIDGES Orientation</u> 7:00pm-7:30pm <u>Public Health</u> 6:00pm -7:00pm	28 <u>Domestic Violence Awareness with AVDA</u> 6:00pm-7:00pm Zoom	29 <u>Casual Conversation</u> 5:30pm-6:30pm Sara Sims Park	30 <u>Scream on the Green</u> 7:00pm-8:30pm John H. Denson Pool	31 <u>St.John’s Fall Festival</u> 5:00pm-8:30pm SJMBC

With Survivors Always

OCTOBER IS DOMESTIC VIOLENCE AWARENESS MONTH

Fire Safety & Home Fire Drills and Halloween Safety

- **Wear bright or light-colored clothing:** Choose costumes that drivers can easily spot in the dark
- **Use sidewalks:** Stick to sidewalks and established pathways. If there is no sidewalk, walk on the far left side of the road facing oncoming traffic.
- **Install carbon monoxide (CO) alarms.** Make sure there is one on every level of your home, especially around sleeping areas.
- **Create and practice a fire escape plan.** Create a home fire escape plan with two ways out of every room. Choose a place to meet outside that is a safe distance away from your home.

BRIDGES at Boynton Beach

1105 North Federal Highway
Boynton Beach, FL. 33435

PHONE: 561-903-7743

MONDAY - FRIDAY
9:00am - 5:00pm

We are dedicated to strengthening communities across Palm Beach County by improving outcomes for children and families through education and social services. Our goal is to ensure our families have what they need not only to survive, but to thrive.

www.Bridgesofpbc.org

OCTOBER 2026 HIGHLIGHTS

WITH SURVIVORS ALWAYS

PARENT CHILD ACTIVITY

Event: [RMU \(0-5 years\)](#)
Date: October 13th, 2026
Time: 6:00 pm- 7:00 pm
Highlight: Do these go together or do those go together? During this activity, you and your child will be playing the memory game and matching different items together. We're playing this game to help our children develop problem-solving skills.

Event: [Colors and Crafts](#)
Date: October 14th, 2026
Time: 6:00 pm- 7:00 PM
Place: Facebook
Highlight: Colors, colors, colors. Know your colors! Each week we will focus on one color by using games, music or arts and crafts. This activity will help develop all those motor skills.

Event: [RMU \(0-5 years \)](#)
Date: October 27th, 2026
Time: 6:00 pm- 7:00 pm
Highlight: Get ready to play some games for this activity; the parent and child will play different games that will help develop the ability to regulate one's body.

FAMILY LITERACY

Event: [Pre-K Prep: ABC 123](#)
Date: October 7th, 2026
Time: 9:30 am- 11:00 am
Place: Schoolhouse Museum
Highlight: Pre-K Prep is a hands-on, interactive early childhood learning experience that blends foundational skills like literacy, numbers, or thematic exploration with creative play. *In partnership with Schoolhouse Museum*

Event: [Literacy Time Fun](#)
Date: October 13th, 2026
Time: 6:00 pm – 6:30 pm
Highlight: Join us for literacy fun as we explore books, build reading skills, and spark a love of learning

Event: [Parent Aid Introduction](#)
Date: October 19th (English) and 26th (Creole)
Time: 6:00 pm- 7:00 pm
Place: Carolyn Sims Center (English) Zoom (Creole)
Highlight: Join us to learn about Parent Aide services and the valuable resources and support available through **The Children's Healing Institute**.

WORKSHOPS

SAFETY WORKSHOPS

Event: [Safety Series: Fire Safety & Home Fire Drills and Halloween Safety"](#)
Date: October 8th (English) & 15th (Creole), 2026
Time: 1:00 pm- 2:00 pm
Place: Zoom/FB Live
Highlight:Home fires can start and spread quickly, so just a little bit of planning can make a big difference. We will discuss ways of keeping our children safe from silent unseen threats. We will talk about the dangers and threats of Carbon Monoxide. *In partnership with Safe Kids PBC.*

CAPACITY BUILDING WORKSHOPS

Event: [Breast Cancer Awareness w/ Genesis](#)
Date: October 6th, 2026
Time: 6:00 pm-7:00 pm
Highlights: Join us as we educate families about breast cancer prevention, share vital information, and provide helpful resources to support early detection and wellness. *In partnership with Genesis Community Health.*

Event: [AP-OD](#)
Date: October 6th (Spanish), October 13th (Creole), and October 20th (English) 2026
Time: 10:00 am- 11:00 am (Spanish/Creole) and 6:00 pm- 8:00 pm (English)
Place: Zoom
Highlight: AP-OD is an evidence-based program that empowers parents of young children to become strong leaders and their child's first teacher. Founded in 2007, it focuses on strengthening families through parent leadership and early learning support.

Event: [Dad's Night Out](#)
Date: October 21st, 2026
Time: 6:00 pm- 7:00 pm
Highlight: Dads, it's your turn to have a night out! It's your opportunity to share what's on your mind with other dads. This is your chance to unload, unwind, and have some fun at the same time!

Event: [Sister Circle](#)
Date: October 21st, 2026
Time: 6:00 pm-7:00 pm
Place: Zoom
Highlight: Welcome to our Women's Support Group. This group is a dedicated space for women to connect, share experiences, and support one another in a respectful, uplifting environment. We foster empowerment and personal growth through discussions, shared resources, and mutual encouragement.

Event: [Public Health](#)
Date: October 27th, 2026
Time: 6:00 pm- 7:00 pm
Highlights: Join us as we champion healthy living, share strategies for preventing infectious diseases, and explore essential public health topics. Together, we're creating a stronger, healthier future for all. *In partnership with Credible Health Homecare*

CAPACITY BUILDING WORKSHOPS

Event: [BRIDGES Orientation](#)
Date: October 27th, 2026
Time: 7:00 pm- 7:30 pm
Highlight: Are you a new BRIDGES member or just need a refresher? If so, this meeting is for you! Join us to meet the BRIDGES staff, learn their roles, and see what BRIDGES offers members and families.

Event: [Domestic Violence Awareness with AVDA](#)
Date: October 28th, 2026
Time:6:00 pm- 7:00 pm
Highlight: Join us as we learn how to recognize the signs, support survivors, and take meaningful steps toward prevention. This is an opportunity to educate ourselves, raise awareness, and build a safer, more compassionate community.

COMMUNITY EVENTS

Event: [First Friday at 5 Concert](#)
Date: October 2nd, 2026
Time: 5:00pm – 8:00pm
Place: Boynton Beach Amphitheater
Highlight: The City offers a free monthly concert series, First Friday at 5, at Centennial Park + Amphitheater in Downtown Boynton. Concerts will take place from 5 pm – 8 pm on the first Friday of each month.

Event: [Scream on the Green](#)
Date: October 30th, 2026
Time: 5:00pm – 8:00pm
Place: John H. Denson Pool (225 NW 12th Ave)
Highlight: Bring your towels, blankets, and chairs, and join us for a FREE family-friendly spooky movie night.

Event: [St. John's Fall Festival](#)
Date: October 31st, 2026
Time: 5:00pm – 8:30pm
Place: SJMBC (900 N. Seacrest Blvd, Boynton Beach, FL 33435)
Highlight: Join us for family fun at this Trunk or Treat Fall Festival! Enjoy free food, games, and activities for all ages in a safe, welcoming environment.

Event: [Casual Conversation](#)
Date: Every Thursday Evening
Time: 5:30 pm-6:30 pm
Place: Sara Sims Park
Highlight: What's going on? Let's talk about what's happening in our community!

OCTOBER '26



CAPACITY BUILDING WORKSHOPS

PARENT CHILD ACTIVITIES

FAFETY WORKSHOPS

FAMILY LITERACY

COMMUNITY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01 Paintint PINK! 3:00pm-BG Library Fire Safety & Home Fire Drills Halloween Safety 1:00pm-zoom spanish	02	03 Not-So-Spooky Tales 11:00am-BG Library Domestic Violence Walk 8:00am-Airport Park
05 Taste Safe Baby Finger Painting 11:00am-BG Library	06 AP-OD-Spanish My Child's Growth & Development 10:00am- zoom	07 Lord's Place All Day Event 	08 Make your own: Pumpkin Spice Soap 4:00pm-BG Library Fire Safety & Home Fire Drills Halloween Safety 1:00pm-zoom creole	09	10
12 PBSO Presentation 9:00-BRIDGES	13 AP-OD-Creole My Child's Growth & Development 10:00am-Zoom	14 LORD'S PLACE ALL DAY EVENT	15 Wear Purple Day Fire Safety & Home Fire Drills Halloween Safety 1:00pm-zoom English	16	17
19	20 AP-OD English My Child's Growth & Development 10:00am-zoom	21 Lord's Place All Day Event	22 Wear Purple Day	23	24
26	27	28 Lord's Place All Day Event	29 Spooky Cakes (Ages 4&UP) 5:00pm-BRIDGES	30	31 



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

OCTOBER 2026 HIGHLIGHTS

WITH SURVIVORS ALWAYS

WORKSHOPS

PARENT CHILD ACTIVITY

Painting PINK!
Thursday October 1, 2026
3:00pm-BG Library

Painting pink to show awareness for breast cancer in October
Taste Safe Baby FingerPainting (Ages 2-24 months)
Monday October 5, 2026
11:00am-BG Library

Little ones explore color and texture with taste-safe paint, supporting sensory development through hands-on play.

Make Your Own: Pumpkin Spice Soap
Thursday October 8, 2026
4:00pm-BG Library

Craft your own pumpkin spice soap with safe, simple ingredients along with a cozy fall sent.

Spooky Cakes (Ages 4 & UP)
Thursday October 29, 2026
5:00pm-BRIDGES

Join us for a frightfully sweet time making unique, Halloween-inspired funnel cakes with your little ghouls or goblins.

CAPACITY BUILDING WORKSHOPS

PBSO PRESENTATION
9:00am-BRIDGES

AP-OD “My Child’s Growth & Development”
This session will explore how to use daily routines to promote healthy brain development in children ages 0-5 through positive relationships and engaging in back-and-forth interactions.

Tuesday October 6, 2026
10:00am-Zoom (Spanish)
Tuesday October 13, 2026
10:00am-Zoom (Creole)
Tuesday October 20, 2026
10:00am-Zoom (English)

COMMUNITY EVENTS

Domestic Violence
Walk 8:00am-Airport Park

MOMS In The MUCK Diaper Distribution
Wednesdays--October 7 & 21, 2026
9:00am--12:00pm
BRIDGES at Belle Glade

WEEKEND MEALS NON-PERISHABLE ITEMS
(FRIDAY’S ONLY)
Belle Glade Library
9:00am-5:00pm
While supplies last...

Chair YOGA
Tuesday & 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

FAMILY LITERACY

Not-So-Spooky Tales
Saturday October 3, 2026
11:00am-BG Library

Celebrating the beginning of the spooky season with a Storytime & painting craft!

SAFETY WORKSHOPS

International Walk to School Day!

Fire Safety & Home Fire Drills Learn Fire escape planning, Safe exits, and how to practice home fire drills.
Carbon Monoxide Safety
Learn the danger of CO and the importance of working CO alarms.
Halloween Safety
Keep Halloween safe with tips on costumes, visibility, traffic safety and supervision.

October 1, 2026
1:00pm-zoom spanish
October 15, 2026
1:00pm-zoom creole
October 15, 2026
1:00pm-zoom english

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

LORD’S PLACE
EVERY WEDNESDAY IN OCTOBER
LORD’S PLACE-OUT REACH WEDNESDAY’S

OCTOBER '26



CAPACITY BUILDING WORKSHOPS

PARENT CHILD ACTIVITIES

SAFETY WORKSHOPS

FAMILY LITERACY

COMMUNITY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01 FIRE SAFETY & HOME FIRE DRILLS AND HALLOWEEN SAFETY (SPANISH) 1:00 PM	02	03 STORY TIME AT LAKE PARK LIBRARY 10:30 AM- 11:00 AM
05 ADAM/Heart 5:00 PM-6:30 PM	06 APOD SESSION (SPANISH) 10:00 AM-12:00 PM	07 DOMESTIC VIOLENCE WORKSHOP 3:30 PM-4:30 PM	08 RAISE ME UP (0-2 YRS OLD) 5:30 PM-6:30 PM FIRE SAFETY & HOME FIRE DRILLS AND HALLOWEEN SAFETY (ENGLISH) 1:00 PM	09	10 STORY TIME AT LAKE PARK LIBRARY 10:30 AM- 11:00 AM
12 ADAM/Heart 5:00 PM-6:30 PM	13 CIRCLES OF MOMS (VIRTUAL) 10:00 AM--11:00 AM APOD SESSION (CREOLE) 10:00 AM-12:00 PM GUN SAFETY PRESENTATIION 5:00 PM-7:00 PM	14 WHAT IS BRIDGES? (INVITE ONLY) 11:30-12:30 OR 5:30-6:30 PM	15 LAPSIT 11:15 AM-12:30 PM WEAR YOUR PURPLE (DOMESTIC VIOLENCE) FIRE SAFETY & HOME FIRE DRILLS AND HALLOWEEN SAFETY (CREOLE) 1:00 PM	16	17 STORY TIME AT LAKE PARK LIBRARY 10:30 AM- 11:00 AM
19 FRLS PRESENTATION (ENGLISH) 10:00 AM-11:30 AM ADAM/Heart 5:00 PM-6:30 PM	20 CIRCLES OF MOMS (VIRTUAL) 10:00 AM--11:00 AM APOD SESSION (ENGLISH) 6:00 PM-8:00PM HURRICANE PREP 5:00 PM-6:00 PM	21 CREATIVE MINDS 6 YRS-8 YRS OLD 5:30 PM-6:30 PM	22 EMPOWERMENT AWARENESS (WEAR YOUR PURPLE) 5:00 PM-5:30 PM RAISE ME UP (3YRS OLD) 5:30 PM-6:30 PM	23	24 STORY TIME AT LAKE PARK LIBRARY 10:30 AM- 11:00 AM
26 ADAM/Heart 5:00 PM-6:30 PM	27 CIRCLES OF MOMS (VIRTUAL) 10:00 AM--11:00 AM	28	29	30 FLORIDA DEPARTMENT OF HEALTH 9:30 AM-1:00 PM	31 STORY TIME AT LAKE PARK LIBRARY 10:30 AM- 11:00 AM

Survivors Deserve Support !



Domestic Violence Awareness Month

NO MORE SILENCE END DOMESTIC VIOLENCE !



OCTOBER 2026 HIGHLIGHTS

WITH SURVIVORS ALWAYS

WORKSHOPS

PARENT CHILD ACTIVITY

Event: Raise Me Up
Date: October 8, 2026
Place: BRIDGES Lake Park
Time: 11:30AM-12:00 PM (0-2 yrs old)

Event: Raise Me Up
Date: October 22, 2026
Place: BRIDGES Lake Park
Time: 5:30 PM-6:30 PM (3 yrs-5yrs)

Event: Creative Minds
Date: October 21, 2026
Place: BRIDGES Lake Park
Time: 5:30 PM-6:30 PM (6yrs-8 yrs)
Creative minds aims to bring 6-8 years old together with their parents to increase and strengthen the bond between them. Building stronger emotional bonds, improving communication



FAMILY LITERACY

EVENT: STORYTIME AT LAKE PARK LIBRARY
DATE: OCCURS ON SATURDAY
TIME: 10:30 AM-11:00 AM
PLACE: LAKE PARK LIBRARY
FAMILIES JOIN LAKE PARK LIBRARY FOR STORYTIME BRING YOUR KIDS FOR A FUN LITERACY READING ACTIVITY

EVENT: LAPSIT AT LAKE PARK LIBRARY
DATE: OCTOBER 15, 2026
TIME: 11:15 AM-12:30 PM
PLACE: LAKE PARK LIBRARY
FAMILIES JOIN BRIDGES AT LAKE PARK FOR A LAP SIT WITH YOUUR LITTLE ONE AGES BIRTH- 2 YRS OLD FOR LITERACY ACTIVITIES

CAPACITY BUILDING WORKSHOPS

Event: Circles of mom (Virtual)
Date: October 13, 20, 27, 2026
Time: 10:00 AM-11:00 AM
Place: BRIDGES at Lake Park
Healthy mother healthy babies will host a support group . The goal is to educate mother about infant mortality, social support, and techniques and activities that support infant mortality awareness.
Link to join sessions:
<https://hmhbpbpc.zoom.us/j/86086661894>

Event: ADAM/Heart
Date: October 5,12,19,26, 2026
Time: 5:00 PM-6:30 PM
Place: BRIDGES at Lake Park
Fatherhood mentoring program for fathers in Palm Beach County that aims to enhance key life skills and establish healthy behaviors to improve relationships between fathers and their children

Event: PBC Health Department
Date: October 9, 30, 2026
Time: 5:00 PM-6:30 PM
Place: BRIDGES at Lake Park
PBC Health Department will be stationed here at BRIDGES at Lake Park to support our members with free HIV/STD testing,PREP prescription, and social services referrals. All families will need to RSVP.

Event: Hurricane Prep Presentation
Date: October 20, 2026
Time: 5:00 PM-6:00 PM
Place: BRIDGES at Lake Park
Palm Beach Cuntly Fire rescue will support our members by showing/providing helpful information about hurricane safety. Your safety. our priority.

Event: Domestic Violence Worshop
Date: October 7, 2026
Time: 3:30 PM-4:30 PM
Place: Lake Park Library
YWCA of Palm Beach County will present a domestic violence workshop come join for an informative and supportive workshop focused on increasing awareness of domestic violence. Participants will learn about warning signs, healthy boundaries, etc.

SAFETY WORKSHOPS

Event: Fire Safety & Home fire drill And Halloween Safety
Date: October 1, 2026 (Spanish)
Time: 1:00 PM-1:30 PM
Place: Zoom Presentation
Zoom Link: <http://zoom.us/j/6846584976?pwd=LOJEmm4rsGFPd3RSTFU2UU5kTFRkQT09>

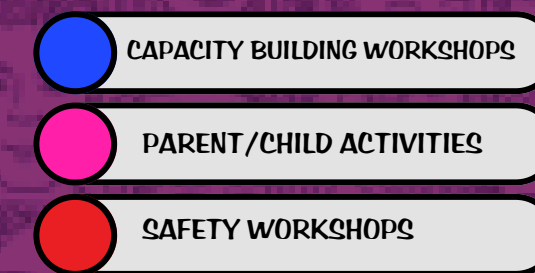
Event: Fire Safety & Home fire drill And Halloween Safety
Date: October 8, 2026 (English)
Time: 1:00 PM-1:30 PM
Place: Zoom Presentation
Zoom Link: <http://zoom.us/j/6846584976?pwd=LOJEmm4rsGFPd3RSTFU2UU5kTFRkQT09>

Event: Fire Safety & Home fire drill And Halloween Safety
Date: October 15, 2026 (Creole)
Time: 1:00 PM-1:30 PM
Place: Zoom Presentation
Zoom Link: <http://zoom.us/j/6846584976?pwd=LOJEmm4rsGFPd3RSTFU2UU5kTFRkQT09>

Event: Gun Safety Presentation
Date: October 13, 2026
Time: 5:00 PM-7:00 PM
Place: Lake Park Library
Join Deputy Vanhoosear for an informative gun safety presentation focused on promoting awareness, responsibility, and safe practices around firearms.The presentation will provide age-appropriate education, encourage responsibility and decision making.

COMMUNITY EVENTS

OCTOBER 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 Safety Series: "Fire Safety, Home Fire Drills & Halloween Safety" (via Zoom) (Spanish) 1:00PM to 2:00PM	02	03
05 Domestic Violence Workshop 4:00PM to 5:00PM(BLWE)	06 AP-OD(Creole) 10:00AM to 12:00PM (Zoom) RMU: "Wild About Movement" 4:00PM to 5:00PM	07 Benefits Application 10:00AM to 2:00PM	08 Safety Series: "Fire Safety, Home Fire Drills & Halloween Safety" (via Zoom) (English) 1:00PM to 2:00PM	09 Hispanic Heritage Celebration 4:00PM (BLWE)	10
12 	13 Family Fun Time: "Freeze Dance in Space" 4:00PM to 5:00PM AP-OD (English) 6:00PM to 8:00PM (Zoom)	14 Benefits Application 10:00AM to 2:00PM	15 WEAR PURPLE DAY Safety Series: "Fire Safety, Home Fire Drills & Halloween Safety" (via Zoom) (Creole) 1:00PM to 2:00PM	16	17
19	20 AP-OD (Spanish) 10:00AM to 12:00PM (Zoom) RMU: "Can you do it?" 4:00PM to 5:00PM	21 Benefits Application 10:00AM to 2:00PM	22 WEAR PURPLE DAY	23	24
26	27	28 Benefits Application 10:00AM to 2:00PM	29 Story-Time 11:00AM to 12:00PM	30 Little Screams Trunk or Treat 6:00PM to 9:00PM (Bryant Park)	31 

BRIDGES AT LAKE WORTH

PHONE: 561-899-1642

MONDAY - FRIDAY
8:30AM - 5:00PM

WWW.BRIDGESOFPBC.ORG

FACEBOOK: BRIDGES AT LAKE WORTH



DID YOU KNOW?

October is Domestic Violence Awareness Month, a time to raise awareness about domestic violence and promote safe, healthy relationships. Everyone deserves to feel safe, respected, and supported at home. If you or someone you know is experiencing abuse, remember that help is available and it is okay to reach out to someone you trust for support. Together, we can help create safer, stronger families and communities.

HIGHLIGHTS OF OCTOBER 2026

"With Survivors Always"

Parent Child Activities

Event: RMU: "Wild About Movement"
Date: October 6th from 4:00PM to 5:00PM
Location: Zoom

Children and families will have fun moving like different animals while practicing gross motor skills, balance, coordination, listening, and following directions

Event: Family Fun: "Freeze Dance In Space"
Date: October 13th from 4:00PM to 5:00PM
Location: Zoom

Families will have fun dancing together while learning about the planets

Event: RMU: "Can You Do it"
Date: October 20th from 4:00PM to 5:00PM
Location: Zoom

Children will play Simon Says!

Family Literacy

Event: Story Time
Date: October 24th from 11:00PM to 12:00PM
Location: ZOOM

Reading and telling stories to babies and children promotes brain development, imagination, language development, and strengthens relationships.



WORKSHOPS

Capacity Building Workshops



Event: Domestic Violence Awareness Workshop
Date: October 5th from 4:00PM to 5:00PM
Location: BLWE

An interactive program that gives parents the tools, confidence, and secrets to help their young children (ages 0-5) succeed in school and life. Learn how to boost your child's intellectual development, health, and happy future.

Event: AP-OD (Spanish)
Date: October 6th from 10:00AM to 12:00PM
Location: ZOOM

An interactive program that gives parents the tools, confidence, and secrets to help their young children (ages 0-5) succeed in school and life. Learn how to boost your child's intellectual development, health, and happy future.

Event: AP-OD (Creole)
Date: October 13th from 10:00AM to 12:00PM
Location: ZOOM

An interactive program that gives parents the tools, confidence, and secrets to help their young children (ages 0-5) succeed in school and life. Learn how to boost your child's intellectual development, health, and happy future.

Event: AP-OD (English)
Date: October 20th from 6:00PM to 8:00PM
Location: ZOOM

An interactive program that gives parents the tools, confidence, and secrets to help their young children (ages 0-5) succeed in school and life. Learn how to boost your child's intellectual development, health, and happy future.

Safety Workshops

Event: Safety Series: "Fire Safety, Home Fire Drills & Halloween Safety"
Dates: October 1st 1:00 to 2:00 (Spanish)
October 8th 1:00 to 2:00 (English)
October 15th 1:00 to 2:00 (Creole)
Location: ZOOM

October Safety Awareness 🎃🔥

October focuses on Fire Safety, Carbon Monoxide Awareness, and Halloween Safety! Learn how to create and practice a family fire escape plan, use carbon monoxide alarms safely, and help children stay safe while trick-or-treating. Let's work together to prevent injuries and keep our families safe at home and during Halloween festivities!

Community Events

Event: Benefits Application
Date: Wednesday's by phone
Location: 701 Boutwell Rd Suites A-1, A-2
Lake Worth Beach, FL 33461

Contact the PBC Food Bank to schedule your appointment to apply for benefits.
561-670-2518

OCTOBER '26



CAPACITY BUILDING WORKSHOPS

PARENT CHILD ACTIVITY

SAFETY WORKSHOPS

FAMILY LITERACY

COMMUNITY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01 <u>Story Time</u> 1pm - 2pm <u>Safety Workshop "Fire Safety & Home Fire Drills (Spanish) Zoom</u> 1pm - 2pm	02	03 <u>Palm Beach Dream Center Block Party</u> 11am- 3pm
05 <u>Domestic Violence Awareness Workshop</u> 4pm -5:30pm	06 <u>S.A.C.</u> 8:15am - 9am <u>Abriendo Puertas /Opening Doors APOD (Spanish) Zoom</u> 10am - 12pm	07	08 <u>Safety Workshop "Fire Safety & Home Fire Drills English) Zoom</u> 1pm - 2pm	09 <u>Hispanic Heritage Celebration</u> 4pm - 6pm	10 <u>Imagination Adventure "Puerto Rico"</u> 10:30am - 12pm
12	13 <u>Abriendo Puertas/Opening Doors APOD (Creole) Zoom</u> 10am - 12pm	14 <u>Raise Me Up "Painting Emotions on Pumpkins"</u> 4pm- 5pm	15 Wear Purple <u>Community Immunization</u> 8am - 12pm <u>Safety Workshop "Fire Safety & Home Fire Drills (Creole) Zoom</u> 1pm - 2pm	16	17
19	20 <u>Abriendo Puertas/Opening Doors APOD (English) Zoom</u> 6pm - 8pm	21 <u>Raise Me Up " A Letter To Santa"</u> 4pm - 5pm	22 Wear Purple <u>Palm Beach County Sheriff's Office 5th Annual Trunk or Treat</u> 5:30pm - 8pm	23	24 <u>Imagination Adventure "Guatemala"</u> 10:30am - 12pm
26	27 <u>Women's Club</u> 10am - 12pm	28 <u>Family Fun DIY Costume</u> 4:30pm - 5:30pm	29 Wear Purple	30 <u>Little Scream</u> 6pm - 9pm	31 

BRIDGES At
Lake Worth East
MAIN OFFICE:
305 Lake Ave
LAKE WORTH, FL 33460

PHONE:
561-899-1652
FAX :
561-537-5160

MONDAY - FRIDAY
8:00am - 5:00pm

www.bridgesofpbc.org
Facebook at
BRIDGES Lake Worth East

Domestic Awareness Month
The primary national theme for Domestic Violence Awareness Month (DVAM) in 2026 by the Domestic Violence Awareness Project is "With Survivors, Always" with a deepened focus on moving from awareness to action. Additionally, the National Network to End Domestic Violence uses the ongoing campaign theme #Every1Knows1 to highlight how common domestic vionce is.
. With Survivors, Always: Builds on the momentum of previous years by emphasizing structural commitment, community safety, and a strong response to service cuts barriers facing survivors.

OCTOBER 2026 HIGHLIGHTS

MONTHLY THEME

WORKSHOPS

PARENT CHILD ACTIVITY

Event: [Imagination Adventure “Puerto Rico”](#)
Dates: October 10, 2026 10:30am - 12pm
Place: BLWE 305 Lake Ave, Lake Worth Beach FI 33460
Come join us on a tour to Puerto Rico. **Sponsored by Marta Cruz**

Event: [Raise Me Up “Painting Emotions on Pumpkins”](#)
Date: October 14, 2026 4pm - 5pm
Place: BLWE 305 Lake Ave, Lake Worth Beach FI 33460
Join us for a fun pumpkin decorating event, children will express their feelings through painting. Please RSVP **Sponsored by Maria Martin CDS.**

Event: [Raise Me Up “A Letter to Santa”](#)
Dates: October 21, 2026 4pm - 5pm
Place: BLWE 305 Lake Ave, Lake Worth Beach FI 33460
Get ready to spread some holiday cheers! Join us for our Letter to Santa event where little ones can create their ultimate wish lists.
Sponsored by Maria Martin CDS

Event: [Family Fun “DIY Costume!](#)
Dates: October 28, 2026 4:30pm - 5:30pm
Place: BLWE 305 Lake Ave, Lake Worth Beach FI 33460
Families get ready to dig, search, and create your own costumes with materials around the house as we participate in a costume contest! Please RSVP
Sponsored by Zuleyma Ramos

FAMILY LITERACY

Event: [Story Time “Autumn”](#)
Dates: October 1, 2026 1pm- 2pm
Place: BLWE 305 Lake Ave, Lake Worth Beach FI 33460
Join us for fun story time with the Lake Worth Library.
Sponsored by City of Lake Worth Library

Event: [Imagination Adventure “Guatemala” Story Time](#)
Dates: October 24, 2026 10:30am - 12pm
Place: BLWE 305 Lake Ave, Lake Worth Beach FI 33460
Join us as we learn the history of Guatemala!
Sponsored by Marta Cruz

CAPACITY BUILDING WORKSHOPS

Event: [Domestic Violence Workshop](#)
Dates: October 5, 2026 4pm - 5:30pm
Place: BLWE 305 Lake Ave, Lake Worth Beach FI 33460
You are not alone! help is available.
Sponsored by AVDA

Event: [SAC/PAC](#)
Dates: October 6, 2026 8:15am - 9am
Place: Highland Elementary, 500 Highland Ave, Lake Worth Beach, FI 33460
These meetings primary propose to review relevant data, identify data, problem areas, develop improvement strategies, and monitor their implantation.
Sponsored by Highland Elementary Principal

Event: [Abriendo Puertas/Opening Doors \(Spanish\)](#)
Dates: October 6, 2026 10am - 12pm
Place: ZOOM
AP-OD builds parent leadership skills and knowledge through in person and virtual trainings to promote family well being and positive outcomes for children.
Sponsored by BRIDGES

Event: [Hispanic Heritage Celebration](#)
Dates: October 9, 2026 4pm - 6pm
Place: BLWE 305 Lake Ave, Lake Worth Beach FI 33460
Join us for a fun evening celebrating Hispanic Heritage.
Sponsored by BRIDGES

Event: [Abriendo Puertas/Opening Doors \(Creole\)](#)
Dates: October 13 2026 10am - 12pm
Place: ZOOM
AP-OD builds parent leadership skills and knowledge through in person and virtual trainings to promote family well being and positive outcomes for children.
Sponsored by BRIDGES

Event: [Abriendo Puertas/Opening Doors \(English\)](#)
Dates: October 20, 2026 6pm - 8pm
Place: ZOOM
AP-OD builds parent leadership skills and knowledge through in person and virtual trainings to promote family well being and positive outcomes for children.
Sponsored by BRIDGES

Event: [Women’s Club “Changing the Lens”](#)
Dates: October 27, 2026 10am - 12pm
Place: BLWE 305 Lake Ave, Lake Worth Beach FI 33460
Viewing the mission of the Women’s Club, members will discuss how they view our BRIDGES mission and outcomes.
Sponsored by Miriam Padilla

SAFETY WORKSHOPS

Safety Workshop “Fire Safety & Home Fire Drills
Hosteby by Safe Kids of PBC/Via Zoom
October 1, 2026 Spanish
October 8, 2026 English
October 15, 2026 Creole

October is all about Fire Safety, Carbon Monoxide Awareness, and Halloween Safety!
Home Fire Safety
Home fires can start and spread quickly, making preparation especially important. We’ll talk about creating and practicing a Family Fire Escape Plan, identifying safe exits, and helping children understand what to do in an emergency. Schools practice fire drills-does your family practice a home fire drill?

Carbon Monoxide Safety
Carbon monoxide is often called the “silent killer”because yu cannot see, smell, or taste it. Learn how carbon monoxide can enter the home, how to recognie potential dangers, and why propery installed and mainted carbon monoxide alarms are important part of keeping your family safe.

Halloween Safety
BOO! Halloween should be spooky and fun not unsafe! We’ll share simple tips to help children enjoy the holdiay safely, including costume safety, visibility while trick or treating, pedestrian safety, adult supervision, and safe choices while walking through neighborhoods.

COMMUNITY EVENTS

Event: [Community Immunization](#)
Dates: October 15, 2026 8am - 12pm
Place: Puerta Del Cielo, 709 N F Street, Lake Worth Beach FI 33460
PBHD comes out every thirld Thursday of the month to provide families with necessary immunizations for their children..
Sponsored by Palm Beach Health Department

Event: [Palm Beach County Sheriff’s Office 5th Annual Trunk or Treat](#)
Dates: October 22, 2026 5:30pm - 8pm
Place: Samuel J Ferreri Community Park, 2905 Jog Road, Greenacres FI 33467
Gota catch ‘em all! Look for a hidden pokeball and redeem it for a special surprise
Sponsored by Palm Beach County Sheriff’s Office

Event: [Little Scream](#)
Dates: October 30, 2026 6pm - 9pm
Place: Bryant Park
Join us for the Little Scream Trunk or Treat, enjoy a safe and spook- tacular evening filled with candy, costumes, decorated vehicles, music, and family fun.
Sponsored by City of Lake Worth Beach

OCTOBER '26



CAPACITY BUILDING WORKSHOPS

PARENT/CHILD ACTIVITIES

SAFETY WORKSHOPS

FAMILY LITERACY

COMMUNITY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01 <u>Books, Arts & Crafts</u> (E/S) 10:00 am-11:30 am <u>Fire Safety & Home Drills Wksp</u> ZOOM (S) 1:00 pm-2:00 pm <u>Brilliant Minds</u> 3:30 pm-5:30 pm <u>College Prep</u> 5:30 pm- 7:30 pm	02 <u>Car Seat Installation</u> (E/S) 10:00 am-1:00 pm (By Appointment)	03
05	06 <u>Abriendo Puertas/</u> <u>Opening Doors</u> ZOOM (S) 10:00 am-12:00 pm <u>Brilliant Minds</u> 3:30 pm-5:30 pm <u>College Prep</u> 5:30 pm- 7:30 pm	07 <u>Brilliant Minds</u> 3:30 pm-5:30 pm	08 <u>Raise Me Up</u> 10:00 am- 11:30 am (Registered Only) <u>Fire Safety & Home Drills Wksp</u> ZOOM (E) 1:00 pm-2:00 pm <u>Brilliant Minds</u> 3:30 pm-5:30 pm <u>College Prep</u> 5:30 pm- 7:30 pm	09 <u>Ambassadors Meeting</u> 10:00 am-12:00 pm	10 <u>Hispanic Heritage Event</u> 10:00 am - 1:00 pm
12	13 <u>Bilingual Storytime</u> (E/S) (Literacy) 10:30 am- 11:30 am <u>Brilliant Minds</u> 3:30 pm-5:30 pm <u>College Prep</u> 5:30 pm- 7:30 pm	14 <u>Brilliant Minds</u> 3:30 pm-5:30 pm	15 <u>Brilliant Minds</u> 3:30 pm-5:30 pm <u>Bookmobile</u> 4:00 pm-4:45 pm <u>College Prep</u> 5:30 pm- 7:30 pm "Wear Purple"	16 <u>Car Seat Installation</u> (E/S) 10:00 am -1:00 pm (By Appointment) <u>The Mirror</u> (Registration Only) 10:00 am-12:00 pm <u>Food Distribution</u> 10:00 am (Until Supplies last)	17
19	20 <u>Abriendo Puertas/</u> <u>Opening Doors</u> ZOOM (E) 6:00 pm- 8:00 pm <u>Brilliant Minds</u> 3:30 pm-5:30 pm <u>College Prep</u> 5:30 pm- 7:30 pm	21 <u>Brilliant Minds</u> 3:30 pm-5:30 pm <u>Latinos Fuertes en Acción/</u> <u>Be the Change</u> (MEN ONLY) 6:30 pm-8:30 pm	22 <u>Exploring Our World</u> 10:30 am -11:30 am (Registered Only) <u>Brilliant Minds</u> 3:30 pm-5:30 pm <u>College Prep</u> 5:30 pm- 7:30 pm "Wear Purple"	23 <u>Caridad Mobile Health Unit</u> 9:00 am-3:00 pm	24 <u>Spooky Springs/</u> <u>Village of Palm Springs</u> 6:00 pm- 9:00 pm
26	27 <u>Brilliant Minds</u> 3:30 pm-5:30 pm <u>College Prep</u> 5:30 pm- 7:30 pm	28 <u>Raise Me Up</u> 10:30 am- 11:30 am <u>Brilliant Minds</u> 3:30 pm-5:30 pm	29 <u>Brilliant Minds</u> 3:30 pm-5:30 pm <u>Bookmobile</u> 4:00 pm-4:45 pm <u>College Prep</u> 5:30 pm- 7:30 pm	30 <u>Renacer Mujer/Safe &</u> <u>Strong</u> 10:00-12:00 pm	31

Did You Know That:

October is the month for domestic violence. Here are some factors:
Every 9 seconds, a woman in the U.S. is assaulted or beaten.
1 in 3 women and 1 in 4 men experience intimate partner physical abuse.
Domestic violence is most common among women ages 18-34.
Only about half of intimate partner violence is reported.
Florida's Abuse hotline:
1-800-799-7233

October is
BREAST
CANCER
Awareness Month

October is
DOMESTIC
VIOLENCE
Awareness Month

Family Impact Palm Beach County
BRIDGES at Lake Worth West

MAIN OFFICE:
2411 10th Ave. N.
Lake Worth, FL 33461
Phone: 561-649-9600

ACTIVITY CENTER:
BRIDGES at Lake Worth West
2407 10th Ave. N.
Lake Worth, FL 33461

MONDAY-FRIDAY
9:00 AM - 5:00 PM

www.familyimpactpbc.org
Facebook@familyimpactpbc.org

OCTOBER 2026 HIGHLIGHTS

WORKSHOPS

“With Survivors Always”

PARENT CHILD ACTIVITY

Event: [RAISE ME UP \(PARENTS AND CHILDREN\)\(E/S\)](#)
Date: Thursday, October 8th 10:00 am-11:30 am (Registration Only)
Place: BLWW Activity Center
2407 10th Ave. N., Lake Worth, FL 33461

Join us for this parent-child class to practice fine and gross motor skills and promote social and emotional health, problem-solving, and communication.
Sponsored by BRIDGES

Event: [RAISE ME UP \(PARENTS AND CHILDREN\)\(E/S\)](#)
Date: Wednesday, October 28th 10:30 am - 11:30 am
Place: Palm Springs Library
217 Cypress Ln, Palm Springs, FL 33461

Join us for this parent-child class to practice fine and gross motor skills and promote social and emotional health, problem-solving, and communication.
Sponsored by BRIDGES & Palm Springs Library

Event: [EXPLORING OUR WORLD \(E/S\)](#)
Date: Thursday, October 22nd 10:30 am – 11:30 am (Registration Only)
Place: Early Learning Coalition
1630 S. Congress Ave. Ste 300, Palm Springs, FL 33461

This is a perfect opportunity to interact with your children, explore our world, and promote skills through activities for healthy development.
Sponsored by BRIDGES and ELC.

FAMILY LITERACY

Event: [BILINGUAL STORY TIME \(E/S\)](#)
Date: Tuesday, October 13th 10:30 am-11:30 am
Place: Lantana Road Branch Library
4020 Lantana Rd., Atlantis, FL 33462

PBC Library System will host a one-hour activity encouraging parents to read and do activities with their kids so they can learn new words and increase their love of reading.
Sponsored by Lantana Road Branch Library.

SAFETY WORKSHOPS

Event: [FIRE SAFETY & HOME FIRE DRILLS WKSP. \(ZOOM\)](#)
Date: Thursday, October 1st, 1 pm – 2 pm Spanish
Thursday, October 8th 1 pm – 2 pm English

Come learn the different types of car seats, state laws, as well as the next steps for your child. September is the time to focus on educating our families on how we can keep our children safe and properly restrained in vehicles. We will discuss tools and resources to help keep your kids safe in cars.
Sponsored by Safe Kids of PBC.

Event: [CARSEAT INSTALLATION \(E/S\)](#)
Date: Friday, October 2nd & 16th 10:00 am - 1:00 pm
Parents with questions, concerns, or who need a car seat will be guided by phone by our car seat technician. Please call us at 561-649-9600 so we can best assist you!
Sponsored by BRIDGES.

CAPACITY BUILDING WORKSHOPS

Event: [ABRIENDO PUERTAS/OPENING DOORS \(ZOOM\)](#)
Date: Tuesday, October 6th 10:00 am-12:00 pm Spanish
Tuesday, October 20th 6:00 pm- 8:00 pm English
Place: BLWW Activity Center
2407 10th Ave. N., Lake Worth, FL 33461

A program for parents and children ages 0-5. AP/OD supports parents as their child’s first teacher through fun activities, learning together, and building strong family connections that support early development. Sponsored by BRIDGES

Event: [BOOKS, ARTS AND CRAFTS \(E/S\)](#)
Date: Thursday, October 1st 10:00 am—11:30 am
Place: BLWW Activity Center
2407 10th Ave. N, Lake Worth, FL 33461

Parents read books about morals and values. They create beautiful arts and crafts and build new skills, which gives them a sense of achievement and confidence.
Sponsored by BRIDGES

Event: [AMBASSADORS MEETING \(Ambassadors Only\)](#)
Date: Friday, October 9th 10:00 am– 12:00 pm
Place: BLWW Activity Center
2407 10th Ave. N., Lake Worth, FL 33461

Invited members will join our Bridges at Lake Worth West Ambassadors group. They will be encouraged, motivated, and trained to continue developing their leadership skills.
Sponsored by BRIDGES.

Event: [THE MIRROR \(Registration Only\)](#)
Date: Friday, October 16th 10:00 am– 12:00 pm
Place: BLWW Activity Center
2407 10th Ave. N., Lake Worth, FL 33461

See your value and improve your self-image before you can reach your full potential or lead others effectively.
Sponsored by BRIDGES

Event: [LATINOS FUERTES EN ACCIÓN/BE THE CHANGE \(E/S\)](#)
(MEN ONLY)
Date: Wednesday, October 21st 6:30 pm-8:30 pm
Place: BLWW Activity Center
2407 10th Ave. N., Lake Worth, FL 33461

Come join a circle of hard-working men and fathers. They are willing to share their knowledge and empower others.
Sponsored by BRIDGES.

Event: [RENACER MUJER/SAFE & STRONG \(E/S\)](#)
Date: Friday, October 30th 10:00 am-12:00 pm
Place: BLWW Activity Center
2407 10th Ave. N., Lake Worth, FL 33461

Join a wonderful group of women to share important topics, enjoy social time and activities, and celebrate the year’s highlights together. To stay strong, you are worthy, you are not alone, and you have the strength to choose a life free from abuse.
Sponsored by Be Well PBC

COMMUNITY EVENTS

Event: [BRILLIANT MINDS PROGRAM](#)
Date: Tuesdays, Wednesdays, Thursdays, 3:30 pm- 5:30 pm
Place: BLWW Activity Center
2407 10th Ave. N., Lake Worth, FL 33461

Through our homework assistance, STEAM (Science, Technology, Engineering, Arts, and Math), and Reading, we offer help and support to the kids in our community (1st grade through 5th grade) with their academics. Sponsored by PBSO.

Event: [COLLEGE PREP](#)
Date: Tuesdays & Thursdays 5:30 pm– 7:30 pm
Place: BLWW Activity Center
2407 10th Ave. N., Lake Worth, FL 33461

This program is offered to assist high school students in 9th to 12th grade in strengthening their academic skills, helping with college entry, and much more.
Sponsored by Cornelia T. Bailey, CFPBMC & CSC.

Event: [FOOD DISTRIBUTION \(RBI\)](#)
Date: Friday, October 16th 10:00 am (UNTIL SUPPLIES LAST)
Place: Bethel Assembly of God (Church)
4320 S. Congress Ave., Palm Springs, FL 33461

Stop by to receive canned goods, fruit, and more while supplies last.
Sponsored by BRIDGES, PBSO & Restoration Bridge Intl.

Event: [HISPANIC HERITAGE EVENT](#)
Date: Saturday, October 10th, 2026 10:00 am-1:00 pm
Place: Salvation Army
4001 Kirk Rd., Lake Worth Beach, FL 33461

You are invited to experience the cultures of Latin countries. Join us for a fun-filled day, plus a chance to see our artifacts and more. Bring the whole family.
Sponsored by BRIDGES

Event: [CARIDAD MOBILE HEALTH CLINIC](#)
Date: Friday, October 23rd 9:00 am-3:00 pm
Place: BLWW Activity Center
2407 10th Ave. N., Lake Worth, FL 33461

Caridad’s mobile health unit will provide free health screenings and will check your blood pressure and glucose levels at no cost–no appointment needed.
Sponsored by Caridad Center and BRIDGES

Event: [PBC LIBRARY BOOKMOBILE](#)
Date: Thursday, October 15th & 29th 4:00 pm-4:45 pm
Place: BLWW Activity Center
2411 10th Ave. N., Lake Worth, FL 33461

A mobile library that brings books and educational resources directly to communities
Sponsored by PBC Library System.

Event: [SPOOKY SPRINGS VILLAGE OF PALM SPRINGS](#)
Date: Saturday, October 24th 6:00 pm- 9:00 pm
Place: Village of Palm Springs
226 Cypress Ln., Palm Springs, FL 33461

Join us for a spooky spring-into-it event filled with Halloween fun, free resources, and community celebration. Sponsored by the Village of Palm Springs Parks & Recreation.

OCTOBER 26



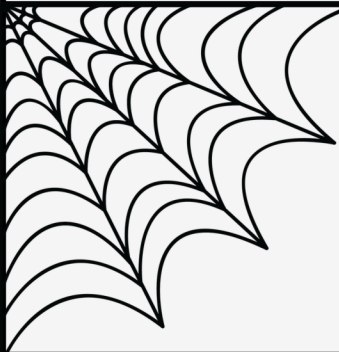
CAPACITY BUILDING WORKSHOPS

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

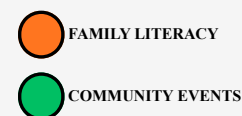
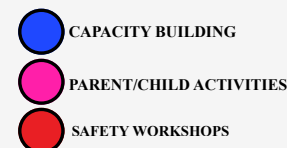
COMMUNITY EVENTS

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

OCTOBER 2026



MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
			01 TALK TO THE NURSE 6:00PM-7:00PM	02	03
05	06	07	08 SAFETY SERIES FIRE & HOME SAFETY 1:00PM VIA ZOOM	09	10
12 THE CAVE AVDA (DINNER PROVIDED) 6:30PM-8:00PM	13 RAISE ME UP PAINT W/ NUMBERS 5:30PM-7:00PM WASHINGTON ELEM. SAC MEETING 5:30PM	14	15 NATIONAL WEAR PURPLE FOR DOMESTIC VIOLENCE SAFETY SERIES FIRE & HOME SAFETY (CREOLE) 1:00PM VIA ZOOM	16	17 RAISE ME UP TRICK OR TREAT TREASURE HUNT 10:00AM-11:00AM LITERACY HOUR 11:00AM-12:00PM
19	20 APOD 6:00PM-8:00PM VIA ZOOM DR.MARY MCLEOD BETHUNE ELEMENTARY SAC MEETING 5:30PM	21 FAMILY READ ALOUD RIVIERA BEACH LIBRARY SPOOKTACULAR 6:00PM-7:00PM	22 NATIONAL WEAR PURPLE FOR DOMESTIC VIOLENCE IT'S A GIRL THING "STOP THE VIOLENCE" (LUNCH PROVIDED) 11:00AM-1:00PM	23	24
26 THE CAVE (DINNER PROVIDED) 6:30PM-8:00PM	27	28	29	30 TRUNK OR TREAT 9:30AM-10:30AM 	31

DID YOU KNOW

About **1 in 3** women and About **1 in 4** men report having experienced severe physical violence from an intimate partner in their lifetime.

SAFETY TIPS

- JOIN KIDS UNDER AGE 12 FOR TRICK-OR-TREATING
- CARRY GLOW STICKS OR FLASHLIGHTS
- USE REFLECTIVE TAPE OR STICKERS ON COSTUMES AND BAGS
- WEAR LIGHT COLORS TO HELP KIDS SEE AND BE SEEN BY DRIVERS.

BRIDGES AT RIVIERA BEACH

4152 W. Blue Heron Blvd.
 Ste. 227-228
 Riviera Beach, FL 33404
 PHONE: 561-899-1644
 MONDAY-FRIDAY
 9:00am-5:00pm

Offering parental support and activities for children ages (0-8 yrs.) and families
www.bridgespbc.org/riviera-beach
 Facebook@BridgesRiviera

OCTOBER 2026 HIGHLIGHTS

WITH SURVIVORS ALWAYS

Parent Child Activity

EVENT: **RAISE ME UP PAINT WITH NUMBERS**

DATE: TUES., OCT., 13TH, 2026 5:30PM-7:00PM

PLACE: BRIDGES AT RIVIERA BEACH

Join us for a fun filled activity for children as they get a chance to create their very own art. This activity promotes children's fine motor skills which develops their little muscles in those little hands.

EVENT: **RAISE ME UP TRICK OR TREAT TREASURE HUNT**

DATE: SAT., OCT., 17TH, 2026 10:00AM-11:00 AM

PLACE: BRIDGES AT RIVIERA BEACH

During this activity you and your child will go hunting. While your children are looking for items in the hunt, they will be working on developing the problem solving skills. parents will learn ways to make learning fun through play.

Family Literacy



EVENT: **LITERACY HOUR**

DATE: SAT., OCT., 17TH, 2026 11:00AM

PLACE: BRIDGES AT RIVIERA BEACH

During the Happily Ever After **Parent and Child Together (P.A.C.T)** moment, parents are provided with helpful reading facts and hands-on, interactive strategies that they can easily implement at home with their children.

EVENT: **FAMILY READ ALOUD**

DATE: WED., OCT., 21ST, 2026 6:00PM-7:00 PM

PLACE: RIVIERA BEACH LIBRARY

2129 N. CONGRESS AVE. RIVIERA BEACH, FL

Join us for a fun filled evening while reading stories, filled with laughter and joy. The adventures await you as you turn the page with us for **Family Read Aloud Night, at Riviera Beach Public Library.**

Capacity Building Workshops

EVENT: TALK TO THE NURSE

DATE: THURS., OCT., 1TH, 2026 6:00PM-7:00PM

PLACE: BRIDGES AT RIVIERA BEACH

This ongoing workshop prepares expectant parents to have a healthy birth and informs parents with babies up to 6 months old about healthy development after baby's arrival.



EVENT: THE CAVE

DATE: MON., OCT., 12TH & 26TH, 2026

6:30PM-8:00 PM

PLACE: BRIDGES AT RIVIERA BEACH

Join us as we express and discuss the different emotional and physical needs that men deal with on a daily. As **FATHER'S (men)**, you are **IMPORTANT** in the lives of your children and families. Come together with other father's (men) as we support each other to be the **BEST** we can be!



EVENT: NATIONAL WEAR **PURPLE** DAY

DATE: THURS., OCT., 15TH & 22ND 2026

PLACE: EVERYWHERE

PURPLE THURSDAY or "**GO PURPLE DAY**" is a national day of action. **October is Domestic Violence Awareness** month. Everyone is encouraged to wear all things **purple** as symbol of peace, courage, survival, honor, and personal dedication to domestic violence awareness.



EVENT: IT'S A GIRL THING

DATE: THURS., OCT., 22ND, 2026

11:00AM - 1:00 PM

PLACE: BRIDGES AT RIVIERA BEACH

Join us for a very sensitive yet important informational session on **Domestic Violence** in our homes and communities. Come and gather information, form support systems that will have a positive impact on you, your family and community.

Workshops

Safety Workshops

EVENT: HALLOWEEN SAFETY

DATE: THURS., OCT., 8TH, 2026 1:00PM

THURS., OCT., 15TH, 2026 1:00PM (CREOLE)

PLACE: ZOOM

<https://zoom.us/j/684658497pwd=L0JEMm4rSGFPd3RSTFU2UU5kTFRkQT09>

BOO! Who loves dressing up for Halloween. Please join us in learning the different ways and tips on how we can keep our children safe during this holiday season. We will be talking about costume safety and ways to keep and make sure your little ones are seen and safe while out trick or treating.



Community Events

EVENT: SCHOOL ADVISORY COUNCIL

DATE: TUES., OCT., 13TH, 2026 5:30PM

PLACE: WASHINGTON ELEMENTARY

1709 W. 30TH ST., RIVIERA BEACH, FL 33404

Parents! You can learn a lot by attending your school's SAC meeting. Be Proactive! Get involved!

EVENT: SCHOOL ADVISORY COUNCIL

DATE: TUES., OCT., 20TH, 2026 5:30PM

PLACE: DR. MARY MCLEOD BETHUNE ELEMENTARY

1501 AVENUE U, RIVIERA BEACH, FL 33404

Parents! You can learn a lot by attending your school's SAC meeting. Be Proactive! Get involved! Meeting location Media Center.



EVENT: TRUNK OR TREAT

DATE: FRI., OCT., 30TH, 2026 9:30AM-11:30 AM

PLACE: ATKINS TLC

2721 RJ HENDLEY AVE.

RIVIERA BEACH, FL. 33404

This event is not open to the public for safety and security for children and staff.

OCTOBER '26



CAPACITY BUILDING WORKSHOPS

PARENT/CHILD ACTIVITIES

SAFETY WORKSHOPS

FAMILY LITERACY

COMMUNITY EVENTS

MONDAY	TUESDAY	WEDNESDAY	THURSDAY	FRIDAY	SATURDAY
28	29	30	01	02 Bridge Mart Starts 10:00am Appointment Only	03
05	06 Open Doors Spanish 10:00am Zoom	07 House Calls w/FAU 6:00pm Zoom Circles Community Room (Closed Group)	08 Woman to Woman Domestic Violence Awareness 6:00pm	09 Halloween and Pedestrian Safety Facebook Live 1:00pm	10
12	13 Open Doors Creole 10:00am Zoom Pleasant City SAC Meeting Zoom 5:00pm	14 Community Tutoring 5:30pm Community Room	15 Wear Purple Raise Me Up Growing Together 6:00pm 1-3 y/o	16  Car Seat Installation Bridge Mart Starts 10:00am Appointment Only	17 Free Mammogram U.B. Kinsey Center 9:00-2:00pm
19 Literacy Adventure Time Night 6:00pm Mandel Library Safety Series	20 Open Doors English 6:00pm Zoom	21 Circles Community Room (Closed Group) Roosevelt SAC Meeting 5:30pm	22 Wear Purple Raise Me Up Learning Side by Side 6:00pm 4-5 y/o	23	24
26 What's in Your Community Orientation 5:30pm Zoom	27	28 Community Tutoring 5:30pm Community Room	29 Raise Me Up Baby Talk 6:00pm Pregnant- 1 y/o	30	31 

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

BRIDGE MART
Bridge Bucks Only
September 4th and 18th
10:00-2:00
Appointments Only



OCTOBER 2026 HIGHLIGHTS

WE STAND WITH SURVIVORS

COMMUNITY EVENTS

Sojourners With Healing Hearts
6th Annual Community Affair
Schedule Your Mammogram
October 17th 9:am- 2:00pm
720 8th Street
West Palm Beach, FL 33401

Community Tutoring
U.B. Kinsey Center
Wednesday, October 14th and 28th
5:30PM

FAMILY LITERACY

Family Literacy
Enhanced Parent-Child activities designed to focus on gross motor skills and problem solving. We will share adventures in learning.
Date: October 19th
Time: 6:00pm
Mandel Library

SAFETY WORKSHOPS

Halloween and Pedestrian Safety
October 9th
Facebook Live 1:00pm
Safe Kids

WORKSHOPS

PARENT CHILD ACTIVITY

Event: : Baby Talk RSVP required (Pregnant -1 year old)
Date: October 29th
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: October 15th
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: Raise me up: Learning Side by Side (Ages 4-5)
Date: October 22nd
Time: 6:00PM Community Room
Summary: Parent -Child activities designed to focus on gross motor skills and problem solving. Families will navigate the newly formed independence .

CAPACITY BUILDING WORKSHOPS

Woman to Woman
Domestic Violence Awareness
October 8th RSVP
6:00pm
APOD/OPEN DOORS
Trains parents to act as primary advocates and educational leaders to their children.
October 6, 13 and 20th

Event: House calls with FAU RSVP required
Date: September 2nd
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: What's In your Community Orientation
Date: September 21st
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: Circles Group RSVP required
Date: September 2nd and 16th
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.