<table>
<thead>
<tr>
<th>Date</th>
<th>Mon</th>
<th>Tue</th>
<th>Wed</th>
<th>Thu</th>
<th>Fri</th>
<th>Sat</th>
</tr>
</thead>
<tbody>
<tr>
<td>3</td>
<td>English 101 9:00am - 10:30am</td>
<td>Raise Me Up 11:00am - 12:30pm, SAC Meeting 5:30pm - 7:00pm</td>
<td>English 101 9:00am - 10:30am</td>
<td>CLOSED due to All Staff Meeting</td>
<td>Data Entry &amp; Paperwork 8:30am - 5:00pm (Appt. Only)</td>
<td>Motivating Mommies 11:00am - 1:00pm</td>
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<tr>
<td>10</td>
<td>English 101 9:00am - 10:30am, Mujeres Libres 11:00am - 12:00pm, Man UP 6:00pm - 7:30pm</td>
<td>A Write to READ 11:00am - 12:30pm</td>
<td>English 101 9:00am - 10:30am, Safety Series 5:30pm - 7:00pm</td>
<td>It’s Your Birthday 11:00am - 12:30pm, Father Daughter Dance (Northmore Cafeteria) 5:00pm - 7:00pm</td>
<td>Partnership Luncheon (Invite ONLY) 12:00pm - 2:00pm</td>
<td>BRIDGES OPEN 10:00am - 2:00pm</td>
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<tr>
<td>17</td>
<td>English 101 9:00am - 10:30am, Tummy Time 11:00am - 12:30pm</td>
<td>Raise Me Up 11:00am - 12:30pm</td>
<td>English 101 9:00am - 10:30am, ECLC Meeting 3:30pm - 4:30pm</td>
<td>Family Day 11:00am - 12:30pm, Family Night 5:30pm - 7:00pm</td>
<td>Data Entry &amp; Paperwork 8:30am - 5:00pm (Appt. Only)</td>
<td>BRIDGES OPEN 10:00am - 2:00pm</td>
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<tr>
<td>24</td>
<td>English 101 9:00am - 10:30am</td>
<td>Helmet Install /Inspection 11:00am - 1:30pm, Car Seat Inspection 3:00pm - 5:00pm</td>
<td>English 101 9:00am - 10:30am</td>
<td>Know Your Resources 11:00am - 12:30pm</td>
<td>Data Entry &amp; Paperwork 8:30am - 5:00pm (Appt. Only)</td>
<td>The SHOP 11:00am - 1:00pm</td>
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**“It Starts at Home!”**

Parenting is one of the most rewarding and challenging responsibilities a person can have. BRIDGES offers tools to aid parents with parenting, child development, knowledge and skill building.

**Motorized & Other Wheels**

DID YOU KNOW?
Don’t use your cell phone while driving. If you absolutely have to then pull over in a safe location. Never use text messaging, email function, video games or the internet, including those built into the vehicle while driving.
**FEBRUARY 2020 HIGHLIGHTS**

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

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**“Motorized & Other Wheels”**

**PARENT/CHILD ACTIVITIES**

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

**Create Love: From My Heart to My Hands**
Let’s create love. During this activity your child will work on strengthening their fine motors by making a heart. In strengthen those little fingers, children spread their love to the adults. Come feel the love.

**Tuesday, February 18th:**
**Sorting Time:** Let the sorting begin! During this activity each parent and child will find matching items (balls, teddy bears and toys). This will help your child increase their problem-solving skills and develop self-confidence. Come join in the fun!

**It’s Your Birthday**
**Event:**
**Date:** Thursday, February 13th, 2020
**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 February, come out and let your BRIDGES family sing Happy Birthday to you! If your birthday is not in the month of February, you may still participate with your family.

**A Write to Read**
**Event:**
**Date:** Tuesday, February 11th, 2020
**Time:** 11:00am – 12:30pm
**Place:** BRIDGES at Northwood

We will promote reading and writing with your pre-school aged children by introducing them to a classroom activity book called, “Kids against Bullying.” We will have fun learning about our feelings and create new ways of learning through an activity called, “Take the Pledge” - a pledge against bullying!

**Tummy Time**
**Event:**
**Date:** Monday, February 17th, 2020
**Time:** 11:00am – 12:30pm
**Place:** BRIDGES at Northwood

Tummy Time is essential from day one to help your baby grow strong muscles! It can help improve hand control, decrease reflux, improve motor skills and development, and encourage a bond between baby and family.

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**WORKSHOPS**

**Event:**
**English 101 - De Porres Place, Inc.**
**Date:** Every Monday AND Wednesday
**Time:** 9:00am - 10:30am
**Place:** BRIDGES at Northwood

Let us help you improve your English skills... These adult group sessions are FREE, and you will receive a packet of materials each time you attend to take home and use as a resource. You do not need to speak English to attend. We are ONLY accepting 10 members (you MUST sign up), you must be on time and you can NOT miss any classes.

**Event:**
**Safety Series—Motorized & Other Wheeled Safety**
**Date:** Wednesday, February 12th, 2020
**Time:** 5:30pm – 7:00pm
**Place:** BRIDGES at Northwood

Skating and skateboarding can increase balance, agility, coordination and reaction time. It is also fun. With plenty of practice and these safety tips, your kids can roll smart and safe.

**Event:**
**ECLC Meeting**
**Date:** Wednesday, February 19th, 2020
**Time:** 3:30pm – 4:30pm
**Place:** BRIDGES at Northwood

At this meeting, we will discuss what actions our ECLC team can take that will ultimately result in our children better prepared for Kindergarten!

**Event:**
**Helmet & Car Seat Inspection**
**Date:** TUESDAY, February 25th, 2020
**Time:** 11:00am - 1:30pm (Helmet Install/Inspection)
**Time:** 3:00pm - 5:00pm (Car Seat Installation)
**Place:** BRIDGES at Northwood

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. Ailena at 561-840-3106 to schedule your appointment today. Ms. Ailena is a certified helmet technician.

If you would like to purchase a car seat for $35.00 or you would like Ms. Ailena to make sure it is properly installed. Feel free to call Ms. Ailena at 561-840-3106 to schedule your appointment today. Ms. Ailena is a certified car seat technician.

**Event:**
**Motivating Mommies - English ONLY**
**Date:** Saturday, February 8, 2020
**Time:** 11:00am - 12:30pm
**Place:** BRIDGES at Northwood

A collective group of women in our community will meet monthly to discuss hot topics and community resources. This group was formed from our Summer Reading English session.

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**WORKSHOPS**

**Event:**
**Family Day & Night: Safety Driving Habits**
**Date:** Thursday, February 20th, 2020
**Time:** 11:00am - 12:30pm
**Time:** 5:30pm – 7:00pm
**Place:** BRIDGES at Northwood

We live busy lives, and our cars are an important part of making it all happen. For some of us, they’re practically part of the family. And with a little information and a few simple steps, you can keep your children safe and sound in and around cars from the time they’re in their first car seat to the time they get behind the wheel.

**Event:**
**Women's Group (Mujeres Libres)**
**Date:** Monday, February 10th, 2020
**Time:** 11:00pm - 12:30pm
**Place:** BRIDGES at Northwood

**“Wear RED and receive 40 Bonus Points”**

The women’s group is intended to be a safe place where women in the community can come together to share their ideas and experiences. The goal of the group is to empower them to speak out for themselves and their families becoming leaders in their community.

**Event:**
**Know Your Resources**
**Date:** Thursday, February 27th, 2020
**Time:** 11:00am - 12:30pm
**Place:** BRIDGES at Northwood

Come learn about resource that is offered to you in the Community.

**Event:**
**The SHOP**
**Date:** Saturday, February 29, 2020
**Time:** 11:00am - 1:00pm
**Place:** BRIDGES at Northwood

The “SHOP” is a program to keep you involved within the BRIDGES program. You attend events and redeem points to purchase new and used items at the end of each month. SAVE your CASH and use your monthly STASH!

Facebook: BRIDGES Northwood
If you can’t attend our classes, feel free to attend any of our 10 BRIDGES Locations. Checkout the link below.

Website: www.bridgesofpbc.org