



170 S. Barfield Hwy. #102
Pahokee, Florida 33476
Phone: (561) 899-1650
Fax: (561) 598-5676
Contact: Arisbet Paniagua
Website: www.gocpg.org

January 2012 Highlights

Community Events

Event: "And the Beat Goes On" – The Future for Healthy Hearts
Date: Tuesday, January 31, 2012
Time: 6:00pm to 8:00pm
Place: Bridges at Pahokee - 170 S. Barfield Hwy. #102

The Future for Healthy Hearts begins with you! January is National Birth Defects Prevention Month. Bridges at Pahokee will host our monthly community forum with a focus on helping residents to take positive steps to reducing the risk of congenital heart defects. Our goal is to make the public aware of both possible prevention measures and early detection steps. We all can play a role in preventing birth defects, small steps like taking time to learn more and sharing what you know with others will go a long way. Do your part to ensure that babies in Pahokee are born healthy and that ***The Beat Goes On.*** Sign up today.

Ages & Stages: Activities for Parents & Children

Event: "Right Start Academy" – ASQ Skill Builders
Date: Tuesdays & Thursdays, January 3-31, 2012
Time: 10:00am to 12:00noon
Place: Pahokee Housing Authority Padgett Comm. Ctr. – 899 Padgett Circle

Date: Wednesdays January 4-25, 2012
Time: 10:00am to 12:00noon
Place: Bridges at Pahokee - 170 S. Barfield Hwy. #102

Join us at **Bridges** or at **Padgett Community Center** while there is still space. We are currently enrolling students for Right Start Academy. Strengthen your child's development in the five key areas such as communication, gross motor, fine motor, problem solving, and personal-social development. Our time together will be filled with activities designed around the ages and stages of growing children. We will have several fun activity stations set up for your learning and playing enjoyment. Interactive activities are what it's all about! Space is limited so **call (561) 899-1650 to enroll. This is a limited enrollment event.**

Event: Make-n-Take Tuesdays: "Arts & Crafts"
Date: Tuesday, January 17, 2012
Time: 12:00noon to 1:00pm
Place: Pahokee Housing Authority Padgett Comm. Ctr. – 899 Padgett Circle

Its arts and crafts time!! This is a family affair. Let's get together and make something special to take home and show off to your friends and family members. This is a monthly event so if you have something in mind that you would like the group to make, feel free to suggest it! This is a special parent child activity for the parents and children of Right Start Academy. **Space is limited so call 561-899-1650 to register!**

Event: Cooking With Kids - "It's a Wrap"
Date: Thursday, January 19, 2012
Time: 5:00pm to 7:00pm
Place: Bridges at Pahokee - 170 S. Barfield Hwy. #102

Do you want to have some nutritious food fun? Do you want to help your child practice fine motor skill development in a yummy way? Well Cooking with Kids is back with a new theme! Its time to make burritos! Wrap up this yummy treat with various ingredients that will be on display, buffet style. Don't miss it. Wrap up a tasty serving of math, language and social skills which are added free of charge. RSVP today!!!! Space is limited. **Call (561) 899-1650.**

Family Literacy

Event: Family Literacy Power Hour "Three Bill Goat Gruff"
Date: Saturday, January 14, 2012
Time: 11:00am to 12:00noon
Place: *Loula V. York Library*- 525 Bacom Point Road Pahokee, Fl. 33476

The Bridges at Pahokee in conjunction with the Palm Beach County Library System will continue to support imagination, literacy, and learning by reading "**Three Bill Goat Gruff**" After reading the story, parents and children will engage in activities to strengthen gross motor skills through active play. We will strengthen fine motor skills through arts and crafts activities! Space is limited so **call (561) 899-1650 to register.**

Event: Spanish Family Story Time – "Twinkle, Twinkle Little Star"
Date: Wednesday, December 18, 2011
Time: 5:30pm to 7:00pm
Place: *Loula V. York Library* - 525 Bacom Point Road, Pahokee, Fl.

Twinkle, Twinkle a Little bit of Mozart!!! Please join the Bridges at Pahokee for another enjoyable family literacy event. This month we will celebrate the birthday of Wolfgang Mozart as we explore the Twinkle, Twinkle Little Star and the music of this great composer and child prodigy. This literacy event will include a short presentation and music movement activity. Come out and learn something new about an old familiar nursery rhyme. **Contact us at 899-1650 to register.**

Parent Education & Supports

Event: Tips for Positive Parenting "That's My Kid!"
Date: Wednesday, January 25, 2012
Time: 6:00pm to 7:00pm
Place: Bridges at Pahokee - 170 S. Barfield Hwy. #102

"That's My Kid!" Join other proud parents as we explore all the things that parents may experience trying to raise children who feel great about themselves. The "TIPS" group provides an opportunity for parents to come together and share their experiences of being a parent. Positive parenting is an approach to parenting that aims to promote children's development and manage children's behavior in a constructive and non-hurtful way. It's based on good communication and positive attention to help children develop. Join us for fun and conversation in a safe, secure setting. Space is limited so **call (561) 899-1650 to register.**
Child Watch available.

Event: All Pro Dad's Day- "Monthly Breakfast"

Date: TBA
Time: 10:00am to 11:00am
Place: United Methodist

All Pro Dad's Day is a simple idea with a profound impact. It's a one-hour monthly breakfast held on a Saturday where fathers and their children meet with other dads and kids. During this time, they discuss a wide range of family topics, spend time together, create fun memories, and are equipped with resources to strengthen their relationship.

Event: Mind Over Matter M.O.M.

Date: Thursdays, January 12 & 26, 2012
Time: 5:00 pm – 7:00 pm
Place: Bridges at Pahokee - 170 S. Barfield Hwy. #102

M.O.M. is a youth resident engagement, designed by youth for youth. The program that provides a safe, nurturing environment that empowers pregnant and parenting teenage girls to identify and to reach or exceed academic, emotional, and social goals and to develop skills for effective parenting by learning to make choices that have positive effects on their lives. The teen moms have committed to an each one teach one strategy for creating community awareness about the issues and reality of being a teen mom.

Building Communities

Event: Money Matters - "Identity Theft & Your Taxes"

Date: Tuesday, January 10, 2012
Time: 5:30pm to 7:00pm
Place: Pahokee Housing Authority Padgett Comm. Ctr. – 899 Padgett Circle

Tax refund identity theft has increased by 100%. What can you do to reduce your risk of being the next victim? What do I do if someone has stolen my identity to file a tax return? What steps can you take this year as you prepare to file your taxes if you have been a victim of Tax Refund Identity Theft in the past? The staff from the Prosperity Center will provide you with all the tips you need to prepare for the upcoming tax season. Let us show you how. **Contact us at (561) 899-1650 to reserve your spot.**

Event: Dine with the Doctor - "Eat to Beat Diabetes"

Date: Monday, January 23, 2012
Time: 5:30pm to 7:00pm
Place: Pahokee Housing Authority Padgett Comm. Ctr. – 899 Padgett Circle

1 of 4 people will get diabetes. *Learn how to outsmart diabetes.* Even if you're overweight or have a family history of diabetes, you aren't destined to get the disease. Together we will discover how to use diet, portion size, nutritional balance and a range of healthy lifestyle factors to help reduce the diabetes risk. Residents are encouraged to join us for dinner as Dr. Rogers and the team at Florida Community Health Center answer questions & provide the TIPS and tools you need to **beat diabetes. Reserve your seat today by calling (561) 899-1650.**

Adult Education

Event: Family Literacy - "ESOL for Families"

Date: Mon.-Thurs., January 23-31, 2012
Time: 9:00am to 11:00am
Place: TBD

Classes are Forming Now! Registration is now open for the E.S.O.L and Adult Basic Education classes which are forming in the Pahokee area. Classes will meet Monday – Thursday from 9:00 a.m. -11:00 a.m. at Pahokee Elementary. There are no residency requirements to attend classes. A **Kindergarten Readiness Program** is available for the children of the students enrolled in the adult classes. The participating parent must register the child/children and escort the child/children to class daily. Please contact *Bridges at Pahokee* to register today. Class availability depends on enrollment. **Enroll now by calling 899-1650.**