



Connecting Families. Strengthening Communities

a program of  Children's Services Council
Expect Success!

500 Highland Avenue
Lake Worth, FL 33460
Phone: (561) 899-1652
Fax: (561) 202-0560

Website: www.gocpg.org/bridges-at-highland

It takes a Village to Raise a Child Month!!!

Adult Education:

To register for any of the below classes please call (561) 899-1652

Daytime Family Literacy (ESOL Levels 1-6)

Days of the Week: Monday through Thursday

Times: 9:00 a.m. until 12:00 p.m.

Location: Clarke Building, Highland Elementary

Evening General Adult Education (ESOL Levels 1-4)

Days of the Week: Monday through Thursday

Time: 5:30 p.m. until 8:30 p.m.

Location: Clarke Building, Highland Elementary

Volunteer Income Tax Assistance (VITA)

Days of the Week:

- Tuesday, Wednesday, and Thursday
 - 5:00 p.m. until 7:30 p.m.
- Saturday
 - 9:00 a.m. until 12:30 p.m.

Location: Clarke Building, Highland Elementary

Description: Free tax preparation assistance provided through the United Way of Palm Beach County and the IRS. Taxes will be prepared by appointment only, to schedule your appointment please call 561-899-1652.

Event: Triple P Seminar

Date:

- Wednesday February 1st
 - *The Power of Positive Parenting*
- Wednesday February 15th
 - *Raising Confident Competent Children*
- Wednesday February 29th
 - *Raising Resilient Children*

Time: 6:00 p.m. until 8:00 p.m.

Location: Highland Elementary, "Clarke" Building

Description: This series of three seminars will leave parents feeling more confident and competent and ready to deal with common child behavioral and emotional issues. Key areas we know many parents want information and help with will be discussed. Please call to reserve your seat or for more information, 561-899-1652.

Event: Zumba (Dancing Fitness)

Date:

- Wednesday, February 1st
- Wednesday, February 8th
- Wednesday, February 15th
- Wednesday, February 22nd
- Wednesday, February 29th
- Monday, February 6th
- Monday, February 13th
- Monday, February 20th
- Monday, February 27th

Time: 7:00 p.m. until 8:00 p.m.

Location: Highland Elementary, “Clarke” Building

Description: This popular dance based fitness program combines Latin music and easy-to-follow dance moves. This class encourages community members of diverse backgrounds to network, have fun, and be healthy. For more information or to register please call 561-899-1652.

Child Care will be provided

Event: Adult Computer Education Class

Date:

- Wednesday February 1st
- Wednesday February 15th
- Wednesday February 29th
- Wednesday February 8th
- Wednesday February 22nd

Time: 5:30 p.m. – 6:30 p.m.

Location: Highland Elementary, Clarke Building

Description: Bridges at Highland in collaboration with the Guatemalan-Maya Center will provide Adult Computer Education for novice computer users. The classes will be facilitated in English and Spanish. This is a 4 session series with only the first date open to new students. Class size is limited; please call to reserve your seat at 561-899-1652.

Child Care will be provided

Event: Safe Kids; Car Seat Safety Station

Date:

- Friday, February 3rd
- Friday, February 10th
- Friday, February 17th
- Friday, February 24th

Time: 10:00 a.m. until 11:00 a.m.

Location: Highland Elementary, “Clarke” Building

Description: Safe Kids in collaboration with Bridges at Highland will provide weekly car seat fitting stations. Our certified technician will help parents of children still in car or booster seats be sure their seats are installed and functioning properly reducing the incidence of accidental injury. For an appointment please call 561-899-1652.

Event: Pre-K Play Day “Branching Out”

Date:

➤ Thursday, February 16th

Location: Highland Elementary, “Clarke” Building

Time: 1:00 p.m. until 2:00 p.m.

Description: Bridges at Highland invites parents to enjoy quality time with their children. The Play Days are designed to give parents the tools, skills, and confidence to become their child’s first teacher at home. The Play Days are also an opportunity for parents to bond with their child and enjoy learning together. For more information please call 561-899-1652.

Refreshments will be provided

Event: Family Activity Night “Branching Out”

Date:

➤ Wednesday February 22nd

Time: 5:30 p.m. until 6:30 p.m.

Location: Highland Elementary, “Clarke” Building

Description: The Family Activity Nights are designed to give parents and their children a fun and engaging environment to spend time together. This month’s Activity Night focuses on creating an environment at home that fosters learning. These activities have been created in order for family’s to have an opportunity to learn and play together. For more information please call 561-899-1652.

A Light Dinner will be provided

Event: “Creating Healthy Habits”

Date:

➤ Tuesday, February 28th

Time: 1:00 p.m. until 2:00 p.m.

Location: Highland Elementary, “Clarke” Building

Description: The Bridges at Highland nutrition program provides information and guidance on making healthy foods choices. This one time class will give an overview of how to create healthy habits both nutritionally and physically. For more information please call 561-899-1652.

Child Care will be provided