



GLADES FAMILY SUPPORT WEEKLY EVENT CALENDAR

For More Information Call – 561.518.7997

MONDAY – FRIDAY - 2pm – 5:30pm - 19 Everglades St, Belle Glade, FL

Arise Afterschool Program

Our K–12 Afterschool Safe Haven and Enrichment Program provides a fun, supportive space where youth can learn, grow, and thrive after school. Students enjoy homework help, life skills activities, recreation, arts and crafts, and gardening, with transportation and nutritious meals provided.

TUESDAY – 1st Tuesday of Month – 11:00am – 1:00pm – 19 Everglades St, Belle Glade, FL

2nd Tuesday— 11:00am – 1:00pm 101 NW 1st Ave. South Bay, FL 33493

Food for Families Food Distribution Program provides nutritious food and essential grocery items to individuals and families experiencing food insecurity. Through accessible community distributions, we help families stretch their household resources while promoting health, dignity, and well-being.

TUESDAYS - 12:30pm – 2pm - 19 Everglades St, Belle Glade, FL

Coffee, Chat and Chew Support Group

Our Coffee, Chat and Chew is a relaxed, welcoming support group where adults can enjoy coffee, conversation, and light refreshments while connecting with others. Join us to share experiences, build meaningful relationships, and find encouragement in a comfortable, supportive environment.

WEDNESDAYS - 12:30pm -1:30pm Every 3rd Wednesday - 19 Everglades St, Belle Glade, FL

Wellness Wednesdays

Wellness Wednesdays are a monthly wellness gathering for caregivers and professionals to recharge, connect, and prioritize their well-being. Join us every third Wednesday for gentle exercise, mindfulness activities, healthy refreshments, and an opportunity to relax and build supportive connections.

THURSDAYS -12:00pm – 2:00pm - _ 19 Everglades St, Belle Glade, FL

Strengthening Families

The **Strengthening Families** program is an evidence-based parent training course that helps families build stronger relationships and positive communication skills. Participants gain practical tools to support healthy parenting, strengthen family bonds, and encourage their children's success. Refreshments served and transportation is provided by request. Can also be arranged for in-home instruction.

FRIDAYS – 11:00am – 1:00pm - _ 19 Everglades St, Belle Glade, FL

Weekend Backpack Food Distribution

Our **Food Distribution Program** for families with children provides nutritious food and essential grocery items to prevent childhood and family hunger over the weekends.

Anger Management – By Appointment

What's So Good About Anger? is a program that helps youth and adults understand anger, recognize triggers, and develop healthy ways to manage and express their emotions. Participants learn practical skills for communication, problem-solving, self-control, and making positive choices at home, school, work, and in the community.