

**Register for programs at the
Better Together Family Resource Centre
or by calling 902 543 3119.**

Enrollment is limited to allow enough supplies
and work space for all participants.

April

2018

Monday Cooking Groups 10 am to 12 noon. Monday, April 9th and 16th, childcare is available. Please call 902 543 3119 to register.

Lunch and Learn on Social Media Safety with RCMP Staff Sergeant Rod Francis on Wednesday, April 11th, from 10:30 to 12 noon. Lunch is from 12 to 12:30, child care is available. Please call 902 543 3119 to register.

School Readiness for Parents of Children going into Primary 10 am to 12 noon, Monday April 23rd, child care is available. Please call 902 543 3119 to register.

Nobody's Perfect Parenting Program on April 18th, 25th, May 2nd, 9th, and 16th, from 10 a.m. – 12 noon at the Better Together Family Resource Centre.

This program will give parents with children from birth to 5 years old a place where they can:

- *MEET* with other parents of young children
- *SHARE* questions, concerns and ideas about being a parent
- *LEARN* about child development, safety, health and behaviour
- *DISCUSS* real-life parenting situations
- *WORK* together with the support of a trained facilitator
- *DISCOVER* positive ways of parenting

The ***Nobody's Perfect Program*** is designed to strengthen positive parenting skills. The sessions are free, interactive and fun. Nobody's Perfect gives parents a safe place to meet others with children of the same age and with whom they share interests and concerns. Childcare and snacks are provided. The program will be facilitated by our Parent Educator, Kathy Boehner who is a trained Nobody's Perfect Facilitator. Space is limited, so please call 543-3119 to register.

Pizza and a Movie 10 am to 12 noon, Monday April 30th, please call 902 543 3119 to register.

Drop In Programs

Tuesday Baby Club—10:30 –12 noon. Parents, caregivers, and babies socialize, play, and have a snack. Childcare is provided for toddlers and preschoolers.

Thursday Chill n Chat—1—3 pm. Enjoy a cup of coffee or tea, have a chat , and relax. Childcare is not available.

Thursday Toddler Time—10:30—12 noon. Parents, caregivers, and children socialize, play, and have a snack.

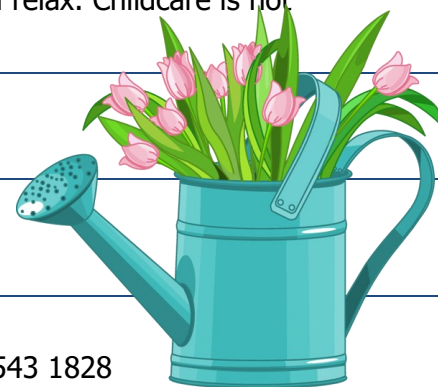
LaLeche League Mother to Mother Breastfeeding Support Group
meets here one Friday of the month from 10—12 noon. <https://www.llc.ca/>

Better Together Family Resource Centre

821 King Street, Unit 11 Bridgewater NS B4V 1B7 Phone: 902 543 3119 Fax: 902 543 1828

Twitter @SSFRALunenburgCo Facebook South Shore Family Resource Association Lunenburg County

Website <http://www.southshorefamilyresource.org/>



Growing happy, healthy families



*Better
Together*
Family
Resource
Centre