



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.

**Cooking with Kids** is Wednesday, December 6th, from 10:30 am to 12 noon. The kids put on aprons and make food with the grown ups, then we all eat the creations of the day. Please call 902 543 3119 to sign up.

**Drop in programs:**



**Tuesday Baby Club** -- 10:30 am to 12 noon. Drop in to this fun, weekly program for parents and caregivers with babies to get together, share their experiences and access resources.

**Thursday Chill n Chat** -- 1 pm—3 pm. Families can drop by for a chat and enjoy a cup of coffee or tea. No child care is provided for this program.

**Thursday Toddler Time** -- 10:30 am to 12 noon. Drop in to this fun, weekly program parents and caregivers with toddlers to 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.lllc.ca/>

**Better Together Family Resource Centre 821 King St. Unit 11, Bridgewater NS**

phone: 902 543 3119 fax: 902 543 1828 <http://www.southshorefamilyresource.org>

Like our Facebook page, [South Shore Family Resource Association Lunenburg County](#)

Or on Twitter [@SSFRA LunenburgCo](#)



*Growing happy, healthy families*



**Better  
Together  
Family  
Resource  
Centre**