



April 2024

The Family Centre

902-245-2300

**Crafting Together:** If you are interested in coming in to do a craft, call and ask for Ann and she will register you for the program if spaces are available.

**Baby & Me:** If you want to get out and socialize with your little one than this is the group for you! Parents and babies come together to talk about what trials they are having and share ideas. Community partner visits. Childcare provided for older siblings.

**Toddler Time:** Looking for somewhere to go with your toddler to socialize and have some fun? Then this is the group for you!

**Social Time:** Wednesdays from 10-12 An opportunity for individuals to drop-in socialize and assess resources. Childcare provided.

**Play and Grow 3 to 5 Years:** Is a program that aims to support and increase children's social skills and encourage positive behaviour. We read stories and sing songs to help literacy/language skills and turn taking/sharing. Verbal and non-verbal communication skills increase. Many topics are explored colours, animals, health, friends etc. Registered program spaces are limited call (902)245-2300 to register.

**Amped Up:** This is a multi-week interactive group programme where participants take an active role in the learning process. We will explore what anger is and its roots. We also discuss how anger affects our body and impacts relationships. We discuss the role communication plays in healthy relationships. This programme is a great opportunity to learn from others and gain knowledge to help manage challenging situations.

**Nobody's Perfect:** A 5 session program for parents with children ages 0/5. You will receive a set of 5 books that are yours to keep.

**Baking:** Would you like to know more about baking? Join us by registering at the Family Centre 902-245-2300.

**Keep an eye on our Facebook page for upcoming special events.**

