

November 2025

The Family Centre

902-245-2300

Crafting Together: A program for participants to get together and learn a new skill in a welcoming, relaxed environment. Participants are supported by a staff member and will have access to support at the centre. All supplies are provided free of charge.

Baby & Me: Caregivers of babies 0-18 months have an opportunity to socialize, share experiences and access resources. Childcare attached for older siblings' downstairs.

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: An opportunity for individuals to drop-in socialize and access resources. Childcare provided.

Play and Grow 3 to 5 Years: Play and Grow for 3-5 olds, increases children's social skills, encourages positive behaviours and reinforces the importance of play. Weekly tips/take ways for parents and caregivers. Registered program spaces are limited call (902)245-2300 to register.

Kids Cooking Club: Cooking club is fun, hands-on learning by doing activities to build food literacy. Take your prepared food home with you. Space is limited this club will be held at the family centre 1 Birch Street. Please call to register 902-245-2300.

Ready, Set, Bake Grades P-3: Little chefs in training will be introduced into reading recipes, learning how to use cooking utensils, measurements and build confidence in the kitchen. Call to register 902-245-2300.

Homework Club: An after-school program for students who have returned to school and need some time to catch up on assignments. Need assistance with schoolwork or just need a quiet place to study. Wi-Fi available.

