

October 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.

Crock Pot Cooking with Kids: Come make a meal, take a crockpot home with all the ingredients to make this meal at home with your family!

