

September 2026

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.

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.

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

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

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.

Get Messy Sensory: Get messy sensory we will enjoy a fun & engaging sensory experience to support exploration creativity, and regulation through hands on activities. Children will participate in a variety of experiences such as touch, sight, sound and movement. Please call to register.

Home Alone: Is designed to provide children ages 10-12 with the necessary skills and knowledge to be safe and responsible when home alone for short periods of time. Space is limited registration is required 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.

Prenatal Sessions: A Six-session series including topics such as healthy pregnancy, labor and delivery, comfort measures, postpartum/infant care and infant feeding. Please call to register 902-245-2300.

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.



**NATIONAL DAY FOR TRUTH
AND RECONCILIATION**