



Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p><b>Centre Closed for Easter Monday</b></p>	<p><b>2</b></p> <p>10:30 AM - 12:00 PM Baby and Me -Drop in</p> <p>6:00 PM - 8:00 PM Prenatal Information Session 4 -registration required</p>	<p><b>3</b></p> <p>10:00 AM -12: 00 PM Self Care, Registration Required, Child Care provided</p> <p>After School second year 4 H -pre-registration required</p>	<p><b>4</b></p> <p>10:30 AM -12:00 PM Toddler Time -Drop in</p> <p>No School for SSRCE</p>	<p><b>5</b></p>
<p><b>8</b></p> <p>9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Allan Drive Bridgewater</p> <p>BBHH 4 H Club -closed group</p>	<p><b>9</b></p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p> <p>6:00 PM -8:00 PM Prenatal Information Session 5 -registration required</p>	<p><b>10</b></p> <p>10:00 AM -12:00 PM Cooking Together in Unit 9 -Registration Required, Child Care provided</p> <p>2:30 PM -3:30 PM Cooking With Families-Registration Required</p> <p>90 minute Early Dismissal for SSRCE</p>	<p><b>11</b></p> <p>10:30 AM -12:00 PM Toddler Time -Drop in</p> <p>1:00 PM -2:00 PM Social Time -Drop in</p> <p>After School Intro to 4 H -pre-registration required</p>	<p><b>12</b></p> <p>10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group</p>
<p><b>15</b></p> <p>9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Allan Drive Bridgewater</p> <p>BBHH 4 H Club -closed group</p>	<p><b>16</b></p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p>	<p><b>17</b></p> <p>10:30 AM -12:00 PM "The ToddlerhoodAdventures" Lunch and Learn, Registration Required, Child Care provided</p> <p>After School second year 4 H -pre-registration required</p>	<p><b>18</b></p> <p><b>Centre Closed for Staff Training</b></p>	<p><b>19</b></p> <p><b>Centre Closed for Staff Training</b></p>
<p><b>22</b></p> <p>BBHH 4 H Club -closed group</p>	<p><b>23</b></p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p>	<p><b>24</b></p> <p>10:00 AM -12:00 PM Cooking Together in Unit 9 -Registration Required, Child Care provided</p> <p>10:30 AM -12:00 PM Lets Talk Grandparenting -Drop In, Child Care provided</p> <p>90 minute Early Dismissal for SSRCE</p>	<p><b>25</b></p> <p>10:30 AM -12:00 PM Toddler Time -Drop in</p> <p>1:00 PM -2:00 PM Social Time -Drop in</p> <p>After School Intro to 4 H -pre-registration required</p>	<p><b>26</b></p> <p>10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group</p>
<p><b>29</b></p> <p>10:30 AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, pre-registration required</p> <p>BBHH 4 H Club -closed group</p>	<p><b>30</b></p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p>			

Register for programs at the  
Better Together Family Resource Centre  
Or by calling 902 543 3119 or toll free 1 833 543 3119  
Programs are free to attend

# April 2024

**H B Studios Sports Centre** –Drop In at 543 Glenn Allan Drive, Bridgewater on Monday April 8th and 15th, 9:30 am to 11:30 am.

**Baby and Me**—Drop In (ages newborn to 18 months) Tuesday April 2nd, 9th, 16th, 23rd, and 30th, 10:30 am to 12 noon. Caregivers of babies have an opportunity to socialize, share experiences, and access resources.

**Self Care** –Registration Required, Child Care provided, 10 am to 12 noon, on Wednesday April 3rd.

**Toddler Time**—Drop In (ages newborns to age 4) Thursday April 4th, 11th, and 25th, 10:30 am to 12 noon. A fun weekly program for caregivers and toddlers 0 to 4 years to get together, socialize with peers, learn to share and play, and access resources.

**Cooking Together in Unit 9** Registration Required, Child Care provided, 10 am to 12 noon on Wednesday April 10th and 24th. Food brings people together and provides comfort for many. Our Cooking Together program is focused on participants connecting, celebrating culture, and learning in a safe, comfortable environment. Staff members will guide participants during the program to follow a recipe and create a dish they can take home to their family.

**Cooking With Families** –Registration Required (all ages) Wednesday April 10th, 2:30 pm to 3:30 pm, Cooking with Families encourages parents and children to work together to create a healthy snack / meal. Staff members will guide families during the program and help them develop skills like measuring, mashing, and shredding, in a safe environment and the mess is on us!

**“The Toddlerhood Adventures” Lunch and Learn** –Registration Required, Child Care provided, 10 am to 12 noon.

**Social Time** –Drop In (age 18+) Thursday April 11th and 25th, 1 pm to 2 pm. No Child Care. An opportunity for individuals to drop in, socialize, share experiences, and access resources at the Centre.

**BBHH 4 H Club** –closed group, Monday April 8th, 15th, 22nd, and 29th, 2024.

**After School Second Year 4 H** –closed group, Wednesday April 3rd and 17th, 2024.

**After School Intro to 4 H** –closed group, Thursday April 11th and 25th, 2024.

**Laleche League Breastfeeding Support Group** Drop In Friday 12th and 26th, 10 am - 12 <https://www.lllc.ca/>

**Intergenerational Playgroup** at Ridgewood Assisted Living Residence –pre-registration required. Monday April 29th, 10:30 am to 11:30 am 372 Aberdeen Road, Bridgewater.

**Let’s Talk Grandparenting** –Registered Required, Wednesday April 24th, 10 am to 12 noon. Child Care provided. Let’s Talk Parenting is an interactive support group where participants make new friends, network, share information and experiences in a safe, supportive environment. The program is facilitated by staff member and topics / guest speakers are chosen by the group.

Better Together Family Resource Centre 821 King Street, Unit 11, Bridgewater NS B4V 1B7

Phone 902 543 3119 or Toll Free 1 833 543 3119 Fax 902 543 1828

Website: <https://www.southshorefamilyresource.org/>

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Revised March 25 2024