

Monday	Tuesday	Wednesday	Thursday	Friday
		1 10:00 AM -12:00 PM Let's Talk Grandparenting, registration required, Child Care provided After School Second Year 4 H -closed program	2 10:30 AM -12:00 PM Toddler Time -Drop in No School for the SSRCE	3 Centre Closed for Good Friday 
6 Centre Closed for Easter Monday	7 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 4 -registration required	8 10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, Child Care provided After School Second Year 4 H -closed program	9 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program After School Intro to 4 H -closed program	10 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group
13 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater	14 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 5 -registration required	15 10:30 AM -12:00 PM Exploring Sensory Bins for Parents/Caregivers and children 3 + 4 years old, registration required. After School Second Year 4 H -closed program	16 10:30 AM -12:00 PM Toddler Time -Drop in After School Intro to 4 H -closed program	17
20 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater	21 10:30 AM -12:00 PM Baby and Me -Drop in	22 10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, Child Care provided 10:30 AM -12:00 PM Let's Talk Emotions -registration required, Child Care provided After School Second Year 4 H -closed program	23 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program After School Intro to 4 H -closed program	24 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group
27 10:30 AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, registration required	28 10:30 AM -12:00 PM Baby and Me -Drop in	29 10:30 AM -11:30 AM Cooking With Families, registration required No School for the SSRCE	30 10:30 AM -12:00 PM Toddler Time -Drop in After School Intro to 4 H -closed program	

**Register for programs at the
Better Together Family Resource Centre
or by calling 902 543 3119. Programs are free to attend.**

April

2026



Mondays

H B Studios Sports Centre –Drop in (children from newborns to age 5) on Monday April 13th and 20th, from 9:30 am to 11:30 am at 543 Glenn Allan Drive, Bridgewater.

Intergenerational Playgroup -registration required at Ridgewood Assisted Living Seniors Home, 372 Aberdeen Road, Bridgewater on Monday April 27th, from 10:30 am to 11:30 am.

Tuesdays

Baby and Me -Drop in (ages newborn to 18 months, Child Care available for older children) Tuesday April 7th, 14th, 21st, and 28th, 10:30 am to 12 noon. Caregivers of babies have an opportunity to socialize, share experiences, and access resources.

Wednesdays

Exploring Sensory Bins for Parents and Caregivers their children ages 3 years and 4 years old—registration required. No Child Care available. Wednesday April 15th, 2026, 10:30 am to 12 noon.

Let's Talk: Emotions—registration required. Child Care available. Wednesday April 22nd, 2026, 10:30 am to 12 noon.

Cooking Together in Unit 9 —registration required. Wednesday April 8th and 22nd, 10 am to 12 noon, with Child Care provided. 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.

Let's Talk Grandparenting —registration required. Wednesday April 1st, 2026, 10 am to 12 noon. Let's Talk Grandparenting 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 a staff member and topics / guest speakers are chosen by the group. Child Care provided.

Cooking With Families —registration required. Wednesday April 29th, 2026, 10:30 am to 11:30 am. 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! All supplies provided free of charge.

Thursdays

Toddler Time—Drop in (ages 18 months to age 4) Thursday April 2nd, 9th, 16th, 23rd, and 30th, 10:30 am to 12 noon. A fun weekly program for caregivers and toddlers 18 months—4 years to get together, socialize with peers, learn to share and play, and access resources.

Fridays

Laleche League Breastfeeding Support Group—Drop in on Friday April 10th and 24th, 10 am to 12 noon
<https://www.lllc.ca/>

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

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