



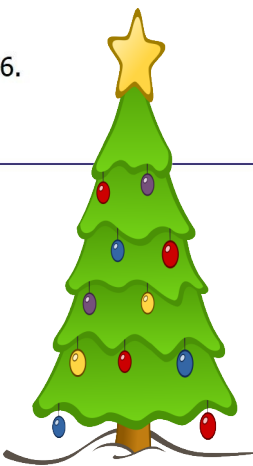


December 2025

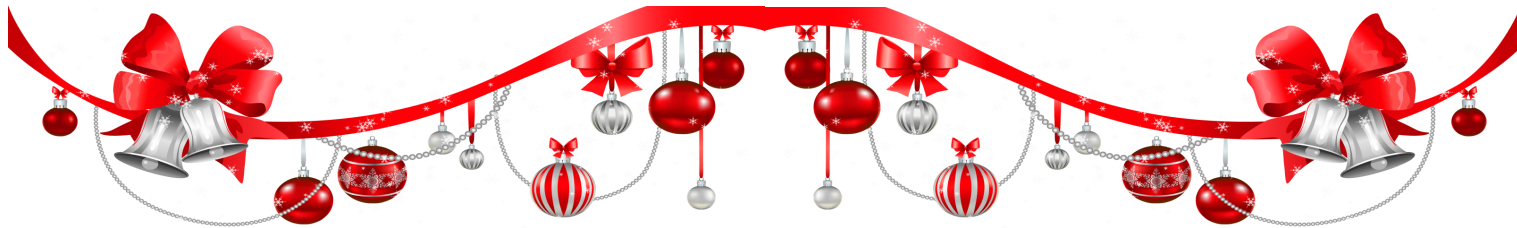
Growing happy , healthy families



We are a **Registered Canadian Charity**
Charitable donation tax receipts are provided

| Monday | Tuesday | Wednesday | Thursday | Friday |
|---|--|--|---|--|
| 1 9:00AM-9:30AM Occupational Health and Safety Meeting 9:30AM-11:30AM Drop in to H B Studios Sports Centre, 543 Glenn Allan Drive Bridgewater Our Time-closed group | 2 10:30AM-12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 5 -registration required | 3 10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, child care provided After School Second Year 4 H -closed program | 4 10:30AM-12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program No School for the SSRCE | 5  <i>If schools are closed due to weather conditions, programs and Play-groups are cancelled too.</i> |
| 8 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Allan Drive Bridgewater 1:00 PM -2:00 PM Staff Meeting Our Time -closed group | 9 10:30AM-12:00 PM Baby and Me -Drop in | 10 11:00 AM -1:00 PM Holiday Lunch -Drop in After School Second Year 4 H -closed program | 11 10:30AM-12:00 PM Toddler Time -Drop in After School Intro to 4 H -closed program | 12 |
| 15 10:30AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, pre-registration required Our Time -closed group | 16 10:30AM-12:00 PM Baby and Me -Drop in | 17 10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, child care provided After School Second Year 4 H -closed program | 18 10:30AM-12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program After School Intro to 4 H -closed program | 19 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group |
| 22 | 23 | 24 | 25 <i>Christmas</i> | 26 <i>Boxing Day</i> |
| The Better Together Family is closed from December 22nd 2025 to January 2nd 2026. | | | | |
| 29  | 30 | 31 |  | |





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

December

2025

Mondays

H B Studios Sports Centre –Drop in (children from newborns to age 5) on Monday December 1st and 8th 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 December 15th 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 December 2nd, 9th, and 16th, 10:30 am to 12 noon. Caregivers of babies have an opportunity to socialize, share experiences, and access resources.

Wednesdays

Cooking Together in Unit 9 –registration required. Wednesday December 3rd and 17th, 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.

Holiday Lunch –Drop in on Wednesday December 10th between 11 am and 1 pm for a traditional turkey meal.

Thursdays

Toddler Time—Drop in (ages newborns to age 4) Thursday December 4th, 11th, and 18th, 10:30 am to 12 noon. A fun weekly program for caregivers and toddlers 0—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 December 19th, 10 am to 12 noon <https://www.lllc.ca/>

For the Holidays the Better Together Family Resource Centre will be closed from
Monday December 22nd to Monday January 5th, 2025.

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/>

Like us on Facebook: [Better Together Family Resource Centre Lunenburg County](#) revised November 12 2025