



Monday	Tuesday	Wednesday	Thursday	Friday
			<b>1</b> Happy New Year	<b>2</b>
Centre Closed				
<b>5</b> 1:00 PM -2:00 PM Staff Meeting First day of School for the SSRCE	<b>6</b> 10:30 AM -12:00 PM Baby and Me -Drop in	<b>7</b> 10:30 AM -12:00 PM Adult Colouring, registration required, Child Care provided	<b>8</b> 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program	<b>9</b> 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group
<b>12</b> 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater Our Time -closed group	<b>13</b> 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 1 -registration required	<b>14</b> 10:00AM -12:00PM Cooking Together in Unit 9 -registration required, child care provided 10:30 AM -12:00PM Kids Have Stress Too -registration required, child care provided, for parents of children age 4 - 9 years After School Second Year 4 H -closed program	<b>15</b> 10:30 AM -12:00 PM Toddler Time -Drop in After School Intro to 4 H -closed program	<b>16</b>  If schools are closed due to weather conditions, programs and Play-groups are cancelled too.
<b>19</b> 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater Our Time -closed group	<b>20</b> 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 2 -registration required	<b>21</b> 10:30 AM -12:00 PM Let's Talk Grandparenting in Unit 9 -registration required, Child Care provided 10:30 AM -12:00 PM Kids Have Stress Too -registration required, child care provided, for parents of children age 4 - 9 years After School Second Year 4 H -closed program	<b>22</b> 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	<b>23</b> 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group
<b>26</b> 10:00 AM -12:00 PM Nobody's Perfect -registration required, Child Care provided, for parents of children from new born to 6 years. 10:30 AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, pre-registration required Our Time -closed group	<b>27</b> 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 3 -registration required	<b>28</b> 10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, child care provided 10:30 AM -12:00 PM Kids Have Stress Too -registration required, child care provided, for parents of children age 4 - 9 years After School Second Year 4 H -closed program	<b>29</b> 10:30 AM -12:00 PM Toddler Time -Drop in After School Intro to 4 H -closed program	<b>30</b> No Classes for High School only

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



# January

2026

## **Mondays**

**H B Studios Sports Centre** –Drop in (children from newborns to age 5) on Monday January 12th and 19th, 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 January 26th from 10:30 am to 11:30 am.

**Nobody's Perfect** registration required, Child Care provided, Offered in 6 Sessions on Mondays: January 28th, February 2nd, 9th, 23rd, March 2nd, and 9th, 10 am to 12 noon. Nobody's Perfect is designed to strengthen positive parenting skills and gives parents a safe place to meet others with children of the same age and with whom they share interests and concerns. For parents and caregivers of children newborn to age 6 years.

## **Tuesdays**

**Baby and Me -Drop in** (ages newborn to 18 months, Child Care available for older children) Tuesday January 6th, 13th, 20th, and 27th, 10:30 am to 12 noon. Caregivers of babies have an opportunity to socialize, share experiences, and access resources.

**Prenatal Education Program – Registered Program** (expecting parents and support person) Session 1 is Tuesday January 13th, Session 2 is Tuesday January 20th, Session 3 is Tuesday January 27th, Session 4 is Tuesday February 3rd, and Session 5 is Tuesday February 10th. All sessions are from 6 pm to 8 pm. The Prenatal Education Program supports healthy pregnancies by providing information through interactive activities and group discussions guided by a trained facilitator. The program occurs in a safe, supportive environment and provides ongoing support through centre programs after baby is born. The Prenatal Education Program can be provided in person, one on one and virtually. Registration is required, please call 902 543 3119 to sign up.

## **Wednesdays**

**Adult Colouring**—registration required, Child Care provided, Wednesday January 7th, 10:30 am to 12 noon. Colouring boosts concentration and creativity, and as a meditative effect on the mind.

**Cooking Together in Unit 9** —registration required. Wednesday January 14th and 28th, 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 in Unit 9** —registration required. Wednesday January 21st, 10:30 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 and supportive environment. The program is facilitated by a staff member and topics / guest speakers are chosen by the group. Child Care is provided.

**Kids Have Stress Too!**-registration required, Child Care provided, Wednesday January 14th, 21st, and 28th, 10:30 am to 12 noon. Kids Have Stress Too! is a three-part program designed to help parents / caregivers better understand stress in their children and to teach them ways to manage it. For parents and caregivers of children 4 to 9 years old.

## **Thursdays**

**Toddler Time—Drop in** (ages 18 months to age 4) Thursday January 8th, 15th, 22nd, and 29th, 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 January 9th and 23rd, 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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