





Monday	Tuesday	Wednesday	Thursday	Friday
				1
<p>4</p> <p>9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater</p> <p>1:00 PM -2:00 PM Staff Meeting</p> <p>Our Time -closed group</p>	<p>5</p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p>	<p>6</p> <p>10:00 AM -12:00 PM Let's Talk Grandparenting, registration required, Child Care provided</p> <p>2:30 PM -3:30 PM Cooking With Families, registration required</p> <p>Early Dismissal for the SSRCE</p>	<p>7</p> <p>10:30 AM -12:00 PM Toddler Time -Drop in</p> <p>After School Intro to 4 H -closed program</p>	<p>8</p> <p>10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group</p>
<p>11</p> <p>9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater</p> <p>Our Time -closed group</p>	<p>12</p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p>	<p>13</p> <p>10:00AM -12:00PM Cooking Together in Unit 9 -registration required, Child Care provided</p> <p>10:30 AM -12:00PM Kids Have Stress Too -registration required, child care provided, for parents of children age 4 - 9 years</p> <p>After School Second Year 4 H -closed program</p>	<p>14</p> <p>10:30 AM -12:00 PM Toddler Time -Drop in</p> <p>1:00 PM -2:00 PM Closed program</p> <p>After School Intro to 4 H -closed program</p>	<p>15</p> <p>10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group</p>
<p>18</p> <p>Centre Closed for Victoria Day</p> 	<p>19</p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p> <p>6:00 PM -8:00 PM Prenatal Class -Session 1 -registration required</p>	<p>20</p> <p>10:30 AM -12:00 PM Kids Have Stress Too -registration required, child care provided, for parents of children age 4 - 9 years</p>	<p>21</p> <p>10:30 AM -12:00 PM Toddler Time -Drop in</p> <p>After School Intro to 4 H -closed program</p>	<p>22</p> <p>10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group</p>
<p>25</p> <p>10:00 AM -12:00 PM Nobodys Perfect Parenting Program, Kids 0 to 5, registration required, Child Care provided.</p> <p>10:30 AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, pre-registration required</p> <p>Our Time -closed group</p>	<p>26</p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p> <p>6:00 PM -8:00 PM Prenatal Class -Session 2 -registration required</p>	<p>27</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 Kids Have Stress Too -registration required, child care provided, for parents of children age 4 - 9 years</p>	<p>28</p> <p>10:30 AM -12:00 PM Toddler Time -Drop in</p> <p>1:00 PM -2:00 PM Closed program</p> <p>After School Intro to 4 H -closed program</p>	<p>29</p> 

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

May 2026

Mondays

H B Studios Sports Centre –Drop in (children from newborns to age 5) on Monday May 4th and May 11th, from 9:30 am to 11:30 am at 543 Glenn Allan Drive, Bridgewater.

Intergenerational Playgroup at Ridgewood Assisted Living Seniors Home, 372 Aberdeen Road, Bridgewater on Monday May 25th, from 10:30 am to 11:30 am. Register by calling 902 543 3119.

Nobody's Perfect Parenting Program, kids 0 to 5, Child Care provided, 10 am to 12 noon, Monday May 25th, June 1st, 8th, 15th, and 22nd, 2026. Register by calling 902 543 3119.

Tuesdays

Baby and Me -Drop in (ages newborn to 18 months, Child Care available for older children) Tuesday May 5th, 12th, 19th, and 26th, 10:30 am to 12 noon. Caregivers of babies have an opportunity to socialize, share experiences, and access resources.

Wednesdays

Kids Have Stress Too!-registration required, Child Care provided, Wednesday May 13th, 20th, and 27th, 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.

Cooking Together in Unit 9 –registration required. Wednesday May 13th and 27th, 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 May 6th, 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 May 6, 2026, 2:30 am to 3:30 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 May 7th, 14th, 21st, and 28th, 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 May 8th and 22nd, 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/>
Like us on Facebook: [Better Together Family Resource Centre Lunenburg County](#) revised April 21 2026