

# Shelburne Family Resource Centre April 2024

Find out more information or to register for programs at the Shelburne Family Resource Centre

Please call 902 875 3256 or email [sandrahemeon@bellaliant.com](mailto:sandrahemeon@bellaliant.com)

**\*\*All programs are free to attend\*\***



157 Water Street, Room L1

P.O. Box 532 Shelburne

Nova Scotia B0T 1W0

[www.southshorefamilyresource.org](http://www.southshorefamilyresource.org)

902 875 3256

## **Toddler Time Playgroup (ages 18 months +) (drop-in)**

157 Water Street, Room L1, Monday April 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> from 10 am - 12 noon

Visit our new playroom to engage in free play, enjoy a snack, share experiences and socialize

## **Baby & Me (ages 0-18 months) (drop-in)**

157 Water Street, Room L1, Tuesday April 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> from 10 am - 12 noon

Caregivers of babies have an opportunity to socialize, share experiences and access resources as needed

## **Mom's Lounge with Shania (all ages) (registration required)**

157 Water Street, Room L1, Wednesday April 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> from 10 -11:30 am

Come visit with Shania from ElevateHER in a safe space for moms to socialize in a casual setting and connect with others for support. Resources and childcare provided if needed. Activities vary weekly

## **Community Playgroup (all ages) (drop-in)**

157 Water Street, Room L1, Wednesday April 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup> from 12:30-2 pm

3588 Barrington, Barrington Library, Thursday April 4<sup>th</sup>, 11<sup>th</sup>, 25<sup>th</sup> from 10 -11:00 am

35 North Street, Lockport, Lillian Benham Library, Friday April 5<sup>th</sup> from 9:30-10:30 am

Families with children of all ages participate in a variety of free play, songs, games, hands- on learning and/or story time

## **After School Club (grades 4, 5 & 6) (registration required, limited space)**

Thursday April 4<sup>th</sup>, 11<sup>th</sup>, 25<sup>th</sup> from 2:15 - 3:15 pm at Hillcrest Academy

Registered students enjoy snacks, socializing and activities, **weekly registration required**

## **Prenatal Zoom Sessions (expecting parents) (registration required)**

We are offering prenatal information sessions via Zoom on Monday April 8<sup>th</sup>, 15<sup>th</sup>, 22<sup>nd</sup>, 29<sup>th</sup> at 6 pm. We cover infant feeding, labour and delivery, infant care and safety, comfort measures and more in our 4 week sessions of this program. Register by emailing [sandrahemeon@bellaliant.com](mailto:sandrahemeon@bellaliant.com)