

SSFRA Programming - Lunenburg County

Child Focused Programming

Learn and Play – age appropriate programs are provided to all children using our childcare services.

Family Focused Programming

Fun & Fit Families – a wonderful, fun filled program that encourages early interest in physical activity. The program involves parents and includes portions of the Tumblebugs program.

Parent and Tot Time – parents and children participate in action songs, games and story time. This program is offered in house and at Outreach Sites.

Family Literacy – these programs focus on building strong literacy foundations within families. Parents are their children's first teacher and often require support in this task. Some programming includes parents and children together, while others focus on building parental skills and knowledge.

Community Playgroups – We support playgroups which are located in small communities throughout the county.

Lending Library – we have books available for lending on topics such as parenting skills, child development and other family related issues.

Read, Play and Grow – These are activity bags filled with toys, activities, songs and stories and rhymes for families to borrow and enjoy together.

The Parenting Journey – a home visiting program for families with children 3 – 16 years of ages that may require some extra supports. Call for more information.

Parent Focused Programming

Parenting Programs – we provide a variety of parenting programs throughout the year. Kids Have Stress Too, 1,2,3,4 Parenting, Nobody's Perfect, Family Literacy programs, Right from the Start, You Make the Difference and Connecting with your Baby.

Creative Skills – a program designed for participants to learn how to scrapbook, knit or crochet in a friendly social atmosphere.

Drop Ins – We provide scheduled “parent breaks” so drop by for a chat and a cup of coffee

Young Parents – this is a two hour weekly program for young parents with the opportunity to explore a variety of participant driven programming – parenting programs, child development, literacy, nutrition, food security, personal development, policy issues, social activities for the children, health issues, leadership development, support, etc.

Prenatal – a prenatal education program for teens and young parents with lots of fun and support.

Baby Club – the program is held the 2nd Tuesday of every month for parents with babies to get together and share their experiences. A Public Health Employee is usually on site to answer your questions

Breast Pump Lending Program – we lend breast pumps free of charge to breast feeding moms in Lunenburg County.

Community Focused

Clothing Exchange – this is a free service and we usually have a large supply of clothing at the Centre.

Summer Programming – these activities vary from year to year and are geared towards older children up to age 12. Some activities may include beach trips, craft sessions, baking, etc. We also do family activities which include picnics, game days, etc.

Children’s Fair – this event has been held on the 3rd Tuesday in August since 1995. It provides summer fun for all families, many crafts, demonstrations, games and entertainment – includes free lunch and supper.

Volunteer Program - recruit and train volunteers to assist with the daily operation of programs and services

Holiday’s/Special Events – we have a variety of Holiday and Special Days planned through the year. Check the calendar for details.

Training opportunities (*see training and events*)

Family Support Centre

156 York Street, Bridgewater, Nova Scotia, B4V 1R3

Phone: (902)543-1301 Fax: (902) 543-1828

www.southshorefamilyresource.org/include/lunenburg.htm