

# SSFRA Programming - Queens County

## Child-focused Programming:

**Fun & Learn with 4's** - a six (6) week program that offers children entering grade primary a chance for learning opportunities and self- help skills.

## Parent-Focused Programming:

**Prenatal education sharing sessions** - Provide in partnership with Public Health Services and the Queens Family resource Centre. For more information call 354-5737 or 354-7176.

**Parent Information Sessions** - Information will be available to parents on specific topics throughout the year. For more details call the Centre at 354-7176.

**Lending Library** - we have books available for lending on a variety of topics that include, parenting skills, child development and other family related issues.

**Breast Pump Lending Program** - The Queens Family Resource Centre offers breast pumps to nursing moms. For more information call the Centre at 354-7176.

## Family focused Programming:

**Baby Talk** - Join parents and other care givers of new babies every week, with a visit from Public Health staff every second week. Have your baby weighed or just get answers to questions you have about your new baby.

**Toddler Time** - For Toddlers age 1 to 2 ½. Bring your Toddler to play with other Toddlers in a safe environment.

**Tuesday Playgroup** - Fun for all ages. A chance for families to come together and enjoy songs, rhymes, games, crafts and make new friends.

**Wednesday morning drop-in** - A time for families to come together and have fun in our playroom or our playground.

**Greenfield Playgroup** - Join families in the Greenfield area for some playgroup fun, At the Greenfield Rec Centre.

**Brooklyn Playgroup** - Join families in the Brooklyn area for some playgroup fun, At the St. Andrews Church hall.

**You and Your Baby's Development** - a partnership between Public Health and QFRC. Five (5) information sessions on parenting and the growth and development of your baby up to the first year of life.

### Community Focused Programming

**Special event days** - Join staff with your family for fun activities on Holidays or other special event days. Watch for flyers or one of our calendars for these days.

**Clothing exchange** - a free service to families in the community to take or donate clothing.

Queens Family Resource Centre  
POBox 1360, 106 College Street, Liverpool, Nova Scotia, B0T 1K0  
Phone: (902)354-7176  
Fax: (902) 354-2382  
[www.southshorefamilyresource.org/include/queens.htm](http://www.southshorefamilyresource.org/include/queens.htm)