

South Shore Family Resource Association – Programs & Services in Digby, Lunenburg, Queens and Shelburne Counties.

Program Name	Available	Program Description
Active Parenting (4 th Edition)	All counties – Virtual Digby, Lunenburg County - In person	A video based, interactive learning experience that teaches a comprehensive model of parenting to caregivers of children ages 5-12. The program shows you how to develop courage, responsibility, and character in your children. It also talks about positive discipline and communication techniques that help families run more smoothly. This program includes parental involvement and is suitable for families with children 5-12 years of age.
Active Parenting for Stepfamilies	All counties – Virtual Digby, Lunenburg County - In person	A video based, interactive learning experience that teaches a comprehensive model of stepfamily parenting. The program covers topics such as: coping with loss and healing, blending two family histories, values, and traditions, setting boundaries, building new relationships, and transferring knowledge. This program includes parental involvement and is suitable for families with children 2-17 years of age.
Active Parenting of Teens 3 rd Edition	All counties – Virtual Digby, Lunenburg County - In person	A video based, interactive learning experience for caregivers of pre-teens and teens. The program provides guidance and support to help you turn the challenges of parenting teens into opportunities for growth. This program includes parental involvement and is suitable for families with children 9-18 years of age.
After School Club	Shelburne County	Students in Grades 4, 5 and 6 meet after school once a week to enjoy snacks, social time, and activities. This program is in partnership with Hillcrest Academy to provide opportunities to children who otherwise have limited access to after school programs. It is offered to students via school staff to increase/build connections with other students and community.
AmPed Up Anger Management Program	All counties In Person Virtual	A multi-week interactive program where participants take an active role in the learning process. We will explore and discuss the following: 1. what anger is and its roots, 2. How anger affects our body and impacts relationships and 3. the role communication plays in healthy relationships. This program is a great opportunity to learn from others and gain knowledge to help manage challenging situations. This program is for Parents/Caregivers.
Baby & Me	All counties	Caregivers and babies 0-18 months have an opportunity to socialize, share experiences and access resources. Childcare attached for older siblings at some locations.
Basic Shelf Cooking	Digby County	Hands on learning in the kitchen to prepare basic meals, take home staple groceries, measuring unit's other kitchen items needed to try the meal again at home.
Book Adventures with Kids	Lunenburg County	Families and caregivers with children ages 0-6 years share children's books and activities that spark imagination and develop early literacy skills.
Books for Babies	All counties	Parents/Caregivers are children's first teachers and books create an opportunity for bonding with their baby. Books for Babies support early learning by providing prenatal participants with books for the first year of their baby's life. This program will be offered to prenatal education participants providing resources are available to support the program.
Brain Waves	Digby County	Students from grades 4-6, in three schools in Digby County will receive afterschool supports that will help vulnerable students that are struggling with academic studies or social skills.
Building Connections	Digby County	A group intervention for mothers to explore the issues of family violence, parenting, and substance use. It helps mothers think about family violence and its impacts on their use of alcohol and other substances, parenting, and children's development. Key messages include step-by-step implementation, worksheets, and information sheets.
Cafeteria Club	Queens County	Students in Grades 4 and 5 meet after school once a week to do crafts and activities. This program is in partnership with the Dr. JC Wickwire Academy to provide opportunities to children who otherwise have limited access to after-school activities. The program is offered to students via school staff to increase/build connections with other students and the community.

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Car Seat Installations/Checks	All Counties	A trained Child Passenger Safety Technician provides information and awareness of how to correctly select, install and use car seats and booster seats. Training is provided through the IWK Child Safety Link program.
Common Sense Parenting Series	All counties – Virtual Lunenburg County - In person	A variety of topics covered under this series include Building Relationships, Teaching Children Self Control, Prevent Problem Behaviour, Teaching Kids to Make Good Decisions and Helping Kids Succeed in School. These topics may each be used as Lunch and Learns. For parents/caregivers with children all ages.
Community Playgroups	All Counties	Families with children of all ages participate in free play, songs, games, hands on learning, snacks, and story time. We partner with different organizations in each community to provide programs to ensure they are accessible to all families.
Community Volunteer Income Tax Program	Lunenburg County	Tax preparation for individuals who have a modest income with a simple tax situation. This support is only available in Lunenburg County. We have limited resources to provide this service, please contact the Better Together Family Resource Centre at (902)-543-3119 for more information. Families/participants attached to centre programs have first opportunity at this program.
Cooking Together	Lunenburg County	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. All supplies are provided free of charge.
Cooking with Families	Lunenburg County	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
Cooperative Parenting and Divorce	All counties – Virtual Lunenburg County - In-person	A video-based program designed to give divorcing or divorced parents the power to make positive changes that shield their children from parental conflict. It guides you into establishing a long-term relationship with the other parents and helps you reduce risk factors that influence a child's post-divorce adjustment. For parents/caregivers with children all ages.
Crossroads	Digby County	
Crafting Together	All Counties	A program for participants to get together and learn a new skill in a welcoming, relaxed environment. Participants are supported by a staff member and will have access to support at the centre. All supplies are provided free of charge. For parents/caregivers with children all ages.
Crafting with Families	All counties	Come and enjoy some quality time with your child and do a craft project together. This program will provide participants with a sense of achievement and allow them to take pride in their work and build self-confidence. All supplies are provided free of charge. Parents/caregivers and children 0-18.
Emergency Preparedness for Families	All Counties	This program focusses on a commonsense approach to emergency preparedness for families. It explores the reality of emergency situations arising in our communities and introduces the need for a family emergency plan. Families will receive all the items for a basic emergency kit when they are part of the program.
Fun and Games	Bridgewater	This program is designed for children ages 8 and up to come hang out with staff members and play board games, do crafts, or just sit and talk. The program will take place on embedded days on specified dates.
Handle With Care	Lunenburg County	The Handle with Care program's goal is to promote mental health in young children. The program is flexible in its approach and uses activities covering four main themes – 1. Building Trust and Attachment, 2. Building and Enhancing Self-Esteem, 3. Expressing Emotions and 4. Relationships with others. It is a flexible program and can be modified to meet the needs of families. It is possible to include children in the program for part of the session as parents/caregivers have activities that children can be involved in. These activities can also be given as take-home activities.

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Healthy Parents, Healthy Babies	Digby County	A voluntary program that provides pre- and post-natal support and services to expectant parents.
Infant Massage	All Counties	A facilitated program for caregivers and babies (0-6 months, unable to crawl). The program promotes healthy attachment and bonding through nurturing touch and compassionate communication. This program is facilitated by trained staff and is a 4–5-week program that provides hands on experience for parents/caregivers and their babies which encourages and enhances loving interaction.
Intro to 4-H After School Program	Bridgewater	An exciting 10 week after school program for students in Grades 3 and 4, that will introduce children to the 4-H program. They will discover that 4-H is about more than farms and farm animals and this program makes it possible for everyone to be part of the 4-H organization. You will have a chance to explore some of the many project areas and discover what it's like to be part of a 4-H Club.
Kids Have Stress Too	All Counties In Person/Zoom	Kids Have Stress Too is a program designed to help parents/caregivers better understand stress in children and help parents/caregivers teach their children different ways to manage daily stressors.
Learn & Play Childcare	All counties	We know that play is an important part of children's learning and development. Our Learn and Play Childcare program uses age-appropriate activities that allow children to experience play and engage with others and develop social, language and communication skills. This program is offered at centres for most registered programs.
Learning Language and Loving It	Lunenburg County	This eight-session program is designed to help facilitators or community members working in a childcare setting, understand a child's language development and communication skills through interaction and information. Facilitators learn how to encourage children's language development and communication skills in a fun and interactive atmosphere. https://www.hanen.org/Programs/For-Educators/Learning-Language-Loving-It.aspx
Let's Talk Grandparenting	Lunenburg Co Digby Co.	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. Registration is required. Children have access to our Learn and Play Childcare.
Lunch & Learn Various Topics	All counties	Lunch and learn workshops can cover a variety of topics. Each workshop is facilitated by a staff member and designed around what participants are asking for. Topics may include information on Healthy Childhood Development, Positive Discipline, Parenting Strategies, Self-Care, presentations from other service providers, etc. At the end of the session, families gather for a tasty and nutritious meal with program staff.
Nobody's Perfect	All Counties In Person & Virtual	Nobody's Perfect is a free, interactive, and fun parenting program designed for parents with children from birth to age 5. It is facilitated by trained staff members to help support parents and young children and designed to meet the needs of the parents. Sessions are based on what parents want to learn about and are focused on 1. Parent, 2. Safety, 3. Mind, 4. Body and 5. Behaviour. Parents receive a take home book on each topic for further exploring and learning.
Options to Anger	Digby County	Options to Anger offers information to students aged 5 to 19 on the cycle of anger. It is a hands-on program with interactive activities to build a solid understanding of the concepts of dealing with various emotions in healthy ways and being empowered to make positive choices.
Parenting Journey Home Visiting	Lunenburg County Queens/Shelburne	Parenting Journey is a home visitation program that provides support for families with children 0-18 (up to 19 th birthday), experiencing complex social, emotional, and familial challenges that may impact overall family functioning, parent-child relationships and the well-being and development of children

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	County Digby County	and youth. This program is offered through self-referral, community organization referral and is voluntary. To find out more or to make a referral to this program, please contact the family resource centre nearest you.
Play & Grow 3-5 Years	Queens County Digby County	Play and Grow for 3-5 year olds, increases children's social skills, encourages positive behaviours, and reinforces the importance of play. Weekly tips/take aways for parents and caregivers.
Prenatal Education Program	All counties, in person and virtual	The Prenatal Education Program supports healthy pregnancies by providing information through interactive activities and group discussions guided by a trained facilitator in partnership with local public health employees. The program occurs in a safe, supportive environment and provides ongoing support through centre programs after baby is born.
Rainbows	All Counties In Person Virtual Digby County	Elementary-aged children speak about their feelings and share their grief in a safe supportive environment in small group settings. The groups are led by trained facilitators utilizing age-appropriate materials. Tips/take aways for parents/caregivers are provided.
Second Year 4-H Program	Bridgewater	The Second Year 4-H program is designed for children who have participated in the Intro to 4-H After School Program. This program provides children with a further look into 4-H and allows them to do projects that are more advanced. This program currently runs the entire school year.
Social Time	All Counties	An opportunity for individuals to drop in, socialize, share experiences, and access resources at the centre.
Strengthening Families	Digby County	Strengthening Families is a program that offers information to both child and parent. The children learn how to handle their feelings and solve problems. The parents learn parenting skills such as how to encourage positive behaviors and how to manage anger. Families learn skills in parenting and family life, communication, problem solving, anger management and other areas of family functioning.
Teacher Talk	Lunenburg County	This is a Hanen program which offers 3 one session workshops on early language development. This training is offered to those working in early childhood settings. https://www.hanen.org/Professional-Development/Workshops-for-Educators/Teacher-Talk-Training-Series.aspx
Toddler Time	All Counties	A fun weekly program for caregivers and toddlers 0-4 years to get together, socialize with peers, learn to share, and play and have access to resources. Siblings welcome.
Transition to School	Seasonal	This program helps children ages 4 and 5 prepare for their transition to school by practicing fine motor skills, increasing social skills, promoting positive self-esteem, and encouraging learning skills. Weekly tips/take aways for parents and caregivers.
You Make the Difference	Lunenburg County	A ten-week program for parents to learn how to interact with their children in ways that promote the parent-child relationship and foster social and language development. The program provides reading resources to the families.
Volunteer Training	All Counties	Volunteers are always welcome at our resource centres. Each new volunteer is provided with several sessions of training to assist them in understanding our work and finding the volunteer position that is right for them. Ongoing personal development training is available throughout the year.
What's For Supper	Bridgewater	This is a six-week program that introduces children ages 8 -12 to basic cooking and kitchen skills. Working with trained facilitators, they will prepare simple meals with basic ingredients. Youth will be introduced to following basic recipes, kitchen safety and the importance of cleanliness during the program.