

Register for programs at the  
Better Together Family Resource Centre  
or by calling 902 543 3119.



2018

**Cooking Classes** –are the **Monday mornings of December 3rd, 10th, and 17th**, from 10 am to 12 noon. All ingredients are provided for free, participants are asked to sign up only once per month, as each month's classes make the same recipe. Child care is provided for the 10th, and the 17th, no child care for the 3rd. Please call the Better Together Family Resource Centre at 902 543 3119 to register.

**Cooking with Kids** is **Wednesday, December 5th** from 10:30 am to 12 noon. The kids put on aprons and make food with the grown ups. Please call the Better Together Family Resource Centre at 902 543 3119 to register.

**Crafting (Adults)** -at the Better Together Family Resource Centre on **Wednesday, December 12th**, from 10 am to 12 noon. Child care is provided, please call the Better Together Family Resource Centre at 902 543 3119 to register.

**Drop In Programs**

**Holiday Meal 11 am to 1 pm**

**Wednesday, December 19th**

At the Better Together Family  
Resource Centre

### Playgroup Locations

Ryan Hall, 313 Hollingsworth Drive, Bridgewater

St. Joseph's Catholic Church Hall, 115 Pleasant Street,  
Bridgewater, parking and entrance off Queen Street

New Germany Elementary School, 150 School Street

United Church, 101 Edgewater, Mahone Bay

**Tuesday Baby Club**—10:30 –12 noon. Drop in for parents, caregivers, and babies socialize, play, and have a snack.

**Thursday Chill n Chat**—1—3 pm. Enjoy a cup of coffee or tea, have a chat , and relax. Childcare is not available.

**Thursday Toddler Time**—10:30—12 noon. Drop in for parents, caregivers, and children socialize, play, and have a snack.

**LaLeche League Mother to Mother Breastfeeding Support Group** meets here on December 14th

**Better Together Family Resource Centre** 821 King Street, Unit 11 Bridgewater NS B4V 1B7 Phone: 902 543 3119 Fax: 902 543 1828 Twitter @SSFRALunenburgCo Facebook South Shore Family Resource Association Lunenburg County Website <http://www.southshorefamilyresource.org/> 11/13/2018



*Growing happy , healthy families*



**Better  
Together  
Family  
Resource  
Centre**