

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

2019



January

Cooking Classes –are the **Monday mornings of January 14th, 21st, and 28th**, 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 21st, and the 28th, no child care for the 14th. Please call the Better Together Family Resource Centre at 902 543 3119 to sign up.

Focus Group for Town of Bridgewater Residents as part of the Smart Cities Challenge. **Wednesday, January 9th, and 16th** from 10 am to 12 noon. Please call the Better Together Family Resource Centre at 902 543 3119 to sign up for one of these Focus Groups.

Go to <https://www.bridgewater.ca/town-services/planning/planning-programs/bridgewater-smart-cities> for more information.

Focus Group by the NS Law Commission is **Friday, January 23rd** from 10:00 am to 12 noon. Please call the Better Together Family Resource Centre at 902 543 3119 to sign up.

Cooking with Kids is **Wednesday, January 23rd** 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 sign up.

Crafting (Adults) -at the Better Together Family Resource Centre on **Wednesday, January 30th** from 10 am to 12 noon. Child care is provided, please call the Better Together Family Resource Centre at 902 543 3119 to sign up.

Drop In Programs

Tuesday Baby Club—10:30 –12 noon. Drop in for parents, caregivers, and babies to 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 January 11th and 25th.

Happy New Year !

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/> 12/20/2018



Growing happy , healthy families



**Better
Together
Family
Resource
Centre**

	Playgroup Locations
First Monday of the month only	Ryan Hall, 313 Hollingsworth Drive, Bridgewater
Monday (starting Jan 14th)	St. John's Anglican Church Hall, 64 Townsend Street, Lunenburg
Wednesday	St. Joseph's Catholic Church Hall, 115 Pleasant Street, Bridgewater, parking and entrance off Queen Street New Germany Elementary School, 150 School Street
Friday	United Church, 101 Edgewater, Mahone Bay