

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

November

2018

Cooking Classes –are the **Monday mornings of November 5th, 19th, and 26th**, 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 19th, and the 26th, no child care for the 5th. Please call the Better Together Family Resource Centre at 902 543 3119 to register.

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

Emergency Preparedness Workshop

This workshop will get you thinking about what you would do in the event of a variety of emergency and help you be prepared. Register now for this three session workshop that includes:

- Preparing an emergency evacuation bag.
- Photocopying and laminating of documents you may need in an emergency
- Surviving without electricity for a period of time
- Planning and preparing for you and your families needs.

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3 session Workshop:

Wednesday, November 7th

Wednesday, November 14th

Wednesday, November 28th, 2018

10 am to 12 noon

Childcare is provided.

Talk to a Lawyer about Custody and Access on **Thursday, November 21st** from 10 am to 12 noon. Lawyers from the office of Kennedy Schofield <http://www.kennedyschofield.ca/> will be at the Better Together Family Resource Centre to discuss Wills and Estate Planning and answer your questions. Child care is provided, please call the Better Together Family Resource Centre at 902 543 3119 to register.

Drop In Programs



Christmas at the Bridgewater Mall on **Saturday, November 24th**
from 1 pm to 4 pm Christmas Fun for kids .

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 the 2nd and 4th Friday of the month from 10—12 noon. <https://www.llc.ca/>

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/> 10/23/2018



Growing happy , healthy families



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