

January 2026

The Family Centre

902-245-2300

**Crafting Together:** 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.

**Baby & Me:** Caregivers of babies 0-18 months have an opportunity to socialize, share experiences and access resources. Childcare attached for older siblings' downstairs.

**Toddler Time:** Looking for somewhere to go with your toddler to socialize and have some fun? Then this is the group for you!

**Social Time:** An opportunity for individuals to drop-in socialize and access resources. Childcare provided.

**Play and Grow 3 to 5 Years:** Play and Grow for 3-5 olds, increases children's social skills, encourages positive behaviours and reinforces the importance of play. Weekly tips/take ways for parents and caregivers. Registered program spaces are limited call (902)245-2300 to register.

**Ready, Set, Bake Grades P-3:** Little chefs in training will be introduced into reading recipes, learning how to use cooking utensils, measurements and build confidence in the kitchen. Call to register 902-245-2300.

**Kids Cooking Club:** Cooking club is fun, hands-on learning by doing activities to build food literacy. Take your prepared food home with you. Space is limited this club will be held at the family centre 1 Birch Street. Please call to register 902-245-2300.

**Cooking Class Grade 7-12:** Does your teen like to cook or want to learn? If so, this is the program for them. Hands on learning, food literacy, doing the meal preparation and preparing the meal. Please call to register 902-245-2300.

**Check our Facebook page (the family centre) for upcoming events.**

