

July 2026

The Family Centre

902-245-2300

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.

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.

Prenatal Sessions: A Six-session series including topics such as healthy pregnancy, labor and delivery, comfort measures, postpartum/infant care, and infant feeding. Please call to register 902-245-2300.

Summer Workshops: These are designed for two different age groups ages 6-8 and 9-12. There will be crafts, games, and some science fun. Bring a hat, sun block, towel, and a change of clothes. Space is limited so you must call to register 902-245-2300.

Transition To School: Is a program to support children entering the school system. Our days will be similar to a school routine. We will be focusing on self-esteem, independence, attention, and self-control. Social skills, resilience building, and an increase in confidence will be the goal of this program. Call to register 902-245-2300.

