

May 2026

The Family Centre

902-245-2300

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

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

**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.

**Crafting with Parents and Children Grades P-3:** Family come together for a fun crafting activity that encourages creativity collaboration and meaningful family engagement. Please call to register 902-245-2300.

**Basic Shelf Cooking:** Do you wish you could save money by cooking meals at home but do not know where to start? Then this may be for you! If you need transportation and childcare, we can help with that. Call to register 902-245-2300.

**Get Messy Sensory:** Get messy sensory we will enjoy a fun & engaging sensory experience to support exploration creativity and regulation through hands on activities. Children will participate in a variety of experiences such as touch, sight, sound and movement. Please call to register 902-245-2300.

**Amped Up:** This is a multi-week interactive group programme where participants take an active role in the learning process. We will explore what anger is and its roots. We also discuss how anger affects our body and impacts relationships. We discuss the role communication plays in healthy relationships. This programme is a great opportunity to learn from others and gain knowledge to help manage challenging situations.

**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.

**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.

**Youth Get Messy Sensory:** Get messy sensory we will enjoy a fun & engaging sensory experience to support exploration creativity and regulation through hands on activities. Please call to register 902-245-2300

**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.

**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



**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.