November 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.

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 patents and caregivers. Registered program spaces are limited call (902)245-2300 to register.

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

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

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.

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.

Christmas Party: (Grades P-3, Grades 4-6, Grades 7-9): For more information or to register please call 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.

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

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.

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.

Adult Cooking Class: Would you like to know more about cooking? Childcare provided. Join us by registering at the Family Centre 902-245-2300.

