

October 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.

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.

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

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

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.

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

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

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.

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.

Parenting The Defiant Child: Helping your child succeed in their behavior. These strategies can be applied to everyday life in your home and can make a big difference for your child and family.

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.

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