

Monday	Tuesday	Wednesday	Thursday	Friday
3 Natal Day	4	5	6	7
Centre Closed Monday August 3rd to 7th, 2026				
10 10:00 AM Staff Meeting 1:00 PM -3:00 PM Closed Program -Bucket Fillers	11 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM New and Expectant Dads Program	12 10:30 AM -12:00 PM Messy Day -all ages, Drop in 	13 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program	14 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group
17 1:00 PM -3:00 PM Closed Program -Bucket Fillers	18 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM New and Expectant Dads Program	19 10:30 AM -12:00 PM "We Are Going on a Bear Hunt" Book Adventure for children 4 to 6 years, registration required, drop off (book, craft, snack, and an adventure) 	20 10:30 AM -12:00 PM Toddler Time -Drop in	21
24 1:00 PM -3:00 PM Closed Program -Bucket Fillers Closing	25 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM New and Expectant Dads Program	26 10:00 AM -12:00 PM Crock Pot Cooking, registration required, Child Care provided 	27 11:00 AM -1:00 PM End of Summer Barbecue for all ages -Drop in 	28 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group
31				

Register for programs at the

Better Together Family Resource Centre

or by calling 902 543 3119. Programs are free to attend.

August 2026

Mondays

Closed Program—Bucket Fillers 1 pm to 3 pm, Monday August 10th, 17th, and 24th, 2026.

Tuesdays

Baby and Me -Drop in (ages newborn to 18 months, Child Care available for older children) Tuesday August 11th, 18th, and 25th, 10:30 am to 12 noon. Caregivers of babies have an opportunity to socialize, share experiences, and access resources.

Tuesday August 11th, 2026 –NS Public Health Nurses are available during Baby and Me to answer questions and discuss baby health issues. <https://www.nshealth.ca/public-health>

New and Expectant Male Identifying Caregivers—presented by Family Service Nova Scotia, 3 free information sessions, registration required, dinner provided, Tuesday August 11th, 18th, and 25th, 6 pm to 8 pm.

Register for free: Wyatt (902) 679 9171 call / text or Ellen (902) 599 0927 call / text or email emacin-tosh@familyservicens.ca

<https://www.familyservicens.ca/new-and-expectant-dads/>

Wednesdays

Messy Day all ages –Drop in Wednesday August 12th, 2026, 10:30 am to 12 noon.

Wednesday August 19th, 2026 **“We are Going on a Bear Hunt” Book Adventures** for children 4 to 6 years old, registration required, children are dropped off at the Better Together Family Resource Centre at 10:30 am and picked up at 12 noon, 10:30 am to 12 noon. (Book, craft, snack, and an adventure)

Crock Pot Cooking Adults –Registration required –Wednesday August 26th, 2026, 10:00 am to 12 noon, Child Care available

Thursdays

Toddler Time—Drop in (ages 18 months to age 4) Thursday August 13th, 20th, 27th, 10:30 am to 12 noon. A fun weekly program for caregivers and toddlers 18 months—4 years to get together, socialize with peers, learn to share and play, and access resources.

End of Summer Barbecue –all ages -Drop in. Thursday August 27th, 2026 11 am to 1 pm.

Fridays

Laleche League Breastfeeding Support Group—Drop in on Friday August 14th and 28th, 10 am to 12 noon

<https://www.lllc.ca/>

Better Together Family Resource Centre 821 King Street Unit 11 Bridgewater NS B4V 1B7

Phone 902 543 3119 or toll free 1 833 543 3119 Website <https://www.southshorefamilyresource.org/>

Like us on Facebook: [Better Together Family Resource Centre Lunenburg County](#) revised July 14th, 2026