Better Together Family Resource Centre

December 2026

Growing happy , healthy families

We are a **Registered Canadian Charity** Charitable donation tax receipts are provided

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 5 -registration required	2 10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, Child Care provided 10:30 AM -12:00 PM Kids Have Stress Too Parenting Program, Session 2 of 3, registration required, Child Care provided After School Second Year 4 H, Closed Program	3 10:30 AM -12:00 PM Tree Decorating Toddler Time -Drop In After School Intro to 4 H Program	4 No School for the SSRCE
7 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Allan Drive Bridgewater Our Time AfterSchool Closed Group	8 10:30 AM -12:00 PM Baby and Me -Drop in	9 10:30 AM -12:00 PM Kids Have Stress Too Parenting Program, Session 3, registration required, Child Care provided After School Second Year 4 H, Closed Program	10 11:00 AM -1:00 PM Holiday Lunch, drop in After School Intro to 4 H Program	11
14 10:30 AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, pre-registration required Our Time AfterSchool Closed Group	15 10:30 AM -12:00 PM Baby and Me -Drop in	16 10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, Child Care provided	17 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program	18 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group Last day of school before Holiday Break
21	22	23	24	25 Christmas
28	29	30	31	



The Better Together Family Resource Centre will be closed from Monday December 21st 2026 to Monday January 4th 2027.

Happy Holidays!

NOVA SCOTIA Government of Nova Scotia

Better Together Family Resource Centre - 821 King St. Unit 11, Bridgewater NS B4V 1B7 phone: 902 543 3119 or call Toll Free 1 833 543 3119 fax: 902 543 1828
www.southshorefamilyresource.org Like us on Facebook: "Better Together Family Resource Centre Lunenburg County"

Government of Canada / Gouvernement du Canada

Register for programs at the

Better Together Family Resource Centre

Or by calling 902 543 3119 or

Toll free at 1 833 543 3119

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Mondays

H B Studios Sports Centre -Drop in (children from newborns to age 5) on Monday December 7th, 2026, from 9:30 am to 11:30 am at 543 Glenn Allan Drive, Bridgewater.

Intergenerational Playgroup -Registration required at Ridgewood Assisted Living Seniors Home, 372 Aberdeen Road, Bridgewater on Monday, December 14th, 2026.

Tuesdays

Baby and Me -Drop in (ages newborn to 18 months, Child Care available for older children) Tuesday December 1st, 8th and 15th, 2026. Care givers of babies have an opportunity to socialize, share experiences, and access resources.

Wednesdays

Cooking Together in Unit 9 -registration required. Wednesday December 2nd, 10 am to 12 noon, with Child Care provided. Food brings people together and provides comfort to many. Our Cooking Together program is focused on participants connecting, celebrating culture, and learning in a safe, comfortable environment. Staff members will guide participants during the program to follow a recipe and create a dish they can take home to their family.

Kids Have Stress Too! – Registration is required; child care is provided. This three-part program takes place on Wednesdays—November 25, December 2, and December 9, 2026—from 10:30 a.m. to noon. It helps parents and caregivers of children ages 4 to 9 years old understand stress in children and learn practical ways to help them manage it.

Thursdays

Holiday Lunch -Drop in (all ages) Thursday December 10th, 11 am to 1 pm, at the Better Together Family Resource Centre.

Toddler Time -Drop in (ages newborns to age 4) Thursday December 3rd, 10th, and 17th, 10:30 to 12 noon. A fun weekly program for caregivers and toddlers 0 – 4 to get together, socialize with peers, learn to share and play and access resources.

- **Thursday, December 3rd is Tree Decorating with Toddler Safe ornaments.**

Fridays

Laleche League Breastfeeding Support Group -Drop in on Friday December 18th, 2026, 10 am to 12 noon. Website: www.lllc.ca

Better Together Family Resource Centre, 821 King Street, Unit 11
Bridgewater, NS, B4V 1B7 Phone 902 543 3119 Toll free phone 1 833 543 3119
Website: www.southshorefamilyresource.org
Facebook https://www.facebook.com/BetterTogetherFamilyResourceCentreLunenburgCounty