

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:30 AM - 11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Allan Drive Bridgewater 10:00 AM - 12:00 PM Nobody's Perfect -registration required, Child Care provided Our Time -closed group	3 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 4 -registration required	4 10:30 AM - 12:00 PM Self Care, registration required, Child Care available 2:30 PM -3:30 PM Cooking With Families, registration required Early Dismissal for the SSRCE	5 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program After School Intro to 4 H -closed program	6
9 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Allan Drive Bridgewater 10:00 AM -12:00 PM Nobody's Perfect -registration required, Child Care provided Our Time -closed group	10 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 5 -registration required	11 10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, Child Care provided After School Second Year 4 H -closed program	12 10:30 AM -12:00 PM Toddler Time -Drop in After School Intro to 4 H -closed program	13 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group
16 Centre Closed for Nova Scotia Heritage Day	17 10:30 AM -12:00 PM Baby and Me -Drop in Chinese New Year	18 10:30 AM -12:00 PM Let's Talk Grandparenting, registration required, Child Care provided After School Second Year 4 H -closed program	19 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program After School Intro to 4 H -closed program	20
23 10:00 AM -12:00 PM Nobody's Perfect -registration required, Child Care provided 10:30 AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, pre-registration required Our Time -closed group	24 10:30 AM -12:00 PM Baby and Me -Drop in	25 10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, Child Care provided After School Second Year 4 H -closed program	26 10:30 AM -12:00 PM Toddler Time -Drop in After School Intro to 4 H -closed program	27 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group



**Register for programs at the
Better Together Family Resource Centre
or by calling 902 543 3119. Programs are free to attend.**

February

2026

Mondays

H B Studios Sports Centre –Drop in (children from newborns to age 5) on Monday February 2nd and 9th, 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 February 23rd, from 10:30 am to 11:30 am.

Nobody's Perfect registration required, Child Care provided, Offered in 6 Sessions on Mondays: February 2nd, 9th, 23rd, March 2nd, and 9th, 10 am to 12 noon. Nobody's Perfect is designed to strengthen positive parenting skills and gives parents a safe place to meet others with children of the same age and with whom they share interests and concerns. For parents and caregivers of children newborn to age 6 years.

Tuesdays

Baby and Me -Drop in (ages newborn to 18 months, Child Care available for older children) Tuesday February 3rd, 10th, 17th, and 24th, 10:30 am to 12 noon. Caregivers of babies have an opportunity to socialize, share experiences, and access resources.

Prenatal Education Program – Registered Program (expecting parents and support person) The Prenatal Education Program supports healthy pregnancies by providing information through interactive activities and group discussions guided by a trained facilitator. The program occurs in a safe, supportive environment and provides ongoing support through centre programs after baby is born. The Prenatal Education Program can be provided in person, one on one and virtually. Registration is required, please call 902 543 3119 to sign up.

Wednesdays

Self Care—registration required, Child Care provided, Wednesday February 4th, 10:30 am to 12 noon.

Cooking Together in Unit 9 —registration required. Wednesday February 11th and 25th, 10 am to 12 noon, with Child Care provided. Food brings people together and provides comfort for 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.

Let's Talk Grandparenting —registration required. Wednesday February 18th, 10:30 am to 12 noon. Let's Talk Grandparenting is an interactive support group where participants make new friends, network, share information and experiences in a safe and supportive environment. The program is facilitated by a staff member and topics / guest speakers are chosen by the group. Child Care is provided.

Thursdays

Toddler Time—Drop in (ages 18 months to age 4) Thursday February 5th, 12th, 19th, and 26th, 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.

Fridays

Laleche League Breastfeeding Support Group—Drop in on Friday February 13th and 27th, 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/>

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