

2 Closed for New Years 	3	4 Staff Training	5	6
9 10:30 am to 12 noon Closed Group Closed Group BB / HH 4H	10 10:30 am to 12 noon Baby & Me Drop In 6 pm to 8 pm Prenatal Session 1 Pre-Registration Required	11 90 minute early dismissal for the SSRCE 10:30 am to 11:30 am Cooking With Kids Pre-Registration Required	12 9 am O H & S meeting 10:30 am to 12 noon Toddler Time Drop In 1 pm to 2 pm Social Time Drop In	13 10:00 am to 12 noon LaLeche Breastfeeding Support Group Drop In
16 10:30 to 11:30 am HB Studios Sport Centre Free Drop in Closed Group BB / HH 4H	17 10:30 am to 12 noon Baby & Me Drop In 6 pm to 8 pm Prenatal Session 2	18 10:00 am to 12 noon Self Care Sign up 1:30 pm to 3:30 pm Amped Up! Session #1 Pre-Registration Required 2:30 pm to 4:00 pm BES 2nd year After School Program Pre-Registration Required	19 10:30 am to 12 noon Toddler Time Drop In 2:30 pm to 4:00 pm BES 1st year After School Program Pre-Registration Required	20
23 10:30 am to 12 noon Closed Group Closed Group BB / HH 4H	24 10:30 am to 12 noon Baby & Me Drop In 6 pm to 8 pm Prenatal Session 3	25 10:00 am to 11:30 am Let's Talk Grandparenting Sign up 1:30 pm to 3:30 pm Amped Up! Session #2 2:30 pm to 4:00 pm BES 2nd year After School Program Pre-Registration Required	10:30 am to 12 noon Toddler Time Drop In 1 pm to 2 pm Social Time Drop In 2:30 pm to 4:00 pm BES 1st year After School Program Pre-Registration Required	27 January 27 Family Literacy Day
30 Closed Group BB / HH 4H	31 10:30 am to 12 noon Baby & Me Drop In 6 pm to 8 pm Prenatal Session 4			 <i>If schools are closed due to weather conditions, programs and Playgroups are cancelled too.</i>

Programs are Free

Better Together Family Resource Centre 821 King Street, Unit 11, Bridgewater NS B4V 1B7 Phone 902 543 3119 or call Toll Free 1 833 543 3119 Fax 902 543 1828 Website www.southshorefamilyresource.org Like us on Facebook: [Better Together Family Resource Centre Lunenburg County](#) And on Twitter: [@SSFRALunenburg County](#)

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**Register for programs at the
Better Together Family Resource Centre
or by calling 902 543 3119
All programs are free**



January

2023

Baby & Me—Drop in (ages newborns to 18 months) Tuesdays January 10th, 17th, 24th and 31st, 10:30 am to 12 noon. Caregivers of babies 0—18 months have an opportunity to socialize, share experiences and access resources.

Prenatal Classes-Registered Program for expecting parents and their support people are on Tuesdays, January 10th, 17th, 24th, and 31st, 6 pm to 8 pm. Please call 902 543 3119 or Toll Free 1 833 543 3119 for more information and to register.

Cooking With Kids-Registered Program (ages newborn to 5 years old) Wednesday January 11th, 10:30 am to 11:30 am Cooking with Kids encourages parents and children to work together to create a healthy snack/meal. Staff members will guide families during the program and help them develop skills like measuring, mashing, and shredding, in a safe environment and the mess is on us! All supplies provided free of charge.

BES: Intro After School 4-H Registered Program An exciting after school program for students in Grades 3 and 4 at Bridgewater Elementary School. In this introduction to 4H program, you will begin to discover that 4-H is about more than farms and farm animals. The other side of 4-H makes it possible for everyone to be part of the organization. There are a variety of projects that range from crafts to computers. During our **10-week** program you will have a chance to explore some of these project areas. Also, you will discover what it is like to be part of a 4-H club.

BES:2nd year After School 4-H Registered Program This program is designed for children who have participated in the BES: Intro After School 4-H Program. During this program, the children will do a broader range of projects to give them a more in-depth look, into the 4-H program.

Toddler Time—Drop in (ages newborns to age 4) Thursday January 12th, 19th, and 26th, 10:30 am to 12 noon. A fun weekly program for caregivers and toddlers 0—4 years to get together, socialize with peers, learn to share and play, and access resources.

Social Time—Drop in (age 18+) Thursday January 12th and 26th, 1 pm to 2 pm No Child Care
An opportunity for individuals to drop in, socialize, share experiences, and access resources at the Centre.

LaLeche League Breastfeeding Support Group-Drop in on Friday January 13th, 10 am to 12 noon <https://www.lllc.ca/>

Drop in to **H B Studio Sports Centre** at 543 Glenn Allan Drive, Bridgewater on Monday January 16th, 10:30 am to 11:30 am. No entrance fee.

Self Care— Registered Program (ages 18+) Wednesday January 18, 10:00 am to 12 noon. Enjoy a facial and a little quiet time. Child Care provided.

Amped Up! Anger Management Training—Registered Program (ages 18+) Wednesday January 18, 1:30 pm to 3:30 pm No Child Care. 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 it's 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.

Let's Talk Grandparenting—Registered Program (ages 18 +) Wednesday January 25th 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 supportive environment. The program is facilitated by a staff member and topics / guest speakers are chosen by the group. Child Care is provided.

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Call Toll Free 1 833 543 3119 Website: [South Shore Family Resource Association](https://www.southshorefamilyresourceassociation.ca/)

Facebook: [Better Together Family Resource Centre](https://www.facebook.com/BetterTogetherFamilyResourceCentre) Twitter: [SSFRLunenburgCo](https://twitter.com/SSFRLunenburgCo)

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