


Monday	Tuesday	Wednesday	Thursday	Friday
<p><b>1</b></p> <p>10:00 AM -12:00 PM Nobodys Perfect Parenting Program, kids 0 to 5,registration required, Child Care provided.</p> <p>1:00 PM -2:00 PM Staff Meeting</p> <p>Our Time -closed group</p>	<p><b>2</b></p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p> <p>6:00 PM -8:00 PM Prenatal Class -Session 3 -registration required</p>	<p><b>3</b></p> <p>10:30 AM -12:00 PM Let's Talk Grandparenting, registration required, Child Care provided</p>	<p><b>4</b></p> <p>10:30 AM -12:00 PM Toddler Time -Drop in</p> <p>After School Intro to 4 H -closed program</p>	<p><b>5</b></p>
<p><b>8</b></p> <p>10:00 AM -12:00 PM Nobodys Perfect Parenting Program, kids 0 to 5,registration required, Child Care provided.</p> <p>Our Time -closed group</p>	<p><b>9</b></p> <p>10:30 AM -12:00 PM Baby and Me with NS Public Health Nurses available to answer your questions. Drop in.</p> <p>6:00 PM -8:00 PM Prenatal Class -Session 4 -registration required</p>	<p><b>10</b></p> <p>10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, Child Care provided</p> <p>2:30 PM -3:30 PM Cooking With Families, registration required</p> <p>Early Dismissal for the SSRCE</p>	<p><b>11</b></p> <p>10:30 AM -12:00 PM Toddler Time -Drop in</p> <p>1:00 PM -2:00 PM Closed program</p> <p>After School Intro to 4 H -closed program</p>	<p><b>12</b></p> <p>10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group</p>
<p><b>15</b></p> <p>10:00 AM -12:00 PM Nobodys Perfect Parenting Program, kids 0 to 5,registration required, Child Care provided.</p> <p>Our Time -closed group</p>	<p><b>16</b></p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p> <p>6:00 PM -8:00 PM Prenatal Class -Session 5 -registration required</p>	<p><b>17</b></p> <p>10:00 AM -12:00 PM Crafting, registration required, Child Care provided.</p>	<p><b>18</b></p> <p>10:30 AM -12:00 PM Toddler Time -Drop in</p>	<p><b>19</b></p>
<p><b>22</b></p> <p>10:00 AM -12:00 PM Nobodys Perfect Parenting Program, kids 0 to 5,registration required, Child Care provided.</p> <p>Our Time -closed group</p>	<p><b>23</b></p> <p>1:00 PM -3:00 PM Annual General Meeting at the North Queens Fire Hall</p> <p>Centre Closed</p>	<p><b>24</b></p> <p>10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, Child Care provided</p>	<p><b>25</b></p> <p>10:30 AM -12:00 PM Toddler Time -Drop in</p> <p>1:00 PM -2:00 PM Closed program</p>	<p><b>26</b></p> <p>10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group</p> <p>No Classes for High School Students of the SSRCE</p>
<p><b>29</b></p> <p>10:30 AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, pre-registration required</p> <p><b>No School</b></p> <p>Our Time -closed group</p>	<p><b>30</b></p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p> <p>Last Day of School for the SSRCE</p>			

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

**June 2026**

### **Mondays**

**Nobody's Perfect Parenting Program** for parents and caregivers of children from newborn to 5 years old. Registration required. Child Care provided, 10 am to 12 noon, June 1st, 8th, 15th, and 22nd, 2026.

**Intergenerational Playgroup at Ridgewood Assisted Living Seniors Home**, 372 Aberdeen Road, Bridgewater on Monday June 29th, from 10:30 am to 11:30 am. Register by calling 902 543 3119.

### **Tuesdays**

Centre Closed Tuesday June 23rd, 2026 due to

#### **The Annual General Meeting of the South Shore Family Resource Association**

At the North Queens Fire Hall, Caledonia

**Baby and Me** -Drop in (ages newborn to 18 months, Child Care available for older children) Tuesday June 2nd, 9th, 16th, and 30th, 10:30 am to 12 noon. Caregivers of babies have an opportunity to socialize, share experiences, and access resources.

Tuesday June 9th, 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>

### **Wednesdays**

**Let's Talk Grandparenting** –registration required. Wednesday June 3rd, 10 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 provided.

**Cooking Together in Unit 9** –registration required. Wednesday June 10th and 24th, 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.

**Crafting** –registration required. Child Care provided. 10 am to 12 noon.

**Cooking With Families** –registration required. Wednesday June 10th, 2:30 am to 3:30 am. Cooking With Families 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.

### **Thursdays**

**Toddler Time**—Drop in (ages 18 months to age 4) Thursday June 4th, 11th, 18th, and 25th, 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 June 12th and 26th, 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 May 14th 2026