



Monday	Tuesday	Wednesday	Thursday	Friday
<p>2</p> <p>10:00 AM -12:00 PM Nobody's Perfect -registration required, Child Care provided</p> <p>1:00 PM -2:00 PM Staff Meeting</p> <p>Our Time -closed group</p>	<p>3</p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p>	<p>4</p> <p>10:30 AM -12:00 PM Self Care, registration required, Child Care available</p> <p>After School Second Year 4 H -closed program</p>	<p>5</p> <p>10:30 AM -12:00 PM Toddler Time -Drop in</p> <p>After School Intro to 4 H -closed program</p>	<p>6</p>
<p>9</p> <p>9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater</p> <p>10:00 AM -12:00 PM Nobody's Perfect -registration required, Child Care provided</p> <p>Our Time -closed group</p>	<p>10</p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p>	<p>11</p> <p>10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, Child Care provided</p> <p>After School Second Year 4 H -closed program</p>	<p>12</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>13</p> <p>10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group</p>
<p>16</p>	<p>17</p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p> <p>6:00 PM -8:00 PM Prenatal Class -Session 1 -registration required</p>	<p>18</p> <p>10:00 AM -12:00 PM Pizza and a Movie, please call 902 543 3119 to sign up</p>	<p>19</p> <p>10:30 AM -12:00 PM Toddler Time -Drop in</p>	<p>20</p> <p>First Day of Spring</p>
March Break Week No School				
<p>23</p> <p>9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater</p> <p>1:00 PM -3:00 PM Staff Training</p> <p>Our Time -closed group</p>	<p>24</p> <p>10:30 AM -12:00 PM Baby and Me -Drop in</p> <p>6:00 PM -8:00 PM Prenatal Class -Session 2 -registration required</p>	<p>25</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>After School Second Year 4 H -closed program</p> <p>Early Dismissal for the SSRCE</p>	<p>26</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>27</p> <p>10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group</p>
<p>30</p> <p>10:30 AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, pre-registration required</p> <p>Our Time -closed group</p>	<p>31</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>			

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



2026

Mondays

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

Nobody's Perfect Parenting Program registration required, Child Care provided, 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 March 3rd, 10th, 17th, 24th, and 31st, 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) Offered in 5 sessions from 6 pm to 8 pm on Tuesday March 17th, 24th, 31st, and April 7th, and 14th, 2026. 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 March 4th, 10:30 am to 12 noon.

Cooking Together in Unit 9 —registration required. Wednesday March 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.

Pizza and a Movie —registration required. Wednesday February 18th, 10:30 am to 12 noon.

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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