



Mon	Tue	Wed	Thu	Fri
<p>Time Falls Back on Sunday Nov 6th</p>	<p><b>1</b></p> <p>10:30 am to 12 noon Baby &amp; Me Drop In</p>	<p><b>2</b> 90 minute early dismissal for the SSRCE</p> <p><b>Fun and Games</b> In the Livingroom in the Bridgewater Mall Ages 8 and up 1:30 to 3:30 Drop In</p>	<p><b>3</b></p> <p>10:30 am to 12 noon Toddler Time Drop In</p>	<p><b>4</b></p> <p>Staff Development and Centre Cleaning</p>
<p><b>7</b> 9 am Staff Meeting</p> <p>BB/HH 4 H</p>	<p><b>8</b></p> <p>10:30 am to 12 noon Baby &amp; Me Drop In</p>	<p><b>9</b></p> <p>Cooking With Kids 10:30 to 11:30 Call to register</p> <p>Amped Up Anger Management 1:30 to 3:30 Call to register</p>	<p><b>10</b> 9 am O H &amp; S meeting</p> <p>10:30 am to 12 noon Toddler Time Drop In 1 pm to 2 pm Social Time Drop In</p>	<p><b>11</b> Centre Closed <b>Remembrance Day</b></p>
<p><b>14</b></p> <p>10:30 am to 12 noon Closed Group</p> <p>BB/HH 4 H</p>	<p><b>15</b></p> <p>10:30 am to 12 noon Baby &amp; Me Drop In</p>	<p><b>16</b> 90 minute early dismissal for the SSRCE</p> <p>Let's Talk Grand Parenting 10:30 to 12 noon Call to register</p> <p>Amped Up Anger Management 1:30 to 3:30 Call to register</p> <p><b>Fun and Games</b> In the Livingroom in the Bridgewater Mall Ages 8 and up 1:30 to 3:30 Drop In</p>	<p><b>17</b></p> <p>10:30 am to 12 noon Toddler Time Drop In</p>	<p><b>18</b></p> <p>10:00 am to 12 noon LaLeche Breastfeeding Support Group Drop In</p>
<p><b>21</b> 10:30 to 11:30 am Drop in <b>HB Studio Sports Centre</b></p> <p>BB/HH 4 H</p>	<p><b>22</b></p> <p>10:30 am to 12 noon Baby &amp; Me Drop In</p>	<p><b>23</b></p> <p>Taking Care of Me 10:30 to 12 noon Call to register</p> <p>Amped Up Anger Management 1:30 to 3:30 Call to register</p>	<p><b>24</b></p> <p>10:30 am to 12 noon Toddler Time Drop In 1 pm to 2 pm Social Time Drop In</p>	<p><b>25</b></p>
<p><b>28</b></p> <p>10:30 am to 12 noon Closed Group</p> <p>BB/HH 4 H</p>	<p><b>29</b></p> <p>10:30 am to 12 noon Baby &amp; Me Drop In</p>	<p><b>30</b> 90 minute early dismissal for the SSRCE</p> <p>Let's Talk Parenting 10:30 to 12 noon Call to register</p> <p>Staff Training 2 to 3:30 pm</p>	<p><b>Christmas at the Mall</b></p> <p>421 LaHave Street, Bridgewater Crafts and playdough Saturday November 26th Time 1—3 pm</p>	

**Register for programs at the  
Better Together Family Resource Centre  
or by calling 902 543 3119 or  
The toll free number 1 833 543 3119**

# November 2022

**Baby & Me**—Drop in (ages newborns to 18 months) Tuesdays November 1st, 8th, 15th, 22nd and 29th, 10:30 am to 12 noon. Caregivers of babies 0—18 months have an opportunity to socialize, share experiences and access resources.

**Toddler Time**—Drop in (ages newborns to age 4) Thursday November 3rd, 10th, 17th, and 24th, 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. Siblings welcome.

**Cooking With Kids—Registered Program** (ages newborns to age 5) Wednesday November 9th 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.

**Social Time—Drop in** (age 18+) Thursday November 10th and 24th, 1 pm to 2 pm No Child Care  
An opportunity for individuals to drop in, socialize, share experiences, and access resources at the Centre.

Drop in to the **LaLeche League Breastfeeding Support Group** on Friday November 18th, 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 November 21st, 10:30 am to 11:30 am

**Let's Talk Grandparenting—Registered Program** (ages 18 +)  
Wednesday October 19th 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.

**Taking Care of Me— Registered Program** (ages 18+) Wednesday November 23rd, 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 November 9th, 16th, 23rd, and December 7th and 14th, 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 Parenting—Registered Program** (ages 18 +) Let's Talk Parenting 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.

### Fun and Games Nov 2 & 16

In the Livingroom in the Bridgewater Mall

Ages 8 and up 1:30 to 3:30 Drop In

### Christmas at the Mall

421 LaHave Street, Bridgewater  
Crafts and playdough  
Saturday November 26th Time 1—3 pm



**Better Together Family Resource Centre** 821 King Street, Unit 11 Bridgewater NS B4V 1B7 Phone: 902 543 3119

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: [SSFRALunenburgCo](https://twitter.com/SSFRALunenburgCo)

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