

| Monday                                                                                                                                                                    | Tuesday                                                                                                                                                   | Wednesday                                                                                                                                                                                               | Thursday                                                                                                                                                           | Friday                                                                     |
|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------|-----------------------------------------------------------------------------------------------------------------------------------------------------------|---------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------------|--------------------------------------------------------------------------------------------------------------------------------------------------------------------|----------------------------------------------------------------------------|
| <b>3</b><br>9:30 AM - 11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater<br>1:00 PM - 2:00 PM Staff Meeting<br>Our Time -closed group        | <b>4</b><br>10:30 AM -12:00 PM Baby and Me -Drop in<br>6:00 PM -8:00 PM Prenatal Class -Session 2 -registration required                                  | <b>5</b><br>10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, child care provided<br>After School Second Year 4 H -closed program                                                   | <b>6</b><br>10:30 AM -12:00 PM Toddler Time -Drop in<br>1:00 PM -2:00 PM Closed program<br>After School Intro to 4 H -closed program                               | <b>7</b>                                                                   |
| <b>10</b><br>Our Time -closed group                                                                                                                                       | <b>11</b><br>Centre closed for Remembrance Day<br><br><b>WE REMEMBER</b> | <b>12</b><br>10:30 AM -12:00 PM Self Care, registration required, Child Care provided<br>After School Second Year 4 H -closed program                                                                   | <b>13</b><br>10:30 AM -12:00 PM Toddler Time -Drop in<br>After School Intro to 4 H -closed program                                                                 | <b>14</b><br>10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group |
| <b>17</b><br>9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater<br>Our Time -closed group                                           | <b>18</b><br>10:30 AM -12:00 PM Baby and Me -Drop in<br>6:00 PM -8:00 PM Prenatal Class -Session 3 -registration required                                 | <b>19</b><br>10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, child care provided<br>After School Second Year 4 H -closed program                                                  | <b>20</b><br>10:30 AM -12:00 PM Toddler Time -Drop in<br>1:00 PM -2:00 PM Closed program<br>After School Intro to 4 H -closed program<br><b>National Child Day</b> | <b>21</b><br>No School for Elementary, Middle and Junior High Students.    |
| <b>24</b><br>10:30 AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, pre-registration required<br>Our Time -closed group | <b>25</b><br>10:30 AM -12:00 PM Baby and Me -Drop in<br>6:00 PM -8:00 PM Prenatal Class -Session 4 -registration required                                 | <b>26</b><br>10:30 AM -12:00 PM Let's Talk Grandparenting -registration required, Child Care provided<br>2:30 PM -3:30 PM Cooking With Families, registration required<br>Early Dismissal for the SSRCE | <b>27</b><br>10:30 AM -12:00 PM Toddler Time -Drop in<br>After School Intro to 4 H -closed program                                                                 | <b>28</b><br>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.**

# November 2025



## **Mondays**

**H B Studios Sports Centre** –Drop in (children from newborns to age 5) on Monday November 3rd and 17th, 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 November 24th from 10:30 am to 11:30 am.

## **Tuesdays**

**Baby and Me -Drop in** (ages newborn to 18 months, Child Care available for older children) Tuesday November 4th, 18th, and 25th, 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) Session 1 is Tuesday October 28th, Session 2 is Tuesday November 4th, Session 3 is Tuesday November 18th, Session 4 is Tuesday November 25th, and Session 5 is Tuesday December 2nd. All sessions are from 6 pm to 8 pm. 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**

**Let's Talk Grandparenting** –registration required. Wednesday November 26th, 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.

**Cooking Together in Unit 9** –registration required. Wednesday November 5th and 19th, 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.

**Self Care** –registration required, Child Care provided, Wednesday November 12th, 10:30 am to 12 noon.

**Cooking With Families** –registration required (all ages) Wednesday November 26th, 2:30 am to 3:30 am. Cooking With Kids encourages parents and children to create a healthy snack / meal. Staff members will guide families during the program and help them develop skills like measuring, mashing, shredding, in a safe environment and the mess is on us! All supplies are provided free of charge.

## **Thursdays**

**Toddler Time—Drop in** (ages newborns to age 4) Thursday November 6th, 13th, 20th, and 27th, 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.

## **Fridays**

**Laleche League Breastfeeding Support Group—Drop in** on Friday November 14th and 28th, 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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