Better Together Family Resource Centre

November 2026

Growing happy, healthy families

We are a **Registered Canadian Charity**
Charitable donation tax receipts are provided

Monday	Tuesday	Wednesday	Thursday	Friday
2 9:00 AM -9:30 AM Occupational Health and Safety Meeting 1:00 PM Staff Meeting Our Time AfterSchool Closed Group	**3** 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 1 -registration required	**4** 10:00 AM-12:00 PM Cooking Together n Unit 9 -registration required, Child Care provided 10:00 AM-12:00 PM Emergency Preparedness Workshop, registration required, Child Care provided After School Second Year 4H, Closed Program	**5** 10:30 AM -12:00 PM Toddler Time -Drop in After School Intro to 4 H Program	**6**
9 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater Our Time AfterSchool Closed Group	**10** 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 2 -registration required	**11** Centre closed for Remembrance Day 	**12** 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program After School Intro to 4 H Program	**13** 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group
16 10:00 AM -12:00 PM Emergency Preparedness Workshop, registration required, Child Care provided Our Time AfterSchool Closed Group	**17** 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 3 -registration required	**18** Centre Closed for Staff Training	**19** Centre Closed for Staff Training	**20** **National Child Day** No School for SSRCE Elementary and Junior High
23 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater 1:00 PM -2:30 PM Let's Talk Grand Parenting, registration required, no Child Care Our Time AfterSchool Closed Group	**24** 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 4 -registration required	**25** 10:30 AM - 12:00 PM Kids Have Stress Too Parenting Program, Session 1 of 3, registration required, Child Care provided 2:30 PM -3:30 PM Cooking With Families, registration required 2:30 PM -3:30 PM Cooking With Kids ten years and up in Unit 9, registration required Early dismissal for the SSRCE Schools	**26** 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program After School Intro to 4 H Program	**27** 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group
30 10:30 AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, pre-registration required Our Time AfterSchool Closed Group				

If schools are closed due to weather conditions, programs and Play-groups are cancelled too.

NOVA SCOTIA
Government of Nova Scotia

Better Together Family Resource Centre - 821 King St. Unit 11, Bridgewater NS B4V 1B7 phone: 902 543 3119 or call Toll Free 1 833 543 3119 fax: 902 543 1828
www.southshorefamilyresource.org Like us on Facebook: "Better Together Family Resource Centre Lunenburg County"

Government of Canada / Gouvernement du Canada

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

November 2026

Mondays

H B Studios Sports Centre –Drop in (children from newborns to age 5) on Monday November 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 November 30th 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 3rd, 10th, 17th, and 24th, 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 November 3rd, Session 2 is Tuesday November 10th, Session 3 is Tuesday November 17th, Session 4 is Tuesday November 24th, and Session 5 is Tuesday December 1st, 2026. 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

Emergency Preparedness Workshops –3 Sessions –Registration required (ages 18 +) Child Care provided. Wednesday October 28th, 10 am to 12 noon, Wednesday November 4th,, 10 am to 12 noon, and Monday November 16th, 1 to 2:30 pm. This workshop that will get you thinking about what you would do in the event of a variety of emergency and help you be prepared. Topics include preparing an emergency evacuation bag, photocopying and laminating documents you may need in an emergency, surviving without electricity for a period of time, planning and preparing for you and your family's needs.

Cooking Together in Unit 9 –registration required. Wednesday November 4th, 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.

Cooking With Families –registration required (all ages) Wednesday November 25th, 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.

Cooking With Kids for 10 year olds and up Registration required -Wednesday November 25th, 2026, 2:30 pm to 3:30 pm kids are dropped off, parents do not have to stay with children.

Kids Have Stress Too!-registration required, Child Care provided, Wednesday November 25th, December 2nd, and 9th, 2026, 10:30 am to 12 noon. Kids Have Stress Too! is a three-part program designed to help parents / caregivers better understand stress in their children and to teach them ways to manage it. For parents and caregivers of children 4 to 9 years old.

Thursdays

Toddler Time—Drop in (ages newborns to age 4) Thursday November 5th, 12th, 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.

Fridays

Laleche League Breastfeeding Support Group—Drop in on Friday November 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/

Like us on Facebook: Better Together Family Resource Centre Lunenburg County revised October 19, 2026