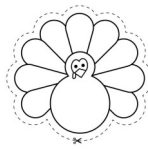


Monday	Tuesday	Wednesday	Thursday	Friday
 CHARGE into Fire Safety™ Lithium-Ion Batteries in Your Home FIRE PREVENTION WEEK™ NPPA 2025 National Fire Protection Association's "Charge" is a trademark of NPPA CanOps fpw.org		1 10:30 AM -12:00 PM Kids Have Stress Too! -registration required , Child Care provided Treaty Day to mark the beginning of Mi'kmaq History Month	2 10:30 AM -12:00 PM Toddler Time -Drop in	3 Fire Prevention Week October 5th to 11th 2025 This year's theme is "Charge into Fire Safety!"
6 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Allan Drive Bridgewater 1:00 PM -2:00 PM Staff Meeting	7 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 5 -registration required	8 10:00 AM -12:00 PM Local Dish Cooking -registration required, Child Care provided 2:30 PM -3:30 PM Cooking With Families, registration required Early Dismissal for the SSRCE	9 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program After School Intro to 4 H -closed program	10 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group
13 Centre Closed for Thanksgiving Day 	14 10:30 AM -12:00 PM Baby and Me -Drop in	15 10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, child care provided After School Second Year 4 H -closed program	16 10:30 AM -12:00 PM Toddler Time -Drop in After School Intro to 4 H -closed program	17  <i>If schools are closed due to weather conditions, programs and Play- groups are cancelled too.</i>
20 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Allan Drive Bridgewater Our Time -closed group	21 10:30 AM -12:00 PM Baby and Me -Drop in	22 10:30 AM -12:00 PM Let's Talk Grandparenting -registration required, Child Care provided After School Second Year 4 H -closed program	23 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program After School Intro to 4 H -closed program	24 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group No School for the SSRCE
27 10:30 AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, pre-registration required Our Time -closed group	28 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 1 -registration required	29 10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, child care provided After School Second Year 4 H -closed program	30 10:30 AM -12:00 PM Toddler Time Halloween Party -Drop in After School Intro to 4 H -closed program	31 Halloween 

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

October 2025

Mondays

H B Studios Sports Centre –Drop in (children from newborns to age 5) on Monday October 6th, and 20th, 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 October 27th 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) Tuesdays October 7th, 14th, 21st, and 28th, 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 October 22nd 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 October 15th and 29th, 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 October 8th, 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 October 2nd, 9th, 16th, 23rd and 30th, 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 October 10th and 24th, 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 September 15 2025