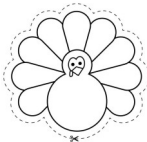


Monday	Tuesday	Wednesday	Thursday	Friday
			1 10:30 AM -12:00 PM Toddler Time -Drop in	2 Fire Prevention Week October 4th to 10th 2026 This year's theme is <u>"Safe Charging is a Super Power"</u>
5 9:00 AM -9:30 AM Occupational Health and Safety Meeting 9:30 AM -11:30 AM Drop in to HB Studios Sports Centre, 543 Glenn Allan Drive Bridgewater 10:00 AM -12:00 PM Closed Group 1:00 PM -2:00 PM Staff Meeting Our Time AfterSchool Closed Group	6 10:30 AM -12:00 PM Baby and Me -Drop in	7 Centre Closed for Staff Training Early dismissal for the SSRCE Schools	8 10:30 AM -12:00 PM Toddler Time -Drop in 1:30 PM -3:30 PM Staff Training	9 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group
12 Centre Closed for Thanksgiving Day 	13 10:30 AM -12:00 PM Baby and Me -Drop in	14 10:00 AM -12:00 PM Cooking Together in Unit 9 -registration required, Child Care provided 10:30 AM -12:00 PM Let's Talk Grandparenting, registration required, Child Care provided After School Second Year 4H, Closed Program	15 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	16  If schools are closed due to weather conditions, programs and Play- groups are cancelled too.
19 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Allan Drive Bridgewater Our Time AfterSchool Closed Group	20 10:30 AM -12:00 PM Baby and Me -Drop in	21 10:30 AM -11:30 AM Spooky Crafting with Toddlers, registration required After School Second Year 4H, Closed Program	22 10:30 AM -12:00 PM Toddler Time -Drop in After School Intro to 4 H Program	23 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group No School for SSRCE
26 10:30 AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, pre-registration required Our Time AfterSchool Closed Group	27 10:30 AM -12:00 PM Baby and Me -Drop in	28 10:00 AM -12:00 PM Cooking Together in 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	29 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	30 

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



October

Mondays

H B Studios Sports Centre –Drop in (children from newborns to age 5) on Monday October 5th, and 19th, 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 26th 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 6th, 13th, 20th, and 27th, 10:30 am to 12 noon. Caregivers of babies have an opportunity to socialize, share experiences, and access resources.

Tuesday October 13th, 2026 –NS Public Health Nurses are available during Baby and Me to answer questions and discuss baby health issues. <https://www.nshealth.ca/public-health>

Wednesdays

Let's Talk Grandparenting –registration required. Wednesday October 14th, 10:30 am to 11:30 am. "Let's Talk Grandparenting" is an interactive support group designed for grandparents who are actively raising or caring for children. 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 14th and 28th, 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.

Spooky Crafting with Toddlers –registration required, Wednesday October 21st, 10:30 am to 11:30 am. Spooky crafting with toddlers is a fun opportunity to celebrate the holiday season.

Emergency Preparedness Workshops –3 Sessions –Registration required (ages 18 +) Child Care provided. Wednesday October 28th, November 4th, and 18th. 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.

Thursdays

Toddler Time—Drop in (ages newborns to age 4) Thursday October 1st, 8th, 15th, 22nd, and 29th, 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 9th and 23rd, 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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