
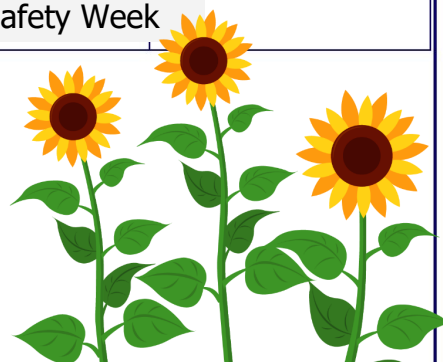


Monday	Tuesday	Wednesday	Thursday	Friday
1 Centre closed for Labour Day	2 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 1 -registration required	3 10:30 AM -12:00 PM Adult Colouring, registration required, Child Care available	4 10:30 AM -12:00 PM Toddler Time -Drop in First Day of School for the South Shore Regional Centre for Education	5 10:00 AM -12:00 PM Communication Skills Development Workshop -register at sarah.storm@llc.ca
8 1:00 PM -2:00 PM Staff Meeting	9 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 2 -registration required	10 9:00 AM -10:00 AM Occupational Health and Safety Meeting 10:00 AM -12:00 PM Cooking Together in Unit 9, registration required, Child Care available 10:30 AM -12:00 PM Kids Have Stress Too! -registration required, Child Care provided	11 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed Program	12 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group
15 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater	16 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 3 -registration required	17 10:30 AM -12:00 PM Let's Talk Grandparenting -registration required, child care provided 2:30 PM -3:30 PM Cooking With Families, registration required Early Dismissal for the SSRCE	18 10:30 AM -12:00 PM Toddler Time -Drop in	19 10:00 AM -12:00 PM Communication Skills Development Workshop -register at sarah.storm@llc.ca
22 Call 902 543 3119 or Toll Free 1 833 543 3119 to make an appointment to have your Child's Car Seat checked at the Centre by a Car Seat Technician	23 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 4 -registration required	24 10:00 AM -12:00 PM Cooking Together in Unit 9, registration required, Child Care available 10:30 AM -12:00 PM Kids Have Stress Too! -registration required, Child Care provided	25 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed Program	26 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group
Child Passenger Safety Week 2025 I W K Child Safety Week				
29 10:30 AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, pre-registration required No School for the SSRCE	30 Centre Closed for Truth and Reconciliation Day			



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



2025

Mondays

H B Studios Sports Centre –Drop in (children newborns to age 5) Monday September 15th from 9:30 am to 11:30 am.

Intergenerational Playgroup –Registration Required at Ridgewood Assisted Living Seniors Home, 372 Aberdeen Road, Bridgewater on Monday September 29th 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 September 2nd, 9th, 16th, and 23rd, 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 September 2nd, Session 2 is Tuesday September 9th, Session 3 is Tuesday September 16th, Session 4 is Tuesday September 23rd, and Session 5 is Tuesday October 7th. 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 register.

Wednesdays

Adult Colouring –registration required, Child Care available, Wednesday September 3rd, 10:30 to 12 noon

Kids Have Stress Too! is three-part program designed to help parents / caregivers better understand stress in their children and to teach them ways to manage it. Parents of children 4 – 9 years old are welcome to call the center and sign up for this program. Child-care will be available for younger siblings. Registration required. Child Care provided.

Wednesday September 10 -10:30 am - 12:00 pm

Wednesday September 24 -10:30 am – 12:00 pm

Wednesday October 1 -10:30 am -12:00 pm

Let's Talk Grandparenting –Registration Required (ages 18+) Wednesday September 17th, 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 September 10th or Wednesday September 24th, 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 September 17th, 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 September 4th, 11th, 18th, and 25th, 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.

Social Time—Drop in (age 18+) Thursday September 11th and 25th, 1 pm to 2 pm. No Child Care An opportunity for individuals to drop in, socialize, share experiences, and access resources at the Centre.

Fridays

Communication Development Skills -registration required by email to sarah.storm@lllc.ca Friday September 5th and 19th, 2025, 10 am to 12 noon.

LaLeche League Breastfeeding Support Group—Drop in on Friday September 12th and 26th, 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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