

Monday	Tuesday	Wednesday	Thursday	Friday
	1 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 1 -registration required	2 10:30 AM -12:00 PM Closed Program	3 10:30 AM -12:00 PM Toddler Time -Drop in First Day of School	4
7 Labour Day -Centre closed	8 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 2 -registration required	9 10:00 AM -12:00 PM Amped Up Anger Management -registration required. Child Care provided.	10 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program	11 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group
14 9:00 AM OH&s Meeting 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater 1:00 PM -2:00 PM Staff Meeting	15 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 3 -registration required	16 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 2:30 PM -3:30 PM Cooking With Kids ten years and up in Unit 9, registration required Early dismissal for the SSRCE Schools	17 10:30 AM -12:00 PM Toddler Time -Drop in	18 
21 9:30 AM -11:30 AM Drop in to H B Studios Sports Centre, 543 Glenn Alan Drive Bridgewater Child Passenger Safety Week 2026 I W K Child Safety Link	22 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 4 -registration required	23 10:00 AM -12:00 PM Amped Up Anger Management -registration required. Child Care provided.	24 10:30 AM -12:00 PM Toddler Time -Drop in 1:00 PM -2:00 PM Closed program	25 10:00 AM -12:00 PM LaLeche League Breastfeeding Support Group No School for the SSRCE
28 10:30 AM -11:30 AM Intergenerational Playgroup at Ridgewood Seniors Home 372 Aberdeen Road, Bridgewater, pre-registration required	29 10:30 AM -12:00 PM Baby and Me -Drop in 6:00 PM -8:00 PM Prenatal Class -Session 5 -registration required	30 National Day for Truth and Reconciliation -Centre closed 		

Register for programs at the

Better Together Family Resource Centre

or by calling 902 543 3119. Programs are free to attend.



2026

Mondays

H B Studios Sports Centre –Drop in (children newborns to age 5) Monday September 14th and 21st from 9:30 am to 11:30

Intergenerational Playgroup –Registration required. Monday September 28th from 10:30 am to 11:30 am at Ridgewood Assisted Living Seniors Home, 372 Aberdeen Road, Bridgewater.

Tuesdays

Baby and Me -Drop in (ages newborn to 18 months, Child Care available for older children) Tuesdays September 1st, 8th, 15th, 22nd, and 29th, 10:30 am to 12 noon. Caregivers of babies have an opportunity to socialize, share experiences, and access resources.

Tuesday September 8th, 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>

Prenatal Education Program – Registered Program (expecting parents and support person) Offered in 5 sessions from 6 pm to 8 pm on Tuesday September 1st, 8th, 15th, 22nd, and 29th, 2026. 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

Amped Up Anger Management –3 sessions –registration required. Child Care provided. 10 am to 12 noon on Wednesday September 9th, 23rd, and October 7th, 2026. We will explore what anger is, where it comes from, how anger affects our bodies, how it affects our relationships and discuss the role communication plays in healthy relationships.

Let's Talk Grandparenting –Registration Required (ages 18+) Child Care is provided. Wednesday September 16th, 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.

Cooking With Families –registration required. Wednesday September 16th, 2:30 am to 3:30 am. Cooking With Families encourages parents and children to work together to create a healthy snack / meal. Staff members will guide families during the program and help them develop skills like measuring, mashing, and shredding, in a safe environment and the mess is on us! All supplies provided free of charge.

Cooking With Kids for 10 year olds and up Registration required -Wednesday September 16th, 2026, 2:30 pm to 3:30 pm kids are dropped off, parents do not have to stay with children.

Thursdays

Toddler Time—Drop in (ages newborns to age 4) Thursday September 3rd, 10th, 17th, and 24th, 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 September 11th and 25th, 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: <https://www.facebook.com/BetterTogetherFamilyResourceCentreLunenburgCounty>

revised August 19 2026