

**Find out more information or to register for programs
at the Queens Family Resource Centre**
please call 902 354-7176 or Toll Free 1 833 354-7176
All Programs are free to attend*



Parent information Sessions (18+)

- * Nobody's Perfect Program (Registered group) (parents with children 0-5 years) April 4th, 11th and 25th

Meet other parents of young children for sharing, discussion and discovery.

- * Service Canada Information session (**drop-in, registration required for childcare**) Tuesday April 7th at 1:00pm

Learn from a Service Canada Representative what programs and benefits are offered by Service Canada

For more information or to register please call 902-354-7176

Baby and Me at the Centre (age 0-18 months) (Drop-in)(10:00-12noon)

Tuesday April 1st, 8th, 15th, 22nd and 29th

Caregivers of babies meet at the Centre for social time and sharing. Siblings Welcome.

Community Playgroup (all ages) (drop-in)(10-1130am)

Liverpool at the Centre Monday April 7th, 14th and 28th

Families with children of all ages participate in free play, songs, games, hands on learning, snack and story time.

The Parenting Journey

Parenting Journey is a free, voluntary home visiting program that provides support to families with children ages 0-18 in the community, contact your local Family Resource Centre.

Prenatal support program (expected parents) (registered groups)

Offered throughout the year in-person or virtual sessions, groups or 1 on 1, call or email the Centre for more information and to register. *** next in-person sessions April 9th, 16th and 23rd 2025

Social Time (all ages) (Drop-in)(10-1130am)

Wednesday April 2nd, 9th, 16th, 23rd and 30th

An opportunity for individuals to drop-in, socialize, share experience and access resources. Child care not provided

Toddler Time (age 1-4) (10-1130am)

Thursday April 3rd, 10th, 17th and 24th

Toddlers and their caregivers get together to socialize with peers, learn to share, play and have access to resources. Siblings welcome!

Home alone Program (ages 10+, registration required)

Wednesday April 30th, limited space

Material and snacks provided

Afterschool Craft Club (registered group, grade 4 and 5 students) (3-4:30pm)

Thursday April 10th, 17th and 24th

Registered students will explore crafting, social games and activities



Queens Family Resource Centre 40 Water Street Unit 2, Liverpool NS PO Box 178 B0T 1K0

Phone: 902 354-7176, Toll free 1-833-354-7176, Website: www.shouthshorefamilyresource.org

Facebook: Queens-Family-Resource-Centre-Queens-County

qfrc@ns.aliantzinc.ca