

**Find out more information or to register for  
programs at Queens Family Resource Centre**  
Please call 902 354-7176 or toll free 1 833 354-7176  
\*\*\* All Programs are FREE to attend\*\*\*

# FEBRUARY 2026

**Community Playgroups** (All Ages, Drop-In) Families with children of all ages participate in free play, songs, games, hands on learning, snacks and stories. All ages welcome!

**Liverpool** at the Centre Monday February 2<sup>nd</sup>, 9<sup>th</sup>, and 23<sup>rd</sup> **10:00AM-11:30AM**

**Greenfield** at the Rec centre Monday February 2<sup>nd</sup>, 9<sup>th</sup>, and 23<sup>rd</sup> **12:30PM-1:30PM**

**Baby and Me!** (ages 0-18 months, Drop-In) Caregivers of babies meet staff at the library for social time, sharing experiences, songs and stories. Siblings welcome! check the Calendar for community partner visits.

**Harley Umphrey Dr. Liverpool** Tuesday February 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup> **10:30AM-11:30AM**

**Social time** (All ages, Drop-In) an opportunity for families to Drop-In at the Centre to socialize, share experiences and access resources. Child care not provided.

**Liverpool** at the Centre Wednesday February 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, and 25<sup>th</sup> **10:00AM-11:30AM**

**Toddler Time** (Ages 1-4, Drop-In) Toddlers and their caregivers get together to socialize with their peers, learn to share, play and access to resources. Siblings welcome!

**Liverpool** at the Centre Thursday February 5<sup>th</sup>, 12<sup>th</sup>, 19<sup>th</sup>, and 26<sup>th</sup> **10:00AM-11:30AM**

**CLT and Inservice days** Join staff for fun activities, crafts and special programs during early dismissal and Inservice days. Watch for our monthly calendar for advertised program or promotional posters.

**Prenatal support program** (expected parents, registered groups)

Offered throughout the year In-Person or virtual groups or 1 on 1 support, call or email the centre for more information or to register. 902 354-7176, toll free 1 833 354-7176 or email [gfrc@ns.aliantzinc.ca](mailto:gfrc@ns.aliantzinc.ca) Next In-Person sessions will be held April 8<sup>th</sup>, 15<sup>th</sup> and 22<sup>nd</sup> 2026

**The Parenting Journey** a free, voluntary home visiting program that supports families with children 0-18 years of age in the community. Contact us for more information or to register.

**Chowder luncheon** (Drop-In, no childcare provided) February 25<sup>th</sup> 12:00PM-1:00PM



**40 Water Street Unit 2, PO Box 178 Liverpool NS B0T 1K0**



<https://www.canada.ca/en/public-health.html>



<https://novascotia.ca/coms/families/index.html>