

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\*\*\*

# July 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 July 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup>, and 27<sup>th</sup> **10:00AM-11:30AM**

**Greenfield** at the Rec centre Monday July 6<sup>th</sup>, 13<sup>th</sup>, 20<sup>th</sup> and 27<sup>th</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** July 7<sup>th</sup>, 14<sup>th</sup>, 21<sup>st</sup>, and 28<sup>th</sup> **10:30AM-11:30AM**

**Family Walks** (All ages, Drop-In) an opportunity for families to meet staff at Pine Grove entrance for a walk around the trail, weather permitting.

**Pine Grove Park Milton** Wednesday mornings at **10:00AM** (May-October) Child care not provided.

**All ages playgroup** (Drop-In) Children of all ages and their caregivers get together to socialize with their peers, learn to share, play and access to resources. All ages welcome!

**Liverpool** at the Centre Thursday July 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, and 30<sup>th</sup> **10:30AM-11:30AM**

**Summer Activities** Join staff for fun activities, crafts and special programs during July and August, 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 [qfrc@ns.aliantzinc.ca](mailto:qfrc@ns.aliantzinc.ca) Next In-Person sessions will be held July 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</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.

**Summer cooking: Little food creators Greenfield and Liverpool** ages 4-7 years (Registration required, limited space) **Greenfield July 13<sup>th</sup> and August 10<sup>th</sup> 10:30Am-11:30AM, Liverpool July 14<sup>th</sup> and August 11<sup>th</sup> 10:00AM-11:00AM**

**Summer cooking: Tweens Greenfield and Liverpool** ages 8-12 years (registration required, limited space) **Greenfield July 13<sup>th</sup> and August 10<sup>th</sup> 2:00PM-3:00PM, Liverpool July 14<sup>th</sup> and August 11<sup>th</sup> 12:30PM-1:30PM**

Virtual summer session, **Let's Talk: School Success**. Registered families will be eligible for a free snack pack and information kit. Registration Required, sign up for a session today! July 7<sup>th</sup>, July 21<sup>st</sup> and August 4<sup>th</sup>.



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



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