

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***

June 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 June 1st, 8th, 15th, and 22nd **10:00AM-11:30AM**

Greenfield at the Rec centre Monday June 1st, 8th, 15th, 22nd and 29th **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 June 2nd, 9th, 16th, 23rd and 30th **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.

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 June 4th, 11th, 18th and 25th **10:00AM-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. **Kick-off to summer in Centennial park June 29th 10:00AM-11:30Am** (provided in partnership with Kiwanis club Liverpool)

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 Next In-Person sessions will be held July 15th, 22nd and 29th 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.

Let's Talk series: Emotional regulation (Families with children 0-18 years) June 9th at the Centre in Liverpool **1:00PM-2:00PM**

Menopause Talk June 22nd at 6:00PM at the Centre discuss changes and symptoms, share experiences and resources (drop-in, no childcare provided, information only, no medical advice)

Parent Ed: My Tween and Me! (registration required, no childcare) June 4th, 11th and 18th at **1:00PM**, call for more information.



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>