



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+)

Friday May 2nd 10-11

Emotional Regulation for Caregivers: Manage big emotions with the help of the color monster and his friends. Registration required, childcare on site.

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 May 6th, 13th, 20th and 27th

Caregivers of babies meet at the Centre for social time and sharing. Siblings Welcome. Visit with Public Health staff once a month.

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

Liverpool at the Centre Monday May 5th, 12th and 26th

Families with children of all ages participate in free play, snack and special activities on the first and last Monday of the month.

Early Dismissal at the Library (ages6+) (drop-in)(12:30-1:30pm)

May 7th and June 4th

Students join staff at the Thomas H. Raddall Library for Creative snack activity and crafts.

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 July 9th, 16th, and 23rd 2025

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

Wednesday May 7th, 14th, 21st and 28th

An opportunity for family to meet staff at the entry in Pine grove park or on rainy days drop-in at the Centre to socialize, share experience and have access resources. Child care not provided

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

Thursday May 1st, 8th, 15th, 22nd and 29th

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

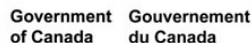
Afterschool Craft Club (registered group, grade 4 and 5 students) (3-4:30pm)

Thursday May 1st, 8th, 15th, 22nd and 29th

Registered students will explore crafting, social games and activities

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.



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](https://www.facebook.com/Queens-Family-Resource-Centre-Queens-County)

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