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*****	**November 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 November 2nd, 9th, 16th, 23rd, and 30th **10:00AM-11:30AM**
Greenfield at the Rec centre Monday November 2nd, 9th, 16th 23rd, and 30th **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. Tuesday November 3rd, 10th, 17th and 24th **10:30AM-11:30AM**

Social time playgroup (All ages, Drop-In) an opportunity for families to meet at the Centre to socialize, share experiences and access resources. Childcare not provided.
Wednesday November 4th, 18th and 25th **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 November 5th, 12th, 19th and 26th **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. **November 25th 1:00PM-2:00PM for crafting at the Centre.**

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

NEW PROGRAM: Prenatal Connections (expected parents, Drop-In) a Weekly drop-in for prenatal families, share experiences, access resources and connect with other prenatal families. Siblings welcome. **Tuesday** November 3rd, 10th,17th, 24th **at 1:00PM**

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.

Parent Education: (18+) Scheduled throughout the year, watch our calendars or for event posters. Have an idea, let us know! **Let's Talk: Open discussion Wednesday November 4th at 1PM**

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

https://www.canada.ca/en/public-health.html NOVA SCOTIA https://novascotia.ca/coms/families/index.html