

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***	
Playgroup at the Centre (all ages) (Drop-in 10-11:30am) Liverpool at the Centre Monday October 6th, 20th and 27th. Families with children of all ages participate in free play, songs, games and hands on learning, stories and snacks.	
Baby and Me at the Centre (age 0-18 months) (Drop-in) (10:00-12noon) Tuesday October 7th, 14th, 21st and 28th. Caregivers of babies meet staff at the Centre for social time and sharing. Siblings Welcome. Check out our calendars for community partner visits.	
Social Time (all ages) (Drop-in) (10-11:30am) Wednesday October 1st, 8th, 15th, 22nd and 29th. An opportunity for family to drop-in at the Centre to socialize, share experience and have access resources. Child care not provided	
Toddler Time (age 1-4) (10-11:30am) Thursday October 2nd, 9th, 16th 23rd and 30th. Toddlers and their caregivers get together to socialize with peers, learn to share, play and have access to resources. Siblings welcome!	
After school Craft Group (Grade 4 & 5 students) (closed group) (3:00pm-4:30pm) Thursday October 9th, 16th, 23rd and 30th. Students explore a variety of craft ideas, games and more	
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 October 15th, 22nd and 29th 2025, Virtual sessions via zoom October 6th, 20th and 27th contact Angela to register for virtual sessions at angelamjeffery@hotmail.com	
Home Alone North Queens (ages10+) (registration required) (1:00-3:00pm) October 8th from 1-3pm. Registered participants will learn skills to be home alone for short periods of time. material and snacks provided.	
Parent information Sessions (18+) Watch for our calendars or promotion posters. Have an idea? Share it with us! For more information or to register please call 902 –354-7176 Apple Pie Make and Take(18+)(registration required)(10:00-11:00am) Prepare an apple pie for your thanksgiving dessert, all materials provided.	
Pumpkin Painting (Drop-In) (10-12pm) Families with infants and toddlers can stop in during our baby and me program and paint a pumpkin. Materials and snack provided	
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.	
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