

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*****

October 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 October 5th, 19th and 26th **10:00AM-11:30AM**

Greenfield at the Rec centre Monday October 5th, 19th and 26th **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 October 6th, 13th, 20th and 27th **10:30AM-11:30AM**

Family Walks/Social time playgroup (All ages, Drop-In) an opportunity for families to meet staff at Pine Grove entrance for a walk around the trail, weather permitting. Rain location at the Centre

Pine Grove Park Milton Wednesday October 21st and 28th at **10:00AM** Childcare not provided.

Liverpool at the Centre Wednesday October 21st and 28th **10:00AM-11:30AM** Childcare not provided. ***** please note there are no groups on October 7th and 14th *****

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 October 1st, 8th, 15th, 22nd, and 29th **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 Watch for details**

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 October 14th, 21st, 28th 2026

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** October 6th, 13th, 20th and 27th **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! **October 13th, 20th, and 27th Amped Up-anger management program 10:30AM-12:00PM** (registration required)



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



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