

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 September 8<sup>th</sup>, 15<sup>th</sup> 22<sup>nd</sup>, and 29<sup>th</sup>. 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 September 9<sup>th</sup>, 16<sup>th</sup> and 23<sup>rd</sup>. 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) (10-1130am)

Wednesday September 10<sup>th</sup>, 17<sup>th</sup>, and 24<sup>th</sup>. 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) (10-1130am)

Thursday September 11<sup>th</sup>, 18<sup>th</sup> and 25<sup>th</sup>. Toddlers and their caregivers get together to socialize with peers, learn to share, play and have access to resources. Siblings welcome!

**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 15<sup>th</sup>, 22<sup>nd</sup> and 29<sup>th</sup> 2025

**Early Dismissal activities** (ages5+) (drop-in) (1:00-2:00pm)

September 17<sup>th</sup>, join staff at the Centre for crafts games and more. 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

**In-service activity** (all ages and their parent or caregiver) (1-2:30pm)

Kids Mystery Grocery bag game September 29<sup>th</sup>. Children and their parent or caregiver play a number's matching for grocery items, material 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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