

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*****

September 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 September 14th, 21st, and 28th **10:00AM-11:30AM**

Greenfield at the Rec centre Monday September 14th, 21st and 28th **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 September 8th, 15th, 22nd, and 29th **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 mornings at **10:00AM** (May-October) Childcare not provided.

Liverpool at the Centre Wednesday mornings **10:00AM-11:30AM** Childcare not provided.

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 September 10th, 17th, 24th **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. **September 16th 2026, Crafting at the Centre 1:00PM-2:00PM**

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 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** September 8th, 15th, 22nd and 29th **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.

Let's Talk series: Transitions and Routines (Families with children 0-18 years) September 23rd at the Centre in Liverpool **1:00PM-2:00PM**

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 1:00PM-2:30PM** (registration required)



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



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



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