

# Shelburne Family Resource Centre May 2023

Find out more information or to register for programs at the Shelburne Family Resource Centre

Please call 902 875 3256 or email [sandrahemeon@bellaliant.com](mailto:sandrahemeon@bellaliant.com)

**\*\*All programs are free to attend\*\***



157 Water Street, Unit L5

P.O. Box 532 Shelburne

Nova Scotia B0T 1W0

[www.southshorefamilyresource.org](http://www.southshorefamilyresource.org)

902 875 3256

## **Toddler Time (Ages 1-4) (drop-in)**

157 Water Street, Monday May 1<sup>st</sup>, 8<sup>th</sup>, 15<sup>th</sup>, 29<sup>th</sup> from 10-11:30 am

Toddlers and caregivers get to socialize with peers, learn to share, play and have access to resources, siblings welcome

## **Baby & Me (ages 0-18 months) (drop-in)**

157 Water Street, Tuesday May 2<sup>nd</sup>, 9<sup>th</sup>, 16<sup>th</sup>, 23<sup>rd</sup>, 30<sup>th</sup> from 10 am -12 noon

Caregivers of babies have an opportunity to socialize, share experiences and access resources, siblings welcome

## **Community Playgroup (all ages) (drop-in)**

Sherose Island Recreation Centre, Thursday May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> from 10-11:30 am

Lockeport Library, Friday May 12<sup>th</sup>, 26<sup>th</sup> from 9:30-10:30 am

Families with children of all ages participate in a variety of free play, songs, games, hands on learning and story time

## **❖ Mom's Lounge with Shania (all ages) (registration required)**

157 Water Street, Wednesday May 3<sup>rd</sup>, 10<sup>th</sup>, 17<sup>th</sup>, 24<sup>th</sup>, 31<sup>st</sup> from 10-11:30 am

Come visit with Shania from ElevateHER in a safe space for moms to socialize in a casual setting and connect with others for support. Resources and childcare provided if needed. Activities vary weekly

## **Afterschool Club (students in grades 4, 5 and 6 at Hillcrest Academy) (Closed group, registration required)**

Thursday May 4<sup>th</sup>, 11<sup>th</sup>, 18<sup>th</sup>, 25<sup>th</sup> from 2-3 pm at Hillcrest Academy

Registered students will explore crafting, socializing and activities, weekly registration required

## **Prenatal Education Via Zoom (expecting parents)**

Prenatal sessions offered one on one in person or via zoom. Prenatal education sessions about healthy pregnancies, infant feeding, safety, attachment and other resources. Please call centre for details

## **Car Seat Inspections**

Information regarding car seats and inspections of car seats free of charge, call centre for details