

## **SSFRA Programming Shelburne County**

### **Parent-Focused Programming**

**Parent Information Sessions** - Information will be available to parents on specific topics throughout the year. For More information please contact the King Street Family Resource at (902)-875-3256.

**Bullet Journaling** – Come get organized with our parent run Bullet Journaling group from 10:00-12:00 on Thursdays. The King Street Family Resource Centre provides childcare for those who need it in a separate area so participants can focus on their bullet journal. Pre-registration for this program is required each week. To call for more information or pre-register please call (902)-875-3256.

### **Pre-Post Natal Programs**

**Baby Club** – Join parents and caregivers of babies for baby club at the centre on Tuesday from 10:00-12:00. During Baby Club you may have your baby weighed or get answers to questions that you might have about your baby. A great place to meet and socialize with other parents/caregivers.

**Prenatal Education Sharing Sessions** – Provided in partnership with Public Health Services and the King Street Family Resource Centre. For more information please call (902)-875-3256.

**Breast Pump Lending Program** – The King Street Family Resource Centre offers breast pumps to nursing mothers. For more information please call (902)-875-3256.

### **Family-Focused Programming**

**Playgroup at the King Street Family Resource Centre** – For children of all ages. Join us on Monday and Wednesdays from 10:00-11:30 and enjoy free play, crafts, songs, science, games, and a chance to make new friends.

**Toddle-n-Tumble at the Barrington Recreation Centre (Sherose Island)** – For children of all ages. Join us on Tuesdays from 10:00-11:30 and enjoy free play, crafts, songs, and games.

**Playgroup at the Lillian Benham Library (Lockeport)** – For children of all ages. Join us on Wednesdays at the Lockeport Library from 10:00-11:30 and enjoy story time, games, craft and a chance to check out a library book.

**Playgroup at the Clark's Harbour Library** - For children of all ages. Join us on Fridays from 10:00-11:30 and enjoy free play, crafts, and make new friends.