



Shelburne Family Resource Centre

SEPTEMBER 2026



-Registered Programs-

As always - all programs are free to attend. To register call (902)875-3256

Mom's Lounge (In Partnership with GATE)

September 9 SFRC Lobby 12:30-2pm

September 23 Location TBD 6-7pm

Keep an eye out on GATE's social media for this month's Mom's Lounge programs! Free childcare provided by SFRC.

Safe Space Play (Private Sessions)

June 10 SFRC Playroom

Private play sessions are offered as an alternative to our busy playgroups for those who benefit from a quieter, low-stimulation environment to support comfort, regulation and reduced overwhelm.

*Enjoy our playroom with your family with staff nearby for support.
30 & 60 minute sessions available between 11am-2pm*

Home Alone (10+)

September 25 SFRC Playroom 9am-12pm

Kids aged 10+ learn the skills to be safe, confident and responsible when home alone for short periods of time.

Virtual Prenatal

October 5, 19 & 26 Microsoft Teams 6pm

Join us virtually from the comfort of your home to learn about healthy pregnancy, labor & delivery, newborn care and everything in between.

Please Note:

Shelburne Family Resource Centre will be closed August 28-September 4th, reopening September 8th.