

Partnership Programs

Preprimary Cooking

Thursdays, Oct. 5, 19
9-11:30am

In partnership with Harbour View School, children learn how to follow a simple recipe and prepare a yummy snack. Literacy skills are promoted through a story and circle time.

Walk Group

Wednesdays, Oct. 4, 11, 18, 25
9:30am

Join NS Walks for a free, gentle and friendly walking group. To register please call 902 932-6902 or online at walk@hikenovascotia.ca

Breast Cancer Support Group

Thursday, October 5
6:30-8pm



Join the Nova Scotia Sisterhood for a free, community-led Breast Cancer Support Group for black women affected by breast cancer.

Understanding your Rights

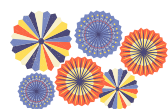
Wednesday, Oct. 4
6-7:30pm

Join Roberta Morrison from Coverdale Courtwork Society to learn about your rights when dealing with police and the court system and how the justice system works.

Crafting for Adults

Craft and Chat

Thursday, Oct. 5
9:30-10:30am



Join us for some hot apple cider, conversation and a fun, fall craft.

Food Skills Programming

Fish Filleting Workshop

Tuesday, Oct. 3
2-4pm



Come learn this useful skill, as well as tasty preparation methods, from an experienced and knowledgeable local chef and fishmonger.

Food Demo

Wednesday, Oct. 4, 11, 18, 25
11am-12pm

Join us as we walk through a simple, delicious recipe, enjoy a sample taste, and get the recipe to make at home.

Primrose Preserves

Friday, Oct. 27
1:30-3:30pm

Join us in the kitchen to learn how to turn fresh food into shelf-stable preserves that will last all year.

Cooking Together

Tuesday, Oct. 31
2-4pm

Join us for a fun afternoon as we prepare and try some tasty recipes. This month: Gnocchi!

Farm Programming

Seed Saving Workshop

Monday, October 23
10-11:30am



Join us to learn how to save seeds from your favourite plants!

October



Adult Family Programming

The Joys and Struggles of Parenting

Thursday, Oct. 12
10-11:30 am

Parenting can be the source of our greatest joys and also our greatest challenges. Join us for a candid discussion about parenting.

Coffee Talk

Monday, Oct. 16
10-11:30am

Join us for some hot apple cider, yummy snacks and a fun, fall art activity.

ADHD Workshop

Monday, Oct. 30
10-11:30

Join us in a discussion on what ADHD is and how it affects your family. Learn new strategies and share your experiences.

Pumpkin Patch

Friday, Oct. 27
10:30am-12pm



Our 4th annual Pumpkin Patch will be bigger and better than ever! Join us for music, games, food, and of course pumpkins. This year there will also be pumpkin carving demonstrations.

Don't forget to wear your costume!
*Please register to join in on the fun.



Arts Night Out

Thursday, Oct. 12
5-6:30pm

Join us for a night of creativity through arts and crafts, while your child enjoys some time in child development. All materials will be provided.

Programs in Progress

Infant Massage

Friday, Oct. 6
10-11:30 am

A 5-week program for parents with infants birth to 6 months.

Handle With Care

Tuesdays, Oct. 3 -Oct. 24.
10-11:30 am

A 6-week program focusing on promoting healthy attachment and positive mental health in children.

Prenatal

Tuesdays, Sept. 26-Nov. 28
5:30-7:30 pm

A 10-week program for expectant parents.

Children's Programming



Time For Me

Friday, Oct. 23
9:30-11:30am

Parents are invited to take some time for themselves, to run errands, attend appointments or just have time to relax while their kids play in Child Development.



Food and Families

Children ages 2+ and caregivers
Thursday, Oct. 26
10-11:30am

Come cook and share a meal with your child and take home the ingredients to try the recipe at home.



The Art Grove

Friday, Oct. 13
10-11:30am
(Preschool children and their families)

Time to get creative and have fun together, learn some art skills and try things like drawing and sculpting.

Halloween Howl

Tuesday, Oct. 31
10-11:30
(Children ages 1+ and caregivers)



Come dressed in your Halloween costumes and join us for a Spooktacular time playing, singing and a special treat!

Family Playgroup

Wednesday, Oct. 4, 11, 18, 25
10-11:30am

(Children ages 1+ and caregivers)

Family Playgroup is a time to get together to play with your child, sing songs and enjoy a delicious snack together.

Toddler Playgroup

Friday, Oct. 20
10-11:30am

(Children ages 1-3 and caregivers)

A fun opportunity to connect and play with your toddler, enjoy circle time, and have a yummy snack.

Baby & Me

Tuesdays, Oct. 3, 10, 17, 24, 31
1:30-3pm

(Children under 1 year and caregivers)

This is an interactive program for caregivers & their young babies. You'll have the opportunity to meet others with young babies, play, enjoy a circle time, and have a snack together.



Well Baby

Tuesday, Oct. 3, 17, 31
1:30-3pm

A Public Health Nurse is here bi-weekly to meet one-on-one with you, weigh your baby and discuss any concerns or answer any baby questions you might have.

Drop-in Programs & Other Services



Good Food Market Drop-in

Fridays Oct. 6, 13, 20, 27
10-11:30am



Our Good Food Affordable Market has produce for sale at affordable prices. Our market is for those who cannot afford or are unable to shop at other grocery stores. We subsidize the produce we sell through our fundraising efforts.

Wellness Navigator Drop-in

Wednesday, Oct. 11
9-10:30am

A Wellness Navigator can help identify your health needs and connect you to resources in the community.



Drop- in Meals

Family Supper

Mondays
5:30-6:30pm

Breakfast Drop-In

Wednesdays
9-10:30am

Community Lunch

Tuesdays
12-1pm

Café Drop-in

Thursdays
11-12pm



Community Action Office Appointments (CAO)

Tuesday, Oct. 3, 10, 17, 24, 31
9-11am
Thursday, Oct. 5, 12, 19, 26
1-3pm



If you need some one-on-one help to connect with supports in the community, please call 902 464-8234 to make an appointment with our Community Action Coordinator.

Legal Aid Navigator Appointments

Wednesdays, Oct. 4, 11, 18, 25
10-11:30am
(by appointment)

A Legal Aid Navigator is available, Wednesday mornings to provide information and support for family law and child protection issues.



October 2023

Monday

2

Closed in honor of
NATIONAL DAY
for **Truth and
Reconciliation**

Tuesday

3

9-11 CAO Appointments
10-11:30 Handle with Care (3)
12-1 Community Lunch Drop-in
1:30-3 Baby & Me/Well Baby
2-4 Fish Filleting Workshop
5:30-7:30 Prenatal (2)

Wednesday

4

9-10:30 Breakfast Drop-in
9:30 Walk Group
10-11:30 Legal Aid Appointments
10-11:30 Family Playgroup
11-12 Food Demo
CLOSED IN PM
6-7:30 Understanding Your Rights

Thursday

5

9:30-10:30 Craft and Chat
11-12 Café Drop-in
1-3 CAO Appointments
6:30-8 Breast Cancer Survivor Group

Friday

6

10-11:30 Infant Massage (5)
10-11:30 Good Food Market



9

Closed for
Thanksgiving

10

9-11 CAO Appointments
10-11:30 Handle with Care (4)
12-1 Community Lunch Drop-in
1:30-3 Baby & Me
5:30-7:30 Prenatal (3)

11

9-10:30 Breakfast Drop-in & Wellness Navigator Drop-in
9:30 Walk Group
10-11:30 Legal Aid Appointments
10-11:30 Family Playgroup
11-12 Food Demo
CLOSED IN PM

12

10-11:30 The Joys and Struggles of Parenting
11-12 Café Drop-in
1-3 CAO Appointments
5-6:30 Arts Night Out

13

10-11:30 Good Food Market
10-11:30 The Art Grove



Monday

16

10-11:30 Coffee Talk 

3-4 Volunteer Info Session

5:30-6:30 Family Supper Drop-in

5:30-6:30 Plotters Meal

Tuesday

17

9-11 CAO Appointments

10-11:30 Handle with Care (5)

12-1 Community Lunch Drop-in

1:30-3 Baby & Me/Well Baby

5:30-7:30 Prenatal (4)

Wednesday

18

9-10:30 Breakfast Drop-in

9:30 Walk Group

10-11:30 Legal Aid Appointments

10-11:30 Family Playgroup

11-12 Food Demo

CLOSED IN PM

Thursday

19

11-12 Café Drop-in

1-3 CAO Appointments

4:30-6 North Grove Art Club

Friday

20

10-11:30 Toddler Playgroup

10-11:30 Good Food Market

23

9:30-11:30 Time for Me

10-11:30 Seed Saving Workshop

5:30-6:30 Family Supper Drop-in

24

9-11 CAO Appointments

10-11:30 Handle with Care (6)

12-1 Community Lunch Drop-in

1:30-3 Baby & Me

5:30-7:30 Prenatal (5)

25

9-10:30 Breakfast Drop-in

9:30 Walk Group

10-11:30 Legal Aid Appointments

10-11:30 Family Playgroup

11-12 Food Demo

CLOSED IN PM

26

10-11:30 Food and Families

11-12 Café Drop-in

1-3 CAO Appointments

27

10-11 Good Food Market 

*NOTE: Market will end early this day

10:30-12 Pumpkin Patch

1:30-3:30 Primrose Preserves



30

10-11:30 ADHD Workshop

5:30-6:30 Family Supper Drop-in

31

9-11 CAO Appointments



12-1 Community Lunch Drop-in

1:30-3 Baby & Me/Well Baby

2-4 Cooking Together

10-11:30 Halloween Howl

How to Register

Call us at 902-464-8234 ext.0 to go on a program's interest list. We will notify you if there is a space for you to attend.

Registration is not required for drop-in programs and services or the Good Food Market.



6 Primrose Street, Unit 115
902-464-8234 ext. 0
www.thenorthgrove.ca