

## Child Development

### Family Playgroup

(Children ages 1+ and caregivers)

Wednesday, Oct. 1, 8, 15, 22,  
10-11:30 am

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

### Halloween Family Playgroup

Thursday, Oct. 30 (for younger children)

Friday, Oct 31 (for older children)  
10-11:30 am

Join us for a fun-filled morning celebrating Halloween. You are invited to wear a costume if the spirit moves you! Come to the North Grove to eat, drink and be scary!

### Baby & Me

(Children under 1 year and caregivers)

Tuesday, Oct. 7, 14, 21  
1:30-3 pm

An interactive program for caregivers and their young babies. You'll have the opportunity to meet others, play, and enjoy a snack together.

### Well Baby Drop-in

(Children birth-18 mos. and caregivers)

Tuesday, Oct. 7, 21  
1:30-3 pm

A Public Health Nurse is here bi-weekly to meet one-on-one with you, weigh your baby and answer questions.

### Time For Me

Monday, Oct. 27  
9:30-11:30 am

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.

### 1-2-3 Cook with Me

(Caregivers and children ages 2+)

Thursday, Oct. 9  
10-11:30 am

Join the Child Development team for a fun morning of cooking, playing and active learning as we make a recipe for snack time. There will be plenty of time for parents to relax and for children to play!

### North Grove Art Explorers

Thursday, Oct. 16  
4:15-6 pm

A once-a-month program for children 6 & 7 years old who love art! Join in the fun as we explore art techniques with a variety of materials to embrace our creative side. Please call to join our interest list.

FREE  
Programs

# October 2025



## Drop-in Programs

### Family Supper Drop-in

Mondays  
Oct. 6, 20, 27  
5:30-6:30 pm

### Community Lunch Drop-in

Tuesdays  
Oct. 7, 14, 21, 28  
11:30 am-12:30 pm

### Drop-in Breakfast

Wednesdays  
Oct. 1, 8, 15, 22  
9-10:30 am

### Café Drop-in

Thursdays  
Oct. 2, 9, 16, 23, 30  
11:30 am-12:30 pm

### Good Food Market Drop-in

Fridays, Oct. 2, 9, 16, 23, 30  
10-11:30 am

**cash  
only  
please**

Our market sells produce at affordable prices, for those who cannot afford or are unable to shop elsewhere.

## Farm Programs

### Flax to Fibre

Monday, October 20th  
10am-11:30 am



Join us for a hands-on flax plant processing day. See how we turn plants into cloth!

## Food Skills Programs

### Food Demo

Wednesdays,  
Oct. 1, 8, 15, 22  
11 am-12 pm

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

### Primrose Preserves

Friday, Oct 31  
1:30-3 pm

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

## Youth Programs

### Young Cooks

(Ages 8-12)

Tuesdays, Oct. 14-Nov. 4  
3:30-5:30 pm

A 4-week cooking program just for kids! Join us to learn the basics of cooking and enjoy food and fun together.

6 Primrose Street, Unit 115  
902-464-8234 ext. 0  
[www.thenorthgrove.ca](http://www.thenorthgrove.ca)

## Adult Programs

### Terrific Toddlers

(Parents with children 18 mos-3 yrs)  
Friday, Oct. 3  
10-11:30 am

Raising a toddler can be joyful, exhausting, and everything in between. This workshop offers practical tips to handle challenges while supporting your toddler's growth and independence. Come connect, learn, and laugh with other parents on the same journey.

### Arts Night Out

Tuesday, Oct. 7  
5-6:30 pm

Join us for a evening of creativity through arts and crafts, while your child enjoys some time in child development.

### Let's Gather

Friday, Oct. 10  
10-11:30 am

This is an opportunity for parents to come together and share the joys and struggles of parenting in a supportive, safe space.

### Neighbours, Friends, and Families: What Everyone Should Know About Intimate Partner Violence

Thursday, Oct. 23  
10-11:30 am

Join Krystal (THANS) and Wyndolyn (Empowerment for Hope Society) for this interactive workshop on how to recognize the signs of abuse, support someone who may be experiencing it, and connect them to help in a safe and supportive way.

**All programs in this section offer childcare for babies 6 months and older**

### Perinatal Mental Health

Friday, Oct. 17  
10-11:30 am

Whether you're trying to conceive, pregnant, or navigating life with a new baby, this workshop is here to support you. Maiya from the Perinatal Wellness Centre will be joining us to share key insights on the perinatal period, mental health warning signs, and helpful coping tools.

**\*You are welcome to bring your baby**

### Nobody's Perfect

Tuesdays, Oct. 14- Nov. 25  
10-11:30 am

Nobody's Perfect is a 6-week program for parents with children 5 and under. In this program you can learn about your child's feelings, behaviours, body, and safety as well as share what it is like to be a parent. Please call 902 464-8234 to join our interest list.

**Childcare for babies 6 months and older**

Family Centre program room 

## Adult Programs

### Craft and Chat

Thursday, Oct. 16  
10-11:30 am

Join us for craft and conversation. This month we will learn to latch hook.

### Know Your (Lack of) Rights at Work

Thursday, Oct. 9  
1:30-3 pm

This session supports non-union workers in NS understand basic rights at work, including the laws that protect you. Learn to solve problems at your place of work and how you can contribute to improving these laws for everyone.

### Dads Group

Thursday, Oct. 16  
6-7:30 pm

New Start Counselling hosts a peer support group for fathers and father figures. To register, call 782 321-7097 or email tara.billard@newstartcounselling.ca

### Dementia and Brain Health

Monday, October 20  
1:30-3PM

Join Beth from the Alzheimer Society to learn about different types of dementia. We'll also look at risk factors for dementia and actions you can take that help keep a healthy brain.

Family Centre program room 

### Walking Group

Wednesdays, Oct. 1, 8, 15, 22  
9:30 am

Join NS Walks volunteers for a walk around the neighborhood. To register please call 902 932-6902 or email walk@hikenovascotia.ca

### Games Café for Adults

Monday, Oct. 6  
10-11:30 am

Join us for a fun morning of board games and a snack in the dining room

### Online Safety for Parents of Tweens and Teens

Tuesday, Oct. 28  
6-8 pm

Join us for a conversation on online safety. We'll share simple tips, highlight healthy communication skills, and explore how to teach our children to be safe and responsible online.

### Animal Care Career Exploration Program ((BIPOC) youth ages 12-16)

Black, Indigenous and People of Color  
Wed. Oct. 8-Nov. 5  
4-7 pm

Youth will participate in a 5-week career exploration program, with the last 2 sessions held at the SPCA College for tours of their veterinary hospital and the SPCA animal shelter for an inside look at different animal care professions.

Food Centre dining room 



# October 2025



## Monday

## Tuesday

## Wednesday

## Thursday

## Friday

If you are interested in attending a program,  
please call 902 464-8234 to join the interest list.  
We will call you if you are in the program.

Drop-in meals, drop-in programs  
and the Good Food Market  
do not require registration.



**1** 9-10:30 *Breakfast & Community Action Drop-in*  
9:30 *Walking Group*  
10-11:30 *Infant Massage(5)*  
10-11:30 *Legal Aid Appointments*  
10-11:30 *Family Playgroup*  
11-12 *Food Demo*

CLOSED IN PM

**2** 9-10:30 *Community Action Appointments*  
  
11:30-12:30 *Café Drop-in*  
  
5:30-7:30 *Prenatal (3)*

**3** 10-11:30 *Good Food Market*  
  
10-11:30 *Terrific Toddlers*



**6** 10-11:30 *Games Café*



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

**7** 11:30-12:30 *Community Lunch Drop-in*  
  
1:30-3 *Baby & Me/Well Baby*  
  
2-3:30 *Seniors Wellness Expo*  
  
5-6:30 *Arts Night Out*

**8** 9-10:30 *Breakfast, Community Action ,Wellness Navigator & Dal Legal Aid Drop-in*  
9:30 *Walking Group*  
10-11:30 *Legal Aid Appointments*  
10-11:30 *Family Playgroup*  
11-12 *Food Demo*  
1:30-3 *Know Your (Lack of) Rights at Work*

CLOSED IN PM

4-7 *Animal Care Exploration (1)*

**9** 9-10:30 *Community Action Appointments*  
  
10-11:30 *1-2-3 Cook with Me*  
  
11:30-12:30 *Café Drop-in*  
  
5:30-7:30 *Prenatal (4)*

**10** 10-11:30 *Good Food Market*  
  
10-11:30 *Let's Gather*





Monday

13

**CLOSED**  
*Thanksgiving*

Tuesday

14

10-11:30 *Nobody's Perfect (1)*  
  
11:30-12:30 *Community Lunch Drop-in*  
  
1:30-3 *Baby & Me*  
  
3:30-5:30 *Young Cooks (1)*

Wednesday

15

9-10:30 *Breakfast, Community Action Drop-in*  
  
9:30 *Walking Group*  
  
10-11:30 *Family Playgroup*  
  
10-11:30 *Legal Aid Appointments*  
  
11-12 *Food Demo*  
  
**CLOSED IN PM**  
  
4-7 *Animal Care Exploration (2)*  
  
5:30-7:30 *Walk Against Violence*

Thursday

16

9-10:30 *Community Action Appointments*  
  
11:30-12:30 *Café Drop-in*  
  
10-11:30 *Craft and Chat*  
  
4:15-6 *North Grove Art Explorers*  
  
5:30-7:30 *Prenatal (5)*  
  
6-7:30 *Dad's Group*

Friday

17

10-11:30 *Good Food Market*  
  
  
  
10-11:30 *Perinatal Mental Health*

20



1:30-3 *Dementia and Brain Health*  
  
5:30-6:30 *Family Supper Drop-in*

21

10-11:30 *Nobody's Perfect (2)*  
  
11:30-12:30 *Community Lunch Drop-in*  
  
1:30-3 *Baby & Me/Well Baby*  
  
3:30-5:30 *Young Cooks (2)*

22

9-10:30 *Breakfast & Community Action Drop-in*  
  
9:30 *Walking Group*  
  
10-11:30 *Legal Aid Appointments*  
  
10-11:30 *Family Playgroup*  
  
11-12 *Food Demo*  
  
**CLOSED IN PM**  
  
4-7 *Animal Care Exploration (3)*

23

9-10:30 *Community Action Appointments*  
  
10-11:30 *Neighbours, Friends, and Families: What Everyone Should Know About Intimate Partner Violence.*  
  
11:30-12:30 *Café Drop-in*  
  
5:30-7:30 *Prenatal (6)*

24

10-11:30 *Good Food Market*  
  
1:30-3 *Pumpkin Patch*



27

9:30- 11:30 *Time for Me*



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

28

10-11:30 *Nobody's Perfect (3)*  
  
11:30-12:30 *Community Lunch Drop-in*  
  
1:30-3 *Baby & Me*  
  
3:30-5:30 *Young Cooks (3)*  
  
6-8 *Online Safety*



29



4-7 *Animal Care Exploration (4)*

30

9-10:30 *Community Action Appointments*  
  
10-11:30 *Halloween Family Playgroup*  
  
11:30-12:30 *Café Drop-in*  
  
5:30-7:30 *Prenatal (7)*

31

10-11:30 *Good Food Market*  
  
10-11:30 *Halloween Family Playgroup*  
  
1:30-3 *Primrose Preserves*

# October 2025

## Services and Appointments

### Dal Legal Aid Drop-in

*Wednesday, Oct. 8*

*9-10:30 am*

Dalhousie Legal Aid's Social Justice Clinic is a free service for people dealing with **tenancy/rental issues**. We provide information on tenants' rights and responsibilities, early eviction prevention, and tenancy disputes and resolutions. All are welcome to drop in and discuss any tenancy issues they may be facing!

### Legal Aid Navigator Appointments

*Wednesdays, Oct. 1, 8, 15, 22*

*10-11:30 am*

Appointments are available with a Legal Aid Navigator to provide general information and support for **family law** and **child protection**. If needed, the navigator can connect you with legal services. Please call 902 464-8234. Appointments are at the Family Centre.

### Community Action Drop-in

*Wednesdays, Oct 1, 8, 15, 22, 29*

*9-10:30 am*

If you need guidance connecting to resources in the community drop in during breakfast and someone can assist you.

### Community Action Appointments

*Thursdays, Oct. 2, 9, 16, 23, 30*

*9-10:30 am*

If you need one-on-one help connecting to services please call 902 464-8234 ext. 1019. to make an appointment.

### Wellness Navigator Drop-in

*Wednesday, Oct. 8*

*9-10:30 am*

A Navigator from the Community Health Team will be available during Breakfast Drop-in to help you identify your health needs and connect you to community resources.



### **Annual Walk Against Violence**

Wednesday, Oct. 15

5:30 pm

Come join us for the 27th Annual Walk Against Violence in Dartmouth!

We'll be meeting on the farm, outside the Food Centre entrance, and joining the walk in support of victims of crime and to spread a message of peace.

Bring your friends, family, and neighbours—everyone is welcome!

*Save  
the  
Date*

### **Nurturing Strong African Nova Scotian Families (NSANSF)**

Wednesday, Nov. 6- Dec. 20

5:30-7:30 pm

A 6 week program, creating a culturally safe space for parents and caregivers of African descent to share, learn and support each other. Our program materials are dedicated to specific topics that have been identified as important in raising Black/African Nova Scotian children. To inquire please call 902 212-0765.



# 6<sup>th</sup> Annual Pumpkin Patch

Music, Food, Pumpkins and Lots of Fun!

Don't forget to wear your costume



Friday, Oct.24  
1:30-3 pm

Please register  
to join the fun!  
902 464-8234







# **Seniors' Wellness Expo**

for individuals aged 50 and up

**Tuesday, October 7, 2025**

**2-3:30PM**

**The North Grove**

**6 Primrose St.**

**Unit 140 (dining room)**

Visit display tables for information on health and wellness from community organizations and agencies serving older adults

**Prizes to  
be won**

**14 organizations attending!**

Refreshments will be served