

Child Development

Family Playgroup

(Children ages 1+ and caregivers)
Wednesday, Nov. 5, 12, 19, 26
10-11:30 am

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

Baby & Me

(Children under 1 year and caregivers)
Tuesday, Nov. 4, 18, 25
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 months and caregivers)
Tuesday, Nov 4, 18
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.

Rhythm and Rhyme Baby Time

(Children 8-20 months and caregivers)
Fridays, Nov. 7, 14, 21, 28
10-11:30 am



This *four-week* program is a great opportunity for caregivers and children to discover the power of rhymes, songs and stories while having lots of fun together!

Time For Me

Monday, Nov. 10
9:30-11:30 am

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

North Grove Art Explorers

Thursday, Nov. 20
4:15-6 pm

A once-a-month program for children 6 & 7 years old who love art! We will explore art techniques with a variety of materials and embrace our creative side. Please call to join our interest list.

The Artful Family

(Caregivers and children 2 & up)
Monday, Nov. 24
10-11:30 am



Enjoy quality time with your child, rediscover your own creativity and watch your child's imagination flourish during a morning of preschool art!

FREE
Programs

November 2025



Drop-in Programs

Family Supper Drop-in

Mondays
Nov. 3, 10, 17, 24
5:30-6:30 pm

Community Lunch Drop-in

Tuesdays
Nov. 4, 18, 25
11:30 am-12:30 pm

Drop-in Breakfast

Wednesdays
Nov. 5, 12, 19, 26
9-10:30 am

Café Drop-in

Thursdays
Nov. 6, 13, 20, 27
11:30 am-12:30 pm

Good Food Market Drop-in

Fridays, Nov. 7, 14, 21, 28
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

Garlic Planting Party

Wednesday, Nov. 12
10- 11am

Join us on the farm for a fun Garlic planting party! We'll come together to plant garlic cloves in the farm, learn a bit about how they grow, and enjoy some good company.

Food Skills Programs

Food Demo

Wednesday, Nov. 5, 19, 26
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.

Eat Well, Live Well

Wednesday, Nov. 12
11 am-1 pm

Healthy eating is important at any age, but it plays a key role in promoting physical and emotional wellness as you get older. Kelsey, from the Community Health Teams will be here to discuss key nutrients, foods, and habits to help you eat well as you age

Cooking Together

(For adults)
Tuesday, Nov. 18
2-4 pm

Join us for a fun afternoon as we cook and try some tasty recipes.

Primrose Preserves

Friday, Nov. 28
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.

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

Adult Programs

Nobody's Perfect

Tuesdays, Nov. 4- 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.

*Program closed for registration

Let's Gather

Thursday, Nov. 20
10-11:30 am

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

Arts Night Out

Thursday, Nov. 27
5-6:30 pm

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

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

Family Centre program room 

Nurturing Strong African Nova Scotian Families (NSANSF)

Thursdays, 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 902 464-8234 or email mlovell@thenorthgrove.ca

Family Centre program room 

Talking Through Tough Stuff

(for parents & caregivers of kids 10+)
Tuesday, Nov. 18
6-8 pm



Raising teens and tweens comes with big questions and conversations that aren't always easy. This informal group offers a safe, supportive space for parents to come together and talk openly about how to navigate these conversations with confidence, empathy and connection while staying close with our kids and guiding them through the challenges of growing up. To join our interest list, please call 902 464-8234.

Food Centre dining room 

Adult Programs

Games Café for Adults

Monday, Nov. 17
10-11:30 am

A fun morning of board games and a snack in the dining room.
Please call 902 464-8234 to join.

Walking Group

Wednesdays, Nov. 5, 12, 19, 26
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

Food Centre dining room 

Craft and Chat

Thursday, Nov. 13
10-11:30 am

Come join Natasha Kitpu Lewis and learn how to make traditional leather medicine pouches/bags. Spaces are limited so please be sure to sign up to secure your spot.

Dads Group

Thursday, Nov. 20
6-7:30 pm

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

Fire Safety for Seniors

Wednesday, Nov. 19
10-11:30 am

Briana from Halifax Regional Fire & Emergency's Fire Prevention Division will be joining us to host a fire safety session for seniors. Learn the importance of smoke alarms: how to test them monthly and understand their sounds - plus safety around cooking, electrical, heating, lithium-ion batteries, smoking, and more.

Senior's Focus Group (60+)

Thursday, Nov. 27
1:30-3 pm

The North Grove has embarked on a strategic planning process to set our future vision and priorities and we want to hear from you about how best to serve the community in the years to come. In this session, we are hoping to hear what you think is the unique value of The North Grove in the community and what you think are key opportunities as we look to the future.

Family Centre program room 

November 2025

Monday	Tuesday	Wednesday	Thursday	Friday
3 10-11 Volunteer Info Session 5:30-6:30 Family Supper Drop-in	4 10-11:30 Nobody's Perfect (4) 11:30-12:30 Community Lunch Drop-in 1:30-3 Baby & Me/Well Baby 3:30-5:30 Young Cooks (4)	5 9-10:30 Breakfast & Community Action Drop-in 9:30 Walking Group 10-11:30 Family Legal Aid Appointments 10-11:30 Family Playgroup 11-12 Food Demo CLOSED IN PM	6 9-10:30 Community Action Appointments 11:30-12:30 Café Drop-in 5:30-7:30 Prenatal (8) 5:30-7:30 NSANSF (1)	7 10-11:30 Good Food Market 10-11:30 Rhythm and Rhyme Baby Time (1)
10 9:30-11:30 Time for Me 5:30-6:30 Family Supper Drop-in	11  SORRY WE'RE CLOSED	12 9-10:30 Breakfast, Community Action, Wellness Navigator & Dal Legal Aid Drop-in 9:30 Walking Group 10-11 Garlic Planting Party 10-11:30 Family Legal Aid Appointments 10-11:30 Family Playgroup 11-1 Eat Well Age Well CLOSED IN PM 	13 9-10:30 Community Action Appointments 10-11:30 Craft and Chat 11:30-12:30 Café Drop-in 5:30-7:30 Prenatal (9) 5:30-7:30 NSANSF (2)	14 10-11:30 Good Food Market 10-11:30 Rhythm and Rhyme Baby Time (2)

November 2025

Services and Appointments

Dal Legal Aid Drop-in

Wednesday, Nov. 12

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!

Family Legal Aid Navigator Appointments

Wednesdays, Nov. 5, 12, 19, 26

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, 5, 12, 19, 26

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, Nov. 6, 13, 20, 27

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, Nov. 12

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.



THE NORTH GROVE



healthy minds
COOPERATIVE

WELLNESS WEDNESDAY

Your midweek moment to
connect, reflect and recharge.

Wednesday, Nov.26
9-10:30 am

Marissa and Dave from the
Healthy Minds Cooperative will
be joining us on the 4th
Wednesday of every month
during Breakfast Drop In with
hot coffee, creative prompts
and peer connection. No
appointments necessary, no
pressure-just a welcoming
space to hang out for a chat,
check in or to enjoy a quiet
moment together.

