

Child Development

Toddler Playgroup

(Children ages 1-3 years and caregivers)

Friday, Sept. 19

10-11:30 am

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

Family Playgroup

(Children ages 1+ and caregivers)

Wednesday, Sept. 3, 10, 17, 24

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, Sept. 2, 9, 16, 23

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, Sept. 9, 23

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, Sept. 22

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 2 & up)

Friday, Sept. 12

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, Sept. 18

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

September 2025



Drop-in Programs

Family Supper Drop-in

Mondays

Sept. 8, 15, 22, 29

5:30-6:30 pm

Community Lunch Drop-in

Tuesdays

Sept. 2, 9, 16, 23

11:30 am-12:30 pm

Drop-in Breakfast

Wednesdays

Sept. 3, 10, 17, 24

9-10:30 am

Café Drop-in

Thursdays

Sept. 4, 11, 18, 25

11:30 am-12:30 pm

Good Food Market Drop-in

Fridays, Sept. 5, 12, 19, 26

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.

Annual Report to Community

Wednesday, Sept. 10

5:30-7 pm

*Let's
Celebrate*

Join us under the big tent to celebrate 30 years of good food, family and friendship, and 10 years at our home at 6 Primrose! We will enjoy a picnic dinner, wonderful speakers, music and more!

Food Skills

Food Demo

Wednesdays,

Sept. 3, 10, 17, 24

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.

Cooking Together

(For adults)

Tuesday, September 16

2-4 pm



Join us for a fun afternoon as we cook and try some tasty recipes. This month we are making enchiladas.

Primrose Preserves

Friday, Sept. 19

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.

Fish Filleting Workshop

Tuesday, Sept. 23

2-4 pm

Come learn this useful skill from an experienced and knowledgeable local chef and fishmonger.

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

Adult Programs

Keeping Kids Safe: A Home Safety Workshop for Parents and Caregivers

*Family Centre program room
Friday Sept. 5th
10-11:30 am*

This workshop will focus on how to childproof your home to minimize risks for children. Some key areas we will focus on are electrical safety, furniture, stairs and window safety and how to secure hazardous items such as cleaning supplies and medications.

Recharge and Connect- Pamper Yourself

*Family Centre program room
Monday, Sept. 8
10-11:30 am*

After a long summer of giving your time and energy to others, it's time to relax. Join us for this pampering, self-care manicure workshop designed especially for caregivers who deserve a moment to breathe, connect, and recharge.

Co-operative Parenting Program-Meet the Facilitator

*Family Centre program room
Monday, Sept. 15
10-11:30 am*

Are you co-parenting with someone and are separated or divorced? Are you interested in learning how to build communication, reduce conflict and create a stable, nurturing environment for your child? Megan from New Start Counselling will be here to tell you about a new 8 week program she plans to do at the North Grove this Fall. If you are interested in learning more, please join us.

Arts Night Out

*Family Centre program room
Thursday, Sept. 25
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.

Infant Massage

*Family Centre program room
(Caregivers & infants birth-6 mos.)
Wednesdays, Sept. 3 - Oct. 1
10-11:30 am*

A 5-week program for caregivers with infants birth to 6 months. Come and explore the benefits of massage and learn how to massage your baby.

Prenatal

*Food Centre dining room
Thursdays, Sept. 18 - Nov. 13
5:30-7:30 pm*

A 9-week program for expectant parents focusing on topics such as: healthy pregnancy, support, labour and delivery, and comfort measures. To join our interest list, please call 902 464-8234 and someone will call you if you are in the program.

Adult Programs

Walking Group

*Wednesdays, Sept. 3, 10, 17, 24
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

Crafters' Corner Drop-in

*Food Centre dining room
(Adults only)
Monday, Sept. 22
10-11:30 am*

Are you working on a small project at home like knitting or scrapbooking? Work on it here with other like-minded people. Don't have a project? Drop-in to see what others are working on or explore your creative side with a few materials provided.

Volunteer Info Session

*Family Centre program room
Thursday, Sept. 11
10-11 am*

Come and hear more about our volunteer program and what program areas at The North Grove could use some helping hands. New volunteers are required to attend an info session before starting a volunteer role.

Games Café for Adults

*Food Centre dining room
Monday, Sept. 29
10-11:30 am*

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

Craft and Chat

*Family Centre program room
Thursday, Sept. 25
10-11:30 am*

Join us for craft and conversation. This month we will learn to make yarn pumpkins.

Dads Group

*Family Centre program room
Thursday, Sept. 18
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

**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.

September 2025

Monday	Tuesday	Wednesday	Thursday	Friday
<div>1</div> <div></div>	<div>2</div> <div>11:30-12:30 Community Lunch Drop-in</div> <div>1:30-3 Baby & Me</div>	<div>3</div> <div>9-10:30 Breakfast & Community Action Drop-in</div> <div>9:30 Walking Group</div> <div>10-11:30 Infant Massage(1)</div> <div>10-11:30 Legal Aid Appointments</div> <div>10-11:30 Family Playgroup</div> <div>11-12 Food Demo</div> <div>CLOSED IN PM</div>	<div>4</div> <div>Community Action</div> <div>*9-10:30 Appointments</div> <div>*11:30-12:30 Drop-in</div> <div>11:30-12:30 Café Drop-in</div>	<div>5</div> <div>10-11:30 Good Food Market</div> <div>10-11:30 Keeping Kids Safe: A Home Safety Workshop for Caregivers</div>
<div>8</div> <div>10-11:30 Recharge & Connect</div> <div>5:30-6:30 Family Supper Drop-in</div>	<div>9</div> <div>11:30-12:30 Community Lunch Drop-in</div> <div>1:30-3 Baby & Me/Well Baby</div>	<div>10</div> <div>9-10:30 Breakfast, Community Action ,Wellness Navigator & Dal Legal Aid Drop-in</div> <div>9:30 Walking Group</div> <div>10-11:30 Infant Massage(2)</div> <div>10-11:30 Legal Aid Appointments</div> <div>10-11:30 Family Playgroup</div> <div>11-12 Food Demo</div> <div>CLOSED IN PM</div> <div>5:30-7 Annual Report to Community</div>	<div>11</div> <div>Community Action</div> <div>*9-10:30 Appointments</div> <div>*11:30-12:30 Drop-in</div> <div>10-11 Volunteer Info Session</div> <div>11:30-12:30 Café Drop-in</div>	<div>12</div> <div>10-11:30 Good Food Market</div> <div>10-11:30 1-2-3 Cook With Me</div>

Monday	Tuesday	Wednesday	Thursday	Friday
15 10-11:30 Co-operative Parenting Program- Meet the Facilitator 5:30-6:30 Family Supper Drop-in	16 11:30-12:30 Community Lunch Drop-in 1:30-3 Baby & Me 2-4 Cooking Together	17 9-10:30 Breakfast, Community Action Drop-in & Tech Help with the Library 9:30 Walking Group 10-11:30 Infant Massage(3) 10-11:30 Family Playgroup 10-11:30 Legal Aid Appointments 11-12 Food Demo CLOSED IN PM	18 Community Action *9-10:30 Appointments *11:30-12:30 Drop-in 11:30-12:30 Café Drop-in 4:15-6 North Grove Art Explorers 5:30-7:30 Prenatal (1) 6-7:30 Dad’s Group	19 10-11:30 Good Food Market 10-11:30 Toddler Playgroup 1:30-3 Primrose Preserves
22 9:30-11:30 Time For Me 10-11:30 Crafters’ Corner 5:30-6:30 Family Supper Drop-in	23 11:30-12:30 Community Lunch Drop-in 1:30-3 Baby & Me/Well Baby 2-4 Fish Filleting Workshop	24 9-10:30 Breakfast 9:30 Walking Group 10-11:30 Infant Massage(4) 10-11:30 Family Playgroup 10-11:30 Legal Aid Appointments 11-12 Food Demo 9-3 Memory Lane Village Trip CLOSED IN PM	25 Community Action *9-10:30 Appointments *11:30-12:30 Drop-in 10-11:30 Craft and Chat 11:30-12:30 Café Drop-in 5-6:30 Arts Night Out 5:30-7:30 Prenatal (2)	26 10-11:30 Good Food Market 8:30-2:30 Family Apple Picking Trip
29 10-11:30 Games Café for Adults 5:30-6:30 Family Supper Drop-in	30 <div>  </div>	<div>  <div> 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. </div> </div>		



50+ ROADTRIP

A FULL-DAY TRIP TO MEMORY LANE VILLAGE

Memory Lane Village is an award-winning living history museum depicting coastal rural life in Nova Scotia during the 1940s. With live animals that roam the grounds and artifacts you can touch and explore, the experience is truly unforgettable.

Free!

Wednesday, September 24
9:00 am - 3:00 pm

We will board the bus at the North Grove at 9AM for the 50-minute drive to Lake Charlotte on the Eastern Shore.

While there, we will explore the village, have lunch at noon and board the bus for Dartmouth at 2 pm.

To Register: *Please come to the front desk and ask for a sign-up form.*



THE NORTH GROVE



Family **APPLE PICKING Trip**

This FREE event is for families with young children, not yet in school.

Join us for a bus trip to pick apples in Wolfville, Nova Scotia.

Registration begins **Monday August 25**. Please come to the front desk to fill and ask for the sign up form.

More information will be shared with you at that time.

**Friday, September 26
8:30 am - 2:30 pm**

September 2025

Services and Appointments



Dal Legal Aid Drop-in

Wednesday, Sept. 10
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, Sept 3, 10, 17, 24
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.

Wellness Navigator Drop-in

Wednesday, Sept. 10
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.

Community Action Appointments

Thursdays, Sept. 4, 11, 18, 25
9-10:30 am

If you need some one-on-one help to connect with supports in the community, please call 902 464-8234 ext. 1019.

Tech Help with Halifax Public Library

Wednesday, Sept. 17
9-10:30am

Drop in during breakfast to get your tech questions answered! Get help with using your phone, tablet or laptop computer from friendly Library staff.



ANNUAL REPORT TO COMMUNITY

Come Home Year

SEPT

WEDNESDAY

10

5:30 - 7:00 PM

2025

6 PRIMROSE STREET

RSVP

902 464 8234



Anyone who has been a part of The North Grove community, past and present, is invited to join us. Let's celebrate 30 years of family, food, and friendship and 10 years at 6 Primrose!