

## Child Development

### Family Playgroup

(children ages 1+ and caregivers)  
Fridays, Aug. 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.

### Baby & Me

(children under 1 year and caregivers)  
Tuesday, Aug 5, 12, 19, 26  
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

Tuesday, Aug. 12. 26  
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.

# BABY

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

### Family Art Under the Tent

(caregivers with children 2-12)  
Monday, August 11  
10-11:30 am

Join us under the tent to create and have fun together! We will be painting birdhouses. Space is limited so please call 902-464-8234 to join our interest list.

### Family Games Under the Tent

(parents and children)  
Thursday, August 28  
10-11 am

This is a fun, interactive games event for families with children of all ages. We will have a bean bag toss, football throw and more.



FREE  
Programs

# August 2025



## Drop-in Programs

### Family Supper Drop-in

Mondays  
Aug. 11, 18, 25  
5:30-6:30 pm

### Community Lunch Drop-in

Tuesdays  
Aug. 5, 12, 19, 26  
11:30 am-12:30 pm

### Drop-in Breakfast

Wednesdays  
Aug. 6, 13, 20, 27  
9-10:30 am

### Café Drop-in

Thursdays  
Aug. 7, 14, 21, 28  
11:30 am-12:30 pm

### Good Food Market Drop-in

Fridays, Aug. 1, 8, 15, 22, 29  
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.

**Wednesday, September 10  
5:30-7 pm**

Join us for our Annual Report to the Community: Come Home Year!  
Celebrating 30 years of family, food and friendship. **Please call us to RSVP!**

*Save the Date*

## Food Skills

### Food Demo

Wednesdays, Aug. 6, 13, 20, 27  
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

Fridays, Aug. 22  
1-2:30 pm

Join us in the kitchen to learn how to turn fresh food into shelf-stable preserves that will last all year. Please call 902 464-8234 to register.

## Youth Programs

### Farm to Table

(for ages 8-12)  
Mondays & Tuesdays  
Aug. 11-12, 18-19, 25-26  
2-3:30 pm



Join us for this fun, 3-week program that combines basic gardening and cooking skills, while highlighting the connection between the two.

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## Adult Programs

### Help Shape the Future of Healthcare in Nova Scotia

*Food Centre dining room*

*Thursday, Aug. 7*

*9:30-10:30 am*

Join us for a community event supporting Project ADDING HEAT, a research initiative focused on advancing health equity in Nova Scotia. You'll be asked to share your thoughts on early findings from the study and your input will help identify and address gaps in healthcare delivery across the province. Participants need to complete a survey before the session. Please speak to a staff member for more information.

### Building Language & Literacy in Early Childhood: Strategies for Success

*Family Centre program room*

*Thursday, Aug. 21*

*10-11:30 am*

Brenda, a Speech pathologist with HRCE will be here to lead us in this interactive workshop which explores the foundations of early language and speech development and how it connects to later literacy success.

Participants will learn how young children acquire language through everyday interactions and play, and discover evidence-based strategies to support vocabulary growth, communication skills, and pre-literacy development.

**Programs in this section offer childcare for babies 6 months and older.**

### School Supplies Giveaway

*Family Centre program room*

*Wednesday, Aug. 6*

*9 am- 12 pm*

This program is for families with children from PRIMARY to grade SIX who need some assistance with accessing school supplies for their children. Space is limited, please call 902 464-8234 to join the interest list. We will call to confirm you are in the program. Once confirmed, you must come in on August 6 to pick up the supplies.

## Family Outings

### Back to Sea Centre Family Field Trip

*Families & children 18 mos - 12yrs*

*Monday, Aug. 25*

*9 am - 12:30 pm*



The Back to the Sea Centre brings the beauty of local marine life up to eye level. Through the Touch Tank, visitors can interact with and learn about the incredible animals and creatures from the Atlantic Ocean.

We will be taking a bus together to the Centre, spend some time playing on the Alderney playground and then visit the Touch Tank.

Space is limited, Please call 902 464-8234 to join our interest list.

## Adult Programs

### Walking Group

*Wednesdays, Aug. 6, 13, 20, 27*

*9:30 am*

Join NS Walks volunteers for a walk around the neighbourhood. To register please call 902 932-6902 or email [walk@hikenovascotia.ca](mailto:walk@hikenovascotia.ca)

### Games Café for Adults

*Food Centre dining room*

*Monday, Aug. 18*

*10-11:30 am*

Join us for a fun morning of “carnival” games outside under the big tent and a light snack.

### Dads Group

*Family Centre program room*

*Thursday, Aug. 21*

*6-7:30 pm*

New Start Counselling hosts an informal peer support group for fathers and father figures. To register, call 782 414-1013.

### Paint Night for Seniors (55+) with Zara LeBlanc of Coastal Pigments

*Food Centre dining room*

*Tuesday, August 12*

*5:30-7:30 pm*

Unleash your inner artist at our fun-filled Paint Night! Whether you're a seasoned painter or beginner, this relaxed, guided painting session is the perfect way to unwind, connect, and let your creativity flow.



### Crafters' Corner Drop-in (adults only)

*Food Centre dining room*

*Monday, Aug. 25*

*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.

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# August 2025

Monday

Tuesday

Wednesday

Thursday

Friday

**FREE  
Programs**

 **How? to Register** 

**Call us at 902 464-8234 ext. 0 to get on a program's interest list.  
We will notify you if there is space for you to attend.  
Drop-in meals, drop-in programs and the Good Food Market  
do not require registration.**

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**1**

**10-11:30 *Good Food Market*  
10-11:30 *Family Playgroup***

**CLOSED at Noon**

**4**



**5**

**11:30-12:30 *Community Lunch  
Drop-in***

**11:30-1:30 *Pop Up Bike Hub  
and Art Bikers***

**1:30-3 *Baby & Me***

**6**

**9-10:30 *Breakfast & Community  
Action***

**10-11:30 *Legal Aid Appointments***

**9-12 *School Supplies Giveaway***

**11-12 *Food Demo***

**CLOSED IN PM**

**7**

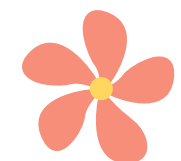
***Community Action*  
\*9-10:30 *Appointments*  
\*11:30-12:30 *Drop-in***

**9:30-10:30 *Help Shape the Future  
of Healthcare in Nova Scotia***



**11:30-12:30 *Café Drop-in***

**8**

**10-11:30 *Good Food Market*  
10-11:30 *Family Playgroup***



**CLOSED at 3 PM**

Monday	Tuesday	Wednesday	Thursday	Friday
<b>11</b> 9-11:30 North Grove Campers  10-11:30 Family Art Under the Tent  2-3:30 Farm to Table (Week 1)  5:30-6:30 Family Supper Drop-in  5:30-7 Prenatal Reunion for Spring 2025 Group	<b>12</b> 9-11:30 North Grove Campers  11:30-12:30 Community Lunch Drop-in  11:30-1:30 Pop Up Bike Hub and Art Bikers  1:30-3 Baby & Me/Well Baby  2-3:30 Farm to Table (Week 1)  5:30-7:30 Paint Night for Seniors( 55+)	<b>13</b> 9-10:30 Breakfast, Community Action, Wellness Navigator & Dal Legal Aid Drop-in  9-11:30 North Grove Campers  9:30 Walking Group  10-11:30 Legal Aid Appointments  11-12 Food Demo  CLOSED IN PM	<b>14</b> Community Action *10-10:30 Appointments *11:30-12:30 Drop-in  11:30-12:30 Café Drop-in  11:45-12:45 Music on the Farm featuring Adina Fraser  	<b>15</b> 10-11:30 Good Food Market  10-11:30 Family Playgroup   CLOSED at 3 pm
<b>18</b> 9-11:30 North Grove Campers  10-11:30 Games Café for Adults  2-3:30 Farm to Table (Week 2)  5:30-6:30 Family Supper Drop-in	<b>19</b> 9-11:30 North Grove Campers  11:30-12:30 Community Lunch Drop-in  11:30-1:30 Pop Up Bike Hub and Art Bikers  1:30-3 Baby & Me  2-3:30 Farm to Table (Week 2)	<b>20</b> 9-10:30 Breakfast & Community Action Drop-in  9-11:30 North Grove Campers  9:30 Walking Group  10-11:30 Legal Aid Appointments  11-12 Food Demo  CLOSED IN PM	<b>21</b> Community Action *9-10:30 Appointments *11:30-12:30 Drop-in  10-11:30 Building Language & Literacy in Early Childhood  11:30-12:30 Café Drop-in  6-7:30 Dad's Group	<b>22</b> 10-11:30 Good Food Market  10-11:30 Family Playgroup  1-2:30 Primrose Preserves   CLOSED at 3 PM
<b>25</b> 9-12:30 Back to the Sea Centre Family Field Trip  10-11:30 Crafters' Corner Drop-in  2-3:30 Farm to Table (Week 3)  5:30-6:30 Family Supper Drop-in	<b>26</b> 11:30-12:30 Community Lunch Drop-in  1:30-3 Baby & Me/Well Baby  2-3:30 Farm to Table (Week 3)	<b>27</b> 9-10:30 Breakfast & Community Action Drop-in & Tech Help with the Library  9:30 Walking Group  10-11:30 Legal Aid Appointments  11-12 Food Demo  CLOSED IN PM	<b>28</b> Community Action *9-10:30 Appointments *11:30-12:30 Drop-in  10-11 Family Games Under the Tent  11:30-12:30 Café Drop-in  11:45-12:45 Music on the Farm featuring Chudi Harris  	<b>29</b> 10-11:30 Good Food Market   CLOSED at Noon



# August 2025

## Services and Appointments



### Legal Aid Navigator Appointments

*Wednesdays, Aug. 6, 13, 20, 27*  
*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 Appointments

*Thursdays, Aug. 7, 14, 21, 28*  
*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.

### Wellness Navigator Drop-in

*Wednesday, Aug. 13*  
*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 to community resources.

### Tech Help with Halifax Public Library

*Wednesday, Aug. 27*  
*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.

### Dal Legal Aid Drop-in

*Wednesday, Aug. 13*  
*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!

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# 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!