

### Check Your Expectations

**Nov 7, 10:00-11:30**

We will explore how your expectations for your child can impact your parent/child relationship.

### Positive Discipline

**Nov 14, 10:00-11:30**

Join us to discuss tools to discipline your child WITHOUT spanking or time outs.

### Why Children Hit and What We Can Do About It!

**Nov 21, 10:00-11:30**

There are lots of reasons why children hit. It's our role to figure out the whys behind the behavior & help children find alternative ways to express themselves.

### Baby Bookworms

**Fridays, 10:00-11:30**

Learn about the importance and benefits of reading to your baby and choosing the right books.



### Well Baby Clinic

**Nov 1,15,29, 1:30-3:00**

A Public Health Nurse will be here to discuss your baby's development and answer questions you may have.

## Partner Organizations

*Please call The North Grove at 902-464-8234 ext.0 to make an appointment.*

### Welcome Housing Support Appointments

**Wednesdays, 9:00-12:00 (by appointment)**

*If you are homeless or at risk of homelessness and need support, you can make an appointment to meet a staff from Welcome Housing & Support Services.*

### Nova Scotia Legal Aid Info Appointments

**Wednesdays, 10:00-11:30 (by appointment)**

Nov 9 & 23 - Assistance with completing an application for Legal Aid and accessing support for family law issues

Nov 16 & 30 - Assistance with completing an application for Legal Aid and accessing support for child protection issues.

6 Primrose Street, Unit 115

902-464-8234 ext. 0

[www.thenorthgrove.ca](http://www.thenorthgrove.ca)



# November



### Form Filling Clinic

**November 15,  
10:00 - 12:00**

Need help filling out a form or application? The Community Action Team can help!

### Giving Tuesday Get Together

**Nov 29, 10:00-12:00**

Join us for homemade craft making, tasty snacks, and warm drinks to celebrate the many ways we all give!

Please register by calling 902-464-8234 ext.0.

### Drop in Fall Vaccine Clinic Adults

**Nov 16, 1:00 - 5:00**

No appointment necessary!

### Meal Pick-up, Good Food Market, & Community Action Office Fridays, 10:00-11:30 (drop-in)

Come into the dining room for your take-away meal, shop at the Good Food Market, or drop-in to the Community Action Office for a chat. We'll have disposable masks at the door in case you forget yours!

### John Martin Youth Program

The grade sevens are joining us on the farm to help with harvesting vegetables and putting together soup kits.

# November 2022

Monday

Tuesday

Wednesday

Thursday

Friday



**1**  
**1:30-3 Baby & Me/Well Baby**  
**10-11:00 John Martin Youth**  
**1:30-2:30 Meal Pick-Up**

**2**  
**The Centre will be closed today.**

**3**  
**10-11:30 Self-Compassion Workshop**

**4** **10-11:30 Jump, Jiggle & Jive**  
**10-11:30 Baby Bookworms**  
**10-11:30 Good Food Market, Meal Pick-up, & CAO drop-in**

**7**  
**10-11:30 Check Your Expectations**

**8** **10-11:30 Catch Up with Coffee**  
**2-3:00 John Martin Youth**  
**1:30-3 Baby & Me**  
**1:30-2:30 Meal Pick-Up**

**9** **9-12:00 Welcome Housing Appointments**  
**11-12:00 John Martin Youth**  
**10-11:30 Legal Aid Appt.**  
**10-11:30 Family Playgroup**

**10**  
**10-11:30 Pre-Primary Cooking Program at Harbourview**

**11**  
**Remembrance Day Centre is closed today**

**14**  
**10-11:30 Positive Discipline**

**15** **10-11:30 Coffee Talk**  
**10-11:30 Form Filling clinic**  
**1:30-3 Baby & Me/Well Baby**  
**1:30-2:30 Meal Pick-Up**

**16** **9-12:00 Welcome Housing Appointments**  
**10-11:30 Legal Aid Appt.**  
**10-11:30 Family Playgroup \* Puppet show**  
**1-5:00 Drop In Vaccine Clinic**

**17**  
**10-11:00 John Martin Youth**

**18** **10-11:30 Jump, Jiggle & Jive**  
**10-11:30 Baby Bookworms**  
**10-11:30 Good Food Market, Meal Pick-up, & CAO drop-in**

**21**  
**10-11:30 Why Children Hit**

**22** **10-11:30 Catch Up with Coffee**  
**10-11:30 Coffee Talk**  
**1:30-3 Baby & Me**  
**1:30-2:30 Meal Pick-Up**

**23** **9-12:00 Welcome Housing Appointments**  
**10-11:30 Legal Aid Appt.**  
**10-11:30 Family Playgroup**  
**11-12:00 John Martin Youth**

**24**  
**10-11:30 Food & Families**  
**4:30-6 North Grove Campers Club**

**25** **10-11:30 Jump, Jiggle & Jive**  
**10-11:30 Baby Bookworms**  
**10-11:30 Good Food Market, Meal Pick-up, & CAO drop-in**

**28**  
**9:30-11:30 Time for Me**

**29** **10-12:00 Giving Tuesday**  
**10-11:00 John Martin Youth**  
**1:30-3 Baby & Me/Well Baby**  
**1:30-2:30 Meal Pick-Up**

**30** **9-12:00 Welcome Housing Appointments**  
**10-11:30 Legal Aid Appt.**  
**10-11:30 Family Playgroup**

Call us at 902-464-8234 ext. 0 to get on a program's interest list. Program facilitators will call you if there is a space for you to attend.

No registration required for Meal Pick-Up or the Good Food Market.