



Child Development

Time For Me

Thursday, December 5
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.

"Maybe I can only do small things. But my small things might join small things other people do. And together, they could grow into something big. Be kind."

- Pat Zietlow Miller

Family Playgroup

Wednesday, December 4, 11, 18
10-11:30 am
(Children ages 1+ and caregivers)

PAJAMA
DAY

December
11 & 18

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)
Tuesdays, December 3, 10, 17
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, December 10
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.

FREE
Programs

December

Special Events

Holiday Meals

Holiday Family Supper

(Families with children 18 & under)
Monday, December 16

Seating 1: 4:30-5:30 pm
Seating 2: 6-7 pm

Community Holiday Meals

Tuesday, December 17

Seating 1: 11 am-12 pm
Seating 2: 12:30-1:30 pm

To register please call 902 464-8234.

Reminder

We want everyone to have an opportunity to attend. If you are unable to make it and you're registered, **please call to cancel.** This will allow us to invite someone from our waitlist.

Giving Tuesday Coffee House

Tuesday, December 3
9-11 am



You're invited to our annual Giving Tuesday celebration! We're hosting a Coffee House.

Join us for crafts, tasty snacks and live music by Charlie A'Court to celebrate the many ways we give to one another!

Please register by calling 902 464-8234.

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

THE NORTHGROVE

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

Adult Programming

Holiday Traditions from Around the World

Thursday, December 6
10-11:30 am

We would love to hear about what holidays you celebrate and your traditions. Join us to learn together over deluxe hot chocolate and cookies.

Holiday Bake and Chat for Parents

Monday, December 9
10-11:30 am

Join us to make gingerbread loaves and chocolate covered pretzels in the Family Centre kitchen.

Candle Making Workshop

Tuesday, December 10
10-11:30 am

Amanda will be sharing her knowledge of candle making and we will be making our own to take home.

****These workshops offer childcare for babies 6 months and older. Priority will be given to parents who may not have the opportunity to come to other programs.**

Craft and Chat

Thursday, November 7
10-11:30 am

This month we're making an assortment of crafts that you can use to hang in a window, on your tree or gift to a friend.

Walking Group

Wednesdays, December 4, 11, 18
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

Dads Group

Thursday, November 21
6-7:39 pm

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

Games Café with a Holiday Twist

Friday, December 20
1:30-3 pm

Come and join us for some fun, interactive games such as candy cane toss, jingle bell throw and more.

Drop-in Programs

Family Supper Drop-in

Mondays
December 2, 9
5:30-6:30 pm

Drop-in Breakfast

Wednesdays
December 4, 11, 18
9-10:30 am

Community Lunch Drop-in

Tuesdays
December 3, 10
11:30 am-12:30 pm

Café Drop-in

Thursdays
December 5, 12, 19
11:30 am-12:30 pm

Youth Programs

Young Cooks: Holiday Alumni Edition!

Tuesday, December 10
3:30-5:30 pm

Young Cooks participants are invited back into the kitchen for a fun afternoon of making and trying some festive foods!



Food Skills

Food Demo

December 4, 11, 18
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, December 6
2:30-4 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.

“There is something profoundly satisfying about sharing a meal. Eating together, breaking bread together, is one of the oldest and most fundamentally unifying of human experiences.”

- Barbara Coloroso



We are trying something new!

We will no longer be using the category of “Family Adult” program in the calendar. Instead you will see it under “Adult” Program with a childcare option available. As usual, you will be notified if we are able to accommodate you in the program a day or two before.

FREE
Programs

December 2024

FREE
Programs

Monday	Tuesday	Wednesday	Thursday	Friday
<div>2</div> <div></div> <div>5:30-6:30 Family Supper Drop-in</div>	<div>3</div> <div>9-11 Giving Tuesday Coffee House</div> <div>11:30-12:30 Community Lunch Drop-in</div> <div>1:30-3 Baby & Me</div>	<div>4</div> <div>9-10:30 Breakfast & Community Action Drop-in</div> <div>9:30 Walking Group</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</div> <div>9:30-11:30 Time for Me</div> <div>9-10:30 Community Action Appointments</div> <div>11:30-12:30 Café Drop-in</div>	<div>6</div> <div>10-11:30 Holiday Traditions</div> <div>10-11:30 Good Food Market</div> <div>2:30-4 Primrose Preserves</div>
<div>9</div> <div>10-11:30 Holiday Bake and Chat for Parents</div> <div>4-6 Dal Legal Aid Drop in</div> <div>5:30-6:30 Family Supper Drop-in</div>	<div>10</div> <div>10-11:30 Candle Making Workshop</div> <div>11:30-12:30 Community Lunch Drop-in</div> <div>1:30-3 Baby & Me/Well Baby</div> <div>3:30-5:30 Young Cooks * Holiday Alumni Edition</div>	<div>11</div> <div>9-10:30 Breakfast, Community Action & Wellness Navigator Drop-in</div> <div>9:30 Walking Group</div> <div>10-11:30 Legal Aid Appointments</div> <div>10-11:30 Family Playgroup</div> <div>**PJ PARTY</div> <div>11-12 Food Demo</div> <div>CLOSED IN PM</div> <div></div>	<div>12</div> <div>9-10:30 Community Action Appointments</div> <div>10-11:30 Craft and Chat * PJ Party for Adults</div> <div>11:30-12:30 Café Drop-in</div> <div>6-7:30 Dad's Group</div>	<div>13</div> <div>10-11:30 Good Food Market</div>

Monday	Tuesday	Wednesday	Thursday	Friday
16  <p>Holiday Family Supper</p> <ul style="list-style-type: none"> • 4:30-5:30 Seating One • 6-7 Seating Two <p>PLEASE REGISTER</p>	17 <p>Holiday Community Lunch</p> <ul style="list-style-type: none"> • 11-12 Seating One • 12:30-1:30 Seating Two <p>PLEASE REGISTER</p> <p>1:30-3 Baby & Me</p>	18 <p>9-10:30 <i>Breakfast, Community Action, Health Ambassador N.S Health Drop-in</i></p> <p>9:30 <i>Walking Group</i></p> <p>10-11:30 <i>Legal Aid Appointments</i></p> <p>10-11:30 <i>Family Playgroup</i></p> <p>**PJ PARTY</p> <p>11-12 <i>Food Demo</i></p> <p>CLOSED IN PM</p> 	19 <p>9-10:30 <i>Community Action Appointments</i></p> <p>11:30-12:30 <i>Café Drop-in</i></p>	20 <p>10-11:30 <i>Good Food Market</i></p> <p>1:30-3 <i>Games Café with a Holiday Twist</i></p>
23 	24  <p>CLOSED IN PM</p>	25 26 27  <p>We will reopen Thursday, January 2</p>		



It has been our sincere pleasure having you volunteer and attend our programs and events this past year. We wish you all a very peaceful holiday season and look forward to seeing you again in 2025.



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 a space for you to attend.

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

FREE Programs

December 2024

Services and Appointments

Legal Aid Navigator Appointments

*Wednesdays, December 4, 11, 18
10-11:30 am*

Appointments are available with a Legal Aid Navigator to provide information and support for family law and child protection. Please call 902 464-8234.

Community Action Appointments

*Thursdays, December 5, 12, 19
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, December 11
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.

Health Ambassador Drop-in

*Wednesday, December 18
9-11:30am*

Come chat with a Health Ambassador from Nova Scotia Health to learn how to use the YourHealthNS app/website to get access to health care records, navigate health services, and more!

NS Brotherhood Clinic

*Wednesday, December 11
2-6 pm*

The NS Brotherhood Clinic is for men of African descent. To make an appointment with Dr. Ron Milne, please call 902 434-0824 or email nsbrotherhood@nshealth.ca

NS Sisterhood Clinic

Dr. Leah Jones will not be here this month.

Dal Legal Aid Drop-in

*Monday,
December 9
4-5 pm*

NEW

A Community Legal Worker from Dalhousie Legal Aid will be available to meet with you on a first come first served basis, to discuss your rental issues, give you legal information and help connect you to resources.

Drop into the Family Centre(by Lawton's) by 5 pm to ensure that you get to talk to Syd.

For your appointment, bring all necessary documents: i.e. copy of lease contracts; application(s) filed by you or your landlord; notice(s) or order(s) issued; any form of communication between you and the landlord; any relevant evidence pertaining to the matter.