

# Child Development

## Family Playgroup

Wednesday, May 7, 14, 21, 28  
10-11:30 am

(Children ages 1+ and caregivers)

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, May 6, 13, 20, 27  
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, May 13, 27  
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.

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

## Time For Me

Tuesday, May 6  
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 and up)  
Thursday, May 15  
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 Club

Thursday, May 15  
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.

FREE  
Programs

# May 2025



## Drop-in Programs

### Family Supper Drop-in

Mondays  
May 5, 12, 19, 26  
5:30-6:30 pm

### Drop-in Breakfast

Wednesdays  
May 7, 14, 21, 28  
9-10:30 am

### Community Lunch Drop-in

Tuesdays  
May 6, 13, 20, 27  
11:30 am-12:30 pm

### Café Drop-in

Thursdays  
May 1, 8, 15, 22, 29  
11:30 am-12:30 pm

### Good Food Market Drop-in

Fridays, May 2, 9, 16, 23, 30  
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.

## Youth Programs

### Young Cooks

(ages 8-12)  
Tuesdays, May 6, 13, 20, 27  
3:30 -5:30 pm

A 4-week cooking program just for kids! Join us to learn the basics of cooking and enjoy food and fun together.

## Food Skills

### Food Demo

Wednesdays  
May 7, 14, 21, 28  
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, May 2, 31  
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. Please call 902 464-8234 to register.

## Saturday, June 7th 12-2 pm

Help us kick off the growing season at our annual **Farm Season Opener!** Community BBQ, live music, games, and more!

*Save the Date* 

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

## Adult Programs

### Alternatives to Spanking

Friday, May 16  
10-11:30 am

There is a lot of conflicting advice around how we should discipline our children. Join us for a candid discussion on why spanking isn't effective and learn some alternative ways to discipline your children.

### The Emotional Piggy Bank

Friday, May 23  
10-11:30 am

We all have emotional piggy banks that receive daily deposits and withdrawals from those around us. "Deposits" are positive interactions and "withdrawals" are negative ones and they all add up. Join us to discuss how your child's emotional piggy bank impacts your relationship and their ability to cooperate, and learn ways to make daily deposits into your child's emotional piggy bank.

### Gardening 101

Tuesday, May 27  
10-11:30 am

Learn the basics of how to get started in your garden, and take home some seeds from our seed library.

### Arts Night Out

Thursday, May 29  
5-6:30 pm

Join us for an evening of creativity through arts and crafts, while your child enjoys some time in child development. \*All materials will be provided.

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

### Online Safety for Parents of Tweens and Teens

Wednesday, May 14  
6-7:30 pm

Join us for a discussion on all things online safety. From deep dives into certain apps, to quick and easy safety tips and strong and healthy communication skills, we will be discussing it all. Please call to 902 464-8234 to join our interest list.

**NEW!**

## Adult Programs

### Craft and Chat

Thursday, May 8  
10-11:30 am

Join us for craft and conversation. This month we're making keychains.

### Games Café for Adults

Monday, May 12  
10-11:30 am

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

### Walking Group

Wednesdays, May 7, 14, 21, 28  
9:30 am

Join NS Walks volunteers for a walk around the neighbourhood. The group meets in the dining room during weekly Breakfast Drop-in. To register please call 902 932-6902 or email [walk@hikenovascotia.ca](mailto:walk@hikenovascotia.ca)

**\*May 14 is Nova Scotia Walk Day** highlighting how walking connects us to our communities and to each other.

### Dads Group

Thursday, May 15  
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](mailto:tara.billard@newstartcounselling.ca)

### Your Basic Rights At Work

Wednesday, May 14  
3:30-4:30 pm

Presented by the [Halifax Workers Action Centre](#), this information session outlines "Your Basic Rights At Work", under Nova Scotia legislation. Join us to learn about your rights and what you can do if your rights have been violated.

### Beat the Heat: How to Stay Safe When Temperatures Soar

Tuesday, May 20  
10-11:30 am

for participants  
60+

Bailey Dunyo of My Climate Plan is here to share how to stay safe and cool when temperatures soar. We will discuss smart, low-cost cooling tips, warning signs of heat illness, and how to find or become a "heat buddy". You'll leave with free resources and a personal heat safety plan.

### One Step Closer (OSC)

Fridays, May 30- June 20  
1-4 pm

Join reachAbility for this 4-week program which focuses on empowering people to take charge of their personal growth, build confidence and self-worth, and acquire skills and tools for learning. This program has served as a next step to employment or community engagement for many people.

# May 2025

Monday



6 Primrose Street, Unit 115  
[www.thenorthgrove.ca](http://www.thenorthgrove.ca)

Tuesday

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.

Wednesday

Thursday

1

9-10:30 *Community Action  
Appointments*

11:30-12:30 *Café Drop-in*

Friday

2

10-11:30 *Good Food Market*

1:30-3 *Primrose Preserves*

3-5 *Youth Volunteer Appreciation  
Pancake Bar and Games*

5



National Day of Awareness and  
Action for Missing & Murdered  
Indigenous Women, Girls &  
2-Spirit People.

5:30-6:30 *Family Supper Drop-in*

6

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

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

1:30-3 *Baby & Me*

3:30-5:30 *Young Cooks (1)*

5:30-7:30 *Prenatal(4)*

7

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

9:30 *Walking Group*

10-11:30 *Family Playgroup*

10-11:30 *Legal Aid Navigators  
Appointments*

11-12 *Food Demo*

CLOSED IN PM

8

9-10:30 *Community Action  
Appointments*

10-11:30 *Craft and Chat*

11:30-12:30 *Café Drop-in*

9

10-11:30 *Good Food Market*

1:30-2:30 *Mother's Day Tea*



Monday

12

10-11:30 Games Café

5:30-6:30 Family Supper Drop-in

Tuesday

13

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

1:30-3 Baby & Me/Well Baby

3:30-5:30 Young Cooks (2)

5:30-7:30 Prenatal (5)

Wednesday

14

9-10:30 Breakfast, Community Action, Wellness Navigator & Dal Legal Aid Drop-in

9:30 Walking Group

10-11:30 Family Playgroup

10-11:30 Legal Aid Navigator Appointments

11-12 Food Demo

CLOSED IN PM

3:30-4:30 Your Basic Rights

6-7:30 Online Safety for Parents

Thursday

15

9-10:30 Community Action Appointments

10-11:30 1-2-3 Cook with Me

11:30-12:30 Café Drop-in

4:15-6 North Grove Art Club

Friday

16

10-11:30 Good Food Market

10-11:30 Alternatives to Spanking

19

WE'RE CLOSED

20

10-11:30 Beat the Heat (for 60+)

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

3:30-5:30 Young Cooks (3)

1:30-3 Baby & Me

5:30-7:30 Prenatal (6)

21

9-10:30 Breakfast, Community Action Drop-in & Tech Help with the Library

9:30 Walking Group

10-11:30 Family Playgroup

10-11:30 Legal Aid Navigator Appointments

11-12 Food Demo

CLOSED IN PM

22

9-10:30 Community Action Appointments

10-11:30 Infant Massage at North Woodside Community Centre (1)

11:30-12:30 Café Drop-in

23

10-11:30 Good Food Market

10-11:30 The Emotional Piggy Bank

26

5:30-6:30 Family Supper Drop-in

27

10-11:30 Gardening 101

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

1:30-3 Baby & Me/Well Baby

3:30-5:30 Young Cooks (4)

5:30-7:30 Prenatal(7)

28

9-10:30 Breakfast & Community Action Drop-in

9:30 Walking Group

10-11:30 Family Playgroup

10-11:30 Legal Aid Navigators Appointments

11-12 Food Demo

CLOSED IN PM

29

9-10:30 Community Action Appointments

10-11:30 Infant Massage at North Woodside Community Centre (2)

11:30-12:30 Café Drop-in

5-6:30 Arts Night Out

30

10-11:30 Good Food Market

1-4 One Step Closer (1)

1:30-3 Primrose Preserves



# May 2025

## Services and Appointments

### **Legal Aid Navigator Appointments**

*Wednesdays, May 7, 14, 21, 28*  
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.

### **Community Action Appointments**

*Thursdays, May 1, 8, 15, 22, 29*  
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, May 14*  
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, May 21*  
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.

### **NS Brotherhood Clinic**

*Wednesday, May 14*  
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](mailto:nsbrotherhood@nshealth.ca)

### **NS Sisterhood Clinic**

*Wednesday, May 28*  
8:30 am-12 pm

The NS Sisterhood Clinic is for women of African descent. To make an appointment with Dr. Leah Jones please call 902 399 5473 or email [nssisterhood@nshealth.ca](mailto:nssisterhood@nshealth.ca)

### **Dal Legal Aid Drop-in**

*Wednesday, May 14*  
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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[www.thenorthgrove.ca](http://www.thenorthgrove.ca)



# MOTHER'S DAY

## *Afternoon Tea*

FRI **09** MAY

1:30-2:30 PM

Join us for a special afternoon of  
finger food, hot coffee & tea

Please call 902 464-8234 to join our  
interest list

6 Primrose, Unit 140 (Food Centre)

This event is for all mothers and  
mother figures.  
Children are welcome.