

Primrose Preserves Wednesday, January 25th 9:00-12:00

Join us in the kitchen to learn how to turn fresh food into shelf stable preserves that will last all year. Participants will get to sample a taste as well. How to Talk So Kids Will Listen Tuesday, January 24th, 31st 10:00-11:30 (For parents of young children)

A seven-week program that focuses on how to communicate more effectively with your child.



Family Meal (families with young children)
Tuesday, January 10, 17, 24, 31
5:30-6:30

Supper is on us! Come join us in our dining room with your family and enjoy a free, delicious meal with other families from the community.

Community Lunch Monday, *January 9, 16, 23 ,30* 12:00-1:00

Lunch is served! Come join us in our dining room for a free, delicious meal and meet others from the community.

Meals are drop In - No registration required

Vegan and halal options available

The Arc of the Tantrum Friday, January 6th 10:00-11:30

In this workshop we will look at the different stages of a tantrum and what you can do to support your child during each stage.

Toilet Learning Monday, January 16th 10:00-11:30

Join us to determine if your child is ready for toilet learning and how to set the stage for success.

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



January

PJ Connects Friday, January 13th, 1:30-2:30 & 27th, 10:00-11:00

For people our Parenting Journey program's waitlist.

Participants will come together to learn and make new connections with others. January's topic will be Parenting Journey & The North Grove.

Young Cooks Monday, January 23rd, 30th 3:30-5:30 (Ages 7-9)

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

Food and Families Thursday, January 19th 10:00-11:30

Come cook and share a meal with your child and take home the ingredients to try the new recipe at home.

Raising Readers & Math Thinkers Monday, January 9th 10-11:30 Families with children birth-2

Monday, January 23rd 10-11:30 Families with children 2 1/2 -4

The Dartmouth Learning
Network will be here to share
skills, knowledge, and practical
tools with parents to help raise
readers & math thinkers. We
believe in making learning fun,
affordable and easy.

Totally Outright Thursday & Fridays, from the 12th of January 1:30-4:30

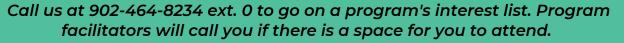
This is a 2SLGBTQIA+ sexual & reproductive community-based health program. Come learn about sexual & reproductive health topics, build community and more. For more information or to register please go to hshc.ca/totally-outright or email Abbie (she/her) at abigail@hshc.ca.

(Food and Honoraria provided)

*In partnership with Halifax Sexual Health Centre (HSHC) and Community-Based Research Centre (CBRC).

Garden Workshop Beekeeping 101 Monday, January 16th 2:00-3:00

Join the president of the Halifax Honeybee Society as she shares all about honeybees, bumblebees and other native pollinators.



January 2023

Monday ** *	** Tuesday	Wednesday	Thursday	Friday
2 Harry New Year!	We are OPEN 1:30-3 Baby and Me	4 9:30-11 Drop in Breakfast & Community Action 9-12:00 Welcome Housing 10-11:00 John Martin Youth 10-11:30 Legal Aid Appointments 10-11:30 Family Playgroup	5 9:30-11:30 Time for Me	6 10-11:30 Good Food Market, Meal Pick up & CAO drop-in 10-11:30 The Arc of the Tantrum
9 10-11:30 Raising Readers & Math Thinkers (birth-2) 12-1:00 Community Lunch	10 10-11:00 Food Demo 10-11:30 Coffee Talk 1:30-3 Baby & Me/Well Baby 3:30-4:30 Volunteer Info Session 5:30-6:30 Family Supper	9:30-11 Drop in Breakfast & Community Action 9-12:00 Welcome Housing 10-11:30 Family Playgroup 10-11:30 Legal Aid Appointments	12 10-11:30 Pre-Primary Cooking Program at Harbourview 11-12:00 John Martin Youth 1:30-4:30 Totally Outright	13 10-11:30 Good Food Market, Meal Pick up & CAO drop-in 1:30-2:30 P.J. Connects 1:30-4:30 Totally Outright
16 10-11:30 Toilet Learning 12-1:00 Community Lunch 2-3:00 Garden Workshop: Beekeeping 101 5-6:30 Arts Night Out	17 10-11:00 Food Demo 10-11:30 How to Talk (1) 1:30-3 Baby & Me 5:30-6:30 Family Supper	18 9:30-11 Drop in Breakfast & Community Action 9-12:00 Welcome Housing 10-11:30 Family Playgroup *Puppet Show 10-11:30 Legal Aid Appointments	1910-11:00 John Martin Youth 10-11:30 Food & Families 3-4:00 Volunteer Info. Session 1:30-4:30 Totally Outright 4:30-6:00 North Grove Campers	20 10-11:30 Good Food Market, Meal Pick up & CAO drop-in 10-11:30 Family Playgroup 1:30-4:30 Totally Outright
23 10-11:30 Raising Readers & Math Thinkers (2 1/2-4) 12-1:00 Community Lunch 3:30-5:30 Young Cooks (1)	 24 10-11:00 Food Demo 10-11:30 How to Talk (2) 10-11:00 John Martin Youth 1:30-3 Baby & Me/Well Baby 5:30-6:30 Family Supper 	25 9:30-11 Drop in Breakfast & Community Action 9-12:00 Welcome Housing 10-11:30 Family Playgroup 9-12:00 Primrose Preserves 10-11:30 Legal Aid Appointments	26 10-11:30 Pre-Primary Cooking Program at Harbourview 1:30-4:30 Totally Outright	27 10-11:30 Good Food Market, Meal Pick up & CAO drop-in 10-11:00 P.J. Connects 1:30-4:30 Totally Outright
30 10-11:30 Coffee Talk 12-1:00 Community Lunch	31 10-11:00 Food Demo 10-11:30 How to Talk (3) 1:30-3 Baby & Me	Legal Aid App Wednes January 4th, 11	sdays,	me Housing Appointments Wednesdays Jan 7th 14th 21st

Child Protection Support

from 10-11:30 by appointment only

Jan. 7th, 14th, 21st

from 9-12:00 by appointment only

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

5:30-6:30 Family Supper