

January

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.

PJ Connects

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

For people on 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.

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.

In- Person Meals 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.

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.

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.

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

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



January 2023



Monday

Tuesday

Wednesday

Thursday

Friday

2

**Happy
New Year!**

3



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

11

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

19

10-11:00 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
3:30-5:30 Young Cooks (2)

31

10-11:00 Food Demo
10-11:30 How to Talk (3)
1:30-3 Baby & Me
5:30-6:30 Family Supper



Legal Aid Appointments
Wednesdays,
January 4th, 11th, 18th, 25th
Child Protection Support
from 10-11:30 by appointment only



Welcome Housing Appointments
Wednesdays
Jan. 7th, 14th, 21st
from 9-12:00 by appointment only