

Family Workshops and Programs

NEW

Tenants Info Session
Monday, February 27th
10:00-11:30

Nova Scotia Legal Aid will be presenting an information session for tenants. The session will cover: the basic right and obligations of tenants & landlords, tips for tenants, renovictions, other kinds of evictions, and how to resolve a dispute.

Infant Massage
Friday, February 10th, 17th, 24th
10:00-11:30

A 5-week program for parents with infants birth to 6 months. You will explore the benefits of massage, learn how to massage your baby and meet other parents and babies.

Make and Take (ages 2 -5 years)
Thursday, February 2nd
10:00-11:30

Join us in adult programming for a fun morning, making activities to take home, while your child enjoys some time playing with our Child Development team .

Prenatal
Monday, February 6th, 13th, 27th
5:30-7:00

A 7-week program for expectant parents. Topics will include: healthy pregnancy; community supports; labour, delivery & comfort measures; feeding your new baby; postpartum wellness and infant attachment.

Pamper Yourself Coffee Talk
Monday, February 13th
10:00-11:30

Come and take some much needed time for you. We will make our own specialty coffees and sample a sweet treat or two.

Jump, Jiggle, Jive
Friday, February 3rd, 10th, 17th, 24th
10:00-11:30


An exciting 6-week program for parents with children 2-5 years old. Join in the fun and explore new ways to move using: a trampoline, tunnel, slides and more!

This program will take place at the Mosque at 42 Leaman Drive.

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



February 2023

Houseplants Workshop 
Tuesday, February 28th
2:00-3:00

Learn how to take care of your houseplants! Participants will each get a plant to take home as well as help set up a plant wall for the Food Centre dining room.

Food Demo
Wednesday, February 1st, 8th, 15th, 22nd
11:00-12:00

Join Marlee, as she walks you through a simple and delicious recipe. Enjoy a sample taste & take the recipe to try it at home.

Young Cooks
Monday, February 27th
3:30-5:30 (Ages 10-12)

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

Form Filling Clinic
Wednesday, February 1st
9:00-10:30

If you need help filling out a form, like the Heating Assistance Rebate or the Canada Housing Benefit, please make an appointment.

In- Person Meals

Community Lunch
Monday, February 6th, 13th, 27th
12:00-1:00



Family Meal
(families with young children)
Tuesday, February 7th, 14th, 21st, 28th
5:30-6:30

Volunteer Info Session

Wednesday, February 8th
9:30-10:30
Thursday, February 9th
3:30-4:30

Are you interested in volunteering with us? Join us to learn more about our programs and what volunteer opportunities are available.



February 2023



Monday

Tuesday

Wednesday

Thursday

Friday



Call us at 902-464-8234 ext. 0 to go on a program's interest list. We will notify you if there is a space for you to attend. Registration is NOT required for Meal Pick-Up, Market, Community Breakfast, Lunch or Family Dinner

1 9-10:30 Drop in Breakfast, Community Action & Form Filling Clinic
11-12:00 Food Demo
10-11:30 Family Playgroup
1-5:00 Covid Vaccine Clinic

2 10:00-11:30 Make and Take Workshop for parents.

3 10-11:30 Good Food Market, Meal Pick up & Coffee Drop-in
10-11:30 PJ Connects
10-11:30 Jump, Jiggle, Jive(1)

6 9:30-11:30 Time for Me
12-1:00 Community Lunch
3:30-5:30 Young Cook (3)
5:30-7:00 Prenatal (1)

7 10-11:30 How to Talk (4)
1:30-3 Baby & Me/Well Baby
5:30-6:30 Family Supper

8 9-10:30 Drop in Breakfast, Community Action
9:30-10:30 Volunteer Info Session
11-12:00 Food Demo
10-11:30 Family Playgroup

9 10-11:30 Pre-Primary Cooking Program at Harbourview
10:00-11:30 Bookworms Reunion
3:30-4:30 Volunteer Info Session

10 10-11:30 Good Food Market, Meal Pick Up & Coffee Drop-in
10-11:30 Infant Massage(1)
10-11:30 Jump, Jiggle, Jive(2)

13 10-11:30 Pamper Yourself
12-1:00 Community Lunch
1-2:00 John Martin Youth
3:30-5:30 Young Cooks (4)
5:30-7:00 Prenatal (2)

14 10-11:30 How to Talk (5)
1:30-3 Baby & Me
5:30-6:30 Family Supper



15 9-10:30 Drop in Breakfast, Community Action
11-12:00 Food Demo
10-11:30 Family Playgroup

16 10-11:30 Food & Families
10-11:00 John Martin Youth
4:30-6 North Grove Campers

17 10-11:30 Good Food Market, Meal Pick up & Coffee Drop-in
10-11:30 Infant Massage(2)
10-11:30 Jump, Jiggle, Jive(3)

20
CLOSED

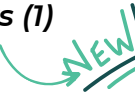
21 10-11:30 How to Talk (6)
11-12:00 John Martin Youth
1:30-3 Baby & Me/Well Baby
5:30-6:30 Family Supper

22 9-10:30 Drop in Breakfast, Community Action
11-12:00 Food Demo
10-11:30 Family Playgroup
5-6:30 Arts Night Out

23 10-11:30 Pre-Primary Cooking Program at Harbourview
11-12:00 John Martin Youth

24 10-11:30 Good Food Market, Meal Pick up & Coffee Drop-in
10-11:30 Infant Massage(3)
10-11:30 Jump, Jiggle, Jive(4)
1-3:30 Primrose Preserves
1-2:30 PJ Connects

27 10-11:30 Tenants Info Session
12-1:00 Community Lunch
1-2:00 John Martin Youth
3:30-5:30 Young Cooks (1)
5:30-7:00 Prenatal (3)



28 10-11:30 How to Talk (7)
2-3:00 Houseplant Workshop
1:30-3 Baby & Me
5:30-6:30 Family Supper



Legal Aid Appointments

Wednesdays
February 1st, 8th, 15th, 22nd

from 10-11:30 by appointment only

Assistance with completing an application for Legal Aid and accessing information and support for family law and child protection issues."



Welcome Housing Appointments

Wednesdays
February 1st, 8th, 15th, 22nd

from 9-12:00 by appointment only

If you are homeless or at risk of homelessness and need support, make an appointment to meet with Welcome Housing staff.