

## Parenting Programs & Workshops

### Infant Massage -

Starting Sept 9, 10:00-11:30

A 6-week program for parents with infants birth to 6 months that explores the benefits of touch and skin contact.

### Handle with Care -

Starting Sept 6, 10:00-11:30

An 8-week program for parents to promote the mental health of young children from birth to six years old.

### Check your Expectations -

Sept 19, 10:00-11:30

Join us to talk about how our expectations impact our relationships with our children and their behaviour.

### Self-Compassion -

Sept 26, 10:00-11:30

Self-compassion involves treating yourself the way you would treat a friend who is having a hard time - Join us to talk & explore ways you can begin practicing self compassion.

## Food & Community Workshops

### Food Demo -

Tuesdays, 10:00-11:30

Join Melissa as she walks us through a simple and delicious recipe. Enjoy a sample taste & take the recipe home.

### Preserving the Harvest -

Sept. 21, 5:30-6:30pm

Learn how to make the most of your summer harvest by making pesto and salsa.



THE NORTHGROVE



# SEPTEMBER

### Community BBQ

Sept. 2, 11:30am-12:30pm  
We are kicking off the Labour Day Weekend with a BBQ - Join us for a BBQ and Fresh Summer Salads!

### Let's Talk Food

Sept. 7, 10:00-11:30am

Going to the grocery store is becoming harder for people as food costs are consistently on the rise. Join us for an information swap. Come ready to share your tips and tricks on how you have been stretching your food dollars and leave learning lots of other tips and tricks.

### Meal Pick-up, Good Food Market, & Community Action Office

Fridays, 10:00-11:30 (drop-in)

Come into the dining room for your take-away meal, shop at the Good Food Market, or drop-in to the Community Action Office for a chat. We'll have disposable masks at the door in case you forget yours!

### NS Legal Aid Appointments

Sept 14 & 28 10:00-11:30am

If you need support with completing applications for Legal Aid and help getting connected with other organizations for non legal concerns.

## Partner Organizations

Please call The North Grove at 902-464-8234 ext.0 to make an appointment.

### Welcome Housing Support Appointments

If you are homeless or at risk of homelessness and need support, you can make an appointment to meet a staff from Welcome Housing & Support Services.

### Mental Health and Addictions Info Appointments

If you need support with a mental health or addictions concern, Cory from the NS Health Authority is here to help. Learn about programs and get help with intake.

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

### Annual Report to Community

Tuesday, Sept. 13, 6:00-7:30 pm (please register)

Come celebrate all that we've accomplished in the past year and the people who've made it happen (YOU!). There will be some entertainment, light snacks, and wonderful speakers! Happening on the Community Farm, weather permitting.

# SEPTEMBER 2022

Monday

Tuesday

Wednesday

Thursday

Friday



Call us at 902-464-8234 ext. 0 to get on a program's interest list. Program facilitators will call you if there is a space for you to attend. No registration required for Meal Pick-Up or the Good Food Market.

**1** 9-11 *Mental Health & Addictions Appt.*  
10-11:30 *Coffee Talk for Parents*

**2** 10-11:30 *Good Food Market & CAO drop-in*  
11:30 - 12:30 *BBQ*

**5** Labour Day Centre is Closed

**6** 10-11:30 *Handle with Care(1)*  
10-11:30 *Food Demo*  
1:30-3 *Meal Pick-Up*

**7** 9-12 *Welcome Housing Appt.*  
10-11:30 *Family Playgroup*  
10-11:30 *Let's Talk Food*

**8** 9-11 *Mental Health & Addictions Appt.*  
9:30-11:30 *Time for Me*

**9** 10-11:30 *Good Food Market, Meal Pick-up, & CAO drop-in*  
10-11:30 *Infant Massage(1)*

**12** 10-11:30 *Coffee Talk for Parents*

**13** 10-11:30 *Handle with Care(2)*  
10-11:30 *Food Demo*  
1:30-3 *Meal Pick-Up*  
6-7:30 *Report to Community*

**14** 9-12 *Welcome Housing Appt.*  
10-11:30 *Family Playgroup*  
10-11:30 *Catch up with Coffee*  
10-11:30 *Legal Aid Appt.*

**15** 9-11 *Mental Health & Addictions Appt.*  
10-11:30 *Food & Families*

**16** 10-11:30 *Good Food Market, Meal Pick-up, & CAO drop-in*  
10-11:30 *Infant Massage(2)*

**19** 10-11:30 *Check Your Expectations Workshop*

**20** 10-11:30 *Handle with Care(3)*  
1:30-3 *Meal Pick-Up*  
1:30-3 *Baby & Me*

**21** 9-12 *Welcome Housing Appt.*  
10-11:30 *Family Playgroup*  
5:30-6:30 *Preserving the harvest*

**22** 9-11 *Mental Health & Addictions Appt.*  
9:30-11:30 *Time for Me*  
10-11:30 *New Moms Group*

**23** 10-11:30 *Good Food Market, Meal Pick-up, & CAO drop-in*  
10-11:30 *Infant Massage(3)*

**26** 10-11:30 *Self-Compassion Workshop*  
5-6:30 *Arts Night Out*

**27** 10-11:30 *Handle with Care(4)*  
10-11:30 *Food Demo*  
1:30-3 *Meal Pick-Up*  
1:30-3 *Baby & Me*

**28** 9-12 *Welcome Housing Appt.*  
10-11:30 *Catch up with Coffee*  
10-11:30 *Family Playgroup*  
10-11:30 *Legal Aid Appt.*

**29** 9-11 *Mental Health & Addictions Appt.*  
10-11:30 *Food & Families*

**30** Closed  
National Day for Truth and Reconciliation