Adult Programs

Craft & Chat

Thursday ,June 6 10-11:30 am



Join us for snack, conversation, and crafts. This month we will be painting.

Learn to Make Box Braid Keychains

Friday, June 14 10-11:30 am

childcare available

Join us for a hands-on workshop of traditional Mi'kmag craftsmanship as we explore the art of making leather key chains.

Led by a skilled Mi'kmaw artisan, join us to learn the techniques of leather working as well as the cultural significance behind the craft.

From selecting the materials to crafting personalized designs, participants will immerse themselves in the rich heritage of the Mi'kmag people and create their own unique keepsake.

Canada's Dental Care Plan Info Session

Friday, June 21 1:30-3 pm

Philip Ouimet, Citizen Services Specialist with Service Canada, will be here to give a presentation on the new Canadian Dental Care Plan and answer any questions you may have.

Food Skills Programs

Cooking Together



Tuesday, June 11 2-4 pm

Join us for a fun afternoon as we learn about the Basic Shelf Cookbook, while we cook and enjoy a tasty recipe from it.

Explore the Mediterranean Diet

Wednesday, June 19 11am-1pm

lunch provided

Interested in lowering your risk of chronic health conditions such as heart disease. Alzheimer's and diabetes?

Kelsey from Community Health Teams is back to discuss the health benefits associated with a Mediterranean eating pattern. We will explore how it fits into an overall healthy lifestyle and small changes you can make today!

Primrose Preserves

Friday, June 21 1:30-3:30 pm

Flo Blackett from the Native Council of Nova Scotia will be joining us to share the indigenous art of preserving smelts and salmon.



June 2024



Drop-in Meals

Family Supper

Mondays

June 3, 10, 17, 24

5:30-6:30 pm

Tuesdays June 4. 11. 18. 25 11:30 am-12:30 pm

Community Lunch

Drop-in Breakfast

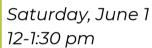
Wednesdays June 5, 12, 19, 26 9-10:30 am

Café Drop-in

Thursdays June 6, 13, 20, 27 11:30 am-12:30 pm

Special Events

Farm Season Opener





Join us for our annual Farm Season Opener Enjoy a BBQ and live music on the farm to kick off our 2024 growing season. Please call 902 464 8234 ext. 0 to register.

Fathers Day BBQ



Thursday, June 20 6-7:30 pm

In partnership with New Start Counselling and facilitators from Nurturing Strong African Nova Scotian Families, we are co-hosting a BBQ to celebrate all the fathers and father figures in our lives.

*This event is for "fathers" of all ages and in all phases of your parenting journey. To register, please call 902 410-7961

Good Food Market Drop-in

Fridays, June 7, 14, 21, 28 10-11:30 am



Our market sells produce at affordable prices, for those who cannot afford or are unable to shop elsewhere.

Farm Programs

All About Garden Weeds

Monday, June 10 4-5:30 pm

Join us under the tent to learn more about weeds that grow in your garden and what it teaches you about your soil. Includes a scavenger hunt!

Medicine Teachings on the Farm

Thursday, June 13 10-11 am

Join us on the farm to plant an Indigenous medicine garden.



Soil Health & Fertilizers

Monday, June 24 4-5:30 pm

Join us for a workshop on soil health and sustainable fertilization practices. Discover how to enhance soil quality, boost yield, and protect the environment. Plus, learn how to create homemade fertilizers!



Children's Programming

Family Playgroup

Wednesdays,
June 5, 12, 19, 26
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 together.

Time For Me

Monday, June 10 9:30-11:30 am

This is an opportunity for parents to have time for themselves, to run errands, attend appointments or have some time to relax, while their children play in *Child Development*.

North Grove Art Club

Thursday, June 13 4:15-6 pm

A 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.

Food and Families

(caregivers & children ages 2+) Thursday, June 27 10-11:30 am

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

Registration for Sunshine Gang and North

Grove Campers begins on Monday, June 3. To be added to our interest list, please drop by the Centre to fill out a registration form by June 14.

Our camps are free and very fun! We focus on outside play, art, circle time and enjoy a healthy snack together each day.

Sunshine Gang (ages 3-5):

9-11:30 am Camp 1: July 8, 9, 10 Camp 2: July 22, 23, 24 July 15, 16, 17 July 29, 30, 31

North Grove Campers (ages 6-7):

9-11:30 am

Camp 1: Aug. 12, 13, 14 Aug. 19, 20, 21

REMINDER

Baby & Me

(children under 1 year and caregivers) Tuesdays, June 4, 11, 18, 25 1:30-3 pm

Baby & Me is 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, June 11, 25 1:30-3 pm



A Public Health Nurse is here bi-weekly to meet one-on-one with you, weigh your baby and discuss any concerns or answer any questions you might have about your baby.

Tuesdays, June 11, 18, 25 10-11:30 am

Connecting Through Play

We invite caregivers of children 1-3 years to join Amanda and Kristin in a 3 part workshop on play. We will discuss the importance of play, create some play opportunities together and explore components of the Enhanced Home Visiting Curriculum.

Arts Night Out

Thursday, June 6 5-6:30 pm

Join us for a night of creativity through arts and crafts, while your child enjoys some time in child development.

End of School Year Celebration

Friday, June 28 1-3:30 pm

The North Grove welcomes * families with children from birth - grade 12 to celebrate the end of the school year with us!

Come and enjoy a delicious barbeque, explore in our discovery garden, play fun games and enjoy a magic show with the Amazing Mr. J. Call 902 464-8234 to register.

Fun Summer Snack & Meal Ideas

Friday, June 7 10-11:30 am

Adult Family Programming

As the weather gets warmer we may want to spend more time outside and less time preparing food inside. Join us to discuss some simple snack and meals that are delicious and easy to prepare this summer.

Summer Safety

Monday, June 17 10-11:30 am

Do you want to learn how to prevent and check for ticks? Have questions about sun safety and basic first aid for things such as bee stings and playground injuries? If so then, this workshop is for you. Join us to discuss these and other summer safety topics. * All participants will assemble a playground safety kit to take home and receive a free bottle of sunscreen.

Sibling Connections

Monday, June 24 10-11:30 am

Join us to discuss how to foster loving connections with siblings whether it's between your children or with your own siblings.

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



Monday	Tuesday	Wednesday	Thursday	Friday
3	4	5	6	7
PRIDE	10-11:30 CAO Appointments 11:30-12:30 Community Lunch	9-10:30 Breakfast & Community Action Drop in 9:30 Walking Group 10-11:30 Legal Aid Appointments	10-11:30 Craft & Chat 11:30-12:30 Café Drop-in	10-11:30 Fun Summer Snack and Meal Ideas 10-11:30 Good Food Market
	Drop-in	10-11:30 Family Playgroup		
5:30-6:30 Family Supper Drop-in	1:30-3 <i>Baby & M</i> e	11-12 Food Demo CLOSED IN PM	5-6:30 Arts Night Out	
10	11	12 9-10:30 <i>Breakfast</i> &	13	14
9:30-11:30 <i>Time for Me</i>	10-11:30 Connecting Through Play(1)	Community Action Drop-in, Wellness Navigator Drop-in	11:30-12:30 Café Drop-in	10-11:30 Learn to Make Box Braids Keychains
	10-11:30 CAO Appointments	9:30 Walking Group 10-11:30 Legal Aid Appointments	10-11 Medicine Teachings on the Farm	10-11:30 Good Food Market
	11:30-12:30 Community Lunch Drop-in	10-11:30 Family Playgroup		
4-5:30 All About Garden Weeds	1:30-3 Baby & Me/Well Baby 2-4 Cooking Together	11-12 Food Demo CLOSED IN PM	4:15-6 North Grove Art Club	FATHER'S
5:30-6:30 Family Supper Drop-in				

Monday Tuesday Wednesday Thursday **Friday** 17 18 20 21 19 9-10:30 Breakfast & **Community Action Drop in** 10-11:30 Connecting Through 9:30-10:30 Volunteer Info Session 10-11:30 Summer Safety 10-11:30 Good Food Market Play(2) 9:30 Walking Group 11:30-12:30 Café Drop-in 10-11:30 CAO Appointments 10-11:30 Legal Aid Appointments 10-11:30 Family Playgroup 11:30-12:30 Community Lunch Drop-in 11-1 Explore the **Mediterranean Diet** 1:30-3 Baby & Me 1:30-3 Canada's Dental Care Plan 5:30-6:30 Family Supper Drop-in Info Session 6-7:30 Father's Day BBQ **CLOSED IN PM** 1:30-3:30 Primrose Preserves 27 28 24 25 26_{9-10:30} Breakfast & 10-11:30 Connecting Through Community Action Drop in 10-11:30 Sibling Connections 10-11:30 Food and Families Play(3) 10-11:30 Good Food Market 9:30 Walking Group 11:30-12:30 Café Drop-in 10-11:30 CAO Appointments 10-11:30 Legal Aid Appointments 10-11:30 Family Playgroup 11:30-12:30 Community Lunch Drop-in 11-12 Food Demo 1:30-3 Baby & Me/Well Baby 4-5:30 Soil Health and Fertilizers 1-3:30 End of School Year Event **CLOSED IN PM** 1-3 CAO Appointments



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

How to Register

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.

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



June 2024 Services and Appointments

Legal Aid Navigator Appointments

Wednesdays, June 5, 12, 19, 26 10-11:30 am

Appointments are available with a Legal Aid Navigator to provide information and support for family law and child protection. Please call 902 464-8234.

Wellness Navigator Drop-in

Wednesday, June 12 9-10:30 am

A Navigator from the Community Health Team will be here during Breakfast Drop-in to help you identify your health needs and connect to community resources.

Community Action Office (CAO)

Appointments - Tuesdays, 10-11:30am

June 4, 11, 18, 25

Drop-in - Wednesdays, 9-10:30am

June 5, 12, 19,26

If you need one-on-one help to connect with supports in the community, please call 902 464-8234 for an appointment on Tuesdays OR drop in during Breakfast Drop-in and they can meet with you then.

NS Brotherhood Clinic

Wednesday, June 12 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

NS Sisterhood Clinic

Wednesday, June 26 8:30 am-4:30 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

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