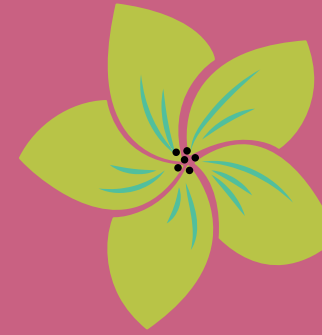


JULY



Family Farm Day July 5th 10-11am (for families & caregivers)

Get your hands dirty and help out on the farm with the whole family.

Make & Take July 7 10-11:30am (for parents & caregivers)

A hands-on workshop making play activities for your children.

Morning Madness July 8 10-11:30am (for parents & caregivers)

Learn tried, tested & true tricks to manage the typical, but frustrating, challenges to getting out the door in the morning.

Harvest Tour July 19th 10-11am (for adults)

Walk around the farm, learn about what's growing and harvest what's in season!

Garden Workshop: Tasty Tomatoes July 20 5:30-6:30pm (for adults)

Learn all about how to grow abundant tomatoes in this practical workshop.

Routines for a Reason July 21 10-11:30am (for parents and caregivers)

Routines are important for children & parents! Join us as we explore some ways to keep a routine during the lazy days of summer.

Young Farmers July 25-27 10-11:30am (for children age 6-8)

Grow, harvest, and explore! For ages 6-8 years old.

Adult & Kids Vaccine Clinic (drop-in)

July 20, 1-5pm

No appointment necessary. There must be eight weeks between vaccine doses, and 168 days between the 2nd dose and booster.

Community Corner Mondays, 1:30-3:00

Join us under the tent to reconnect with community. Stop by for a chat with the Community Action Team & to find out what's going on this summer at The North Grove. Rain or shine we will be under the tent with good company and even better snacks. See you there!

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

Crafting Together

For Parents & children up to 12 years old
Join us under the tent for an interactive craft experience with your child. Space is limited - please call to be placed on our interest list!

Wed, July 6 - Create with Plaster of Paris
Wed, July 13 - Fun with tie dye
Wed, July 20 - Painting rocks
Wed, July 27 - Bird feeders

Meal Pick-Up time is changing!

Pick-up is now
Tuesdays & Fridays
1:30 - 2:30



NEW UPDATE

July 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

CANADA DAY
Centre is closed

4

9-11:30 *Sunshine Gang*

5

9-11:30 *Sunshine Gang*
10-11 *Family Farm Day*
1:30-2:30 *Meal Pick-Up*

6

9-11:30 *Sunshine Gang*
9-12 *Welcome Housing Appt.*
9:30-11 *Crafting together*

7

9-11 *Mental Health & Addictions Appt.*
10-11:30 *Make & Take*
1:30-2:30 *Good Food Market*

8

9-12 *CAO Appointments*
10-11:30 *Morning Madness*
1:30-2:30 *Meal Pick-Up*
1:30-2:30 *Frontier College Reading Tent*

11

9-11:30 *Sunshine Gang*
10-11:30 *Prenatal Reunion*
1:30-3 *Community Corner*

12

9-11:30 *Sunshine Gang*
1:30-2:30 *Meal Pick-Up*

13

9-11:30 *Sunshine Gang*
9-12 *Welcome Housing Appt.*
9:30-11 *Crafting Together*

14

9-11 *Mental Health & Addictions Appt.*
10-11:30 *Coffee Talk*
1:30-2:30 *Good Food Market*

15

9-12 *CAO Appointments*
10-11:30 *Family Playgroup*
1:30-2:30 *Meal Pick-Up*
1:30-2:30 *Frontier College Reading Tent*

18

9-11:30 *Sunshine Gang*
10-11 *Volunteer Info Session*
1:30-3 *Community Corner*

19

9-11:30 *Sunshine Gang*
10-11 *Harvest Tour*
1:30-2:30 *Meal Pick-Up*
5-7 *Solidarity Supper*

20

9-11:30 *Sunshine Gang*
9-12 *Welcome Housing Appt*
9:30-11 *Crafting Together*
1 - 5 *Vaccine Clinic (drop-in)*
5:30-6:30 *Garden Workshop*

21

9-11 *Mental Health & Addictions Appt.*
10-11:30 *Routines Workshop*
1:30-2:30 *Good Food Market*

22

9-12 *CAO Appointments*
10-11:30 *Family Playgroup*
1:30-2:30 *Meal Pick-Up*
1:30-2:30 *Frontier College Reading Tent*

25

9-11:30 *Sunshine Gang*
10-11:30 *Young Farmers*
1:30-3 *Community Corner*

26

9-11:30 *Sunshine Gang*
10-11:30 *Young Farmers*
10-11:30 *Food Demo*
1:30-2:30 *Meal Pick-Up*

27

9-11:30 *Sunshine Gang*
9-12 *Welcome Housing Appt.*
9:30-11 *Crafting Together*
10-11:30 *Young Farmers*

28

9-11 *Mental Health & Addictions Appt.*
10-11:30 *Coffee Talk*
1:30-2:30 *Good Food Market*

29

9-12 *CAO Appointments*
10-11:30 *Family Playgroup*
1:30-2:30 *Meal Pick-Up*
1:30-2:30 *Frontier College Reading Tent*