

Child Development

FREE Programs

April 2025



Family Playgroup

Wednesday, April 2, 9, 16, 23, 30
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.

Baby & Me

(Children under 1 year and caregivers)
Tuesday, April 1, 8, 15, 22, 29
1:30-3 pm

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, April 1, 15, 29
1:30-3 pm

A Public Health Nurse is here bi-weekly to meet one-on-one with you, weigh your baby and answer questions.

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

Time For Me

Monday, April 7
9:30-11:30 am

Parents are invited to take some time for themselves to run errands, attend appointments or just have time to relax while their kids play in Child Development.

1-2-3 Cook with Me

(Caregivers and children 2 and up)
Thursday, April 17
10-11:30 am

Join the Child Development team for a fun morning of cooking, playing and active learning as we make a recipe for snack time! There will be plenty of time for parents to relax and for children to play!

North Grove Art Club

Thursday, April 17
4:15-6 pm

A once-a-month 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.

Drop-in Programs

Family Supper Drop-in

Mondays
April 7, 14, 28
5:30-6:30 pm

Community Lunch Drop-in

Tuesdays
April 1, 8, 15, 22, 29
11:30 am-12:30 pm

Drop-in Breakfast

Wednesdays
April 2, 9, 16, 23, 30
9-10:30 am

Café Drop-in

Thursdays
April 3, 10, 17, 24,
11:30 am-12:30 pm

Food Skills

Food Demo

April 2, 9, 16, 23, 30
11 am-12 pm

Join us as we walk through a simple and delicious recipe, sample a taste, and get the recipe to make at home.

Cooking Together (for adults)

Tuesday, April 8
2-4pm

Join us for a fun afternoon as we cook and try some tasty recipes. This month: we will be making enchiladas!

Good Food Market Drop-in

Fridays, April 4, 11, 25
10-11:30 am

cash only please

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



April 27 to May 3 is National Volunteer Week and this year's theme is "Volunteers Make Waves". The volunteer base at The North Grove is an incredible example of the collective impact and energy generated by waves.

Every day there are volunteers on site at The North Grove and their presence brings this organization and many of its programs to life.

Each volunteer brings a unique skill set and together (all 170+ of them) build a sense of welcome and belonging for everyone who comes through the doors.

We are so grateful volunteers choose to spend their time with us and can't wait to celebrate them during this year's National Volunteer Week.

Adult Programs

Let's Gather

Thursday, April 3
10-11:30 am

Let's Gather is an opportunity for parents to come together and share the joys and struggles of parenting in a supportive, safe space. If you have a question or concern or if you're just in need of some adult company, then this program is for you.

Arts Night Out

Thursday, April 10
5-6:30 pm

Join us for an evening of creativity through arts and crafts while your child enjoys some time in child development.

*All materials will be provided.

Healthy Relationships

Friday, April 11
10-11:30 am

Come chat about healthy relationships and consent with Abbey Ferguson from the Halifax Sexual Health Centre! We will brainstorm some ideas around what makes a relationship healthy, unhealthy, and everything in between. We'll review the legal components and realities of establishing consent. We'll discuss boundaries, what they are, how to establish them, and why they're so hard to maintain.

Prenatal

Tuesdays, April 15 - June 10
5:30-7:30 pm



A 9-week program for expectant parents focusing on topics such as: healthy pregnancy, support, labour & delivery and comfort measures. Priority given to first-time parents and those in need of extra support. Please call 902 464-8234 to express interest

Toddler Make and Take

Friday, April 25
10-11:30 am
(Caregivers with children
1.5-3 years)

Join us to make some fun activities for your toddler while they enjoy some time in Child Development. We will discuss the importance of play and how the toys we play with impact our child's growth and development.

All programs on this page offer childcare for babies 6 months and older. Babies under 6 months can join their caregiver in the program.

Adult Programs

Craft and Chat

Thursday, April 10
10-11:30 am

Join us for craft and conversation. This month we will be making "Welcome Spring" wooden signs.

Walking Group

Wednesdays, April 2, 9, 16, 23, 30
9:30 am

Join NS Walks volunteers for a walk around the neighbourhood. To register please call 902 932-6902 or email walk@hikenovascotia.ca

Games Café for Adults

Monday, April 14
10-11:30 am

Join us for a fun morning of board games and a snack in the dining room.

Nova Scotia 101

Monday, April 28
10-11:30 am



Join Jess and Rose for a workshop aimed at recent newcomers, giving you some background on the history and culture of your new home and answering any questions you have about topics from poutine to snow removal.

Seniors' Roundtable

Monday, April 7
10-11:30 am



We're looking for 6-8 older adults (60+) to help develop the program "A SPACE to Thrive", including an event for Seniors' Week in October. If you enjoy working with others and have ideas to share, please call 902 464-8234 and ask to be added to the interest list.

Climate Connections with HaliFACT

Tuesday, April 29
9:30-11:30 am

Join Megan and Zaina for a facilitated conversation about local impacts of climate change in the Halifax Regional Municipality. We'll be discussing ways you can feel more aware and prepared as an individual and community. Climate Connections is a time to connect, learn from each other, and come together as a community.

Meet the Candidates

Friday, April 25
1:30-3:30 pm

Join us to meet the candidates for MP! Hear about their platform, ask questions and discuss the election issues that are important to you. To join our interest list call 902-464-8234 ext. 0

April 2025

Monday



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

Tuesday

1

10-11:30 *Handle with Care(3)*

11:30-12:30 *Community Lunch Drop-in*

1:30-3 *Baby & Me/Well Baby*

Wednesday

2

9-10:30 *Breakfast & Community Action Drop-in*

9:30 *Walking Group*

10-11:30 *Legal Aid Appointments*

10-11:30 *Family Playgroup*

11-12 *Food Demo*

CLOSED IN PM

Thursday

3

9-10:30 *Community Action Appointments*

10-11:30 *Let's Gather*

11:30-12:30 *Café Drop-in*

Friday

4

10-11:30 *Good Food Market*



7

9:30-11:30 *Time for Me*

10-11:30 *Seniors Round Table*

1:30-3 *Infant Massage(4)*

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

8

10-11:30 *Handle with Care(4)*

11:30-12:30 *Community Lunch Drop-in*

1:30-3 *Baby & Me*

2-4 *Cooking Together*

9

9-10:30 *Breakfast, Community Action, Wellness Navigator & Dal Legal Aid Drop-in*

9:30 *Walking Group*

10-11:30 *Family Playgroup*

10-11:30 *Legal Aid Appointments*

11-12 *Food Demo*

CLOSED IN PM

10

9-10:30 *Community Action Appointments*

10-11:30 *Craft and Chat*

11:30-12:30 *Café Drop-in*

5-6:30 *Art Night Out*

11

10-11:30 *Good Food Market*

10-11:30 *Healthy Relationships*

Monday

14

10-11:30 Games Café

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

Tuesday

15

10-11:30 Handle with Care(5)

11:30-12:30 Community Lunch Drop-in

1:30-3 Baby & Me/Well Baby

5:30-7:30 Prenatal(1)

Wednesday

16

9-10:30 Breakfast & Community Action Drop-in

9:30 Walking Group

10-11:30 Family Playgroup

10-11:30 Legal Aid Appointments

11-12 Food Demo

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Thursday

17

9-10:30 Community Action Appointments

10-11:30 1-2-3 Cook with Me

11:30-12:30 Café Drop-in

4:15-6 North Grove Art Club

Friday

18

WE'RE CLOSED

21

WE'RE CLOSED

22

10-11:30 Handle with Care(6)

11:30-12:30 Community Lunch Drop-in

1:30-3 Baby & Me

5:30-7:30 Prenatal(2)



23

9-10:30 Breakfast & Community Action Drop-in

9:30 Walking Group

10-11:30 Family Playgroup

10-11:30 Legal Aid Appointments

11-12 Food Demo

CLOSED IN PM

24

9-10:30 Community Action Appointments

11:30-12:30 Café Drop-in

25

10-11:30 Toddler Make and Take

10-11:30 Good Food Market

1:30-3:30 Meet the Candidate

28

10-11:30 Nova Scotia 101

11-12:30 Volunteer Appreciation Café



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

29

9:30-11:30 Climate Connections

11:30-12:30 Community Lunch Drop-in

1:30-3 Baby & Me/Well Baby



2-4 Volunteer Karaoke Party

5:30-7:30 Prenatal(3)

30

9-10:30 Breakfast & Community Action Drop-in

9:30 Walking Group

10-11:30 Family Playgroup

10-11:30 Legal Aid Appointments

11-12 Food Demo

CLOSED IN PM

4:30-6:30 Volunteer Social & Bingo

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.

April 2025

Services and Appointments

Legal Aid Navigator Appointments

Wednesdays, April 2, 9, 16, 23, 30
10-11:30 am

Appointments are available with a Legal Aid Navigator to provide general information and support for family law and child protection. If needed, the navigator can connect you with legal services. Please call 902 464-8234.

Community Action Appointments

Thursdays, April April 3, 10, 17, 24
9-10:30 am

If you need some one-on-one help to connect with supports in the community, please call 902 464-8234 ext. 1019.

Wellness Navigator Drop-in

Wednesday, April 9
9-10:30 am

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



NS Brotherhood Clinic

Wednesday, April 9
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, April 23
8:30 am-12 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

Dal Legal Aid Drop-in

Wednesday, April 9
9-10:30 am

Dalhousie Legal Aid's Social Justice Clinic is a free service for people dealing with **tenancy/rental issues**. We provide information on tenants' rights and responsibilities, early eviction prevention, and tenancy disputes and resolutions. All are welcome to drop in and discuss any tenancy issues they may be facing!

April 2025

*Deeply
appreciate
you.*

Volunteer Appreciation Café

Monday, April 28

11 am-12:30 pm

All volunteers are welcome to stop by the Food Centre for some hot drinks and baked goods to kick off National Volunteer Week. There will be decaf options, and gluten-free, vegan, and diabetic-friendly treats.

Volunteer Karaoke Party

Tuesday, April 29

2-4 pm

Come join staff and fellow volunteers for an afternoon of fun and karaoke! Even if you're not feeling like singing a tune, you're still more than welcome to join the festivities. Snacks and drinks will be provided.

Volunteer Social & Bingo

Wednesday, April 30

4:30-6:30 pm

The first half of the evening from 4:30-5:30 we'll have a volunteer social; a chance to mix and mingle with other volunteers and share some appetizers and beverages. The second half of the evening we'll switch to playing bingo with some fun prizes to be won. All levels of bingo enthusiasm and skill welcome!

Youth Volunteer Pancake Bar & Games

Friday, May 2

3-5 pm

All youth volunteers are welcome to drop by the food centre on Friday after school for a decadent pancake bar & lots of fun.

*We ♥ our
Volunteers*