

**Coffee Talk**  
Monday, March 6  
10:00-11:30

In honour of International Women's Day, we will be having a celebratory coffee talk as we make cards for and discuss the important women in our lives.

**Special Time**  
Tuesday, March 21  
10:00-11:30

Join us to learn why spending quality time with your child is so important and the difference it can make in your relationship.

**Bedtime Blues**  
Monday, March 20  
10:00-11:30

Everything feels better with sleep! Join us to discuss bedtime routines and brainstorm solutions to our children's sleep challenges.



**Picky Eaters**  
Tuesday, March 28  
10:00-11:30

Picky eating during childhood is 100% normal, and often frustrating for parents. Join us as we discuss our challenges and share some tips and tricks to encourage healthy eating.

**Toddler Playgroup**  
(age 1-3)  
Thursday, March 2, 23  
10:00-11:30



A playgroup designed especially for you and the busy toddlers in our lives. Please register.

**Family Games Café**  
(caregivers & children, 12 & under)  
Tuesday, March 14  
2:00-4:00

Join us in the dining room for an afternoon of board games and snacks. Please register.

**Family Art Café**  
(caregivers & children, 12 & under)  
Friday, March 17  
1:30-3:30

Join us in the dining room to explore different mediums of art together. Please register.

**Tax Clinics**  
Thursday, March 2  
9:00-1:00  
Thursday March 23  
9:00-1:00



Need help with your taxes?

We are hosting free tax clinics! You may be eligible for help if you have **modest income** (\$ 35,000 – 45,000) or less, and a simple tax situation.

Please call for an appointment.

*Important*

**Family suppers are now on Mondays from 5:30-6:30 and community lunches are Tuesdays from 12:00-1:00.**

**Youth Volunteer Day**  
Tuesday, March 14  
10:00-12:00

A day for youth, 12-15 years old, to come & see what volunteering with The North Grove is all about. Learn about helping out with different programs and lend a hand making a delicious snack!

**Meal Kit Prep**  
Thursday, March 2, 9, 16, 23, 30  
1:30-3:30

Join us in helping to put together our weekly meal kits for our Good Food Market, enjoy a healthy snack and meet others from the community.

**Seed Starting**  
Monday, March 27  
2:00-3:00

Have you ever wanted to start seeds indoors but you're unsure what to do? If so, then this workshop is for you! Join Carey and Ally-Sue to discuss the do's and don'ts of starting seeds inside.

**Did you know** we have a legal aid navigator from Family Law on site on Wednesday, March 8, 15, 22, 29 from 10- 11:30?



Sarah is available to assist you with such things as completing an application for legal aid and to provide information and support for family law and/or child protection issues.

For more information, please call 902 464-8234 ext. 0.

# March 2023

## Monday

## Tuesday

## Wednesday

## Thursday

## Friday



### Legal Aid Appointments

Wednesdays  
March 8, 15, 22, 29  
from 10-11:30  
by appointment only.

**DONT  
FORGET**



### Welcome Housing Appointments

Wednesdays  
March 1, 8, 15, 22, 29  
from 9-12:00  
by appointment only



**1** 9-10:30 Drop in Breakfast

10-11:30 Family Playgroup

11-12:00 Food Demo

**2** 9-1:00 Tax Clinic

10-11:30 Toddler Playgroup

1:30-3:30 Meal Kit Prep

**3** 10-11:30 Good Food Market  
Meal Pick up & Coffee Drop-in

10-11:30 Infant Massage(4)

10-11:30 Jump, Jiggle, Jive(5)

**6**  
10-11:30 Coffee Talk  
5:30-6:30 Family Supper  
5:30-7:00 Prenatal(4)

**7** 10-11:30 How to Talk  
12-1:00 Community Lunch  
1:30-3 Baby & Me/Well Baby  
3:30-5:30 Young Cooks (1)

**8** 9-10:30 Drop in Breakfast  
10-11:30 Family Playgroup  
11-12:00 Food Demo



**9** 10-11:30 Pre-Primary Cooking  
Program at Harbourview  
10-11:00 Volunteer Info Session  
11-12:00 John Martin Youth  
1:30-3:30 Meal Kit Prep  
4:30-6:00 North Grove Campers

**10** 10-11:30 Good Food Market  
Meal Pick up & Coffee Drop-in  
10-11:30 Infant Massage (5)  
10-11:30 Jump, Jiggle, Jive (6)  
1:30-3:00 PJ Connects

**13**  
5:30-6:30 Family Supper  
5:30-7:00 Prenatal(5)

**14** 10-12:00 Youth Volunteer Day  
1:30-3 Baby & Me  
12-1:00 Community Lunch  
2-4:00 Family Games Café

**15** 9-10:30 Drop in Breakfast  
10-11:30 Family Playgroup  
5-6:30 Art's Night Out

**16** 10-11:30 Food & Families  
1:30-3:30 Meal Kit Prep

**17** 10-11:30 Good Food Market  
Meal Pick up & Coffee Drop-in  
1:30-3:30 Family Art Café

**20**  
10-11:30 Bedtime Blues  
5:30-6:30 Family Supper  
5:30-7:00 Prenatal(6)

**21** 10-11:30 Special Time  
12-1:00 Community Lunch  
1:30-3 Baby & Me/Well Baby  
3:30-5:30 Young Cooks (2)

**22** 9-10:30 Drop in Breakfast  
10-11:30 Family Playgroup  
11-12:00 Food Demo

**23** 9-1:00 Tax Clinic  
10-11:30 Toddler Playgroup  
10-11:00 John Martin Youth  
1:30-3:30 Meal Kit Prep

**24** 10-11:30 Good Food Market  
Meal Pick up & Coffee Drop-in  
10-11:30 PJ Connects

**27**  
2-3:00 Seed Starting  
5:30-6:30 Family Supper  
5:30-7:00 Prenatal(7)

**28** 10-11:30 Picky Eaters  
10-11:00 John Martin Youth  
12-1:00 Community Lunch  
1:30-3 Baby & Me  
3:30-5:30 Young Cooks (3)

**29** 9-10:30 Drop in Breakfast  
10-11:30 Family Playgroup  
11-12:00 Food Demo  
1-5:00 Covid Vaccine Clinic

**30** 9:30-11:30 Time for Me  
1:30-3:30 Meal Kit Prep

**31** 10-11:30 Good Food Market  
Meal Pick up & Coffee Drop-in  
1-3:30 Primrose Preserves