

Youth Programs

Youth Connects

(for ages 12-14)

Mondays, Jan. 15, 22, 29
3:30-6 pm

NEW!

An 8-week program for youth 12-14 years of age. We'll be cooking, baking, and having lots of fun!

Y Mind Youth

Wednesdays, Jan. 31- March 13
6:30-8 pm

**MENTAL
health
MATTERS**

Y Mind Youth is a free seven-week mental wellness program for young people who are aged 13 to 18 and struggling with mild-to-moderate anxiety or stress.

Anxiety can impact our lives by preventing us from doing what we want or need to do. It can also be an isolating experience.

All Y Mind participants will receive a free YMCA membership for the duration of their time in the program, as well as a 1 year free membership upon completion of the program (must attend 6 out of 7 sessions). Participants will also receive a workbook and a copy of The Happiness Trap book by Russ Harris."

Sign up at www.mycbwa.ca/events

Food Skills

Food Demo

Wednesdays, Jan. 10, 17, 24, 31
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.

Primrose Preserves

Friday, Jan. 26
1-3 pm

Join us in the kitchen to learn how to turn fresh food into shelf-stable preserves that will last all year.

Cooking Together

Tuesday, Jan. 30,
2-4 pm

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

Y Mind Youth Info Session

Wednesday, Jan. 17
6-8 pm

This session is for Youth who are interested in learning more about the Y Mind Youth program(see *write up, to the left*)

Program Pizza and fun activities included!

January 2024



Drop-in Programs

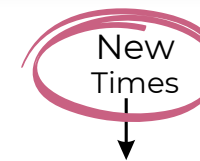
Drop-in Meals

Family Supper

Mondays
Jan. 8, 15, 22, 29
5:30-6:30 pm

Community Lunch

Tuesdays
Jan. 9, 16, 23, 30
11:30 am-12:30 pm



Drop-In Breakfast

Wednesdays
Jan. 3, 10, 17, 24, 31
9-10:30 am

Café Drop-in

Thursdays
Jan 4, 11, 18, 25
11:30 am-12:30 pm

Good Food Market Drop-in

Fridays, Jan. 8, 15, 22, 29
10-11:30 am



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

Feedback Session

Healthier Communities Feedback

Tuesday, Jan. 9
2:30-4 pm



The Dartmouth Community Health Board wants your help to identify the top four community health priorities. Come tell us what would make your community healthier.

Adult Programs

Walk Group

Wednesdays,
Jan. 10, 17, 24, 31
9:30 am



Join NS Walks for a walking group. To register please call 902 932-6902 or online atwalk@hikenovascotia.ca

Dads Group

Thursday, Jan.18
6-7:30 pm

In partnership with New Start Counselling, facilitators from Nurturing Strong African Nova Scotian Families will be hosting an informal, peer support group for fathers and father figures. To register, please call 782-414-1013.

Flax Bracelets & Natural Dyes Workshop

Monday, Jan. 29
10-11:30 am

Take home a piece of our 2023 flax harvest and make your own friendship bracelet. You'll also learn to add colour to your bracelet with natural plant dyes.



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



Children's Programming

Time For Me

Monday, Jan. 15

9:30-11:30 am

This program provides parents with the opportunity to have time for themselves, to run errands, attend appointments or have some time to relax, while their children play in Child Development.

Family Playgroup

Wednesdays, Jan. 10, 17, 24, 31

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.

Baby & Me

(children under 1 year and caregivers)

Tuesdays, Jan. 2, 9, 16, 23, 30

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, Jan. 9, 23

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.



Adult Family Programming

How to Speak Assertively

Tuesdays, Jan. 9, 16, 23, 30

10-11:30 am



Expressing our needs can be difficult. In this four-week program you will learn about communication and practice assertiveness skills such as active listening, saying no and making requests.

****Please Note:** Attendance the first week is required.**

Arts Night Out

Thursday, Jan. 11

5-6:30 pm

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

Difficult Conversations

(for parents with children 12 & under)

Fridays, Jan. 19, 26

10-11:30 am

As parents, it can be very difficult to talk about sad life events, such as death. Join us to learn some concrete things parents can do to have difficult conversations with their children and help them navigate these uncertain times.



Coffee Talk

Thursday, Jan. 11

10-11:30 am



Join us for some social time in our program room while your children play in child development.

SMART Goals

Monday, Jan. 8

10-11:30 am



Join us to discuss how to switch from making general resolutions to setting SMART goals that actually work.

Baby Food Making

(Parents with children 6 months and up)

Friday, Jan. 12

10-11:30 am

Come and make your own baby food to take home with you. It's healthy, easy and inexpensive to do.

You and Food (Part 2)

Monday, Jan. 22

10-11:30 am

Debra Wells-Hopey with Eating Disorders NS will be stopping by for Part 2 of our discussion on our relationship with food.

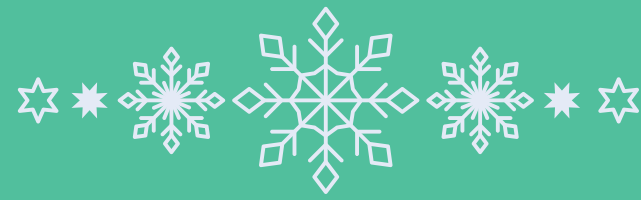


NORTHGROVE

6 Primrose Street, Unit 115

902-464-8234 ext. 0

www.thenorthgrove.ca



January 2024



Monday

Tuesday

Wednesday

Thursday

Friday

1



2

9-11 CAO Appointments

1:30-3 Baby & Me

3

9-10:30 Breakfast Drop-in



CLOSED IN PM

4

11:30-12:30 Café Drop-in

1-3 CAO Appointments

5

10-11:30 Good Food Market

10-11:30 Toddler Playgroup



8

10-11:30 SMART Goals

9-3 Couch of Hope Appointments



2-3 Volunteer Info Session

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

9

9-11 CAO Appointments

9-3 Couch of Hope Appointments

10-11:30 How to Speak Assertively(1)

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

1:30-3 Baby & Me/Well Baby

2:30-4 Healthier Communities
Feedback Session

10

9-10:30 Breakfast Drop-in &
Wellness Navigator Drop-in

9:30 Walk Group

10-11:30 Legal Aid Appointments

10-11:30 Family Playgroup

11-12 Food Demo

CLOSED IN PM

11

11:30-12:30 Café Drop-in

10-11:30 Coffee Talk



1-3 CAO Appointments




5-6:30 Arts Night Out

12

10-11:30 Good Food Market

10-11:30 Baby Food Making
Workshop



Monday	Tuesday	Wednesday	Thursday	Friday
15 9-3 Couch of Hope Appointments 9:30-11:30 Time for Me 3:30-6 Youth Connects(1) 5:30-6:30 Family Supper Drop-in	16 9-11 CAO Appointments 9-3 Couch of Hope Appointments 10-11:30 How to Speak Assertively(2) 11:30-12:30 Community Lunch Drop-in 1:30-3 Baby & Me	17 9-10:30 Breakfast Drop-in 9:30 Walk Group 10-11:30 Legal Aid Appointments 10-11:30 Family Playgroup 11-12 Food Demo CLOSED IN PM 6-8 Y Mind Youth Info Session	18 11:30-12:30 Café Drop-in  1-3 CAO Appointments 4:30-6 North Grove Art Club 6-7:30 Dads Group	19 10-11:30 Good Food Market 10-11:30 Difficult Conversations(1)
22 9-3 Couch of Hope Appointments 10-11:30 You and Your Relationship with Food(2)  3:30-6 Youth Connects(2) 5:30-6:30 Family Supper Drop-in	23 9-11 CAO Appointments 9-3 Couch of Hope Appointments 10-11:30 How to Speak Assertively(3) 11:30-12:30 Community Lunch Drop-in 1:30-3 Baby & Me/Well Baby	24 9-10:30 Breakfast Drop-in Dal Legal Aid Drop-in 9:30 Walk Group 10-11:30 Legal Aid Appointments 10-11:30 Family Playgroup 11-12 Food Demo CLOSED IN PM	25 10-11:30 Food and Families 11:30-12:30 Café Drop-in 1-3 CAO Appointments	26 10-11:30 Difficult Conversations(2) 10-11:30 Good Food Market 1-3 Primrose Preserves
29 9-3 Couch of Hope Appointments  10-11:30 Flax Bracelets & Natural Dyes Workshop 3:30-6 Youth Connects(3) 5:30-6:30 Family Supper Drop-in	30 9-11 CAO Appointments 9-3 Couch of Hope Appointments 10-11:30 How to Speak Assertively(4) 11:30-12:30 Community Lunch Drop-in 1:30-3 Baby & Me 2-4 Cooking Together	31 9-10:30 Breakfast Drop-in 9:30 Walk Group 10-11:30 Legal Aid Appointments 10-11:30 Family Playgroup 11-12 Food Demo CLOSED IN PM 6:30-8 Y Minds Youth	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	