

Adult Family Programming

Prenatal

Tuesdays, April 2-30
5:30-7:30 pm

Program in progress

A 10-week program for expectant parents focusing on topics such as: healthy pregnancy, support, labour & delivery and comfort measures.

Infant Massage

(Caregivers & infants birth-6 months)
Wednesdays, April 3-May 1
10-11:30 am



A 5-week program for caregivers with infants birth to 6 months. Come and explore the benefits of massage and learn how to massage your baby.

Earth Day Cleanup

Monday, April 22
3:30-5 pm



In partnership with the Dartmouth North Library and the Dartmouth North Community Centre we invite you to join us for an outside clean-up of the Dartmouth North Community Centre, John Martin School, Harbourview School, and the North Grove for Earth Day.

All Earth Day Helpers will receive a special certificate and button.

When Will my Child Learn to Share?

Friday, April 5
10-11:30 am

Join us to talk about sharing and find out the answers to questions such as: what age do children typically learn to share? How can we encourage our children to share?

Connection Before Correction

Monday, April 8
10-11:30 am

In this workshop we will explore how a strong relationship with your children can help change unwanted behaviors.

Take Charge of Your Stress

Thursday, April 18
10-11:30 am

Marwa from the Community Health Team will be joining us to discuss stress, explore how you experience stress, and practice skills you can use to reduce stress symptoms.

* This workshop will be delivered in Arabic

The Importance of Family Rituals

Monday, April 26
10-11:30 am

Join us to share what family rituals you have, and discuss why they are important to your family.



April 2024



Children's Programming

Time For Me

Monday, April 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.

North Grove Art Club

(Children 6 and 7 years old)
Thursday, April 18
4:15-6 pm



A once-a-month program for children 6 and 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 and children ages 2+)
Thursday, April 25
10-11:30 am



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

Baby & Me

(children under 1 year and caregivers)
Tuesdays, April 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, April 2, 16, 30
1:30-3 pm

B A B Y

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.

DON'T FORGET
to call to go on our interest list.

Family Playgroup

Wednesdays, April 3, 10, 17, 24
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.

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

Adult Programs

Walking Group

Wednesdays, April 3, 10, 17, 24
9:30 am



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

Intuitive Eating

Thursday, April 4
10-11:30 am

Debra from Eating Disorders Nova Scotia is back to discuss intuitive eating. Unlike traditional diets that restrict or ban certain foods, intuitive eating requires you to stop looking at food as “good” or “bad.” Instead, you listen to your body, eat what feels right for you, and making the most of what’s available.

Craft and Chat

Thursday, April 11
10-11:30 am



Join us for snack, conversation, and crafts. This month we will be making a Tree of Life Moss Craft.

Is Your Home as Safe as it Could be?

Friday, April 12
1:30-3:30 pm

Volunteers with the HRP Seniors Home Safety Program will be here to provide information including simple tips such as fall prevention, fire safety, making your home less inviting to criminals and more.

Felting Workshop

(Adults only)
Thursday, April 25
5:30-7:30 pm

Childcare
available

Staff from the Trainyard Store will be here to do a spring themed needle felting project with you. No previous experience necessary, just an interest in learning and having some fun.

Dads Group

Thursday, April 18
6-7:30 pm

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

Thriftiness 101 - Part 2

Monday, April 29
10-11:30 am

Childcare
available

Being thrifty is about making the most of what you have. Join us to share some practical thrifty tips and learn new ones.

Solar Eclipse Program-all ages welcome

Monday, April 8
3:30-5:30



Drop-in between 3:30-5:30pm to watch the solar eclipse with us! We'll have eclipse glasses and hot chocolate. The eclipse will be at its maximum at 4:38pm. Meet outside at the gazebo.

Food Skills Programs

Food Demo

Wednesdays, April 3, 10, 17, 24
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, April 26
1:30 -3:30 pm



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

Meal Prep Workshop

Wednesday, April 24
5-7pm



The Nova Scotia Sisterhood is offering a meal prep program for Black women living with chronic conditions or caring for someone with a chronic condition. Participants will engage in chef-led demonstrations, gain nutrition and food education, and learn ways to prepare healthy dinners and meal prepping tips. Please contact Ashley at Ashley.preston@nshealth.ca to register.

Drop-in Programs

Drop-in Meals

Family Supper

Mondays
April 1, 8, 15, 22, 29
5:30-6:30 pm

Community Lunch

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

Drop-in Breakfast

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

Café Drop-in

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

Good Food Market Drop-in

Fridays, April 5, 12, 19, 26
10-11:30 am



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

Youth Programming

Young Cooks

(ages 8-12)
Tuesdays, April 2, 9
3:30-5:30 pm

Program in
Progress

A 4-week cooking program just for kids! Join us to learn the basics of cooking and enjoy food and fun together.

Seed Starting Workshop for Youth

(ages 15-18)
Wednesday, April 3
4:30-6pm



In collaboration with the Canadian Wildlife Federation and their WILD Outside program, we are hosting a seed starting workshop for youth ages 15-18. Join us to learn how to start different seed varieties and get ready to grow your own garden this season!

April 2024

Monday

1



Tuesday

2

10-11:30 CAO Appointments

10-11:30 Nurturing Strong African Nova Scotian Families(6)

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

1:30-3 Baby & Me/Well Baby

3:30-5:30 Young Cooks(3)

5:30-7:30 Prenatal (5)

Wednesday

3

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

9:30 Walk Group

10-11:30 Legal Aid Appointments

10-11:30 Infant Massage(1)

10-11:30 Family Playgroup

11-12 Food Demo

4:30-6 Seed Starting Workshop for Youth

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Thursday

4

10-11:30 Intuitive Eating

11:30-12:30 Café Drop-in

Friday

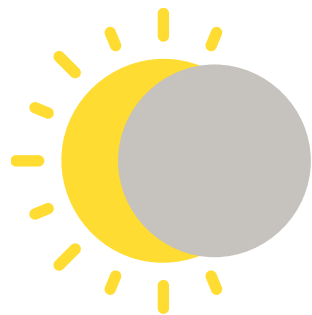
5

10-11:30 Good Food Market

10-11:30 When will My Child Learn to Share?



8



10-11:30 Connection Before Correction

3:30-5:30 Solar Eclipse Program (Drop by any time)

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

9

10-11:30 CAO Appointments

10-11:30 Nurturing Strong African Nova Scotian Families(7)

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

1:30-3 Baby & Me

3:30-5:30 Young Cooks(4)

5:30-7:30 Prenatal(6)

10

9-10:30 Breakfast & Community Action Drop-in, Wellness Navigator Drop-in

9:30 Walk Group

10-11:30 Legal Aid Appointments

10-11:30 Infant Massage(2)

10-11:30 Family Playgroup

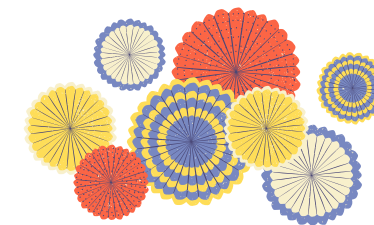
11-12 Food Demo

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11

10-11:30 Craft and Chat

11:30-12:30 Café Drop-in



12

10-11:30 Good Food Market

1:30-3:30 Is Your Home as Safe as it Could Be?

Monday

15 9-12 Tax Clinics

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

12-1 *Volunteer Coffee Hour*



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

Tuesday

16 10-11:30 *CAO Appointments*

10-11:30 *Nurturing Strong African Nova Scotian Families(8)*

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

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

3-4 *Youth Volunteer Taco Tuesday*

5:30-7:30 *Prenatal (7)*

Thursday

18

11:30-12:30 *Café Drop-in*

10-11:30 *Take Charge of Your Stress*

4:15-6 *North Grove Art Club*

6-7:30 *Dads Group*

Friday

19

10-11:30 *Good Food Market*



2-4 *Volunteer Appreciation Party*

22

9:30-10:30 *Volunteer Info Session*



3:30-5 *Earth Day Cleanup*

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

23 10-11:30 *CAO Appointments*

10-11:30 *Nurturing Strong African Nova Scotian Families(9)*

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

1:30-3 *Baby & Me*

2-4 *Community Health Fair*

5-7:30 *Tax Clinics*

5:30-7:30 *Prenatal (8)*

24 9-10:30 *Breakfast & Community Action Drop-in*

9:30 *Walk Group*

10-11:30 *Legal Aid Appointments*

10-11:30 *Infant Massage(4)*

10-11:30 *Family Playgroup*

11-12 *Food Demo*

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5-7 *Meal Prep Workshop*

25

10-11:30 *Food and Families*

11:30-12:30 *Café Drop-in*



5:30-7:30 *Felting Workshop*

26

10-11:30 *Good Food Market*



10-11:30 *The Importance of Family Rituals*

1:30-3:30 *Primrose Preserves*

29

10-11:30 *Thriftiness 101 (Part 2)*

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

30 10-11:30 *CAO Appointments*

10-11:30 *Nurturing Strong African Nova Scotian Families(10)*

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

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

5:30-7:30 *Prenatal (9)*

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.





April 2024

Services and Appointments

Community Action Office (CAO)

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

Drop-in- Wednesdays, April 3, 10, 17, 24
9-10:30 am

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.

Legal Aid Navigator Appointments

Wednesdays, April 3, 10, 17, 24
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, April 10
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 resources in the community.

Dal Legal Aid Service Drop-in

Wednesday, April 17
9-10:30 am

The Dalhousie Legal Aid Services is here during Breakfast Drop-in to offer summary legal advice on Income Assistance and Tenants' Rights. Please bring all relevant documents with you.

NEW

NS Brotherhood Clinic

Wednesday, April 10
2-6 pm



This month, The North Grove welcomes the NS Brotherhood Clinic for men of African descent.

To make an appointment with Dr. Ron Milne, please call 902-434-0824 or email nsbrotherhood@nshealth.ca.

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

National Volunteer Week

*****Please call 902-464-8234 ext. 0 to register for all volunteer events.**

Volunteer Coffee Hour

Monday, April 15
12-1 pm



Come enjoy some specially-made hot drinks and have a chance to mingle with other volunteers and staff.

Youth Volunteer

Taco Tuesday

Tuesday, April 16
3-4 pm



We're hosting a Taco Bar for all of our wonderful youth volunteers. Drop by after school for some tacos and board games!

Volunteer Bingo Night

Wednesday, April 17
5-7 pm



Come by for some pizza and bingo. This night is going to be packed with fun, food, and bingo prizes!

Volunteer Appreciation Party

Friday, April 19
2-4 pm



To cap off National Volunteer Week at The North Grove, we're hosting a big Appreciation Party for all of our amazing volunteers! Staff would love to see as many volunteers there as possible to say thank you for all of the amazing work you do!

Community Health Fair

Community Health Fair

Tuesday, April 23
2-4 pm



The North Grove is hosting a FREE community Health Fair!

Drop by anytime between 2-4 pm to visit with various health organizations to learn more about healthy lifestyle and how to prevent and manage disease.

There will be door prizes, healthy grab and go snacks and an opportunity to register with the "Need a Family Practice Registry."
Please bring your health card if you want to register for a family practice.