

Child Development

Family Playgroup

(Children ages 1+ and caregivers)
Wednesday, February 5, 12, 26
10-11:30 am

Family Playgroup is a time to get together to play with your child, sing songs and enjoy a delicious snack.
*There is no playgroup February 19.

Baby & Me

(Caregivers and children under 1 year)
Tuesday February 4, 11, 18, 25
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, February 4, 18
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

Rhythm and Rhyme Baby Time

(Caregivers & children 8-20 months)
Friday, February 7, 14
10-11:30 am

This four week program is a great opportunity for caregivers and children to discover the power of rhymes, songs and stories while having fun together!

1-2-3 Cook with Me

(Caregivers and children 2 and up)
Thursday, February 13
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, February 20
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.

AFRICAN
HERITAGE
MONTH

February 2025



Drop-in Programs

Family Supper Drop-in

Mondays
February 3, 10, 17, 24
5:30-6:30 pm

Drop-in Breakfast

Wednesdays
February 5, 12, 19, 26
9-10:30 am

Community Lunch Drop-in

Tuesdays
February 4, 11, 18, 25
11:30 am-12:30 pm

Café Drop-in

Thursdays
February 6, 13, 20, 27
11:30 am-12:30 pm

Good Food Market Drop-in

Fridays, February 7, 14, 21, 28
10-11:30 am

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

FREE Programs

Volunteer Programs

Volunteer Winter Warmer

Friday Feb 7th.
12-1pm

All North Grove volunteers are welcome to come warm up and get cozy with some hot apple cider, games, and mingling over the lunch hour. Please RSVP by calling the front desk at 902 464-8234.

Food Skills

Food Demo

Wednesday, February 5, 12, 19, 26
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.

Youth Programs

Young Cooks

(ages 8-12)
Tuesdays, February 4, 11, 18, 25
3:30 -5:30 pm

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

Volunteer Info Session

Tuesday, February 25
10-11 am



Come and hear more about our volunteer program and what program areas at The North Grove could use some helping hands. New volunteers are required to attend an info session before starting a volunteer role.

6 Primrose Street, Unit 115
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www.thenorthgrove.ca

Adult Programs

Pamper Yourself

Tuesday, February 18
10-11:30 am



We want you to take some time to pamper yourself. Join us for self manicures and pedicures and a decadent treat.

Power Struggles in Parenting

Friday, February 21
10-11:30 am

Power struggles in parenting are emotional battles between a parent and child where both parties are determined to win. Sound familiar? Join us to explore why they happen and how we can defuse them before they occur.

How to Nurture a Growth Mindset in Children

Friday, February 28
10-11:30 am



A growth mindset is the belief that a person's abilities can improve through effort and practice; that people can learn and grow throughout their lives. In this workshop we will be discussing the benefits of nurturing a growth mindset in our children and how we can model it for them.

Self Compassion Program

Tuesdays, January 21-February 11
10-11:30 am

IN PROGRESS

The Community Health team is currently offering this 4-week series highlighting how self-compassion can help provide us comfort, improved health and increase our sense of satisfaction in our roles.

Arts Night Out

Thursday, February 13
5-6:30 pm



Join us for an evening of creativity through arts and crafts, while your child enjoys some time in child development. This month we will be making felt Valentine's cards. All materials will be provided.



Primrose Preserves has been postponed this month. It will return in March with two sessions: Fridays, March 7, 28
1:30-3 pm

Adult Programs

Games Café for Adults

Monday, February 3
10-11:30 am

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

Craft and Chat

Thursday, February 6
10-11:30 am

Join us for craft and conversation. This month we will make bookmarks.

Learn to Knit a Scrap Blanket

Thursdays, February 20, 27
10-11:30 am

IN PROGRESS

*This project for all skill levels.

Join us to learn to knit your own scrap blanket! Please call 902 464-8234 to inquire about joining.

Roots of Food Insecurity Focus Group

Friday, February 7th
1:30pm - 3:30pm

Share your experience with food insecurity and advise on what changes you would like to see made in our province to make sure all Nova Scotians have easy access to healthy food.

Understanding Dementia

Monday, February 10
1:30-3 pm

Join Beth from the Alzheimer Society of NS for a closer look at dementia, including Alzheimer's, in its different forms. We will look at common symptoms, risk factors and share communication tips.

Dads Group

Thursday, February 20
6-7:30 pm

New Start Counselling hosts an informal peer support group for fathers and father figures. To register, call 782 414-1013.

Walking Group

Wednesdays, February 5, 12, 19, 26
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

Food Connects

Monday, February 10
1-3pm

Join us on a field trip to visit a local cultural grocery store. We'll pick out some snacks for us to sample and have a picnic together back at The North Grove. We will travel by bus or taxi and will call to discuss that with you once you are registered.

All programs on this page offer childcare for babies 6 months and older.

**FREE
Programs**

February 2025

Monday

3

10-11:30 *Games Café for Adults*

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

Tuesday

4

10-11:30 *Self Compassion Program(3)*

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

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

3:30-5:30 *Young Cooks (1)*

Wednesday

5

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

6

9-10:30 *Community Action Appointments*

10-11:30 *Craft and Chat*

11:30-12:30 *Café Drop-in*

Friday

7

10-11:30 *Good Food Market*

10-11:30 *Rhythm and Rhyme Baby Time (3)*

12-1 *Volunteer Winter Warmer*

1:30-3 *Roots of Food Insecurity Focus Group*

10

1-3 *Food Connects*

1:30-3 *Understanding Dementia*

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

11

10-11:30 *Self Compassion Program(4)*

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

1:30-3 *Baby & Me*

3:30-5:30 *Young Cooks (2)*

12

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

13

9-10:30 *Community Action Appointments*

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

11:30-12:30 *Café Drop-in*

5-6:30 *Arts Night Out*

14

10-11:30 *Good Food Market*

10-11:30 *Rhythm and Rhyme Baby Time (4)*

Monday

17

Closed

Nova Scotia Heritage Day
This year's Honouree is Mi'kmaq
activist, Nora Bernard.

Tuesday

18

10-11:30 *Pamper Yourself*

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

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

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

Wednesday

19

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

9:30 *Walking Group*

10-11:30 *Legal Aid Appointments*

11-12 *Food Demo*

CLOSED IN PM

Thursday

20

9-10:30 *Community Action
Appointments*

10-11:30 *Learn to Knit a
Scrap Blanket (2)*

11:30-12:30 *Café Drop-in*

4:15-6 *North Grove Art Club*

6-7:30 *Dads Group*

Friday

21

10-11:30 *Good Food Market*

10-11:30 *Power Struggles in
Parenting*

1:30-3 *Film for Thought*

24

10-11:30 *Postnatal Reunion (for
Spring 2024 Prenatal group)*

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

25

10-11 *Volunteer Info Session*

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

1:30-3 *Baby & Me*

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

26

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

6-8 *Celebrating Black Brilliance in
the Health Field*

27

9-10:30 *Community Action
Appointments*

10-11:30 *Learn to Knit a
Scrap Blanket (3)*

11:30-12:30 *Café Drop-in*

28

10-11:30 *How to Nurture a Growth
Mindset in Children*

10-11:30 *Good Food Market*

CLOSED IN PM

DON'T FORGET

Our programs are very popular and we want everyone to have the
opportunity to attend.

If you or your children are unable to make it to a registered program
please call 902 464-8234 and leave a message to cancel.

This will allow us to invite someone else from our waitlist to attend.

Thank you!

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

February 2025

Services and Appointments

Legal Aid Navigator Appointments

Wednesdays, February 5, 12, 19, 26
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, February 6, 13, 20, 27
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, February 12
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, February 12
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, February 26
8:30 am-4:30 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, February 12
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!



**AFRICAN
HERITAGE
MONTH**

Film for Thought

Friday, February, 21

1:30-3 pm

In recognition of African Heritage Month, please join us for this month's feature film "Deeply Rooted."

Filmmaker Cazhmere, a 7th generation Black Canadian shares the rich history of the Downey/Collins family in Nova Scotia. Through interviews with family, she shares her family's story with us, which includes fighting in two world wars, the Olympics and breaking through barriers in Canadian politics. To register, please call 902 464-8234.

**Celebrating Black Brilliance
in the Health Field**

Wednesday, February 26

6-8PM



Co-hosted by The North Grove, the NS Sisterhood and the NS Brotherhood are hosting an event to honor Black pioneers in the health professions.

Join us for an engaging evening of information, celebration and refreshments.

All are welcome. No registration is required.

This year's Honouree is Mi'kmaq activist
Nora Bernard from Millbrook First Nation



**NOVA SCOTIA
Heritage Day**

Ms. Bernard was instrumental in ensuring justice, recognition and compensation for the survivors of the Canadian Indian Residential School system.

As a survivor herself, Ms. Bernard founded and became president of the Shubenacadie Indian Residential School Association in 1987, and launched a class-action lawsuit on its behalf. The action inspired residential school survivors across the country to file suits, creating the largest class-action lawsuit in Canadian history.

<https://heritageday.novascotia.ca>