

Adult Programs

Optimal Aging Program

Fridays, October 4, 11, 18, 25
1:30-3:30 pm

This 4-week Optimal Aging Workshop, facilitated by the Community Health team, is for adults mid-life and older. The workshop reviews the THRIVE © Approach to Wellbeing and the 6 key actions that can help you to improve your wellness and outlook on aging.

Games Café

Monday, October 7
1:30-3 pm

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

Seed Saving Workshop

Monday, October 21
10-11:30 am

New time Learn how to save seeds from your favourite vegetables! You'll get to take home lots of different types of seeds for planting next year.

Halloween Craft and Chat

Thursday, October 24th
10-11:30 am

Join us for craft and conversation. This month's craft will be spooktacular!



Walking Group

Wednesdays, October 2, 9, 16, 23,
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

Volunteer Info Session

Monday, October 7
9:30-10:30 am



Come and hear more about our volunteer program and where you can lend a hand at The North Grove. New volunteers are required to attend an info session before starting a volunteer role.

Massage Appointments

Thursday, October 17
1-4 pm

childcare
available

Students in the massage therapy program at Eastern College will be here to provide free massages. All Massages are over the clothes while sitting in a chair. For an appointment, please call 902 464 8234.

Prediabetes Workshop

Wednesday, October 23
11 am-1 pm

A Community Health Team dietitian will be here to discuss healthy behaviours for diabetes prevention and steps you can take now to manage your blood sugar and reduce your risk. Lunch is provided.

 **FREE
Programs**

October



Drop-in Programs

Family Supper

Mondays
October 7, 14, 21, 28
5:30-6:30 pm

Community Lunch

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

Drop-in Breakfast

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

Café Drop-in

Thursdays
October 3, 10, 17, 24, 31
11:30 am-12:30 pm

Good Food Market Drop-in

Fridays
October 4, 11, 18, 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.

Food Skills Programs

Food Demo

Wednesdays
October 2, 9, 16
11 am-12 pm

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

Young Cooks: Halloween Alumni Edition!

Tuesday, October 22
3:30-5:30 pm



Former Young Cooks participants are invited back into the kitchen for a fun afternoon of making and trying some spooky foods!

Primrose Preserves

Friday
October 18
1:30-3 pm

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

Speak Up! Show Up!

Meet the Candidates for Mayor

Wednesday October 2
1:30-3:30 pm



Join us to meet the Candidates for Mayor! Hear their platform, ask questions, and discuss the election issues that are important to you. Please call 902 464 8234 to join our interest list

Children's Programming

Family Playgroup

Wednesday, October 2, 9, 16, 23
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.

*No Playgroup October 30

North Grove Art Club

Thursday, October 24
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.

Food and Families

(Caregivers & children ages 2+)
Thursday, October 17
10-11:30 am

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

Time For Me

Monday, October 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.



Arts Night Out

Thursday, October 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.



"Every child
IS A DIFFERENT KIND OF FLOWER,
AND ALTOGETHER MAKE THIS WORLD
a beautiful garden."

— ANONYMOUS —

Adult Family Programming

Infant Massage

(Caregivers & infants birth-6 months)
Mondays, October 21-November 28
1-2:30 pm

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.

Dads Group

Thursday, October 17
7-8:30 pm

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

Pumpkin Patch

Friday, Oct. 25
1:30-3:00 pm

Join us on the farm for our 5th annual Pumpkin Patch! There will be music, games, food, and of course pumpkins. This year we will have a pumpkin decorating area. Don't forget to wear your costume!

*Please register to join the fun.



Nurturing Strong African Nova Scotian Families (NSANSF)

Wednesday, October 16- November 27
(excluding the 30th)
5:30-7 pm

A six week program, creating a culturally safe space for parents and caregivers of African descent to share, learn and support each other.

Our program materials are dedicated to specific topics that have been identified as important in raising Black/African Nova Scotian children.

Terrific Twos

Friday, October 18
10-11:30 am

Our words hold weight and can shape our thoughts and perspectives about our children. Join us for a candid discussion about raising toddlers and how we can change the "terrible" twos to "terrific".

Pregnancy Loss and Awareness

Gathering (individuals who have experienced miscarriages, stillbirths and infant loss)

Tuesday, October 29
10-11:30 am

We invite you to our intimate gathering to talk about your loss and honour those who are so special to you. You are welcome to bring mementos to share, or just listen and reflect.



October 2024



Monday

Tuesday

Wednesday

Thursday

Friday



FREE Programs

1

10-11:30 *Zones of Regulation*(3)

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

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

2-4 *Cooking Together: Around the World*(3)



5:30-7:30 *Prenatal* (4)

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

1:30-3:30 *Meet the Candidates for Mayor* ✓

3

11:30-12:30 *Café Drop-in*



4

9-2 *Family Apple Picking Trip*

10-11:30 *Good Food Market*

1:30-3:30 *Optimal Aging Program* (1)



7

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

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

1:30-3 *Games Café*

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

8

10-11:30 *Zones of Regulation*(4)

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

1:30-3 *Baby & Me*

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

9

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

9:30 *Walking Group*

10-11:30 *Legal Aid Appointments*

10-11:30 *Family Playgroup*

11-12 *Food Demo*

CLOSED IN PM

10

11:30-12:30 *Café Drop-in*

5-6:30 *Arts Night Out*



11

10-11:30 *Good Food Market*

1:30-3:30 *Optimal Aging Program* (2)



Monday

Tuesday

Wednesday

Thursday

Friday

14



15

10-11:30 Zones of Regulation(5)

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

1:30-3 Baby & Me/Well Baby

2:30-4 Volunteer Kitchen Safety and Review

5:30-7:30 Prenatal (6)

16

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

Nurturing Strong African Nova Scotian Families (NSANSF) (1)

17

10-11:30 Food and Families

11:30-12:30 Café Drop-in

1-4 Massage Appointments

6-7:30 Dad's Group

18

10-11:30 Terrific Twos

10-11:30 Good Food Market

1:30-3:30 Optimal Aging Program (3)

1:30-3 Primrose Preserves

21

10-11:30 Seed Saving Workshop

1:30-3 Infant Massage (1)

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

22

10-11:30 Zones of Regulation(6)

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

1:30-3 Baby & Me

3:30-5:30 Young Cooks Halloween Alumni Edition

5:30-7:30 Prenatal (7)

23

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

9:30 Walking Group

10-11:30 Legal Aid Appointments

10-11:30 Family Playgroup

11-1 Prediabetes Workshop

CLOSED IN PM

NSANSF Program (2)

24

10-11:30 Halloween Craft and Chat

11:30-12:30 Café Drop-in

4:15-6 North Grove Art Club

25

10-11:30 Good Food Market

1:30-3:30 Optimal Aging Program (4)

1:30-3 Pumpkin Patch



28



1:30-3 Infant Massage (2)

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

29

10-11:30 Pregnancy and Infant Loss Gathering

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

1:30-3 Baby & Me/Well Baby

5:30-7:30 Prenatal (8)

6-7:30 Film for Thought

30

CLOSED FOR STAFF TRAINING

31

10-11:30 Coffee Talk-Pumpkin Carving/Decorating

11:30-12:30 Café Drop-in



PREGNANCY & INFANT LOSS Awareness Month October

October 2024

Services and Appointments

Legal Aid Navigator Appointments

*Wednesdays, October 2, 9, 16, 23,
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, October 9
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 community resources.

NS Brotherhood Clinic

*Wednesday, October 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, October 23
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

Film for Thought

Film for Thought

*Wednesday, October 29
6-7:30 pm*



*Refreshments and snacks
will be provided.*

Join us for this month's film and discussion, "Wicked Bodies," by Truefaux Films. Wicked Bodies is a project dedicated to holding space and bringing a more compassionate lens to disordered eating in the queer community. Its intention is to help to reduce stigma, generate hope, and invite more open conversation among those struggling with disordered eating, eating disorders, and body dysmorphia. Please call 902 464 8234 to register.



Family

APPLE PICKING TRIP



Join us for a bus trip to pick apples in Windsor, Nova Scotia!



**Friday,
October 4**



**9:00 AM-
2:00 PM**

This outing is for families with young children. To register, please come to the The North Grove Family Centre at 6 Primrose Street to fill out a form. More information will be shared with you at that time.

We are very excited to share this opportunity with you and look forward to the day!

