

## Child Development

### Family Playgroup

Wednesday, March 5, 19, 26

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.

### Baby & Me

(Children under 1 year and caregivers)

Tuesday, March 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, March 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.



### Time For Me

Monday, March 3

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.

## March Break FUN!

### Family Art Café

(caregivers & children 3-12 years old)

Tuesday, March 11

1:30-3 pm

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

### Family Games Café

(caregivers & children 3-12 years old)

Friday, March 14

1:30-3 pm

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

\*Please call 902 464-8234 to register.

FREE  
Programs

# March 2025



## Drop-in Programs

### Family Supper

#### Drop-in

Mondays

March 3, 10, 17, 24, 31

5:30-6:30 pm

### Community Lunch

#### Drop-in

Tuesdays

March 4, 11, 18, 25

11:30 am-12:30 pm

### Drop-in Breakfast

Wednesdays

March 5, 12, 19, 26

9-10:30 am

### Café Drop-in

Thursdays

March 6, 13, 20, 27

11:30 am-12:30 pm

### Good Food Market Drop-in

Fridays, March 7, 14, 21, 28

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.



### Mini Nutrition Workshop (for Adults)

Tuesday, March 25

2-3 pm

Nutrition students from MSVU will be joining us to give a mini workshop in effective label reading, as well as helpful fruit and vegetable storage tips. Please call 902 464-8234 to join the interest list.

## Food Skills

### Making the Most of your Food Dollar

Wednesday, March 5

11 am-12:30 pm

Kelsey from the Community Health Team will be here to discuss how to get more value and nutrition from your food dollar. You will receive recipes and resources to help you organize, plan and prepare healthy low-cost dishes at home.

### Food Demo

Wednesdays, March 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.

### Cooking Together (for adults)

Tuesday, March 18

2-4 pm

A fun afternoon of cooking together and trying some tasty recipes. This month we will be cake decorating.

### Primrose Preserves

Fridays, March 7, 28

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. Please call 902 464-8234 to register.

## Adult Programs

### Handle with Care

Tuesdays, March 18, 25  
10-11:30 am

A 6-week program focusing on promoting healthy attachment and positive mental health in children.

### Smoke Alarms and Fire Escape Plans

Tuesday, March 4  
10-11:30 am

We are pleased to welcome Briana, Public Education Specialist from Halifax Regional Fire & Emergency, for an informative session on smoke alarms and fire escape plans. Participants will learn essential tips on maintaining smoke alarms (like monthly testing and battery changes) and learn how to create and practice escape plans to stay prepared in an emergency.

*All programs on this page, except the volunteer programs, offer childcare for children 6 months and older.*

### Infant Massage

Mondays, March 17, 24, 31  
1:30-3 pm



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

### Making Ribbon Bags

Friday, March 21  
10-11:30

In recognition of National Ribbon skirt day next month, Natasha will be joining us to show us how to make ribbon bags.

## Volunteer Programs

### Disrupting Bias Training for Volunteers

Friday, March 21  
1:30-3 pm

This workshop explores concepts like power dynamics, vulnerability, & resistance. Through engaging activities, you will learn to overcome barriers to listening, communicate effectively, & relate empathetically with others & create inclusive spaces. This workshop will be facilitated by Placemaking 4G. Please call 902 464-8234 to be placed on an interest list. Space is limited

### Volunteer Info Session

Thursday, March 27  
10-11 am

Come and hear 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.

## Adult Programs

### Craft and Chat

Thursday, March 13  
10-11:30 am

Join us for craft and conversation. This month we will be painting plates.

### Walking Group

Wednesdays, March 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](mailto:walk@hikenovascotia.ca)

### Games Café for Adults

Monday, March 17  
10-11:30 am

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

### Dads Group

Friday, March 21  
1:30-3 pm



date & time

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

## REMEMBER

If you 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!

### The Joy of Food

Friday, March 28  
10-11:30 am

Food plays such a big role in our lives! It brings nourishment, entertainment, community and culture...but it also can cause lots of feelings including shame, discomfort and confusion.

Join Debra from Eating Disorders Nova Scotia to talk about finding the joy in food, and why some of us have such a complicated relationship with it.

### Make Your Whole Day Matter

(for older adults)  
Monday, March 24  
9:30-11:30 am

Ever wonder how much movement you should be getting in a day? Come find out how to make your whole day matter and learn the new Canadian 24 Hour Movement Guidelines. We will discuss three parts of your day: physical activity, sitting time and sleep.

### Seedling Workshop

Monday, March 24  
1:30-3 pm



Join us to learn how to start, grow and care for seedlings. You'll get to take home some seedling supplies to start your own seedlings at home and nurture them as they grow. Perfect for beginners and anyone who loves plants!"

# March 2025

Monday

3

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

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

Tuesday

4

10-11:30 *Smoke Alarms & Fire  
Escape Plans*

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

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

Wednesday

5

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

9:30 *Walking Group*

10-11:30 *Legal Aid Navigator  
Appointments*

10-11:30 *Family Playgroup*

11-12:30 *Making the Most of  
Your Food Dollar*

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Thursday

6

9-10:30 *Community Action  
Appointments*

11:30-12:30 *Café Drop-in*

Friday

7

10-11:30 *Good Food Market*

1:30-3 *Primrose Preserves*

10



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

11

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

1:30-3 *Baby & Me*

1:30-3 *Family Art Café*

12

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

9:30 *Walking Group*

10-11:30 *Legal Aid Navigator  
Appointments*

11-12 *Food Demo*

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13

9-10:30 *Community Action  
Appointments*

10-11:30 *Craft & Chat*

11:30-12:30 *Café Drop-in*

14

10-11:30 *Good Food Market*

1:30-3 *Family Games Café*

## Monday

17

10-11:30 *Adult Games Café*

1:30-3 *Infant Massage (1)*



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

## Tuesday

18

10-11:30 *Handle with Care (1)*

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

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

2-4 *Cooking Together*

## Wednesday

19

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

9:30 *Walking Group*

10-11:30 *Family Playgroup*

10-11:30 *Legal Aid Navigator Appointments*

11-12 *Food Demo*

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## Thursday

20

9-10:30 *Community Action Appointments*

11:30-12:30 *Café Drop-in*

## Friday

21

10-11:30 *Good Food Market*

10-11:30 *Making Ribbon Bags*

1:30-3 *Disrupting Bias Training for Volunteers*

1:30-3 *Dads Group*

24

9:30-11:30 *Make Your Whole Day Matter*

1:30-3 *Infant Massage (2)*

1:30-3 *Seedling Workshop*

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

25

10-11:30 *Handle with Care (2)*

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

1:30-3 *Baby & Me*

2-3 *Mini Nutrition Workshop*

26

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

9:30 *Walking Group*

10-11:30 *Family Playgroup*

10-11:30 *Legal Aid Navigator Appointments*

11-12 *Food Demo*

CLOSED IN PM

27

9-10:30 *Community Action Appointments*

10-11 *Volunteer Info Session*

11:30-12:30 *Café Drop-in*

28

10-11:30 *The Joy of Food*

10-11:30 *Good Food Market*

1:30-3 *Primrose Preserves*

31



1:30-3 *Infant Massage (3)*

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

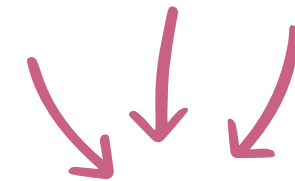


THE NORTH GROVE

6 Primrose Street, Unit 115

902-464-8234 ext. 0

www.thenorthgrove.ca



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.



# March 2025

## Services and Appointments

### **Legal Aid Navigator Appointments**

*Wednesdays, March 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, March 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, March 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, March 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](mailto:nsbrotherhood@nshealth.ca)

### **NS Sisterhood Clinic**

*Wednesday, March 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](mailto:nssisterhood@nshealth.ca)

### **Dal Legal Aid Drop-in**

*Wednesday, March 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!