

## Adult Programs

### Loving Your Heart

Monday, March 11  
10-11:30 am

It's common knowledge what we eat impacts our overall health, including our heart health but knowing exactly what to eat is the hard part. Let's talk about practical tips that suit your taste and budget in the prevention and/or management of heart disease.

### Be Good to Your Gut

Wednesday, March 20  
11 am-1 pm

Lunch Provided

The Community Health Team will be here to discuss how a healthy gut is at the core of overall wellness. Learn how your digestive system works, the role of gut bacteria, and how to feed your gut for good health.

### Optimal Aging

Friday, March 15  
1:30-3:30 pm



Come and learn about the THRIVE © Approach to Wellbeing and how it supports Optimal Aging.

The THRIVE © Approach includes six key areas: Thoughts, Health Habits, Relationships, Interests, Valued Goals and Emotions.

### Games Café

Thursday, March 28  
1:30-3 pm

Join Amanda-Lynn & Caralee for an afternoon of fun and games. Have a game at home? Bring it for everyone to enjoy!

### Ideas and Inspiration

Thursday, March 7  
1:30-3 pm



Please join us to share your ideas for programs and workshops for older adults.

### Walk Group

Wednesdays, March 6, 13, 20, 27  
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, March 21  
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.

### Craft and Chat

Thursday, March 28  
10-11:30 am




Join us for snack, conversation and to make keychains.

# March 2024




## Youth Programs

### March Break Camp

(ages 12-15)   
Tuesday, Wednesday, Thursday  
March 12, 13, 14  
9:30 am -12 pm

Experience a 3-day, hands on cooking and baking program this March Break! Join us for some tasty treats, crafts and lots of fun.

### Young Cooks

Tuesdays, March 19- April 9  
3:30-5:30  
(ages 8-12) 

A 4-week cooking program just for kids! Learn the basics of cooking and enjoy food and fun together.

## Market

### Good Food Market Drop-in

Fridays, March 1, 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.



## Food Skills Programs

### Food Demo

Wednesdays, March 6, 13, 20, 27  
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

Fridays, March 1, 29  
1-3 pm



Join us in the kitchen to learn how to turn fresh food into shelf-stable preserves that will last all year, sample a taste and take some home to try.

## Drop-in Meals

### Family Supper

Mondays  
March 4, 11, 18, 25  
5:30-6:30 pm

### Community Lunch

Tuesdays  
March 5, 12, 19, 26  
11:30 am-12:30 pm

### Breakfast Drop-in

Wednesdays  
March 6, 13, 20, 27  
9-10:30 am

### Café Drop-in

Thursdays  
March 7, 14, 21, 28  
11:30 am-12:30 pm

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



## Children's Programming

### Time For Me

Monday, March 18  
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, March 6, 20, 27  
Friday, March 15  
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, March 5, 12, 19, 26  
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

Tuesdays, March 5, 19  
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.

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

TIME SPENT PLAYING WITH CHILDREN IS  
NEVER WASTED.

DAWN LATERO

## Adult Family Programming

### Prenatal

Tuesdays, March 5-May 7  
5:30-7:30 pm



A 10-week program for expectant parents. Some topics being discussed include: healthy pregnancy; support, labour & delivery and comfort measures. Priority given to first-time mothers and those in need of extra support.

### Arts Night Out

Thursday, March 14  
5-6:30 pm



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

### Family Games Café

(caregivers & children, 12 & under)  
Tuesday, March 12  
2:00-4:00

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



### Family Art Café

(caregivers & children, 12 & under)  
Friday, March 15  
1:30-3:30

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

### Nurturing Strong African Nova Scotian Families

Tuesdays, March 5, 19, 26  
10-11:30 am



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

Program in progress- No Session on the 12th.

### Coffee Talk

Friday, March 8  
10-11:30 am



This month we will be making vision boards in honor of International Women's Day.

### Baby Bookworms

(caregivers with babies 1 and under)  
Monday, March 18  
10-11:30 am

Join us with your baby to discuss the importance of book reading, it's joys and challenges.

### How to Get Children to Listen WITHOUT Nagging or Yelling

Friday, March 22  
10-11:30 am

In this workshop we will focus on the whys behind the behavior and the 5 R's of Fair and Effective Consequences.

### Positive Discipline

Monday, March 25  
10-11:30 am



This workshop will focus on Positive Discipline strategies and determining which ones might work best for your child.

# March 2024

Monday

Tuesday

Wednesday

Thursday

Friday



## 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](http://www.thenorthgrove.ca)



1

10-11:30 *Good Food Market*



1-3 *Primrose Preserves*

4

9-3 *Couch of Hope Appointments*

10-11:30 *Online Safety*

3:30-6 *Youth Connects(6)*

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

5 9-3 *Couch of Hope Appointments*

9-11 *CAO Appointments*

10-11:30 *Nurturing Strong African Nova Scotian Families(3)*

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

2-4 *Volunteer Visioning Workshop*

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

5:30-7:30 *Prenatal(1)*

6 9-10:30 *Breakfast Drop-in*

9-11 *CAO*

9:30 *Walk Group*

10-11:30 *Legal Aid Appointments*

10-11:30 *Family Playgroup*

11-12 *Food Demo*

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7

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

11:30-12:30 *Café Drop-in*

1:30-3 *Ideas and Inspiration*

8

10-11:30 *Good Food Market*

10-11:30 *“Vision Boards“ Coffee Talk*





# Monday

**11**

9-3 Couch of Hope Appointments

10-11:30 Heart Health

3:30-6 Youth Connects

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

# Tuesday

**12**

9-3 Couch of Hope Appointments

9:30-12 March Break Camp

9-11 CAO Appointments

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

2-4 Family Games Café

1:30-3 Baby & Me

5:30-7:30 Prenatal ( 2)

# Wednesday

**13**

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

9-11 CAO

9:30 Walk Group

9:30-12 March Break Camp

10-11:30 Legal Aid Appointments

11-12 Food Demo

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# Thursday

**14**

9-12 Tax Clinics

9:30-12 March Break Camp

11:30-12:30 Café Drop-in

5-6:30 Art's Night Out

# Friday

**15**

10-11:30 Good Food Market

10-11:30 Family Playgroup

1:30-3:30 Optimal Aging

1:30-3:30 Family Art Café



**18**

9-3 Couch of Hope Appointments

9:30-11:30 Time for Me



10-11:30 Baby Bookworms

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

**19**

9-3 Couch of Hope Appointments

9-11 CAO Appointments

10-11:30 Nurturing Strong African Nova Scotian Families(4)

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

1:30-3 Baby & Me/Well Baby

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

5:30-7:30 Prenatal (3)

**20**

9-10:30 Breakfast Drop-in Dal Legal Aid Drop-in

9-11 CAO

9:30 Walk Group

10-11:30 Legal Aid Appointments

10-11:30 Family Playgroup

11-1 Be Good to Your Gut

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**21**

10-11:30 Food and Families

11:30-12:30 Café Drop-in



6-7:30 Dad's Group

**22**

10-11:30 How to Get Children to Listen WITHOUT Nagging or Yelling.

10-11:30 Good Food Market

1-3 Primrose Preserves

**25**

10-11:30 Positive Discipline

9-3 Couch of Hope Appointments



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

**26**

9-3 Couch of Hope Appointments

9-11 CAO Appointments

10-11:30 Nurturing Strong African Nova Scotian Families(5)

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

1:30-3 Baby & Me

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

5:30-7:30 Prenatal (4)

**27**

9-10:30 Breakfast Drop-in & Dal Legal Aid Drop -In

9-11 CAO

9:30 Walk Group

10-11:30 Legal Aid Appointments

10-11:30 Family Playgroup

11-12 Food Demo

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**28**

10-11:30 Craft and Chat

11:30-12:30 Café Drop-in

12:30-3:30 Tax Clinics

1:30-3 Games Cafe

**29**

**WE'RE CLOSED**