



Family Drop-in Schedule

Family Drop-In: Come for breastfeeding assessment and assistance, parenting support and other health information.



Note: The dates and time may change. Please phone 902-481-5800 for more information.

- **If schools are cancelled due to weather, Drop-Ins are cancelled as well.**
- **Drop-Ins will be cancelled on Holidays**

211 is here to help you 24/7 to find services and programs offered by local community groups, non-profits and government depts.

Call 811 at any time, day or night, to speak to a Registered Nurse.

Halifax		PHN Present during the following times:
Bayer's Westwood Family Resource Centre 3499 McAlpine Ave. 902-454-9444	Baby Club Drop-in 1 st and 3 rd Friday 10:00 a.m. – 11:30 a.m.	
Canada Games Centre 26 Thomas Raddall Dr. 902-490-2400	Mondays 1:00 p.m. – 3:00 p.m	
Fairview Family Resource Centre 6 Titus Street 902-443-9569	1 st and 3 rd Thursday 1:30p.m.-3:00 p.m.	
Mulgrave Park Caring and Learning Centre 57 Jarvis Lane 902-453-5089	2 nd and 4 th Thursday 11 a.m. -12 p.m.	
Bedford/Sackville/Hammonds Plains		PHN Present during the following times:
Memory Lane Family Place 22 Memory Lane, Lower Sackville 902-864-6363	Tuesdays 10:00 a.m.-12:00 p.m.	
Sobeys Bedford South Community Room 55 Peakview Drive (Larry Uteck exit off Hwy 102)	Wednesdays 10:00 a.m. –12:00 p.m. There will be no PHN on the 3 rd Wednesday of each month.	
Tantallon Library Hubley Centre, Hammonds Plains Rd. 902-826-3330	4 th Tuesday 1:30 p.m. - 3:30 p.m.	

Cole Harbour/Dartmouth/Mineville		PHN Present during the following times:
PACT Center 1114 Cole Harbour Road Dartmouth 902-434-8952	2 nd and 4 th Thursday 1:30 p.m. – 3:30 p.m.	
Dartmouth Family Centre 107 Albro Lake Rd. 902-464-8234	Every 2 nd Wednesday 1:30 p.m. - 3:00 p.m.	
East Preston Family Resource Centre W-Five Mall, Suite 501 902-462-7266	1 st and 3 rd Tuesday 11:30 a.m. - 1:00 p.m.	
Eastern Shore		PHN Present during the following times:
Musquodoboit Valley Family Resource Centre 2 nd Floor Haverstock Pharmasave Building, Suite #2 12280 Hwy 224 Middle Musquodoboit 902-384-2794	3 rd Thursday 10:00 a.m. - 11:00 a.m.	
Eastern Shore Family Resource Centre 5228 Highway 7, Suite 203 Porter's Lake Shopping Centre Porter's Lake, NS B3E 1J8 902-827-1461	1 st Monday 10:00 a.m. – 11:30 a.m.	
St. James Anglican Church (Eastern Shore Family Resource Association) 66 Dolby Hill Head of Jeddore, NS B0J 1P0 902-827-1461	2 nd Thursday 1:30 p.m. – 3:00 p.m.	
Windsor		PHN Present during the following times:
Babylove Drop-In Family Resource Centre 80 Water Street, Windsor	Thursdays 12:30 p.m.– 2:00 p.m.	Parenting Information Sessions held 2-3 times per year Call 902-798-2266 or 902-790 0869 for more information.
Les services communautaires francophone		PHN Present during the following times:
Centre de Ressources de Familles Militaires d'Halifax et régions 34 rue Bonaventure, Shearwater 902-720-1885	Nouveau-Né (bilingues) Pour les futures mamans dans les trois derniers mois de grossesse et les bébés jusqu'à 12 mois. Les lundis de 9h30-11h30 chaque semaine. Coût : 3\$ par enfants non-militaire	Parent & Bambin Une occasion de rencontrer d'autres parents francophones. Ce programme permet aux parents de participer à diverses activités avec leur(s) enfants âgés de 0-5ans. Les mardis de 9h30-11h30 chaque semaine. Coût: 3\$ par enfants non-militaire

Share your compliments and/or concerns with us. Toll Free: 1-844-884-4177 or <http://www.nshealth.ca/contact-us/patient-feedback>

Find Loving Care online: www.novascotia.ca/dhw/lovingcare

Find Breastfeeding Basics online: <http://novascotia.ca/dhw/healthy-development/documents/Breastfeeding-Basics.pdf>

Parenting information on-line: <https://novascotia.welcometoparenting.com/Default.aspx> (If you are having trouble accessing this link, it may be that you are using Internet Explorer version 9 or 10 which this program no longer supported so you will need to update your browser to version 11 or use an alternate browser one like Mozilla or Safari).

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