



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.	
Chebucto Family Centre 3 Sylvia Avenue 902-479-3031 Ext 302	2 nd and 4 th Tuesday 1:30 p.m.-2:30 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	2 nd Thursday 10:00 a.m. - 11:30 a.m.		
Eastern Shore Family Resource Centre 5228 Highway 7, Suite 203 Porter's Lake, NS B3E 1J8 902-827-1461	2 nd 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	3 rd Thursday 10:00 a.m. - 11:30 a.m.		
*Lea Place 22709 Hwy 7, Sheet Harbour 902-885-2668	2 nd Wednesday 10:00 a.m. – 11:30 a.m. <u>STARTING IN JANUARY 2019</u>		
*Sheet Harbour Public Library- Babies and Tots 22756 Highway 7 902-885-2391	2 nd Friday 10:15 a.m. – 11:00 a.m. <u>STARTING IN JANUARY 2019</u>		
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 6393 Homefire Crescent Halifax, NS 902-427-7788	Futures mamans et nourrissons (bilingues) Pour les futures mamans dans les trois derniers mois de grossesse et les bébés jusqu'à 12 mois. Le 1 ^{er} mercredi du mois de 9h15-11h15. Coût : 1\$ (collation) Salle #1		

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).

Find us on Facebook: <http://www.facebook.com/HBEG.PH>

Pinterest: <http://www.pinterest.com/healthybeginnin/>

Twitter: <http://twitter.com/HealthyBeginni3>