

## Family Drop-in Schedule

***Family Drop-Ins:*** 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**



<b>PHN Present during the following times:</b>	
<b>Halifax</b>	
<b>Bayer's Westwood Family Resource Centre</b> 3499 McAlpine Ave. 902-454-9444	Baby Club Drop-in 1 <sup>st</sup> and 3 <sup>rd</sup> Friday 10:00 a.m. – 11:30 a.m.
<b>Canada Games Centre</b> 26 Thomas Raddall Dr. 902-490-2400	Mondays 1:00 p.m. – 3:00 p.m
<b>Fairview Family Resource Centre</b> 6 Titus Street 902-443-9569	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday 1:30 p.m. - 3:00 p.m. <u>Temporary Location:</u> Fairview United Church (side entrance) on 3524 Dutch Village Rd. (Across from Giant Tiger and Dairy Queen)
<b>Mulgrave Park Caring and Learning Centre</b> 57 Jarvis Lane 902-453-5089	2 <sup>nd</sup> and 4 <sup>th</sup> Thursday 11 a.m. -12 p.m.
<b>PHN Present during the following times:</b>	
<b>Bedford/Sackville/Hammonds Plains</b>	
<b>Memory Lane Family Place</b> 22 Memory Lane, Lower Sackville 902-864-6363	Tuesdays 10:00 a.m.-12:00 p.m.
<b>Sobeys Bedford South Community Room</b> 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 <sup>rd</sup> Wednesday of each month.
<b>Tantallon Library</b> Hubley Centre, Hammonds Plains Rd. 902-826-3330	4 <sup>th</sup> Tuesday 1:30 p.m. - 3:30 p.m.

<b>Cole Harbour/Dartmouth/Mineville</b>		<b>PHN Present during the following times:</b>
<b>PACT Center</b> 1114 Cole Harbour Road Dartmouth 902-434-8952	2 <sup>nd</sup> and 4 <sup>th</sup> Thursday 1:30 p.m. – 3:30 p.m.	
<b>Dartmouth Family Centre</b> 107 Albro Lake Rd. 902-464-8234	Every 2 <sup>nd</sup> Wednesday 1:30 p.m. - 3:00 p.m.	
<b>East Preston Family Resource Centre</b> W-Five Mall, Suite 501 902-462-7266	1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday 11:30 a.m. - 1:00 p.m.	
<b>Eastern Shore</b>		<b>PHN Present during the following times:</b>
<b>Musquodoboit Valley Family Resource Centre</b> 2 <sup>nd</sup> Floor Haverstock Pharmasave Building, Suite #2 12280 Hwy 224 Middle Musquodoboit 902-384-2794	3 <sup>rd</sup> Thursday 10:00 a.m. - 11:00 a.m.	
<b>Eastern Shore Family Resource Centre</b> 5228 Highway 7, Suite 203 Porter's Lake Shopping Centre Porter's Lake, NS B3E 1J8 902-827-1461	1 <sup>st</sup> Monday 10:00 a.m. – 11:30 a.m.	
<b>St. James Anglican Church (Eastern Shore Family Resource Association)</b> 66 Dolby Hill Head of Jeddore, NS B0J 1P0 902-827-1461	2 <sup>nd</sup> Thursday 1:30 p.m. – 3:00 p.m.	
<b>Windsor</b>		<b>PHN Present during the following times:</b>
<b>Babylove Drop-In Family Resource Centre</b> 80 Water Street, Windsor	Thursdays 12:30 p.m.– 2:00 p.m.	<b>Parenting Information Sessions held 2-3 times per year</b> Call 902-798-2266 or 902-792-1399 for more information.
<b>Les services communautaires francophone</b>		<b>PHN Present during the following times:</b>
<b>Centre de Ressources de Familles Militaires d'Halifax et régions</b> 34 rue Bonaventure, Shearwater 902-720-1885	<b>Nouveau-Né (bilingues)</b> 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	<b>Parent &amp; Bamin</b> 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](http://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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