

## 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: |
|---|--|---|
| <b>Bayer's Westwood Family Resource Centre</b><br>3499 McAlpine Ave.<br>902-454-9444              | Baby Club Drop-in<br>1 <sup>st</sup> and 3 <sup>rd</sup> Friday 10:00 a.m. – 11:30 a.m.  |   |
| <b>Canada Games Centre</b><br>26 Thomas Raddall Dr.<br>902-490-2400                               | Mondays 1:00 p.m. – 3:00 p.m.<br><b>*Drop-in December 4<sup>th</sup>, 11<sup>th</sup> &amp; 18<sup>th</sup>. No drop-in December 25<sup>th</sup> or January 1<sup>st</sup>. Back January 8<sup>th</sup>.</b>   |   |
| <b>Fairview Family Resource Centre</b><br>6 Titus Street<br>902-443-9569                          | 1 <sup>st</sup> and 3 <sup>rd</sup> Thursday 1:30p.m.-3:00 p.m.<br><b>*There will be no drop-ins in December. Back January 4<sup>th</sup>,2018.</b>  |   |
| <b>Mulgrave Park Caring and Learning Centre</b><br>57 Jarvis Lane<br>902-453-5089                 | 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday 11 a.m. -12 p.m.<br><b>*Drop-in December 14<sup>th</sup>. No drop-in December 27<sup>th</sup>. Back January 11<sup>th</sup>.</b>  |   |
| Bedford/Sackville/Hammonds Plains   |  | PHN Present during the following times: |
| <b>Memory Lane Family Place</b><br>22 Memory Lane, Lower Sackville<br>902-864-6363                | Tuesdays 10:00 a.m.-12:00 p.m.<br><b>*There will be no drop-in on Dec 26th or Jan 2<sup>nd</sup>, 2018.</b>  |   |
| <b>Sobeys Bedford South Community Room</b><br>55 Peakview Drive<br>(Larry Uteck exit off Hwy 102) | Wednesdays 10:00 a.m. –12:00 p.m.<br>There will be no PHN on the 3 <sup>rd</sup> Wednesday of each month.<br><b>*Drop-in December 6<sup>th</sup>&amp; 13<sup>th</sup>. No drop-in December 20<sup>th</sup> &amp; 27<sup>th</sup>. Back January 3<sup>rd</sup>,2018</b> |   |
| <b>Tantallon Library</b><br>Hubley Centre, Hammonds Plains Rd.<br>902-826-3330                    | 4th Tuesday 1:30 p.m. - 3:30 p.m.<br><b>*There will be no drop-ins in December. Back January 23<sup>rd</sup>.</b>  |   |

| <b>Cole Harbour/Dartmouth/Mineville</b>  |   | <b>PHN Present during the following times:</b>   |  |
|--|---|--|--|
| <b>PACT Center</b><br>1114 Cole Harbour Road<br>Dartmouth<br>902-434-8952  | 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday 1:30 p.m. – 3:30 p.m.<br><i>*December 14<sup>th</sup> will be the only drop-in for the month of December.</i><br><i>*Drop-in will resume to regular schedule starting January 11<sup>th</sup>, 2018.</i> |  |  |
| <b>Dartmouth Family Centre</b><br>107 Albro Lake Rd.<br>902-464-8234   | Every 2 <sup>nd</sup> Wednesday 1:30 p.m. - 3:00 p.m.   |  |  |
| <b>East Preston Family Resource Centre</b><br>W-Five Mall, Suite 501<br>902-462-7266   | 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday 11:30 a.m. - 1:00 p.m.<br><i>*There will be no drop-in on December 19<sup>th</sup>, 2017.</i>   |  |  |
| <b>Eastern Shore</b>   |   | <b>PHN Present during the following times:</b>   |  |
| <b>Musquodoboit Valley Family Resource Centre</b><br>2 <sup>nd</sup> Floor Haverstock Pharmasave Building, Suite #2<br>12280 Hwy 224 Middle Musquodoboit<br>902-384-2794 | 3 <sup>rd</sup> Thursday 10:00 a.m. - 11:00 a.m.<br><i>*There will be no drop-in for the month of December.</i>   |  |  |
| <b>Eastern Shore Family Resource Centre</b><br>5228 Highway 7, Suite 203<br>Porter's Lake Shopping Centre<br>Porter's Lake, NS B3E 1J8 902-827-1461                      | 1 <sup>st</sup> Monday 10:00 a.m. – 11:30 a.m.<br><i>*There will be no drop-in on January 1<sup>st</sup>, 2018.</i>   |  |  |
| <b>St. James Anglican Church<br/>(Eastern Shore Family Resource Association)</b><br>66 Dolby Hill<br>Head of Jeddore, NS B0J 1P0 902-827-1461                            | 2 <sup>nd</sup> Thursday 1:30 p.m. – 3:00 p.m.<br><i>*There will be no drop-in for the month of December.</i>   |  |  |
| <b>Windsor</b>   |   | <b>PHN Present during the following times:</b>   |  |
| <b>Babylove Drop-In Family Resource Centre</b><br>80 Water Street, Windsor   | Thursdays 12:30 p.m.– 2:00 p.m.   | <b>Parenting Information Sessions held<br/>2-3 times per year<br/>Call 902-798-2266 or 902-790 0869 for more information.</b>  |  |
| <b>Les services communautaires francophone</b>   |   | <b>PHN Present during the following times:</b>   |  |
| <b>Centre de Ressources de Familles Militaires<br/>d'Halifax et régions</b><br>34 rue Bonaventure, Shearwater<br>902-720-1885  | <b>Nouveau-Né (bilingues)</b><br>Pour les futures mamans dans les trois derniers mois de grossesse et les bébés jusqu'à 12 mois.<br>Les lundis de 9h30-11h30 chaque semaine.<br>Coût : 3\$ par enfants non-militaire                                  | <b>Parent &amp; Bambin</b><br>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.<br>Les mardis de 9h30-11h30 chaque semaine.<br>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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