

## Family Drop-in Schedule

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.**

<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 - 12:00 pm		
<b>Canada Games Centre</b> 26 Thomas Raddall Dr. 902-490-2400	Mondays 1:00 – 3:00 pm		
<b>Fairview Family Resource Centre</b> 6 Titus Street 902-443-9569	1 <sup>st</sup> and 3 <sup>rd</sup> Thursday 1:30-3:00pm		
<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>Bedford/Sackville/Hammonds Plains</b>			
<b>Memory Lane Family Place</b> 22 Memory Lane, Lower Sackville 902-864-6363	Tuesdays 10:00am-12:00pm <b><u>TIME CHANGE FOR THE MONTHS OF JULY &amp; AUGUST: DROP-IN will be 1:30pm-3:30pm.</u></b> <b><u>PLEASE NOTE: There will be no Drop-in on Tuesday, July 4<sup>th</sup>.</u></b>		
<b>Sobeys Bedford South Community Room</b> 55 Peakview Drive (Larry Uteck exit off Hwy 102)	Wednesdays 10:00 –12:00 pm <b>*Except No Public Health Nurse every 3<sup>rd</sup> Wednesday of each month.</b> <b>(June 21<sup>st</sup>, July 19<sup>th</sup>)</b>		
<b>Tantallon Library</b> Hubley Centre, Hammonds Plains Rd. 902-826-3330	<b>Drop-In / Parenting Support Session</b> 4th Tuesday 1:30 - 3:30 pm	<b>Breastfeeding Buddies</b> 2 <sup>nd</sup> Tuesday of each month 1:30 – 2:30 p.m. <b><u>*Cancelled for July and August 2017</u></b>	<b>Parenting Information Sessions (2:30 – 3:30 pm)</b> May 9/17 – Infant CPR and Choking June 13/17 – Sun Safety and Bug Spray for Infants  <b><u>*Cancelled for July and August 2017</u></b>

<b>Cole Harbour/Dartmouth/Mineville</b>			
<b>PACT Center</b> 1114 Cole Harbour Road Dartmouth 902-434-8952	Every 2 <sup>nd</sup> and 4 <sup>th</sup> Thursday 1:30 – 3:30 pm		
<b>Dartmouth Family Centre</b> 107 Albro Lake Rd. 902-464-8234	Every 2 <sup>nd</sup> Wednesday 1:30 - 3:00 pm (Bi-weekly)		
<b>East Preston Family Resource Centre</b> W-Five Mall, Suite 501 902-462-7266	Every 1 <sup>st</sup> and 3 <sup>rd</sup> Tuesday 11:30am- 1:00pm (instead of weekly). <b>PLEASE NOTE:</b> <b>DROP-IN WILL ONLY BE RUNNING JULY 4<sup>TH</sup> AND AUGUST 15<sup>TH</sup> FOR THE MONTHS OF JULY AND AUGUST 2017.</b>		
<b>Eastern Shore</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	July 20 <sup>th</sup> and August 24 <sup>th</sup> After August - Every 3 <sup>rd</sup> Thursday of the month 10:00am-11:00am		
<b>Windsor</b>			
<b>Babylove Drop-In Family Resource Centre</b> 80 Water Street, Windsor	Thursdays 12:30 – 2:00 pm	<b>LeLeche Baby Group</b> 80 Water Street, Windsor Every 3 <sup>rd</sup> Tuesday 7 p.m. – 9 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>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	

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).

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

**Breastfeeding Buddies:** Peer Support Program facilitated by Public Health Nurses.

**Parenting Information Sessions:** Group education sessions facilitated by Public Health Nurses on a variety of topics including parenting growth and development, nutrition, safety and crying.