

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 Option#8 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.
North End Parent Resource Centre 5475 Uniacke Street 902-492-0133	Every 2 nd Monday 10:30 a.m. – 11:30 a.m. (March 4 th , March 18 th , April 1 st , April 15 th , April 29 th)
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. <u>PLEASE NOTE:</u> For the months of June and July Drop-In will be on the 1 st Thursday of the month, not the 2 nd .		
Eastern Shore Family Resource Centre 5228 Highway 7, Suite 203 Porter's Lake, NS B3E 1J8 902-827-1461	Summer drop-in dates: June 10 th and 24 th July 15 th and 29 th and August 19 th 10:00am - 11:30am		
St. James Anglican Church (Eastern Shore Family Resource Association) 66 Dolby Hill, Head of Jeddore, NS B0J 1P0 902-827-1461	Last drop-in will be held on May 2 nd 10:00 a.m. - 11:30 a.m. *Regular schedule will resume in September 2019.		
*Lea Place 22709 Hwy 7, Sheet Harbour 902-885-2668 *Sheet Harbour Public Library- Babies and Tots 22756 Highway 7 902-885-2391	4 th Wednesday 10:00 a.m. – 11:30 a.m. 2 nd Friday 10:15 a.m. – 11:00 a.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. (No Drop-in on March 21 st over March Break)	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 he drop-in est annulé cette e'te'. Va recommencer en septembre.		

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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