

# The Ladybug Loop

Maggie's Place Family Resource Centre  
11 Elmwood Drive, Amherst, N.S  
Email: [cumberland@maggiesplace.ca](mailto:cumberland@maggiesplace.ca)  
Phone: 902-667-7250  
Fax: 902-667-0585

Call to register for programs or for more information!

## Hours of Operation:

Monday to Thursday 8:30-12:00, 1:00-4:30  
Friday 8:30-12:00, Closed Saturday & Sunday



## What's Happening at Maggie's? Winter 2026

### Snuggle Bugs

When: Mondays 9:30-11:00am (Drop-in)  
starting February 2<sup>nd</sup>

Where: Maggie's Place

Parents come together at Maggie's Place to share ideas, concerns, ask questions, and learn new information about babies, parenting, health, and child education. We offer ongoing encouragement and support to parents with babies up to 18 months old. Early childhood development programming available for families with older siblings.

### Babies Come First Prenatal Class

When: Tuesdays 6:00-8:00pm (Registration Required) – February 3<sup>rd</sup> – March 10<sup>th</sup>

Where: Maggie's Place

A 6-week education program for expecting parents and their support person to learn about what to expect from labour and delivery, bringing baby home, feeding their baby, and so much more! An early childhood development program & healthy snack are offered.

### Infant Massage

When: Mondays 1:30-3:00  
March 2<sup>nd</sup> – March 30<sup>th</sup>  
(Registration Required)

Where: Maggie's Place

Infant Massage is a five-week family-centered program that teaches primary caregivers nurturing touch to apply in their homes. Infant Massage can provide relaxation and relief for babies, but most importantly, this interaction between parents and their babies promotes bonding and attachment, helps to build nurturing and respectful relationships. An early childhood development program and snack will be provided.



### Outreach Playgroup

**Pugwash:** Tuesdays @

Pugwash Library

10:00am-12:00pm

**Springhill:** Wednesdays @

Dr. Carson & Marion Murray  
Community Centre

10:00am-12:00pm

**Parrsboro:** Thursdays @  
Fundy Geological Museum

10:00am-12:00pm

\*\* see calendar for dates \*\*

A weekly drop-in program for parents/caregivers and their 0-5-year-old children. Join us for singing, stories, fun activities, and more to learn through play & exploration. A great opportunity to connect with other caregivers and build attachment with your child in a fun and educational space with our ECE staff. A healthy snack is offered.



WORKING WITH  
COMMUNITIES IN  
COLCHESTER &  
CUMBERLAND COUNTIES



### Pregnancy & Beyond (P&B)

**Springhill:** Bi-weekly Tuesdays @ Dr. Carson & Marion  
Murray Community Centre – 9:30-11:00am

**Oxford:** Bi-weekly Fridays @ Oxford Church of  
the Nazarene – 9:30-11:00am

\*\* see calendar for dates \*\*

A drop-in program for pre- and postnatal families with preschool aged children to come together to socialize, support one another, and participate in fun, family-friendly activities. An early childhood development program and healthy snack are also offered.

### Once Upon a Time

When: Wednesdays 10:00-11:30am (Drop-in)

Where: Four Fathers Memorial Library Amherst  
Children and caregivers join us at the library for songs, dancing, and a story. A healthy snack will be offered.



### Baby Friendly Drop-in

When: Thursdays 1:00-3:00pm

Starting Thursday February 5<sup>th</sup>

Where: Maggie's Place

Drop-in to chat with the Canadian Prenatal Nutrition Program staff, have your baby weighed by a Public Health Nurse, and receive information, ask questions, and obtain feeding support.

### Friday Fun Playgroup

When: Fridays 9:30-11:30am (Drop-in)

Where: Maggie's Place, starting February 6<sup>th</sup>

This program emphasizes the importance of social development, play, and positive interaction between child and caregiver, while participating in free play, circle/story time, and enjoying a healthy snack. **Prepare for outdoor play, weather permitting.**

## Parenting 101

When: Thursdays 9:30-11:00am (Drop-In)  
starting February 5<sup>th</sup> (no program March 19<sup>th</sup>)

Where: Maggie's Place

AND

When: Mondays 9:30-11:00am (Drop-In)  
starting January 12<sup>th</sup> (no program March 16<sup>th</sup>)

Where: Dr. Carson & Marion Murray Community Centre (Springhill)

Discuss a different parenting topic each week in Parenting 101! We casually chat about challenges, family management strategies, and community connections! No registration required. An early childhood development program & healthy snack are offered.

## Coping Skills 6-Week Workshop

When: Wednesdays 1:00-3:00pm

(Registration Required) – February 4<sup>th</sup> – March 11<sup>th</sup>

Where: Maggie's Place

Join Maggie's Place and CANU in a 6-week coping skills program focused on giving you the building blocks of mental wellness, coping strategies to deal with difficult thoughts, and lifestyle habits to support a healthy lifestyle. An early child development program and healthy snack will be provided.

## Community Suppers

On the 3<sup>rd</sup> Friday of each month, from 4:30-6:30pm, join Maggie's Place in partnership with CANU at Anglican Christ Church for a delicious supper! Free of charge and open to all community



members! Join us on:

Friday January 16<sup>th</sup>

Friday February 20<sup>th</sup>

Friday March 20<sup>th</sup>

## Family Literacy Day

When: Saturday January 31<sup>st</sup>

11:00am-1:00pm

Where: Amherst Lion's Den

Join Maggie's Place, Cumberland Public Libraries, CANU, and YREACH for our Annual Family Literacy Day event! This year's theme is "Make mealtime family learning time"! We will have fun, family-centred activities, circle and story time, as well as share family mealtime! No registration is required.

## Afterschool Programs

### Kids in the Kitchen (Ages 5-11 Years)

Wednesdays 3:00-5:00pm

February 11<sup>th</sup> – March 11<sup>th</sup>

Join us for a five-week afterschool program focused on learning new recipes, trying new foods, and getting creative in the kitchen! Bring your chef hats and your taste buds, and learn delicious new ways to eat healthy! Registration is required. A healthy snack will be offered (or made together!).

### Maggie's Art Studio (Ages 5-11 Years)

Tuesdays 3:00-5:00pm

February 10<sup>th</sup> – March 10<sup>th</sup>

Join us for a five-week afterschool program with a special focus on learning new art skills, creating pieces to share with family and community through an Art Show, and learning new ways to express yourself! Youth will be exposed to a variety of mediums, learn new techniques, and have a chance to explore their creative side! Registration is required. A healthy snack will be offered.

### Youth Drop-In (Ages 10-18 Years)

When: Thursdays 3:00-5:00pm

starting January 8<sup>th</sup>

(No program March 19<sup>th</sup> for March Break)

Where: Anchor Youth Space Cumberland  
(13 W Pleasant St., Amherst)

Youth Drop-In is a fun, weekly program for school-aged pre-teens and teens to socialize, build connections, create memories, and learn new things through activities and community partnerships! No registration is required. A healthy snack will be offered.

### Youth Chat (Ages 18-24 Years)

When: bi-weekly Thursdays 11:00am-2:00pm

(January 8, January 22, February 5, February 19,  
March 5, March 19)

Where: Anchor Youth Space Cumberland  
(13 W Pleasant St., Amherst)

Youth Chat is a casual, bi-weekly group aimed at providing supportive connections to youth in Cumberland County. Stop by to grab a healthy snack, access wi-fi services, chat with community service providers, wash laundry, and more! Staff are on-site to chat and facilitate life-skills activities and provide service navigation. No registration is required.

## Cultural Connections Initiative

The Cultural Connections Initiative (CCI) is a project that focuses on creating connections with and events for the African Nova Scotian/Black community within Cumberland County!

Events through CCI prioritize access to Black/African Nova Scotian children, youth, families, and communities, to provide safe spaces, informed conversations, and culturally responsive programming. Take a look at what our CCI staff are up to this Winter!

### ANS Community Meal

When: Thursday January 22<sup>nd</sup>, 4:00pm-6:00pm

Where: CCUBIC (5 Ratchford Street, Amherst)

Join us for a delicious community meal catered by local restaurant Portlander! Attendees are encouraged to RSVP to reserve their plate – please call us at 902-667-7250 to get your name on the list!

### Walk It & Talk It

When: Thursdays 11:00am-12:00pm

Starting January 15<sup>th</sup> (Registration Required)

Where: Amherst Stadium Walking Track  
(185 Church Street, Amherst; upstairs)

Have ideas for events you'd like to see in Cumberland County? Want to get involved in your community? Curious about what the CCI project is and how to get involved in community roundtable discussions? Join us for Walk It & Talk It where we host conversation around Black/African Nova Scotian access to culturally sensitive and representative events in Cumberland County – and get your steps in too!

### ANS Pride – Youth Contest

When: February 1<sup>st</sup> – February 28<sup>th</sup>

Calling all African Nova Scotian/Black youth ages 10-18 in Cumberland County! We are looking for you to SHOW US YOUR PRIDE! For Black History Month, we are hosting an ANS Pride Contest – send us a poster, essay, poem, song, or video that you have created that illustrates your Black Pride! Submissions must be received by the end of the day on February 28<sup>th</sup> to be eligible for a prize.

Prizes are in the form of a gift card; \$100 to 1<sup>st</sup> place, \$50 to 2<sup>nd</sup> place, and \$25 to 3<sup>rd</sup> place.

All submissions should be sent to [amanda@maggiesplace.ca](mailto:amanda@maggiesplace.ca).



### Winter Weather Policy

A reminder that if school is cancelled, all day-time Maggie's Place programs are also cancelled! A decision on evening programs will be posted by 12:00pm each day. All cancellations can be found on our Facebook & Instagram social media pages, as well as through CKDH & CFTA radio stations.

## What's Up Wentworth Happenings at the Hub

### Cyber Café

When: Every 2<sup>nd</sup> Thursday, 10:00am-12:00pm  
(January 15, January 29, February 12, February 26, March 12, March 26)

Where: Wentworth Learning Centre – Community Library

Are you experiencing technical difficulties? Do you need help navigating services on the internet? Our tech guru Stephen would love to help! Stop by to learn new skills to help you navigate your device with confidence and chat with staff on site! Free internet access is provided, and service navigation available.

### Tea & Tots

When: Wednesdays 10:00-11:30 (Drop-In)  
Starting January 14<sup>th</sup>

Where: Wentworth Learning Centre

Are you the caregiver of a baby or toddler? Do you and your little one(s) need to connect with others in your community? Join with fellow parents and their kiddos for a time of sharing, learning and laughing. A healthy snack is offered.

### Community Suppers

Community Suppers in the Wentworth Area will be announced closer to their dates. For updates and more information, please visit our social media pages on Facebook and Instagram.

### Wentworth Ladybug Pantry

**Take what you need. Leave what you can**  
Call 782.990.0332 for more information



# January 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
				1 CLOSED – NEW YEAR'S DAY	2 CLOSED TO PUBLIC	3
4	5 CLOSED FOR STAFF TRAINING	6 CLOSED FOR STAFF TRAINING	7 Once Upon a Time 10:00-11:30	8	9	10
11	12 Parenting 101 Springhill 9:30-11:00	13 Pugwash Playgroup 10:00-12:00	14 Once Upon a Time 10:00-11:30  Springhill Playgroup 10:00-12:00  Tea & Tots 10:00-11:30	15 Parrsboro Playgroup 10:00-12:00  Cyber Café 10:00-12:00  Walk It & Talk It 11:00-12:00	16 Community Supper 4:30-6:30	17
18	19 Parenting 101 Springhill 9:30-11:00	20 Pregnancy & Beyond: Springhill 9:30-11:00  Pugwash Playgroup 10:00-12:00	21 Once Upon a Time 10:00-11:30  Springhill Playgroup 10:00-12:00  Tea & Tots 10:00-11:30	22 Parrsboro Playgroup 10:00-12:00  Walk It & Talk It 11:00-12:00  ANS Community Meal 4:00-6:00	23 Pregnancy & Beyond: Oxford 9:30-11:00	24
25	26 Parenting 101 Springhill 9:30-11:00	27 Pugwash Playgroup 10:00-12:00	28 Once Upon a Time 10:00-11:30  Springhill Playgroup 10:00-12:00  Tea & Tots 10:00-11:30	29 Parrsboro Playgroup 10:00-12:00  Walk It & Talk It 11:00-12:00  Cyber Café 10:00-12:00	30	31 Family Literacy Day 11:00am-1:00pm

We are undergoing some significant renovations in the new year! Because of this, our main centre at 11 Elmwood Drive in Amherst will be closed to the public until February 2, 2026. Our regular in-house programming will be paused for this period of time. The centre will only be accessible by appointment. To chat with staff and make an appointment, please call 902-667-7250.

# February 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Snuggiebugs 9:30-11:00  Parenting 101 Springhill 9:30-11:00	3 Pregnancy & Beyond: Springhill 9:30-11:00  Pugwash Playgroup 10:00-12:00  Babies Come First Prenatal – 6:00-8:00	4 Once Upon a Time 10:00-11:30  Springhill Playgroup 10:00-12:00  Tea & Tots 10:00-11:30  Coping Skills 1:00-3:00	5 Parenting 101 (Amh) 9:30-11:00  Parrsboro Playgroup 10:00-12:00  Walk It & Talk It 11:00-12:00  Baby Friendly Drop-In 1:00-3:00	6 Pregnancy & Beyond: Oxford 9:30-11:00  Friday Fun 9:30-11:30	7
8	9 Snuggiebugs 9:30-11:00  Parenting 101 Springhill 9:30-11:00	10 Pugwash Playgroup 10:00-12:00  Maggie's Art Studio 3:00-5:00  Babies Come First Prenatal – 6:00-8:00	11 Once Upon a Time 10:00-11:30  Springhill Playgroup 10:00-12:00  Tea & Tots 10:00-11:30  Coping Skills 1:00-3:00  Kids in the Kitchen 3:00-5:00	12 Parenting 101 (Amh) 9:30-11:00  Parrsboro Playgroup 10:00-12:00  Cyber Café 10:00-12:00  Walk It & Talk It 11:00-12:00  Baby Friendly Drop-In 1:00-3:00	13 Friday Fun 9:30-11:30	14
15	16  <b>CLOSED FAMILY DAY</b>	17 Pregnancy & Beyond: Springhill 9:30-11:00  Pugwash Playgroup 10:00-12:00  Maggie's Art Studio 3:00-5:00  Babies Come First Prenatal – 6:00-8:00	18 Once Upon a Time 10:00-11:30  Springhill Playgroup 10:00-12:00  Tea & Tots 10:00-11:30  Coping Skills 1:00-3:00  Kids in the Kitchen 3:00-5:00	19 Parenting 101 (Amh) 9:30-11:00  Parrsboro Playgroup 10:00-12:00  Walk It & Talk It 11:00-12:00  Baby Friendly Drop-In 1:00-3:00	20 Pregnancy & Beyond: Oxford 9:30-11:00  Friday Fun 9:30-11:30  Community Supper 4:30-6:30	21
22	23 Snuggiebugs 9:30-11:00  Parenting 101 Springhill 9:30-11:00	24 Pugwash Playgroup 10:00-12:00  Maggie's Art Studio 3:00-5:00  Babies Come First Prenatal – 6:00-8:00	25 Once Upon a Time 10:00-11:30  Springhill Playgroup 10:00-12:00  Tea & Tots 10:00-11:30  Coping Skills 1:00-3:00  Kids in the Kitchen 3:00-5:00	26 Parenting 101 (Amh) 9:30-11:00  Parrsboro Playgroup 10:00-12:00  Cyber Café 10:00-12:00  Walk It & Talk It 11:00-12:00  Baby Friendly Drop-In 1:00-3:00	27 Friday Fun 9:30-11:30	28

# March 2026

Sunday	Monday	Tuesday	Wednesday	Thursday	Friday	Saturday
1	2 Snuggiebugs 9:30-11:00  Parenting 101 Springhill 9:30-11:00  Infant Massage 1:30-3:00	3 Pregnancy & Beyond: Springhill 9:30-11:00  Pugwash Playgroup 10:00-12:00  Maggie's Art Studio 3:00-5:00  Babies Come First Prenatal – 6:00-8:00	4 Once Upon a Time 10:00-11:30 <b>Springhill Playgroup 10:00-12:00</b>  Tea & Tots 10:00-11:30  Coping Skills 1:00-3:00 <b>Kids in the Kitchen 3:00-5:00</b>	5 Parenting 101 (Amh) 9:30-11:00  Parrsboro Playgroup 10:00-12:00  Walk It & Talk It 11:00-12:00  Baby Friendly Drop-In 1:00-3:00	6 Pregnancy & Beyond: Oxford 9:30-11:00  Friday Fun 9:30- 11:30	7
8	9 Snuggiebugs 9:30-11:00  Parenting 101 Springhill 9:30-11:00  Infant Massage 1:30-3:00	10 Pugwash Playgroup 10:00-12:00  Maggie's Art Studio 3:00-5:00  Babies Come First Prenatal – 6:00-8:00	11 Once Upon a Time 10:00-11:30 <b>Springhill Playgroup 10:00-12:00</b>  Tea & Tots 10:00-11:30  Coping Skills 1:00-3:00 <b>Kids in the Kitchen 3:00-5:00</b>	12 Parenting 101 (Amh) 9:30-11:00 <b>Parrsboro Playgroup 10:00-12:00</b>  Cyber Café 10:00-12:00  Walk It & Talk It 11:00-12:00 <b>Baby Friendly Drop-In 1:00-3:00</b>	13 Friday Fun 9:30- 11:30	14
15 <b>MARCH BREAK (Programming TBA)</b>	16 Infant Massage 1:30-3:00	17 Pregnancy & Beyond: Springhill 9:30-11:00	18 Once Upon a Time 10:00-11:30	19 Baby Friendly Drop-In 1:00-3:00	20 Pregnancy & Beyond: Oxford 9:30-11:00  Friday Fun 9:30- 11:30  Community Supper 4:30-6:30	21
22	23 Snuggiebugs 9:30-11:00  Parenting 101 Springhill 9:30-11:00  Infant Massage 1:30-3:00	24 Pugwash Playgroup 10:00-12:00	25 Once Upon a Time 10:00-11:30  Springhill Playgroup 10:00-12:00  Tea & Tots 10:00-11:30	26 Parenting 101 (Amh) 9:30-11:00 <b>Parrsboro Playgroup 10:00-12:00</b>  Cyber Café 10:00-12:00  Walk It & Talk It 11:00-12:00  Baby Friendly Drop-In 1:00-3:00	27 <b>CLOSED For Staff Event</b>	28
29	30 Snuggiebugs 9:30-11:00  Parenting 101 Springhill 9:30-11:00  Infant Massage 1:30-3:00	31 Pregnancy & Beyond: Springhill 9:30-11:00  Pugwash Playgroup 10:00-12:00				